

## ROSEMARY OIL

### Biological Source

Oil of Rosemary is distilled from the flowering tops of leafy twigs of *Rosmarinus officinalis*, belonging to family Lamiaceae.

### Chemical Constituents

The fresh material yields about 1-2% of volatile oil containing 0.8-6% of esters, and 8-20% of alcohols. The principal constituents are 1, 8-cineole, borneol, camphor, bornyl acetate, and monoterpene hydrocarbons. Rosemary leaves also contain the triterpene alcohols  $\alpha$ - and  $\beta$ -amyrins, rosmarinic acid, rofficerone caffeic acid, chlorogenic acid,  $\alpha$ -hydroxydihydrocaffeic acid, glycosides of luteolin and diosmetin, carnosolic acid, carnosol, rosmanol, epirosmanol, and isorosmanol.

### Uses

The oil is mainly used in the perfumery industry. It is a component of soap liniment and is frequently used in aromatherapy. The oil is also used for gastrointestinal disturbances, to enhance urinary and digestive elimination function and as a choleric or cholagogue. Topically, it is applied to clear nasal passages, for colds, as a mouthwash and for rheumatic ailments. Rosemary extracts are used in food technology as antioxidants and preservatives.

Carnosolic acid, a diterpene isolated from *R. officinalis*, shows a strong inhibition of HIV-1-protease activity. It shows cytotoxicity at the dose which is close to effective antiviral dose.

### Cosmetic uses

#### Beauty Benefits of Rosemary Oil For Skin

- It deeply hydrates skin and can be used instead of moisturiser.
- It aids in controlling sebum production.
- Its anti-bacterial and anti-inflammatory properties help battle acne.
- It helps reduce the appearance of blemishes and can be used to lighten stretch marks.

- It soothes skin irritation caused by dermatitis and eczema.
- It doubles as an astringent to soothe skin.
- It maintains the balance of the skin and prevents breakouts.
- It stimulates the skin and gives a radiant glow.
- It's known to tighten skin and makes skin appear more firm.
- It revives dull skin and gives it a refreshed feel.

#### Beauty Benefits of Rosemary Oil For hair

- It stimulates hair growth.
- It soothes a dry and itchy scalp.
- It fights dandruff-related problems.
- It softens hair and adds shine to it.
- It revives dull hair.

#### **Marketed Products**

It is one of the ingredients of the preparations known as Anti-Dandruff Hair Oil, Anti-Dandruff Shampoo, Protein Shampoo for oily/greasy hair, and Erina Plus (Himalaya Drug Company).