



Research Paper

Rose: Ornamental As Well As Medicinal Plant

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ABSTRACT:

Flowers are not just flowers, but they are a feast of eyes. According to studies there are thousands of beautiful flowers exist on the earth, among them Roses are the masterpiece of all the flowers as it emits beautiful positive feelings.

Rose is considered as King of Flowers and Symbol of love. Species, cultivars and hybrids are widely grown for their beauty and fragrant. Roses are best known as ornamental plants grown for their flowers in the gardens and houses. They have been also used for commercial perfume, Bouquet industry and used in herbal and folk medicines. Most species of roses are native to Asia, with small numbers native to Europe, North America and North Western Africa.

I conducted a comprehensive literature review based on scientific studies. In this review the various vital constituents and medical properties of rose have been highlighted.

I. INTRODUCTION

The rose holds an important position in the ornamental flower industries. In the Northern Hemisphere alone there are approximately 150 species of roses. Initially, used as a fragrance and medical purposes, the rose eventually came to be appreciated as ornamental flower. Roses are the most important crop in the floriculture industry and attract both pollinators and human admirers.

Rose is a woody perennial flowering plant of the genus Rose in the family Rosaceae. There are over three hundred species and ten thousand of cultivars. The roses can be erect shrubs, climbing or trailing with stems that are often armed with sharp prickles. The leaves are borne alternately on the stem. In most of the species they are 5 to 15 cm long, pinnate with 3-13 leaflets and basal stipules; the leaflets usually have a serrated margins. Flowers vary in size and usually large and showy, in colours ranging from white, yellow, pink and red. Flowers have five or more petals and 4-5 sepals. Roses are insect-pollinated in nature. The aggregate fruit of the rose is a berry like structure called a rose hip. Most species are native to Asia, with small numbers native to Europe, North America and North Western Africa.

TAXONOMIC CLASSIFICATION:

Kingdom: Plantae

Order: Rosales

Family : Rosaceae

Genus : Rosa

Species : Indica L. and others



Rosa indica



Rose hips

II. MEDICINAL USES OF ROSE PLANT :

Roses have medicinal properties, so they can be called medicinal herb. The petals, rose hip, stem, leaves and roots of a rose plant contain Various secondary metabolites and nutrients in the form of vitamins and minerals. Extracts from different parts of rose plant have also been reported to show substantial anti-bacterial and anti- fungal activities.

There are three main varieties that are grown for commercial use, particularly for production of essential oil of rose and rose water. They are *Rosa gallica*, *Rosa centifolia* and *Rosa damascene*. *Rosa canina* is used for producing rosehip oil.

Rose petals and rose hips contains Vitamin A, B1, B2, B3, B6, C, E and K, folic acid, potassium, Calcium, Iron, tannin and wide range of enzymes. Rose flowers are Anti-depressant, anti-spasmodic, aphrodisiac, astringent, increase bile production, cleansing, anti- bacterial and antiseptic. Rose hips tea is also used in the treatment of diarrhoea. Rose petals are mildly sedative, antiseptic, anti- inflammatory, and anti-parasitic. They are also mild laxative, a good supportive tonic for the heart, and useful for lowering cholesterol. The antiseptic nature of rose petals make them a wonderful treatment for wounds, bruises, rashes and incisions, their anti-inflammatory properties make them a wonderful treatment for sore throats or ulcers. They can stimulate the liver and increase appetite and circulation. The extract of the rose petals is used as e drops or eye wash in burning sensation of the eyes.

Rosa indica is used in the treatment of diarrhoea, asthma, leukoderma and inflammation of mouth. Creams from the essential oil of rose are used to treat dry skin. The rose extract or oil is used extensively in the cosmetic industry as an ingredients of soap, body wash, perfumes, body spray etc. Some research suggests that certain compounds in roses may play a role in reducing anxiety and promoting relaxation.

III. CONCLUSION

Throughout the human history, rose has been the symbol of love, purity, devotion, beauty, spirituality. It is native of Asia, North America and North Western Africa, and mentioned in the ancient medical text of China, India, Iran, Egypt, Greece and Italy. Rose has always influenced cultures aesthetically, economically, medically, religiously and spiritually. The petals, rose hip, stem, leaves and roots of rose plant contains various secondary metabolites and nutrients in the form of vitamins and minerals. Rose has attributes with proven benefits for physical as well as the emotional body. The flowers were prized for their beauty and fragrance. The petals, leaves and rose hip are made into jams and infusion for food and medicine . Rose oil is used cosmetically.

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