Rosemary (mi die xiang)
Herbs & Botanicals

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Rosemary is a medium-sized evergreen shrub that grows to a height of seven feet. Native to Portugal, the plant takes its name from the Latin "ros marinus," which means "rose of the sea."

Rosemary is rich in antioxidants and other compounds that give it a strong smell of rose-like notes. In traditional medicine, rosemary has been used as an aphrodisiac and to aid digestion. It has also been used to improve memory and concentration.

In scientific studies, rosemary oil has displayed antithrombotic and antiplatelet properties. Two of the oil's constituents, carnosol and ursolic acid, appear to work as antihemorrhagics. The oil also shows promise to reduce spasms in smooth muscle (such as the gallbladder and intestines) and, to a lesser extent, cardiac muscle. In other research, carnosol inhibited the growth of bronchial cancer cells.

In clinical studies, rosemary oil has displayed antibacterial and antifungal properties. Two of the oil's constituents, carnosol and ursolic acid, appear to work as antihemorrhagics. The oil also shows promise to reduce spasms in smooth muscle (such as the gallbladder and intestines) and, to a lesser extent, cardiac muscle. In other research, carnosol inhibited the growth of bronchial cancer cells.

How much rosemary should I take?

The amount of rosemary varies depending on the use. For culinary purposes, a small amount is usually sufficient. For medicinal purposes, the amount can vary depending on the desired effect. Always consult with your healthcare provider before taking rosemary or any other dietary supplement in large amounts.

References


Rational Phytotherapy: A Physician's Guide to Herbal Medicine


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