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 roae
• 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