

ROSEMARY

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Rosemary is one of the most commonly found herbs in a spice rack, and for good reason – not only does it have a wonderful taste and aroma, but also a wealth of beneficial health effects if regularly added to our diet. Rosemary is in the same taxonomic family as mint, but doesn't have that

characteristic flavor. Rosemary is actually a bush perennial that grows in abundance in the Mediterranean area (Spain, Italy, Portugal, Southern France, Greece and North Africa as well as in isolated areas of Turkey, Lebanon and Egypt).

Rosemary oil extract is applied topically for preventing and treating baldness; and treating circulation problems, toothache, a skin condition called eczema, and joint or muscle pain such as myalgia, sciatica, and intercostal neuralgia. It is also used for wound healing, and as an insect repellent.

In foods, rosemary is used as a spice. The leaf and oil are used in foods, and the oil is used in beverages.

In manufacturing, rosemary oil is used as a fragrant component in soaps and perfumes.

Important Note:

- Rosemary contains a chemical that is very similar to aspirin. This chemical, known as salicylate, may cause a reaction in people who are allergic to aspirin.
- Rosemary might increase the risk of bleeding and bruising in people with bleeding disorders.