



HEALING PROPERTIES OF ROSEHIP

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ABSTRACT

Rose hips, containing a certain type of galactolipids, have a specific anti-inflammatory effect. Standard Rosehip Powder has been formulated for maximum phytochemical retention. This powder has shown antioxidant and anti-inflammatory activity, as well as clinical benefits in conditions.

It is believed that the birthplace of wild rose is the mountain slopes of Iran and the Himalayas, but now the shrub grows in temperate and subtropical zones, and some of its species are found in the north up to the Arctic Circle. It is known that the fruits of the plant were used as food at the end of the Ice Age in settlements on the territory of present-day Switzerland. People ate them raw and made tea. The medicinal properties of wild rose were well known in ancient Greece and Rome, later they were described by the famous scientist and physician Avicenna. From time immemorial, the bush has also grown in Russia, where it was valued for its weight in gold. There is information that at the beginning of the 17th century, healers could receive its fruits from a repository in the Kremlin only with the permission of the tsar.

Now in Russia there are more than 100 species of this plant, but the wild rose is the most common.

Rose hips are valued for containing 10 times more vitamin C than orange and lemon peels. They are also rich in vitamins P and K, flavonoids, carotenoids, tannins and pectins.

“Rose hips are rich in antioxidants,” nutritionist Veronika Khovanskaya told RIA Novosti. “Therefore, they are capable of:

- rejuvenate the body;
- reduce pain in arthritis;
- improve heart health;
- increase the body's resistance to inflammation;
- help in weight loss due to its diuretic properties.

This is not all the benefits of rose hips. Substances in its composition have an analgesic and anti-inflammatory effect, accelerate tissue repair, reduce vascular permeability, have a positive effect on metabolism, increase the body's defenses against infections, and also stimulate mental and physical abilities.

Powerful antioxidants, which are rich in the fruits of the plant, can slow down the aging process of cells and reduce the risk of developing cancer. It is believed that wild rose is a strong immunostimulating, bactericidal, anti-inflammatory and choleric agent.

Rosehip preparations have a number of contraindications. It should not be used by people with gastritis and peptic ulcer. Pregnant women should take it



carefully, under the supervision of a physician.

Rose hips are a common medicinal raw material that is often used in medicine. In pharmacies, they are sold in dried form, as well as in the form of syrup, tablets, extracts. In folk medicine, rosehip decoctions were used for scarlet fever, typhoid fever, tuberculosis, inflammation of the kidneys, diseases of the intestines, liver, and stomach. Rosehip roots in the form of a decoction are useful for malaria, urolithiasis, diseases of the liver and spleen, anorexia, diarrhea and dyspepsia. The seed oil of the plant helps with burns and dermatitis, trophic ulcers and radiation damage to the skin. A decoction of seeds is considered a strong anti-inflammatory agent, helps with diarrhea and gingivitis. Branches and stems of wild rose are used for rheumatism, sciatica, colds, gastric disorders, anemia, menstrual pain. Useful properties of rose hips help with influenza and SARS, as well as heart disease - atherosclerosis, thrombosis, hypertension, coronary heart disease. In all cases, the product is indicated as an adjunct to the main treatment prescribed by the doctor.

Rosehip is also popular as a component of cosmetics. Often it is found in the compositions of care products for oily, acne, dry, sensitive and irritated skin.

Application in cooking

From the fruits of this plant, you can make jam, jam, marmalade, marshmallow, compote, sweets, jelly, kvass. In Swedish and Armenian cuisine, soups are prepared from them. Tea is brewed with wild rose, syrup is made from it. Jam is added to various sauces. Also, the product is used to make wine or alcoholic rosehip tincture.

How to choose and store

When buying, you should give preference to the fruits of a cultivated dog rose, and not wild. They are tastier and healthier. You should also pay attention to the color - in ripe fruits it will be dark red, uniform, and in immature ones - interspersed with orange. In addition, it is better to choose rounded rose hips: it is believed that it contains more vitamins.

Fresh fruits are stored for no more than a week, so it is worth buying a dried product. It should be stored in a rag bag or glass jar, so it will last for many months and will not lose its beneficial properties.

The fruits of the plant can be brewed. To prepare a decoction of wild rose, it is necessary to pour boiling water over the product, close the lid and heat in a boiling water bath for about half an hour. For infusion, you need to pour chopped fruits with boiling water and keep in a thermos for 6-7 hours.

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