

## **ROSEMARY**

SALVIA ROSMARINUS

### Scientific classification

Name: Rosemary

Scientific name: Salvia rosmarinus

<u>Kingdom</u>: Plantae <u>Class</u>: Equisetopsida

Subclass: Magnoliidae

Order: Lamiales

Family: Lamaciaeae

Genus: Salvia

Also known as Rosmarinus

officinalis





### Habitat:

Rosemary is native to the Mediterranean region. It does not like too much drought. It grows in well-drained, calcareous soil. It is important for the soil to retain moisture.

## **ROSEMARY**

## Therapeutic effects

Organs involved: respiratory and nervous systems

### **Effects**:

Astringent, anti-inflammatory, antioxidant, healing, mucolytic, general stimulant

## Active ingredients:

Essential oil (cineol -> 1,8-cineol, camphor)

Flavonoids, tannins, diterpenes, rosmarinic acid, rosmaricin



#### For internal use:

Dry coughs, bloating, headaches, concentration problems, hypotension -> in herbal tea form

#### External use:

Rheumatism: osteoarthritis, arthritis. Muscle pain, hair loss in men and women (as essential oil).

### Side effects:

Allergy to active substances





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## Therapeutic effects

## **Contra-indications:**

Pregnant women, nursing mothers (essential oil)

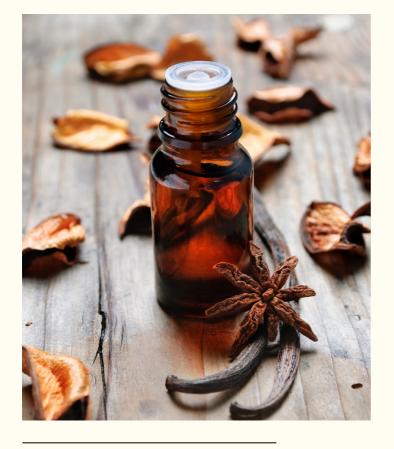
## Parts used:

Leaves

## Galenic forms:

Herbal tea (infusion), ointments or creams, essential oil for external use, tincture.







# **INFORMATIONS**

The information contained in this file does not replace a doctor's consultation and a diagnosis.

We are not responsible for any misuse of the plant or for any side effects.

For more detailed information on its use, ask your pharmacist for advice.







