



## CHEMICAL COMPOSITION OF ROSE ROOT AND ITS APPLICATION IN TRADITIONAL MEDICINE

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### Annotation

The article will introduce the description of the rosehip root, their chemical composition, useful properties and use for medicinal purposes.

**Keywords:** rosehip, rosehip root, traditional medicine, vitamins, biologically active substances, mineral elements, herbal medicine.

### Introduction

Rosehip is a wild rose. The plant belongs to the Rosaceae family, there are many species of this plant. Rosehip is distributed all over the world, its dense thorny thickets can be found in forests and meadows, along river banks and in mountains, in gardens and parks [1]. In spring, these thickets are covered with delicate pink flowers, filling the air with a fragrant aroma. Rosehip is considered the most valuable medicinal plant, since all parts - roots, branches, leaves, flowers and fruits contain useful substances that have a beneficial effect on the body. For medicinal purposes, the roots are dug up in late autumn, the fruits are also harvested in autumn, and the leaves and flowers are harvested during flowering [2].

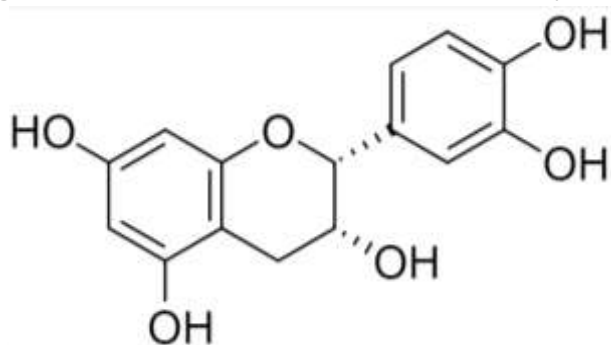




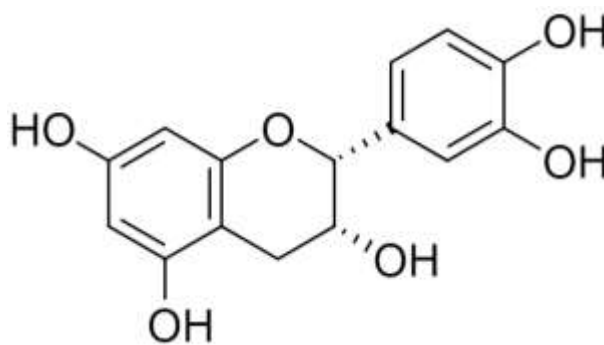
The rosehip root has a light brown taproot system, which reaches a depth of up to 5 m. Vertical roots are thick, horizontal roots are thin and highly branched, located at a depth of 5–40 cm. The root system can reach 1.5 meters in diameter. Small sections of the root make their way to the surface of the soil [5]. In the future, they very quickly form young shoots. Rosehip roots have choleric, astringent, antiseptic properties; decoctions are prepared from the roots and used internally for the treatment of urolithiasis and stones in the kidneys and gallbladder, for diseases of the liver and spleen, for cystitis, hypertension and heart disease [4].

A lot of valuable substances are concentrated in the rosehip root [6]. Among them, it is worth noting the following biologically active substances:

Catechins. Remove harmful substances, toxins, improve the functions of the gastrointestinal tract, liver, urinary.



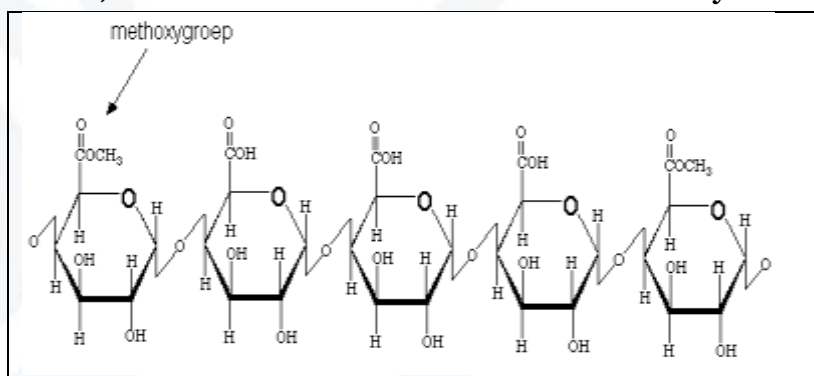
epigallocatechin



epigallocatechin

Tannin components. They have a healing, anti-inflammatory effect. The tannins and tannins in rosehip roots directly affect protein clotting, forming a protective film on wounded skin or on the surface of damaged mucous membranes.

Pectins and water-soluble coarse fiber not only help to improve the functioning of the intestines and stomach, but also remove toxins from the body.



Essential oils. They normalize the activity of organs, body systems, remove toxins, and are characterized by anti-inflammatory action.



Vitamins. There are vitamins C, E, B<sub>1</sub>, B<sub>2</sub>, B<sub>9</sub>, PP, K, R. Compensate for the lack of valuable components, improving the functions of organs and body systems. Vitamin C - ascorbic acid. Strengthens the immune system, protects against viruses, bacteria. Thiamine (vitamin B<sub>1</sub>) supports the normal functioning of the digestive, nervous and cardiac systems. Riboflavin (vitamin B<sub>2</sub>) is necessary for the proper functioning of the thyroid gland, healthy nails, hairline and oral cavity.

Folic acid (vitamin B<sub>9</sub>) - its deficiency can lead to the development of anemia and various disorders of the immune and circulatory systems. The lack of folic acid has a deplorable effect on the state of the male body, reducing the viability of spermatozoa. Vitamin K is essential for the absorption of vitamin D and its interaction with calcium. Plays an important role in the process of regeneration of bone and connective tissues. Normal blood clotting and kidney function depend on it. Beta-carotene (vitamin A). The maximum amount is concentrated in the fruits and leaves of the plant. But this vitamin is also present in the roots of wild roses. Assists in the prevention of various visual impairments, treats night blindness (impaired twilight vision).

The group of vitamins PP makes the capillaries elastic and improves the redox processes in the body. Thanks to this, a decoction of rosehip roots normalizes blood pressure, prevents the occurrence of blood clots and atherosclerotic plaques.

Mineral components. Such substances are presented in a considerable amount - magnesium, phosphorus, manganese, calcium, iron, etc. [3].

The method of preparing and using the rosehip root depends on the diagnosis and course of the disease (congestive chronic, acute, etc.). The article contains the most popular and effective recipes of traditional medicine.

### **For joint and muscle pain**

With gout and muscle pain, compresses help well, the main active ingredient in which is rosehip root. The crushed roots are poured with boiling water and boiled over low heat. Then the mixture is placed in a thermos and infused for several hours. The finished infusion is filtered and mixed with cool water. A gauze compress is applied at night to a sore spot and wrapped in a towel.

### **In the complex treatment of hepatitis**

In this case, a decoction of rosehip roots is used as an adjuvant in addition to drug treatment. It speeds up the binding and elimination of toxins from the body, and also protects the liver from the negative effects of antibiotics and other pharmaceuticals. 3 tsp pre-dried and crushed roots pour 250 ml of purified water. The mixture is boiled for 15 minutes. After removing from heat, the broth is insisted for half an hour. The





resulting volume of the drug is divided into three equal parts for admission within one day. Natural honey can be used as a sweetener.

### **For kidney disease**

Please note: for the preparation of this drug, you must use only ceramic or enameled dishes. 8 art. l. crushed rosehip roots pour 3 cups of pre-boiled water. Put on a slow fire and bring to a boil. Then the fire is reduced and the mixture is boiled for another quarter of an hour. In diseases of the kidneys, the decoction is drunk warm, 200 ml after each meal. To increase efficiency, it can be combined with a decoction of bearberry.

### **Antifungal agent**

The antifungal properties of an alcohol tincture from the root of a wild rose will come in handy at the first symptoms of fungal infections of the skin and nails. In addition, the tool will help to establish a metabolism and prevent the deposition of salts in the body. For treatment, both a classic tincture recipe and a more concentrated remedy are suitable. To achieve the maximum effect, you need to increase the amount of dried crushed base and the frequency of intake to 25-30 ml 2 times a day [2].

Rosehip root is not recommended for individual sensitivity. Before taking decoctions and infusions based on rosehip root, it is imperative to consult a doctor to make sure that its use does not aggravate the course of the disease.

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