



## 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:**

Barnes J, Anderson LA, Philipson JD. Herbal Medicines, 3<sup>rd</sup> edition. London (UK): The Pharmaceutical Press; 2007.

BHP 1983: British Herbal Pharmacopoeia. Cowling (UK): British Herbal Medical Association; 1983.

Blumenthal M, Goldberg A, Brinkmann J, editors. Herbal Medicine: Expanded Commission E Monographs. Boston (MA): Integrative Medicine Communications; 2000.

Bradley PR, editor. British Herbal Compendium: A Handbook of Scientific Information on Widely Used Plant Drugs, Volume 2. Bournemouth (UK): British Herbal Medicine Association; 2006.

Brinker F. Herb Contraindications and Drug Interactions, 3<sup>rd</sup> edition. Sandy (OR): Eclectic Medical Publications; 2001.

ESCOPE 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2<sup>nd</sup> edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

Grieve M. A Modern Herbal, Volume 2. New York (NY): Dover Publications; 1971 [Reprint of 1931 Harcourt, Brace & Company publication].

Hoffmann D. Medical Herbalism. Rochester (VT): Healing Arts Press; 2003.

McGuffin M, Hobbs C, Upton R, Goldberg A, editors. American Herbal Products Association's Botanical Safety Handbook. Boca Raton (FL): CRC Press; 1997.

McGuffin M, Kartesz JT, Leung AY, Tucker AO, editors. Herbs of Commerce, 2<sup>nd</sup> edition. Silver Spring (MD): American Herbal Products Association; 2000.

Mills S, Bone K. The Essential Guide to Herbal Safety. St. Louis (MO): Elsevier Churchill Livingstone; 2005.

Tilgner S. Herbal Medicine from the Heart of the Earth. Creswell (OR): Wise Acre Press; 1999.

USDA 2008: United States Department of Agriculture, Agricultural Research Service, National Genetic Resources Program. Germplasm Resources Information Network (GRIN). *Rosmarinus officinalis* L. National Germplasm Resources Laboratory, Beltsville (MD). [Accessed 2008-01-17]. Available at: [http://www.ars-grin.gov/cgi-bin/npgs/html/tax\\_search.pl](http://www.ars-grin.gov/cgi-bin/npgs/html/tax_search.pl)

Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3<sup>rd</sup> edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

Williamson EM, Evans FJ, Wren RC. Potter's New Cyclopaedia of Botanical Drugs and Preparations. Saffron Walden (UK): C.W. Daniel Company Limited; 1988.

**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).