

## Twitter Thread by Dr Nishita Choudhary



**Dr Nishita Choudhary**  
[@NishitaChy](#)



### ■ Uses of Rose flower in Ayurveda.

■ Rose is cultivated throughout the world for its cosmetic value and medicinal purpose. It is medicinally used for blood purification, treatment of the intestinal ulcer, diarrhea and anti-inflammatory action.

It is cultivated throughout cold and temperate climatic part of India. It grows upto 2 meter with spikes. It is cultivated for its fragrant flowers which are used commercially. But the medicinal properties are found in the original variety of rose than in the hybrid variety.

### ■ Chemical composition of Rose plant:

The flowers and leaves contain 1.3-8.5% of saponin. Petals contain methionine sulphoxide. It's oil contains citronellol, geraniol, nerol, phenylethanol. It also contains 15% tannins. The rose hip contains vitamin C, malic acid and citric acid

### ■ Several uses of Rose in Ayurveda

■ The dried paste of the petals of rose is taken internally in a dose of 5g along with milk to treat gastritis and duodenal ulcer.

■ Paste of the rose petals or the powder of the dried petals is applied over the wounds for quicker healing.

■ Creams from the essential oil of rose are used to treat dry or inflamed skin.

■ The paste of the petals is applied over the body to control sweating and to give a pleasant smell.

■ The extract of the rose petals is used as drops or eye wash in burning sensation of eyes.

■ The decoction prepared from the rose buds in a dosage of 20-30ml in divided doses is used to treat constipation.

■ Rose essential oil is used in aromatherapy to treat insomnia and blood pressure.

### ■ Health benefits of rose

■ vomiting

■ useful in fever

■ relieves internal burning sensation, seen in Pitta imbalance conditions such as gastritis, sore throat, laryngitis, sun stroke etc..

■ improves digestion strength

■ cardiac tonic, good for heart

■■Balances Pitta

■■improves male and female reproductive system, improves sperm quality and quantity

■Ayurvedic medicines which contain rose.

■■Mukta Pishti is a medicine prepared from Pearl. Rose water is added to make the paste. It is used to treat diarrhea with bleeding, Mania, Psychosis.

■■Praval Pishti is prepared from Coral. It is used in treatment of cough, cold.

■■Manikya Pishti is a medicine prepared from Ruby and is used to treat oligospermia, boost the memory and immunity.

■■Gulab arka is the distillate, manufactured from the rose petals and is used to treat burning sensation of the eyes, remove bad odor of the body.

Dhanyawad■■■