

A Systematic Review on Therapeutic & Cosmetic Uses of Rosemary Plant

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Abstract: *Rosmarinus officinalis* L. (rosemary) is a medicinal plant native to the Mediterranean region and cultivated around the world. Besides the therapeutic purpose, it is commonly used as a condiment and food preservative. *R. officinalis* L. is constituted by bioactive molecules, the phytochemicals, responsible for implement several pharmacological activities, such as anti-inflammatory, antioxidant, antimicrobial, antiproliferative, antitumor and protective, inhibitory and attenuating activities. Thus, in vivo and in vitro studies were presented in this Review, approaching the therapeutic and prophylactic effects of *R. officinalis* L. on some physiological disorders caused by biochemical, chemical or biological agents. In this way, methodology, mechanisms, results, and conclusions were described. The main objective of this study was showing that plant products could be equivalent to the available medicines. cultivated around the world. Besides the therapeutic purpose, it is commonly used as a condiment and food preservative. *R. officinalis* L. is constituted by bioactive molecules, the phytochemicals, responsible for implement several pharmacological activities, such as anti-inflammatory, antioxidant, antimicrobial, antiproliferative, antitumor and protective, inhibitory and attenuating activities. Thus, in vivo and in vitro studies were presented in this Review, approaching the therapeutic and prophylactic effects of *R. officinalis* L. on some physiological disorders caused by biochemical, chemical or biological agents. In this way, methodology, mechanisms, results, and conclusions were described. The main objective of this study was showing that plant products could be equivalent to the available medicines.

Several phytochemicals presenting pharmacological activities may be isolated from essential oils and extracts of *R. officinalis* L. (Fig. 1), varying the concentration of these molecules in each specimen of the plant. The phytochemicals most reported include caffeic acid, carnosic acid, chlorogenic acid, monomeric acid, oleanolic acid, rosmarinic acid, ursolic acid, alpha-pinene, camphor, carnosol, eucalyptol, rosa quinones A and B, seco hinokio, and derivatives of eugenol and luteolin [5,6,7,8]. Pharmacological effects of phytochemicals from *R. officinalis*.

Keywords: *Rosmarinus officinalis*

