



Rosmarinus: introduction



Names

Botanical name:	Rosmarinus officinalis L.
Family:	Lamiaceae (Labiatae)
Pharmaceutical name:	Rosmarini folium
Part:	leaves
English:	rosemary
German:	Rosmarinblätter
French:	Feuilles de rosmarin
Mandarin:	mi die xiang (<i>aerial parts of R. officinalis L.</i>)



Use in the West

Rosemary is a bushy shrub that belongs to the group of very **aromatic** herbs, native to the **Mediterranean**, that also includes lavender, sage, and thyme.

- These herbs from the **Lamiaceae** family have high **volatile oil** content (1-3%) and have been central to the development of the practice of **aromatherapy**.



Use in the West, cont.

The mere **fragrance** of this family of herbs is pleasing, uplifting, and calming, and for **Europeans**, these herbs seem to hold the distillation of Mediterranean **sunshine**.

- **Rosemary** in particular can have a **warming** and **stimulating** effect, and it is not surprising that in his astrological **classification** of herbs, **Culpeper** placed rosemary under the dominion of the sun.



Use in the West, cont.

Use for physical and psychological disorders

Rosemary has been used as a medicinal herb in **Europe** at least since the time of **Dioscorides** and has had a **tradition** of use for both physical and psychological disorders.

- It was listed by **Culpeper** not only for **physical** problems of the stomach, intestines, and liver, but also for **melancholy**, lethargy, weak memory, and **dullness** of the mind and senses.



What is special about Rosmarinus

In terms of Chinese medicine,
Rosmarinus officinalis can be said to be

- warm in **temperature**
- aromatic, bitter, and acrid
in **taste** properties
- and to have its main **effect** on the
Heart, Liver, Spleen, Stomach,
and Intestines.



Chinese actions

In terms of Chinese medicine, **Rosmarinus** as used in the **West**, can be said to have five main **actions**:

- I. **tonifies** and moves Heart Qi
- II. tonifies and **moves** Spleen Qi
- III. **tonifies** and moves Liver Qi
- IV. calms and **regulates** Intestinal Qi
- V. **calms** Hyperactive Liver Yang



Western uses, cont.

Rosmarinus can be used to assist in the **treatment** of some of the most **important** and widespread **disorders** occurring in modern societies.

Some of these disorders are discussed below:

- heart disease
- postnatal disorders
- postoperative recovery
- digestive disorders
- chronic fatigue syndrome
- recovery from drugs or multimedication
- depression
- headaches and migraines



Depression

Rosmarinus can be used to **treat** depression associated with any **combination** of the following Chinese **syndromes**:

- Deficiency and Stagnation of **Heart** Qi
- Deficiency and Stagnation of **Liver** Qi
- Deficiency and Stagnation of **Spleen** Qi

It may be helpful in treating depression from **Deficiency** and **Stagnation** of Heart Qi when this is associated with mild Heart Spirit **Disturbance**.



Western uses, cont.

Depression: **Caution**

- Rosmarinus may be **too strong**
a stimulant to treat depression
linked with **severe** anxiety, agitation,
or restlessness, and is not generally
suitable for **manic depression**.



Western uses, cont.

Recovery from drugs or multimedication

Rosmarinus has been shown to have **hepatoprotective** action and to **enhance** liver function (*see Research*).

Providing the patient does not have marked **heat** signs, I often include **Rosmarinus** in combinations to assist recovery from:

- prolonged **overindulgence** in food and drink
- drug abuse
- prolonged **multimedication**