

Rose

Botanical: Western – *Rosa gallica officinalis*, *R. damascena*; Eastern – *R. chinensis*.
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The rose was one of the most valued medicinal plants in the monastery gardens of Medieval Europe. Rose petals are very astringent, making them excellent for washing skin and bruises. Roses are also classically considered a strong aphrodisiac and antidepressant. The Persians are credited with the development of rose oil.

Western



Western Name: Rose

Also Known As: Provence Rose, Apothecary Rose

Main Systems: Nerves, Skin, Uterus, Intestines

Key Actions: Anticancer, Antidepressant, Antiscorbutic, Antispasmodic, Aphrodisiac, Aromatic, Astringent, Antiviral, Antiseptic, Coagulant, Hemostatic, Cordial, Depurative

Key Medicinal Uses: Aromatherapy, cuts, wounds, nutrition, skin care, bruises, rashes, blood cleansing, anxiety, menstrual cramps, fevers, lowers cholesterol, balances the endocrine system, asthma, wheezing, coughs, intestinal cramps, stomach cramping, rosacea, acne, eczema.



BASIC HABITAT/BOTANY: A rose is a woody perennial of the genus *Rosa*, within the family Rosaceae. There are over 100 species and thousands of cultivars. Roses form a group of plants that can be erect shrubs, climbing or trailing, with stems that are often armed with sharp prickles. Flowers vary in size and shape and are usually large and showy, in colors ranging from white through yellows and reds. The flowers of most species have five petals. The aggregate fruit of the rose is a berry-like structure called a rose hip.

KEY CONSTITUENTS: Flowers: Vitamin C, Vitamins B, E, and K, Nicotinamide, Organic acids, Tannins, Pectin. Glucose, Fructose, Citric acid, Malic acid and Carotene. Rosehips: Vitamin C, A, B1, B2, B3, K, and E, Bioflavonoids, Polyphenols, Rugosin E.

PARTS MOST FREQUENTLY USED: Rose Hips, Flower Buds, Petals, Leaf, Bark, Roots

FLAVORS/TEMPS: Astringent, Slightly Bitter, Sweet, Cooling

CAUTION: Considered very safe and edible. Some people may experience nausea, fatigue, or headaches from over using rose hips.

HISTORY/FOLKLORE: Roses are an ancient symbol of love and beauty, with “rose” translating to the words “pink” or “red” in many languages. The rose was sacred to the goddess Isis, Aphrodite, and Venus (goddesses of love and beauty). The rose is often called the King of Flowers. Different roses have different concentrations of active chemical components. One study of 12 rose cultivars found they had a range of antioxidants that was just below to nearly double that found in green tea.



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Eastern



Pin Yin: Mei Gui Hua

Also Known As: China Rose

Main Meridians: Heart, Liver, Spleen, Stomach

Key Actions: Cool Astringent, Decongestant, Moves Qi, Disperses Stagnation, Clears Heat, Calms Shen (Spirit) and the Heart, Harmonizes Blood, Reduces Inflammation

Key Medicinal Uses: Liver Qi (energy) stagnation, constipation, headaches, nausea, belching, poor appetite, irritability, depression, infertility, insufficient semen, regulates menses, dry phlegm, stops bleeding, bruises, cuts, rashes, mouth sores, irritated eyes, promote urination, diarrhea, dysentery.

FUN FACT!



Rose in Medicine

Rosa gallica was hybridized so much that any scented deep red or deep pink rose was used in medicine, as long as it yielded strong color and fragrance in hot water.



Rose Prickles

While the sharp objects along a rose stem are commonly called “thorns,” they are scientifically called prickles.



War of the Roses

The rose is the national flower of England, ever since Henry II introduced the Tudor rose at the end of the War of the Roses (combining the red and white roses of the houses of Lancaster and York, as a symbol of post-war unity between the two houses).

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