

Rosemary ct. 1,8 cineole

Rosmarinus officinalis - Lamiaceae (Labiatae)

Rosemary is a small evergreen shrub, growing to over 1.5 metres. The stems are downy when young but become dark grey-brown and woody with age. The evergreen leaves resemble the needles of conifers rather than the typically soft leaves of the Labiatae family. It can flower at any time of the year and the flowers vary from white to pink to violet.

<u>Place of Origin</u>	<u>Part of plant used</u>	aerial parts
Spain, Morocco, Tunisia, France	<u>Method of Extraction</u>	steam distillation
<u>Characteristics</u>	<u>Yield</u>	0.3-0.5%
Colour: clear- pale yellow Perfume notes: top, middle	<u>BF</u> <u>TR</u>	2-5 D

Aroma

Chemical Composition

Monoterpenes	camphene	%	4	Ketones	camphor	%	3-8
	limonene		2-5				
	Alpha-pinene		10	Esters	bornyl acetate		1
Monoterpenols	borneol		7	Oxides	1,8 cineole		50

There are 3 identified rosemary chemotypes: 1,8cineole, camphor and bornyl acetate verbenone. This chemotype is the most widely available and is usually the rosemary referred to in the literature

Properties:

Analgesic, antimicrobial, antispasmodic, cerebral tonic & stimulant, digestive system tonic, expectorant, respiratory system decongestant, antioxidant, antifungal, antiviral, antitussive, cholagogue, choleric, hepatoprotective, mucolytic

Precautions:

Generally regarded as non-toxic, non-irritant and non-sensitising but please note the following:

*Very stimulating - avoid use during pregnancy and with babies

*Is reputedly hypertensive E caution in case of hypertension

Some state it is a contraindicated oil in epilepsy, however Robert Tisserand says that externally used essential oils "are no more likely to cause a fit than any other fragrance or strong odour"

*Caution with epilepsy

***Rosmarinus officinalis* - Lamiaceae (*Labiatae*)**

Indications

Circulatory system

poor circulation, chilblains, cold extremities

Digestive System

Colic, cramps, dyspepsia, indigestion, liver toxicity

Genito Urinary/Gynaecological

Dysmenorrhoea

Immune system

Musculo Skeletal System

Headaches, cramps, muscular aches & pains, lumbago, sciatica, spasms, arthritis, rheumatism, sprains, injuries, neuralgia, pre and post sports treatments

Nervous System

tiredness & mental fatigue, poor memory, stress related disorders, poor concentration, muddled thinking

Respiratory System

fluidifies bronchial secretions, drains mucus congestion, catarrh, colds, flu, sinusitis, bronchitis

Skin/Hair

Acne, skin infections, fungal infections, scalp stimulant, greasy hair, dandruff

Clinical Research

Fungicidal activity has been studied and borneol has been identified as the antifungal component in rosemary oil.

Antimicrobial activity demonstrated against: *Pseudomonas aeruginosa*, *Candida albicans*, *Trichophyton mentagrophytes*.

Studies have confirmed the traditional use of rosemary for improving the functions of the mind and memory by increasing cerebral blood flow - in France it is used in the treatment of elderly patients with symptoms of impaired mental functioning and reduced cerebral activity.

Psychological uses

This oil is wonderful for stimulating and uplifting the mind, making it a perfect choice for elderly clients who may be experiencing psychosensory deterioration. Its fortifying and strengthening properties are useful in cases of psychological withdrawal, inhibition or apathy. The exhilarating nature of rosemary makes it an oil that can provide the vital spark necessary to rekindle the enthusiasm for life following a long illness or during periods of great stress.

Summary

Stimulant, expectorant, analgesic