

Rosemary / *Rosemarinus officinalis*

Part consumed -
Leaves, Twigs

Form consumed -
Powder, Decoctions, Oil

Maximum daily consumption by adults -
Powder - 6 g
Decoction - 10-20 ml
Oil - 3-4 drops for inhalation

Composition

- Caffeic acid
- Carnosic acid
- Chlorogenic acid
- Camphor
- Betulinic acid



Indications as per Ayurveda

- Digestive
- Appetizer

Modern Clinical Studies

- Anti cancer
- Anti-oxidant
- Anti-inflammatory
- Neuro protective.