

Rose Water

Rose petals treat the heart, nerves and lift the spirits. They have an affinity for the blood and, like all *Rosaceae* family, have a certain astringency that reduces inflammation and stops sweating.

Constituents:

Essential oils- citronellol, geraniol, eugenol, Organic acids- gallic acid, Tannins (10-24%), Flavonoids- quercetin¹

Bio-Medical Action:

Carminative, emmenagogue, nervine, antidepressant, astringent, anti-inflammatory, laxative, aromatic, aphrodisiac

Indications:

Gynaecology: It has an affinity for the blood and it is useful in excessive menstrual bleeding, vaginal infections and pelvic inflammation. It clears *pitta* from the uterus and blood and is used in dysmenorrhoea, metrorrhagia, endometriosis and fibroids. Its specific use in menstruation is during the final flare of the *pitta* phase from day 20-28.² Its action on the reproductive tissue enhances sexual desire and fertility. Very useful during menopause with hot flushes; use a rosewater spray for instantaneous cooling.

Nerves: Rose's nourishing effect on the nervous tissue make it useful for nervous depression and anxiety. Its cooling quality can reduce symptoms of high *pitta*; red tongue tip, agitation, palpitations and headaches behind the eyes.³ It opens the heart *chakra* thus increasing patience, compassion and love.

Skin: Roses are a specific for inflamed eyelids. They are a useful face wash for astringing the skin and clearing acne. Used in inflammatory and suppurating skin conditions: eczema, psoriasis, urticaria, itching and irritation. Use as eye drops for itching and irritation from allergies.

Digestion: Good for ulcers, inflammation, acidity, enteritis and heartburn. Its astringent flavour is useful in diarrhoea from heat (use a high dose). Roses can help with fat metabolism and hence help to reduce blood lipid levels.

Reproduction: Its calming effect on the emotions and the heart are complemented by its aphrodisiac effect. Its sweet post-digestive quality helps to increase semen, sexual interest and fertility.⁴

Combinations:

- + **Shatavari Plus** for menopausal symptoms
- + **Aloe Vera juice** for menopausal symptoms or digestive acidity
- + **Amla & Peppermint Formula** for acidity

Ayurvedic Energetics

Taste *rasa*: Bitter, Pungent, Astringent

Action *virya*: Cooling

Post-digestive effect *vipaka*: Sweet

Quality *guna*: Dry, Light

Dosha effect: VPK=

Tissue *dhatu*: Plasma, Blood, Nerve, Reproductive

Channel *srota*: Female reproductive, Circulatory, Nervous

Notes:

- Our rose water is organically certified and is grown at a high altitude.

Contraindications:

None known though caution in pregnancy

Dosage: Spray as required or take 1 tsp internally with water 3x/day

¹ Holmes 1989

² Holmes 1989

³ Bhavaprakasha

⁴ Bhavaprakasha