



Materia Medica

Materia Medica (English: medical material/substance) is a Latin term from the history of pharmacy for the body of collected knowledge about the therapeutic properties of any substance used for healing.

HERB: rosemary

BOTANICAL NAME: *Rosmarinus officinalis*

HARVESTED FROM: *purchased from Trade Technocrats*

PARTS USED: *dried leaves*

CONSTITUENTS/ESSENTIAL OILS: limonene, alphapinene, alpha-terpinene, lavandulol, rosmarinone

PREPARATION: *simmer slowly*

USES:

- ❖ aroma is said to strengthen memory (a cerebral circulatory stimulant)
- ❖ the emblem of fidelity for lovers
- ❖ cures headache in some people
- ❖ anticarcinogenic when applied to meat before charring on BBQ
- ❖ mix with olive oil to stimulate hair growth
- ❖ said to be the "herb of life", composed of fire and wind in Ayurvedic medicine

SAFETY: rosemary oil may cause redness of the skin in people who are allergic

RECENT RESEARCH:

"Rosemary extract could be useful for replacing or even decreasing synthetic antioxidants in foods. As preservatives, rosemary extracts offer several technological advantages and benefits to consumers."

Nieto, Gema et al. "Antioxidant and Antimicrobial Properties of Rosemary (*Rosmarinus officinalis*, L.): A Review" *Medicines (Basel, Switzerland)* vol. 5,3 98. 4 Sep. 2018, doi:10.3390/medicines5030098