

Rosemary

Names and Synonyms

Arabic: إكليل الجبل

English: Rosemary

- **Scientific name and Family**

Rosmarinus officinalis

Family: Lamiaceae.



Morphology and Histology of the plant

- Flower and Fruit: Labiate flowers grow on tomentose inflorescences in the leaf axils of the upper part of the branches. The calyx is 3 to 4 mm. green or reddish, initially tomentose, later 5 to 7 mm and glabrous. The venation is conspicuous. The corolla is 10 to 12 mm long, bluish, occasionally pink or white. The nutlet is brown.
- Leaves, Stem and Root: The plant is an evergreen, branched subshrub, 50 to 150 cm high with erect, climbing or occasionally decumbent brown branches. The leaves are linear, coriaceous, entire-margined, light green and somewhat rugose above. They are tomentose, 15 to 40 mm by 1.2 to 3.5 mm.

Active constituents

Essential oils: 1,8-cineole alpha-pinene camphor, , borneol, bornyl acetate, beta-caryophyllene, p-cymene, limonene, linalool, myrcene, alpha- terpineol, verbenone

Flavonoids: Flavonoids: including cirsimarin, diosmin, hesperidin, homoplantin, phegopolin.

Triterpenes: oleanolic acid, ursolic acid and their 3-acetyl esters.

Pharmacological applications

Blood pressure problems

- Dyspeptic complaints
- Loss of appetite
- Rheumatism
- Stimulate hair growth.

Suitable methods of administration

Leaves: as herbal tea for oral use in the form of infusion. Herbal substance or the comminuted herbal substance is added to 100-150 ml of boiling water as herbal infusion.

Essential oil.

Tincture, (1:5 in 70% ethanol).

Externally — semi-solid and liquid forms with 6 to 10% essential oil.

Bath additive — 50 gm drug to 1 Liter hot water added to full or hip bath.

Washes — use 1% infusion

Side effects

General: No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages. Contact allergies have been observed on occasion.

Pregnancy: Not to be used during pregnancy.

Contraindications

Rosemary preparations should not be used during pregnancy.

Examples of drugs in the market.



References

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