



ரோஸ்மரீ.

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2) □□□□□□□□□□- ROSEMARINUS OFFICINALIS.

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(ROSEMARY (Rosmarinus officinalis) is a stimulant of the circulatory system. It is used to treat bites and stings externally. Internally, it is used to treat migraines, bad breath, and to stimulate the sexual organs. It is also used to treat nervous disorders, upset stomachs, and is used to regulate the menstrual cycle and ease cramps. Mixing the crushed leaves generously into meats, fish and potato salads prevents food poisoning while using it in antiseptic gargles relieves sore throat, gum problems and canker sores. The essential oil is used in aromatherapy as an inhalant and decongestant, and to enhance memory. Rosemary is also used in lotions to ease arthritis and muscle pain.)

<http://mooligaivazam-kuppusamy.blogspot.com/2007/12/blog-post.html>