



# Rosemary

THE ORIGINS EARTH

# ROSEMARY

SALVIA ROSMARINUS

## Scientific classification

Name: Rosemary

Scientific name: *Salvia rosmarinus*

Kingdom: Plantae

Class: Equisetopsida

Subclass: Magnoliidae

Order: Lamiales

Family: Lamiaceae

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.

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## 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, rosmarinic

Indications:

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.

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