ROSEMARY

Date: January 23, 2008

Proper name(s): *Rosmarinus officinalis* L. (Lamiaceae) (USDA 2008)

Common name(s): Rosemary (McGuffin et al. 2000)

Source material(s): Leaf (Blumenthal et al. 2000)

Route(s) of administration: Oral or topical (ESCOP 2003)

Dosage form(s): Those suited to the allowable routes of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of:

Oral:

- Traditionally used in Herbal Medicine to help relieve flatulent dyspepsia (carminative) (Barnes et al. 2007; Bradley 2006; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).
- Traditionally used in Herbal Medicine to help ease (gastric) headaches (Barnes et al. 2007; Bradley 2006; Mills and Bone 2005; Hoffmann 2003; Blumenthal et al. 2000; Tilgner 1999; Grieve 1971 [1931]).

Topical:

- Traditionally used in Herbal Medicine as supportive therapy to help relieve muscle and joint pain associated with rheumatism (Barnes et al. 2007; Bradley 2006; Wichtl 2004; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000).
- Traditionally used in Herbal Medicine to help support peripheral circulation (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).
- Traditionally used in Herbal Medicine as a mild antiseptic (ESCOP 2003; Williamson et al. 1988).
Dose(s):

Oral: Preparations equivalent to 0.6-12 g dried aerial parts, per day (Barnes et al. 2007; Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; BHP 1983)

Topical: Preparations equivalent to 50 g dried leaf, per day (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).

**Directions for use:** Add to one full bath (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

Duration of use: No statement required.

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):

All uses: Consult a health care practitioner if symptoms persist or worsen.

Topical:

- Consult a health care practitioner prior to use if you have large open wounds or skin lesions, feverish conditions, acute inflammation, severe circulatory disorders or hypertension (ESCOP 2003).
- Consult a health care practitioner prior to use if you are pregnant (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; McGuffin et al. 1997) or breastfeeding (Barnes et al. 2007).

Contraindication(s):

Oral: Do not use if you are pregnant (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; McGuffin et al. 1997) or breastfeeding (Barnes et al. 2007).

Known adverse reaction(s):

Topical: Hypersensitivity is known to occur, in which case, discontinue use (Barnes et al. 2007; ESCOP 2003).
**Non-medicinal ingredients:** Must be chosen from the current NHPD *List of Acceptable Non-medicinal Ingredients* and must meet the limitations outlined in the list.

**Specifications:** Must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.

**References cited:**


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Oral

Dried leaf:
- 4-6 g, per day (Barnes et al. 2007)
- 6-12 g, per day (Mills and Bone 2005)
- 4-6 g, per day (Blumenthal et al. 2000)
- 2-4 g, 3 times per day (BHP 1983)

Infusion:
- 6-12 g dried leaf, per day (Mills and Bone 2005)
- 2-4 g dried leaf, per day (ESCOP 2003)
- 2 g dried leaf, 3 times per day (Blumenthal et al. 2000)
- 2-4 g dried leaf, 3 times per day (BHP 1983)

Directions for use: Pour 150 ml of boiling water on dried leaf and infuse (Blumenthal et al. 2000).

Fluidextract:
- 6-12 g dried equivalent, per day
  (1:1, 6-12 ml) (Mills and Bone 2005)
- 1.5-3 g dried equivalent, per day
  (1:1, 45% ethanol, 1.5-3 ml) (ESCOP 2003)
- 2 g dried equivalent, 3 times per day
  (1:1, 2 ml) (Blumenthal et al. 2000)
- 2-4 g dried equivalent, 3 times per day
  (1:1, 45% alcohol, 2-4 ml) (BHP 1983)

Tincture:
- 0.6-1.7 g dried equivalent, per day
  (1:5, 70% ethanol, 3-8.5 ml) (ESCOP 2003)
- 0.2-0.4 g dried equivalent, 3 times per day
  (1:5, 40% ethanol, 1-2 ml) (Hoffmann 2003)
- 2 g dried equivalent, 3 times per day
  (1:5, 10 ml) (Blumenthal et al. 2000)

Topical

Decoction:
- 50 g dried leaf, per use (Wichtl 2004)
- 50 g dried leaf, two times per week (ESCOP 2003)
- 50 g dried leaf, per day (Blumenthal et al. 2000)
**Directions for use:** Place dried leaf in 1 litre of cold water. Bring to a boil and simmer for 5-10 minutes. Let stand covered for 15 to 30 minutes. Strain and add to one full bath (Wichtl 2004; ESCOP 2003; Blumenthal et al. 2000).