# Rosmarinus: introduction

## Names

<table>
<thead>
<tr>
<th><strong>Botanical name:</strong></th>
<th>Rosmarinus officinalis L.</th>
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<tbody>
<tr>
<td><strong>Family:</strong></td>
<td>Lamiaceae (Labiatae)</td>
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<td><strong>Pharmaceutical name:</strong></td>
<td>Rosmarini folium</td>
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<tr>
<td><strong>Part:</strong></td>
<td>leaves</td>
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<tr>
<td><strong>English:</strong></td>
<td>rosemary</td>
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<tr>
<td><strong>German:</strong></td>
<td>Rosmarinblätter</td>
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<tr>
<td><strong>French:</strong></td>
<td>Feuilles de rosmarin</td>
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<tr>
<td><strong>Mandarin:</strong></td>
<td>mi die xiang (aerial parts of R. officinalis L.)</td>
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Use in the West

**Rosemary** is a bushy shrub that belongs to the group of very aromatic herbs, native to the Mediterranean, that also includes lavender, sage, and thyme.

- These herbs from the **Lamiaceae** family have high volatile oil content (1-3%) and have been central to the development of the practice of **aromatherapy**.
The mere **fragrance** of this family of herbs is pleasing, uplifting, and calming, and for **Europeans**, these herbs seem to hold the distillation of Mediterranean **sunshine**.

- **Rosemary** in particular can have a **warming** and **stimulating** effect, and it is not surprising that in his astrological **classification** of herbs, **Culpeper** placed rosemary under the dominion of the sun.
Use in the West, cont.

Use for physical and psychological disorders

**Rosemary** has been used as a medicinal herb in **Europe** at least since the time of **Dioscorides** and has had a **tradition** of use for both physical and psychological disorders.

- It was listed by **Culpeper** not only for **physical** problems of the stomach, intestines, and liver, but also for **melancholy**, lethargy, weak memory, and **dullness** of the mind and senses.
What is special about Rosmarinus

In terms of Chinese medicine, Rosmarinus officinalis can be said to be

- warm in temperature
- aromatic, bitter, and acrid in taste properties
- and to have its main effect on the Heart, Liver, Spleen, Stomach, and Intestines.
In terms of Chinese medicine, *Rosmarinus* as used in the *West*, can be said to have five main actions:

<table>
<thead>
<tr>
<th>I.</th>
<th><strong>tonifies</strong> and moves Heart Qi</th>
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<tbody>
<tr>
<td>II.</td>
<td><strong>tonifies</strong> and <strong>moves</strong> Spleen Qi</td>
</tr>
<tr>
<td>III.</td>
<td><strong>tonifies</strong> and moves Liver Qi</td>
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<tr>
<td>IV.</td>
<td><strong>calms</strong> and <strong>regulates</strong> Intestinal Qi</td>
</tr>
<tr>
<td>V.</td>
<td><strong>calms</strong> Hyperactive Liver Yang</td>
</tr>
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</table>
**Western uses, cont.**

**Rosmarinus** can be used to assist in the **treatment** of some of the most **important** and widespread **disorders** occurring in modern societies.

Some of these disorders are discussed below:

- heart disease
- postoperative recovery
- chronic fatigue syndrome
- depression
- postnatal disorders
- digestive disorders
- recovery from drugs or multimedication
- headaches and migraines
Western uses, cont.

Depression

Rosmarinus can be used to treat depression associated with any combination of the following Chinese syndromes:

- Deficiency and Stagnation of Heart Qi
- Deficiency and Stagnation of Liver Qi
- Deficiency and Stagnation of Spleen Qi

It may be helpful in treating depression from Deficiency and Stagnation of Heart Qi when this is associated with mild Heart Spirit Disturbance.
Depression: **Caution**

- Rosmarinus may be **too strong** a stimulant to treat depression linked with **severe** anxiety, agitation, or restlessness, and is not generally suitable for **manic depression**.
Recovery from drugs or multimedication

Rosmarinus has been shown to have **hepatoprotective** action and to **enhance** liver function (see Research).

Providing the patient does not have marked **heat** signs, I often include **Rosmarinus** in combinations to assist recovery from:

- prolonged overindulgence in food and drink
- drug abuse
- prolonged multimedication