

Rose

Botanical name: *Rosa damascena*

Also used: *R. gallica*, *R. canina*, *R. arkansana*,
R. laevigata, *R. rugosa*, *R. multiflora*

Energetics/Actions: Sweet, slightly bitter, cool, astringent, antimicrobial, antioxidant, anti-inflammatory, vulnerary, antispasmodic, nervine, uterine tonic, cardiac tonic



Description

Roses of different species are native to the Middle East, Europe, Asia, NW Africa and North America. In medieval Europe, roses were grown in gardens for medicinal use rather than for their beauty. Rose was commonly used as medicine by many Indigenous North American Tribes. Different Tribes used different parts of the plant for different indications. In the 1st century CE, Pliny the Elder recorded 32 different medicinal uses of the rose! And let us not forget rose hips, the fruit of the rose that grows after the petals fall. Rose hips are nutrient dense and contain 8 times more vitamin C than oranges! Rose hips can be used to make tea and lovely jams and jellies. In many cultures, the energy of Rose is believed to be connected to the heart and was used to ease grief and heartache and also as an aphrodisiac.

Uses

Skin: Used to reduce redness, irritation and acne (rose water) and hydrate skin (rosehip oil).

Rose contains vitamins A and C, both powerful antioxidants that protect against aging.

Menstrual discomfort: Decreases pain from menstrual cramps, decreases bloating and improves mood.

Heart health: Studies have shown a decrease in blood pressure and LDL (bad) cholesterol with Rosehip oil.

Gastrointestinal: Increases production of bile and has a mild laxative effect.

Mental health: Two studies have shown Rose extract to be protective against cognitive decline.

Massage with Rose oil has been shown to reduce symptoms of anxiety and depression.

Eye: Used in Ayurveda for eye infection and inflammation (sterile preparation).

Dose

Tea: 1 tablespoon dried herb in 1 cup boiling water. Steep covered for 5-10 minutes. Take up to 3 times a day.

Rosewater: Apply to skin 1-2 times a day as needed.

Essential Oil: For external use only in a carrier oil or use as aromatherapy in a diffuser. Do not apply undiluted essential oil directly to skin.

Safety Information

Talk to your healthcare provider before using if you are pregnant, taking medications or if you have any chronic diseases.