

Rose- Taruni / *Rosa centifolia*

Part consumed -
Flower Petals, Oils

Form consumed -
Powder, Distillate,
Confections

**Maximum daily
consumption by adults -**
Seed Powder - 6 g
Distillate - 10 - 20 ml
Confection - 10-20 g

Chemical composition

- Oleum rosae
- Tannic acid
- Gallic acid
- Aromatic Oils



Indications as per Ayurveda

- Cardio-tonic
- Bleeding disorders
- Impotence
- Skin disorder

Modern Clinical Studies

- Neuroprotective
- Cardio-protective
- Anti-inflammatory
- Skin disorder
- Antioxidant