

Rosmarinus officinalis

It is commonly known as Rosemary. It is bushy, low, much branched, perennial sub-shrub. Its leaves are aromatic, evergreen, and opposite, sessile, linear lanceolate from 1.5 to 3.5cm in length and up to 2.2cm in breadth. Its flower is pale blue having aromatic odour.

It is native to the Mediterranean region.

It contains a number of phytochemicals, including rosmarinic acid, camphor, caffeic acid, ursolic acid, betulinic acid, and the antioxidants carnosic acid and carnosol.^{1,2}

It is covered by Homeopathic Pharmacopoeia of India, Homeopathic Pharmacopoeia of Germany as well as Homeopathic Pharmacopoeia of United States. Whole plant is used for the preparation of mother tincture.

It is reported that it possess circulation stimulant property. It is being used to enhance concentration and memory. In Europe it is used in headaches and migraine, and increases hair growth by improving blood circulation of scalp. It has property to cure nervous disorder like epilepsy and vertigo. Rosemary is also used to conquer long term stress and chronic illness. It has property to stimulate the adrenal gland. Its oil is being used in joint pain, muscular pain, rheumatism as external application.³ Rosemary Wine when taken in small quantities acts as a quieting cordial to a weak heart subject to palpitation, and relieves accompanying dropsy by stimulating the kidneys.⁴ According to a recent research it is found to have antibacterial activities against strains of *Staphylococcus aureus*.⁵

Recommended dose: Ø 10-20 drops and diluted in water. Contra-indicated in pregnancy and during lactation.

References:

1. Barbut, S.; Josephson, D. B.; Maurer, A. J. (1985). "Antioxidant Properties of Rosemary Oleoresin in Turkey Sausage". *Journal of Food Science* 50 (5): 1356. doi:10.1111/j.1365-2621.1985.tb10476.x.
2. Nakatani, N (2000). "Phenolic antioxidants from herbs and spices". *BioFactors* 13 (1-4): 141-6. doi:10.1002/biof.5520130123. PMID 11237173. Crowley, Laura (16 June 2008). "Rosemary extracts to receive antioxidant status" Retrieved from: <https://en.wikipedia.org/wiki/Rosemary>.
3. Andrew Chevallier, *The Encyclopedia of Medicinal Plants*, 1st Edition, 1996, Dorling Kindersley, London.
4. Mrs. Margaret Grieve, *A Modern Herb*, ISBN: 0486227987 & 0486227995.



Retrieved from: <https://www.botanical.com/botanical/mgmh/r/rosema17.html>

5. Moyosoluwa Oluwatuyia, Glenn W. Kaatzb, Simon Gibbons, Antibacterial and resistance modifying activity of *Rosmarinus officinalis* <http://www.sciencedirect.com/science/article/pii/S0031942204005291>.