

Medicinal Uses of Rose

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ABSTRACT

Rose is a beautiful and fragrant flower that inspired many a poem of love and romance. There are several species of roses are known to the mankind they are varied in shape, sizes and colour. However, it has more to offer than beauty. Other than its use in aesthetic purpose several commercial rose products such as rose oil, rose water, rose essence, rose tea and processed rose products are available in market. The essential oil present in rose is enriched with a wide range of phytochemicals like flavonoids, vitamins, minerals etc. Hence, rose oil shows anti-depressant, anti-inflammatory, anti-septic, anti-spasmodic, anti-viral, anti-bacterial, anti-fungal, diuretic, aphrodisiac, cicatrizing, depurative, emmenagogue, and sedative effect.

INTRODUCTION

The rose has been bestowed as the queen of the flowers, for their aesthetic value since ancient times. There are climbers, ramblers, shrub roses, miniatures, garden kinds such as hybrid teas' floribundas and many more. The flowers might single or double in white, red, pink, orange and yellow etc.

Rose is a beautiful and fragrant flower that inspired many a poem of love and romance. However, it has more to offer than beauty.

Due to presence of medicinal properties, it can be called as medicinal herb. It is reported that until the 1930s they were still regarded as an official medicine by doctors for both internal and topical treatments. There are some varieties of roses that are commercially cultivated for essential oil and rose water production; viz., *Rosagallica*, *Rosa centifolia* and *Rosa damascena*. *Rosa canina* is utilized for isolation of rose hip oil. A range of phytochemicals such as flavonoids, fruit sugars (Including fructose, glucose, maltose), a wide range of amino acids, essential oils including citronellol, geraniol,

eugenol, nerol and phenyl ethanol, etc. are present in rose oil. Other than that, vitamins A, B₁ (Thiamine), B₂ (Riboflavin), B₉ (nicotinic acid), B₆ (pyridoxine), B₇ (also known as niacin or Vitamin H), B₉ (folic acid) C, D, E, and K and minerals such as potassium, calcium, magnesium, iron, zinc, sodium, copper, iodine, chromium, nickel are also present. Tannins and a wide range of enzymes assist in digestion process.

Rosa rugosa flowers to help regulate the liver and spleen meridians and *Rosa laevigata* hips to tonify the kidney, spleen and lung meridians in Chinese folk medicine. The rose hips mostly used in the west are from *Rosa canina* (Dog rose) and the petals of *Rosa centifolia*, *Rosa damascena* or *Rosa gallica* are used medicinally. Due to its astringent properties, it is useful for treating diarrhea. The parts used are usually the flowers or the seed heads or hips and can be used in a number of ways, either fresh or dried. Some of the commercial rose products are described hereunder.

Rose products

- 1. Essential oil-** It is highly expensive and one of the least toxic of all the essential oils. It consists of a range of volatile oils viz., geraniol, nerol, citronellol, farnesol, linalool, Limonene, 1-p-menthene, myrcene, pinene, rose oxide, tannins, organic acids, beta-carotene, cyanin, resin and waxes. The constituents vary with different rose species. Rose essential oil along with carrier oils such as almond or grape fruit is used to treat illnesses viz., hemorrhage, liver problems, nausea, fatigue, ulcers, asthma, dehydration, and bacterial infections of the stomach, colon, and urinary tract. Bulgarian rose oil and is used as a skin remedy.
- 2. Rose water-**Rose petals are mainly used in rose oil production through steam distillation. The by-product of steam distillation is rose water, an excellent relaxing agent that soothes the nerves and used as a flavoring agent in several products across the world. It cures dry

scaly skin, dermatitis, and eczema. Rose water prepared from rose leaves relieves constipation, purifies blood, treat measles and chicken pox.

- 3. Rose essence-**Rose essence is rich in flavanoids, tannins, antioxidants, and vitamins A, B₃, C, D and E; specially relieves stress and depression. It is excellent in skin care.
- 4. Edible processed products-** Rose Summer Drinks, Rose Jam or Rose-hip marmalade and Rose-petal Jelly are some of the popular preserves of roses.
- 5. Rose Tea –** The tea prepared from rose petals, leaves, hips (The flowers which have swollen to seed) or combinations can assist in reducing a fever. It effectively detoxifies and reduces skin rashes too. Due to presence of flavonoids in rose tea, it cleanses the gall bladder, liver, alleviates mild sore throats, fever-related rashes, relieves chest and bronchial congestion etc. It improves bile secretion and immune system. Rose hip tea is an excellent source of vitamins. It is also enriched in A, B₃, C, D, E, citric acid, antioxidant like flavonoids, fructose, sucrose, xylose, malic acid, tannins and zinc. Thus, taken in the form of tea are effective to cure bladder infections, diarrhea.

Medicinal uses of rose

- 1. Antidepressant-** Flavonoids present in rose plant possess antidepressant qualities. The rose extract is scientifically proven to reduce the amyloid B, which is the pathological cause of Alzheimer disease. Presence of eugenol and geraniol influences antiepileptic effects.
- 2. Effect against heart problems and HIV-** There were few chemical compounds identified in rose (*Rosa damascene*) Kaempferol 1 as well as 3-O-B-D-glucopyranoside 3 and 6 showed excellent anti-activity against HIV-infections.

3. **Improves digestive system-** It relieves nausea and help rejuvenate damaged intestinal walls and effectively cure digestive disorders *viz.*, gastroenteritis and gastric ulcers. Infusions of dried rose petals are consumed after meals to aid digestion. Tinctures from rose flower petals are used to cure diarrhea or sluggish digestion.
4. **Improves respiratory system-**The respiratory benefits include treatment of asthma, coughs and hay fever. Rosehip syrup is a very effective cough.
5. **Improves reproductive system:** When combined with other herbs, they are used to treat irregular or heavy menstruation. Rose is traditionally used to treat reproductive disorders and strongly affect irregular menses, leucorrhoea, uterine disorders and cramps. Flower decoctions are taken with motherwort to reduce heavy menstrual flow.
6. **Anti-inflammatory effect-** Compresses soaked in dry flower infusions make a good anti-inflammatory remedy for the eyes or any other inflamed area of the body and applied to relieve headaches. Gargle with petal infusions alone or combined with sage, are used against sore throats.
7. The rose oil also shows antiseptic, antispasmodic, antiviral, anti-bacterial, antifungal, diuretic, aphrodisiac, cicatrizing, depurative, emmenagogue, and sedative effect.

8. It also improves the function of heart, liver, uterus and stomach.



a. Rose in open condition



b. Rose in Greenhouse condition

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