

MEDICAL SCIENCES

THE THERAPEUTIC WONDERS OF ROSEHIP: FROM ANCIENT REMEDIES TO MODERN HEALTH AND BEAUTY

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Abstract

The rose plant, commencing its bloom in May, harbors a wealth of active substances within its aerial parts, rendering it an invaluable asset in the medicinal realm for the treatment of various conditions. Its extracts, both aqueous and alcoholic, are celebrated for their antiseptic and anti-inflammatory properties, proving effective in combating diseases and even serving as a remedial option for colds during the colder seasons. The plant's significance is further augmented by its rich vitamin A content, making it an essential component of health and wellness regimens. Notably, the substance lycopene, found within the rose plant, has been recognized for its efficacy in managing hypertension and treating malignant tumors, evidencing the plant's therapeutic versatility. In the domain of cosmetology, rose hips, enriched with carotenoids, find particular favor; alcoholic solutions and creams derived from the plant are esteemed for their unparalleled healing effects on the skin. This summary encapsulates the multifaceted benefits and applications of the rose plant, underscoring its indispensable role in both medical treatments and cosmetic formulations, and highlights its profound impact on health and beauty care.

Keywords: Medicinal properties of rosehip, Rosehip in cosmetology, Health benefits of lycopene.

1. Introduction

In the realm of botanical science, the exploration of plant-based therapeutics represents a fascinating intersection of tradition, culture, and modern scientific inquiry. Among the myriad species that populate this domain, the rosehip, or *Calendula*, stands out not only for its aesthetic appeal but also for its extensive medicinal applications that span centuries and continents. This perennial plant, adorned with its distinctive orange flowers, encapsulates the essence of spring's renewal and has been an emblem of health and vitality since the Middle Ages. Despite its widespread recognition in various folklore and traditional medicine systems, *Calendula*'s full spectrum of benefits and applications remains an area ripe for further exploration and appreciation within contemporary scientific discourse.

The etymological roots of *Calendula*, deriving from the Latin 'calendae', meaning 'the first day of the month', reflect the plant's robust flowering cycle that stretches from the early days of spring until the waning moments of autumn. This cyclic bloom, coupled with the plant's unique ability to signal impending rain through the partial concealment of its flowers, imbues *Calendula* with a sense of mystique and harmony with the natural world. The vibrant yellow-orange pigment of its blossoms, a result of carotenoid compounds, not only contributes to the plant's visual allure but also signifies its rich phytochemical composition, which is central to its therapeutic properties. [5]

Historically, *Calendula* was initially cultivated for its beauty, gracing gardens and adorning statues, such as that of Queen Margarita in Luxembourg, symbolic of its longstanding cultural significance. However, its transition from an ornamental to a medicinal plant underscores a broader narrative of human ingenuity in harnessing nature's bounty for health and wellness. Beyond its visual charm, *Calendula* has been integrated

into the food industry as a natural colorant, and both its fresh and dried forms are utilized for their health benefits. The optimal harvesting time, at the sun's peak, reflects an intimate knowledge of plant physiology and the importance of timing in maximizing therapeutic efficacy. [5]

The pharmacological profile of *Calendula* is as diverse as it is potent, encompassing a range of bioactive constituents including lycopene, rubixanthin, flavonoids, and essential oils. These compounds collectively confer antibacterial, anti-inflammatory, and antioxidant properties, making *Calendula* a valuable ally in the prevention and treatment of various ailments. From enhancing immune resilience to mitigating gastrointestinal disorders and skin conditions, the plant's applications are both broad and profoundly beneficial. [4]

This article aims to delve into the rich tapestry of *Calendula*'s history, botanical characteristics, and medicinal uses, drawing upon both traditional knowledge and contemporary scientific research. In doing so, it seeks to illuminate the plant's multifaceted role in human health and wellness, advocating for a renewed appreciation and broader application of this remarkable botanical specimen in both therapeutic and preventive healthcare paradigms. [6] As we explore the depths of *Calendula*'s potential, it becomes evident that this plant, often overlooked in the modern pharmacopeia, harbors secrets that, once fully understood, could significantly enrich our approach to natural health and medicine.

2. Calendula

Rosehip, widely celebrated as a quintessential spring flower, is revered across various cultures for its medicinal properties. This perennial species, characterized by its vibrant orange blossoms, symbolizes the burgeoning vitality of the sun. Known scientifically as *Calendula*, a term derived from Latin meaning "the first of every month," it showcases a remarkable flowering

period from spring through to autumn. A peculiar botanical behavior observed is the partial concealment of its flowers in the morning, which traditionally predicts impending rain. The distinctive yellow-orange hue of the petals is attributed to the presence of carotenoids. Since the Middle Ages, *Calendula* has captivated human interest for both its therapeutic benefits and its striking appearance. [3]

Originally cultivated for ornamental purposes, *Calendula*'s wide range of benefits was subsequently unearthed. The plant's enduring popularity is symbolized by the pink blossoms adorning the statue of Queen Margaritha in Luxembourg. Beyond its aesthetic appeal, *Calendula* has found utility as a natural dye within the food industry. Both the dried and fresh forms of the plant are valued, with optimal harvesting conditions being at the zenith of sunlight. The utility of *Calendula* extends to its leaves and roots, which are rich in compounds such as lycopene, rubixanthin, flavonoids, glycosides, phytoncides, triterpenoids, and essential oils. These constituents render the plant effective in treating a myriad of conditions. Preparations derived from *Calendula* exhibit bactericidal, anti-inflammatory, choleric, and spasmolytic properties, enhancing bodily resilience against infectious diseases. Gargling with a decoction of the plant's aerial parts offers both anti-inflammatory and antiseptic benefits, particularly useful in oral health. [3] Regular consumption of this decoction is advised for the prevention of muscle spasms and alleviation of internal organ spasms, pertinent to kidney and gallstone conditions. *Calendula* is notably beneficial for patients with stomach ulcers or gastritis, mitigating acidity while fostering the repair of erosions and ulcers through its antimicrobial activity. [1]

The antioxidant components, namely lycopene, flavonoids, and carotenoids, suggest potential therapeutic applications in combating malignant tumors. Regular intake of infusions prepared from *Calendula* is hypothesized to yield positive outcomes. Furthermore, the plant's lycopene content is instrumental in regulating blood pressure levels. During instances of colds, infusions prove beneficial, with the saponins and essential oils present in the flowers offering cough relief and spasm reduction. Topically and internally, plant extracts are recommended for treating skin conditions, allergies, and eczema. In cosmetology, *Calendula*-based creams are particularly efficacious for treating skin burns, including sunburns. The application of alcohol extracts, enriched with salicylic acid, phytosterol, and carotenoids, expedite the healing of boils, wounds, and burns. Oils derived from the flowers and seeds hydrate the skin and offer anti-aging benefits, and when used in massage, alleviate fibromyalgia pain. The plant's antiseptic and anti-inflammatory properties are well-documented in gynecological applications, showing promise in treating conditions such as fibroids. *Calendula* extracts also contribute to hair health, addressing issues like hair loss and dandruff, and enhancing hair's aesthetic appeal. [2]

Despite its manifold health benefits, *Calendula* remains underutilized, largely due to a lack of awareness. This review underscores the plant's significant potential in not only therapeutic settings but also in preventive health care, advocating for a broader recognition and application of *Calendula* in promoting well-being.

3. Conclusion

In conclusion, the journey through the botanical and medicinal landscape of *Calendula* reveals a plant that is much more than a mere adornment of spring. Its enduring significance, from medieval gardens to contemporary research labs, underscores the timeless appeal and versatility of this botanical marvel. The scientific exploration of *Calendula* has corroborated much of what traditional medicine has long espoused, yet it also opens new vistas for understanding and harnessing its therapeutic potential. The plant's rich tapestry of bioactive compounds, including lycopene, flavonoids, and essential oils, provides a pharmacological basis for its wide-ranging health benefits, from anti-inflammatory and antimicrobial effects to its utility in treating skin conditions and promoting gastrointestinal health.

As we advance in our scientific endeavors, the importance of integrating traditional knowledge with modern research cannot be overstated. *Calendula* exemplifies the synergy between historical wisdom and contemporary science, offering valuable insights into natural health solutions that are both effective and sustainable. However, despite its proven efficacy and multifaceted applications, *Calendula* remains underutilized, a hidden gem in the vast expanse of medicinal flora.

This article calls for a broader recognition and deeper appreciation of *Calendula*, not only as a subject of scientific inquiry but also as a practical component of preventive health care and therapeutic regimens. By elevating our understanding and application of this remarkable plant, we can unlock its full potential, contributing to a healthier, more holistic approach to wellness that harmonizes with nature's inherent wisdom.

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