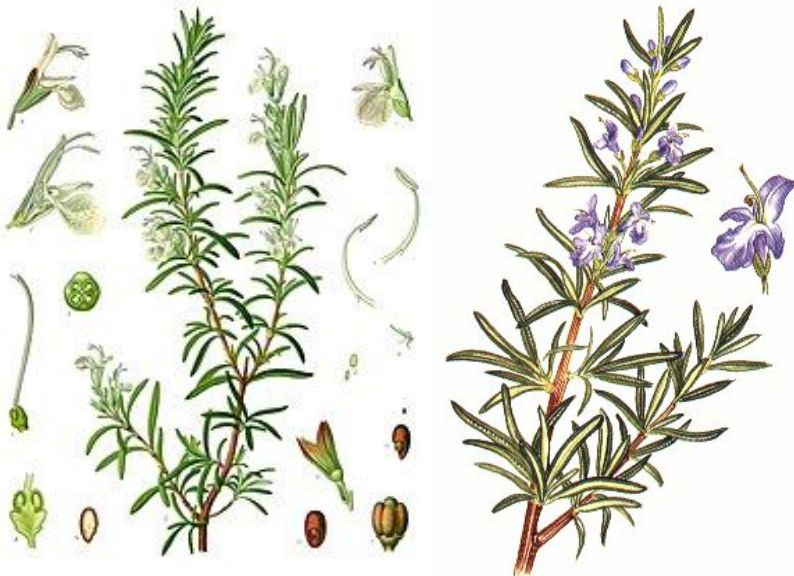


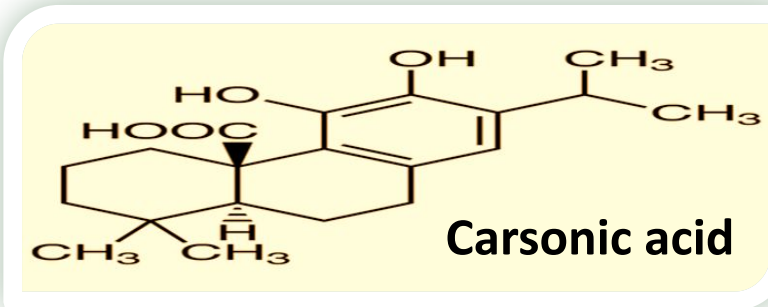
INTRODUCTION

Rosemary (*Salvia rosmarinus*), a small evergreen plant of the mint family (Lamiaceae). The leaf small, curved pine needles, and are dark green in color. The flowers are white, pink, purple or deep blue. Native to the Mediterranean region, rosemary is endemic throughout much of Europe and Africa, and is widely grown in gardens in warm climates. Today its fragrant oil is an ingredient in numerous cosmetics products and The essential oil content is from 0.3 to 2 percent, it is obtained by distillation.



ACTIVE INGREDIENTS

Flavonoids, alkaloids, essential oils, and terpenoids. The most effective active are phenolic diterpenes, and phenolic acids, which include ursolic acid, carnosic acid, rosmanol, carnosol, and rosmarinic acid.



BENEFITS AND SIDE EFFECTS

- Relieve pain
- Bolsters immunity
- Promote hair growth
- Decrease stress
- Enhance mood
- Uses in cooking

✓ Side effect

Consuming large doses or using undiluted rosemary oil can cause side effects like nausea, sun sensitivity, and skin redness. While rosemary oil is usually safe for most people, some may have allergic reactions.

THERAPEUTIC USES

- Anticancer
- Anti-diabetic
- Anti-inflammatory
- Hepatoprotective
- Anti Ulcerogenic
- Antibacterial and antioxidant
- Carminative



DRUG INTERACTION

medications, Rosemary can interact with several including (Warfarin), anti hypertension, diuretics (like furosemide), and lithium. This interaction can be severe, especially with lithium, which could reach toxic level.

SUMMARY

Rosemary is evergreen plant with small leaves contain major active ingredient is carnosic acid and is used as anti inflammatory but it's can interact with some drugs.



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