



**Botanical name:** *Rosa* spp [*rugosa*, *damascena*, *multiflora*, *canina*, *virginiana*, *gallica*, *centifolia*, *spinosissima*.]

**Family:** Rosaceae or Rose family [apples, pears, quinces, almonds, peaches, apricots, plums, cherries, strawberries, blackberries, raspberries, + roses]

**Common name:** Rose

**More names:** wild rose, beach rose, bilie [Igbo], dide [Yoruba], *rosa de castilla* [Spanish], *xochisuatl* [Nahuatl]

**Parts of the plant used:** petals, hips, roots

**When to harvest:** can be harvested as early as they open on a dry and sunny day, the longer the petals stay open the less they will smell; harvest rose hips a week after the first frost or late fall

**Herbal actions:**

tonic for the heart, liver, stomach + uterus, stimulant, antidepressant, antiphlogistic, antiseptic, antispasmodic, antiviral, aphrodisiac, diaphoretic, anxiolytic, astringent, bactericidal, choleric, cicatrissant, depurative, emmenagogue, haemostatic, hepatic, carminative, laxative, nervous system sedative, stomachic, anti-inflammatory, vulnerary

**Active constituents:**

Flowers- B vitamins, vitamin C, vitamin K, carotene, calcium, potassium, antioxidants, bioflavonoids, polyphenols, citronellol, phenyl ethanol, geraniol, nerol, farnesol and stearpoten with traces of nonanol, linalool, nonanal, phenyl acetaldehyde, citral, carvone, citronellyl acetate, 2-phenylmethyl acetate, methyl eugenol, rose oxidel; Hips- vitamin C, vitamin A, vitamin B1, vitamin B2, vitamin B3, niacin, bioflavonoids, vitamin K, vitamin E, polyphenols, pectin

**Habitat + ecology:**

Wild rose bushes grow on hillsides, beaches, and surrounding the mother trees of forests from Eurasia, Northern + South Africa, and North America. Originally native to eastern Asia- China, Japan, and Korea.

**Planet:** Venus

**Element:** Water

**Energy:** Cool, Drying

**Taste:** Sweet, Sour, Bitter, Astringent

**Meridians/organ affected:** liver, spleen

**Ethnobotany (People + the plant ancestor):**

- Earliest roses are known to have flourished 35 million-years ago and hips have been found in Europe and petrified rose wreaths have been unearthed from ancient Egyptian tombs.
- Chinese and Egyptians communities are believed to have first cultivated roses, around 5,000 years ago, selecting plants on the basis of flower color. During the Middle Ages, monks and apothecaries grew roses for their medicinal value. Near the end of the Middle Ages, elaborate rose gardens could be found at the homes of royalty and the wealthy.
- Native communities of the eagle use soothing infusions to treat inflammations and diarrhea.
- Native communities of the condor work with *rosa carolina/gallica/gymnocarpa/nutkana/etc* to treat high fevers [Mahuna], poisonous conditions, eye medicine, and easing labor pains as well as a blood tonic, and as a decoction to treat sexually transmitted illnesses [such as syphilis] [Cherokee].
- Physically like to grow alongside parsley, marigolds, onions + garlic [other protectors!]

### Plant magick:

- Embodies spiritual love
- Opens + protects our heart
- Opens us to expansive love
- Guides us to love + devotional practices in service of love
- Setting psychic/spiritual boundaries
- Support for all spiritual + emotional ailments of the heart, including heartbreak, grief and loss
- Brings back ease to a heart plagued by anger + frustration
- Used as body and hair wash by sweat bathers [Okanagan-Colville]
- Rose wash is used to strengthen the hearts + vitality of children [Cowlitz]
- Cooling to heat excessive dispositions
- Associated with Eros, Aphrodite
- Colors
  - White: empowering spiritual powers, connecting to the moon
  - Red: love + self-love spells, bringer of good luck
  - Pink: amplify magick

Form: spirit, dried petals, spirit bathing, essential oils, hydrosol\*

### Medicinal uses:

- Intimately bound to the heart + circulatory system
  - Cardiovascular blood tonic, especially because of high bioflavonoids [hips]
  - Eases + strengthens the muscles of the heart
  - Stops + prevents bleeds, first stage in wound healing
  - Treating high blood pressure + poor circulation
  - Aid to diabetes or metabolic syndrome
- Supportive to the respiratory system
  - Treats sore throats, the cold, the flu as well any other imbalance found in the upper respiratory tract
  - Treats fevers, chills
  - Including oral care, treating inflamed gums
- Supportive to the genitourinary system
  - Treats irregular menstruation, relieves menstrual cramps + pelvic congestions
  - Eases labor pain in childbirth [bark]
  - Infantile diarrhea
  - Acts as a liver relaxant
  - Helps promote beneficial bacteria in our guts
  - Helpful for recovering from gut inflammation from food intolerance
  - Supportive to
    - diarrhea, constipation, headaches, IBS, gastric inflammation, food allergies and intolerance and sluggish digestion that stems from stuck Liver Qi. UTIs, yeast and vaginal infections.
    - Helpful for low libido as well as erectile dysfunction
- Immune boosting, supporting lyme disease (connective tissue tonic) and immune deficiency
- Eases the nerves, supporting depressed and anxious states
- Pain caused by stagnation
- Supports sore muscles, chronic musculoskeletal pain
- Sore eyes, eye infections [roots + sprouts, esp *Rosa nutkana*]
- Acts on skin blemishes, bruising and wrinkles, as well as dry skin and hair [rosehip seed oil]
  - Also treats wounds and skin abrasions, rashes, bites and stings [petals, leaves, roots]
  - Sunburns and mild burns [especially the vinegar]
  - Reduces pain, heat and inflammation from skin infections

**\*Contraindications:** Use caution with high dosage in early pregnancy because of blood-moving effects.

### Recipes + Comrades

*Heart building/Cardiovascular tonic:* chaga, hawthorn, linden, motherwort, schizandra, resih, rhodiola

*Lowering blood pressure:* basil, cardamon, cinnamon, garlic, ginger, hawthorn

Get yourself on your rose medicine game! The possibilities are endless with this ancestor.

Rose chocolate  
Rose cookies  
Rose lemonade  
Rose honey

### Preparation:

infusion, herbal tisane/tea, tincture, vinegar, elixir, glycerin, honey, infused oil, essential oil, salve, poultice, compress, sitz bath, water/hydrosol

*Demulcents: marshmallow, cinnamon*

*Pelvic congestion: hibiscus, safflower*

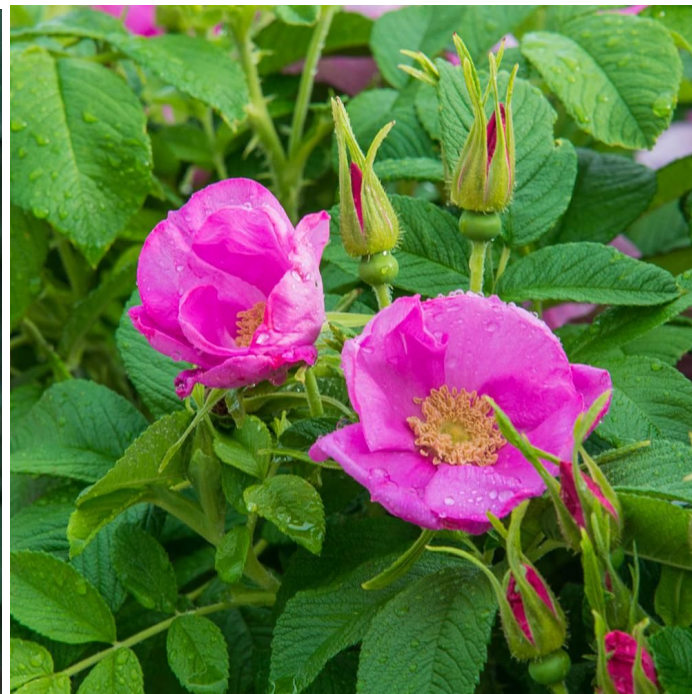
**Photos of the plant ancestor:**



Rose hips



*Damask rose [Rosa damascena]*



*Beach rose [Rosa rugosa]*

