

Rose otto: A therapeutic essential oil

Amreen Taj and V.B. Sanath Kumar

Krishi Vigyan Kendra, V.C. Farm, MANDYA (KARNATAKA) INDIA (E-mail: sanath.kumar7@gmail.com)
Department of Floriculture and Landscape Architecture, P.G. Centre (U.H.S.), BENGALURU (KARNATAKA) INDIA

Rosa sp. belongs to the family Rosaceae. It is one of the “Natures Beautiful Creations”. Hence, it is universally acclaimed as the ‘Queen of flowers’ called by a ‘Sappho’ a poetess about > 2500 years ago.



No other flower is a better symbol of Love, adoration, innocence, peace, friendship, affection, passion, other virtues than the rose since thousands of years. It is certainly the best known and most popular of all the cut flowers,

throughout the world and has been growing on this earth for many million years before man himself appeared on earth. The essential oil extracted by steam distillation of Damascus rose (*Rosa damascena*), the most fragrant ones composed of citronellol, citral, carvone, citronellyl acetate, Eugenol. Ethanol, farnesol. Stearpoten, methyl eugenol, nerol, nonanol, nonanal, phenylmenthyl acetate and phenyl geraniol with strongest aroma and highest oil content have medicinal uses in aromatherapy.

Therapeutic properties of rose oil:

- Anti depressant
- Antipholestic
- Antiseptic and anti spasmodic
- Aphrodisiac
- Astringent
- Antibiotic
- Cholagogue
- Cicatrisant
- Emenogogue
- Haemostatic
- Hepatic
- Nervine
- Stomachic

Anti depressant: Rose oil boosts self esteem, confidence, hope, mental strength and efficiently fights depression. This can be helpful to drive depression from those who are suffering from depression due to any reason. This also relieves anxiety. Being an anti depressant, patients of acute depression or who are undergoing rehabilitation can be given routine and regular doses of this essential oil to bring in their lives. This oil is widely used in aromatherapy and invokes positive thoughts, spiritualism and feelings of joy, happiness and hope.

Anti pholistic: It may calm down a patient of high fever by sedating the inflammation caused by fever. It can also be beneficial in other cases of inflammations caused by microbial infection, indigestion of poisonous stuff, dehydration etc.

Anti septic and anti spasmodic: Rose oil relieves spasm in respiratory system, intestines and muscular spasms in limbs. It also helps cure convulsions, muscle pulls, cramps and spasmodic cholera which are caused due to spasms. Rose oil has also got anti viral property that protects against viral infections.

Aphrodisiac: The very scent of rose boosts up libido and invokes romantic feelings which are essentials for a successful sex.

Astringent : Rose oil has many benefits. It strengthens gums, hair roots, tones and lifts skin, contracts muscles, intestines and blood vessels, thereby giving protection from untimely fall of tooth and hair, wrinkles, loss of firmness of intestines and muscles of abdominal area and limbs associated with age, and above all, helps stop flow of blood from wounds and cuts by contracting the blood vessels. This astringent property can also cure certain types of diarrhoea.

Antibiotic: It can be used in treatment of typhoid, diarrhoea, cholera, food poisoning and other diseases which are caused by bacteria. Further, it can cure internal bacterial infections like in colon, stomach, intestines and urinary tract as well as external infections on skin, ears, eyes and in wounds.

Cholagogue: It promotes flow of bile from the gall bladder and helps regulate the acid level in the stomach as well as in the blood, thus keeping you safe from problems like acidity and acidosis. This bile also helps in digestion of food, together with the acids secreted into the stomach.

Cicatrisant: Rose Essential Oil can be of great interest for those who care a lot about their looks as it is it makes the scars and after marks of boils, acne and pox etc. on the skin to fade away. This includes fading of stretch marks and surgery marks, fat cracks etc. associated with pregnancy and delivery. It also acts as a depurative by purifying blood, removal and neutralization of toxins from blood. Once blood is purified and free of toxins, there is protected from nuisances like boils, rashes, ulcers, skin diseases etc.

Emmenagogue: It stimulating the hormone secretions

which trigger off menstruations. It is particularly effective on those who are suffering from obstructed and irregular menses. It also eases cramps, treats nausea, fatigue and reduces pains associated with the menstruations and Pose Menopause Syndromes.

Haemostatic: People who are suffering from haemorrhage (bleeding, external or internal) after an injury or surgery. Rose oil speeds up clotting or coagulation of blood and stops bleeding and can save life of such patients.

Hepatic: It is good for liver's health. It keeps it strong, functioning properly and protected from infections. It also treats problems like excess flow of bile and acids, ulcers etc.

Nervine: It acts as a tonic for the nerves. It gives them strength to bear shocks and protects them from disorders resulting from age, injuries etc. It won't let hands tremble or let to go nervous when saying those three magic words to a dream girl for the first time.

Stomachic: It soothes stomach, sedates inflammations in

it, helps it function properly and protects it from infections. It also protects it from ulcers which often happen due to over production of acids and their release into the stomach. Rose oil can also take care of many feminine problems such as uterine discharges, tumors, bleeding, irregular menses etc. It purifies the uterus too and keeps it functioning properly even in higher ages and can push away the time of menopause.

The rose otto has also other benefits too, it regulates hormone production and helps balance them. It is one of the best oils which can give shining, fresh and youthful skin. Its aroma keeps everyone charged and feeling happy. It promotes circulation, takes care of heart, reduces blood pressure and helps cure headaches, asthma, dehydration and effect of loo (very hot winds), leucorrhoea and certain infections. Hence the value added product of rose, rose oil finds an important place in most of the medicinal and industrial usage.

Received : 21.09.2012

Revised : 19.04.2013

Accepted : 19.05.2013

INTERNATIONAL JOURNAL
 Accredited by NAAS :
 NAAS Rating : 3.5
OF COMMERCE AND
BUSINESS MANAGEMENT
 An International Research Journal
 ISSN : 0974 - 2646
 RNI : UPBIL/2008/24399
 ONLINE ISSN : 0976-7940
 For More detail contact www.researchjournal.co.in

RN : UPENG2010/37541 *An International Research Journal* ISSN: 0976-5611
ADVANCE RESEARCH JOURNAL OF
SOCIAL SCIENCE
 ONLINE ISSN: 2231-6418
 Visit : www.researchjournal.co.in