

Pharmaco-Economical And Nutritional Overview Of Rosemary

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Abstract:

Rosmarinus officinalis is one among the phenomenon herb. This wonder herb has numerous health benefits which sometimes outshined. As a health contributor rosemary has attracted many herbal manufacturer as well as suppliers. Its different forms such as oil, powder, cream etc gives an extra edge to this herb in comparison to others. The present review tries to put forward the Pharmaco-Economical and Nutritional aspects of rosemary.

Keywords: Rosemary, Pharmaceutical, Economical, Nutritional

Introduction:

The volatile oils are used in pharmaceuticals, cosmetics and beverages since long where they provide flavor and perfumery action. However, beside this role they also serve as an excellent medicinal agent too. They belong to the category of terpenoids meaning hydrocarbons (C₅H₈)_n along with their oxygenated derivatives. Rosemary is one among such plant which is highly utilized because of its medicinal, economical and nutraceutical value.

Table 1 Scientific Classification of *Rosmarinus officinalis*¹

Scientific Classification	
Kingdom	Plantae
Order	Lamiales
Family	Lamiaceae
Genus	Rosmarinus
Species	R. officinalis



Therapeutic Actions of Rosemary:

Rosemary is being extensively used for its health benefits. Table 2 tries to summaries the therapeutic role of Rosemary in present scenario.

Table 2 Therapeutic action of *Rosmarinus officinalis*²⁻⁶

S. No.	Therapeutic action	Description
1	Cancer prevention	Carnosol is responsible for anti-cancer activity. Effective against colon cancer, breast cancer, prostate cancer, skin cancer, leukemia
2	Memory Enhancer	Smell of rosemary found to improve memory
3	Mood Elevator	Smell of rosemary also acts as mood elevator
4	Analgesic	Oil of rosemary relieve pain due to sore muscles, arthritis and migraine
5	Anti-inflammatory	Carnosic acid and Carnosol inhibits COX-II and thus acts as Anti-inflammatory
7	Immune booster	Being an antioxidant acts as good immune booster
8	Anti-bacterial	Powerful anti-bacterial agent against H. pylori and Staph infection
9	Digestive	Helps to treat constipation, indigestion and foodborne illness
10	Hair growth	Treat alopecia
11	Better circulation	Topically acts as natural remedy for poor circulation
12	Dentistry	Acts as natural mouthwash
13	Diuretic	It's a mild diuretic
14	Respiratory stimulant	Useful in congestion due to cold, allergies and flu
15	Anti-aging	Increase firmness, skin tone and stimulate cell regeneration
16	Liver detoxification	Detoxified liver and reduces liver cirrhosis
17	Promoter of menstrual flow	Helpful in dysmenorrheal disorders

Economical prospect of Rosemary:

Economically too rosemary has tiled its position in the world market. The pharmaceutical aspects of this miracle herb have further help in cementing the place. Presently the East Asia (86%) has dominated in the utilization and marketing of this drug. South Asia ranked second in this list with total contribution of approximately 8-9%. Moreover, China is the largest manufacture and the supplier of rosemary and related products.

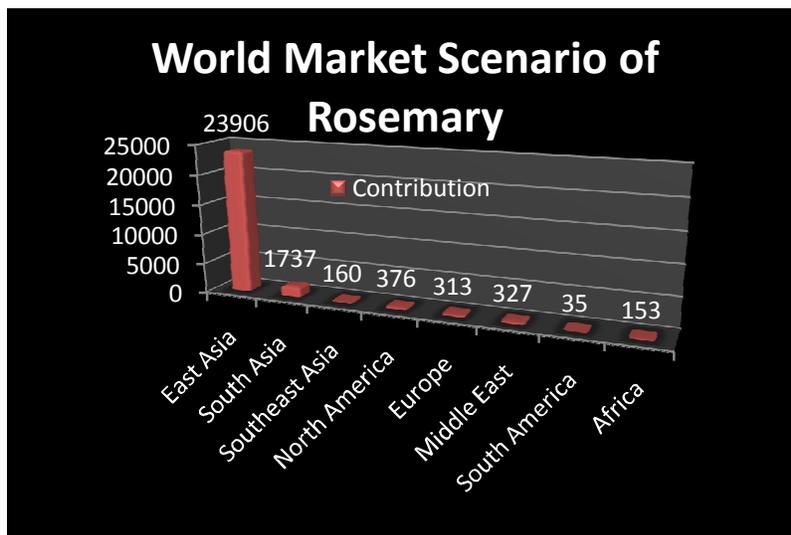


Figure 1 World Market Scenario of *Rosmarinus officinalis*

Nutritional aspect of Rosemary:

Every prospect of the herb is also related to the nutritional value. The herb with both good nutritional value and exceptional pharmaceutical importance has worth paying. The nutritional parameters are also important because its make a product supplement instead of drug. This herb is a good source of carbohydrate (16%) as well as dietary fibers (37%). However, rosemary is totally devoid of cholesterol with less fats and proteins.

Table 3 Nutritional aspect of *Rosmarinus officinalis*⁸

Principle	Nutritional Value (%)	
Energy	131 Kcal (6.5%)	
Carbohydrates	20.70 g (16%)	
Protein	3.31 g (6%)	
Fat	5.86 g (20%)	
Cholesterol	0 mg (0%)	
Dietary Fiber	14.10 g (37%)	

Conclusion:

In the present herbal world only those drugs or preparation are favored which has good economical value. The products with multi-therapeutic action are more preferred than the single action. The drug with the

supplement role gives an edge to the product to flourish its market. All these qualities are being excellently executed by *Rosmarinus officinalis*. The conclusion can be drawn from the current review that this herb has got a great future in the herbal market. However, the rationalization and standardization of the herb and its related products has to be maintained to maximum.

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