

ROSE – EXPLORING ITS VARIETIES AND AYURVEDIC SIGNIFICANCE

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1. INTRODUCTION

The rose is often referred to as the "Queen of all Flowers" and serves as the national flower of both the United Kingdom and Iran. It is a woody perennial flowering plant, with over three hundred species.^[1] India is home to more than 100 of these species. Roses hold significant cultural value in various societies.

In India, the primary rose-growing states are Karnataka, Tamil Nadu, Maharashtra, West Bengal, Uttar Pradesh, Gujarat, Haryana, Punjab, Jammu and Kashmir, Madhya Pradesh and Andhra Pradesh. Rose cultivation in India takes place both in open fields and greenhouses. Karnataka and Maharashtra are the leading producers of roses in the country, followed by Tamil Nadu, Punjab and Uttar Pradesh.

Typically, a rose plant lives for about 35 years, but with proper care and favorable conditions, it can thrive for much longer. Regular feeding and thick mulching are essential for its longevity. Most roses flourish best in full sunlight (over 6 hours a day), where they bloom more abundantly and are better protected against diseases. Rose is used in a variety of formulation in industries and also have importance in *Ayurveda*. This article shows the significance of rose varieties. The key objectives of this study are:

1. To examine the various rose varieties found in India from different perspectives
2. To assess the significance of roses in Ayurvedic treatments.

KEYWORDS: *Ayurveda*, *Shatapatri*, *Nighantu*, *Damask rose*, *Gulabarka*.

2. Scope of the Study

This study aims to provide insights into the diverse varieties of roses and relevance in Ayurveda. It also offers a basis for estimating future production trends and advancing knowledge in gardening and medicinal applications.

3. METHODOLOGY




The analysis relies on secondary data collected from a range of sources, including published and unpublished materials, as well as government websites. Additionally, Ayurvedic textbooks are utilized as key resources for this study.

4. RESULT AND DISCUSSION

Rose plants exhibit a wide range of sizes, from compact miniatures to climbing varieties that can grow up to seven meters tall. Hybridization among different species has facilitated the development of a diverse array of garden roses. The flowers themselves vary significantly in size and shape, typically being large and striking, with colors ranging from the classic red to yellow and occasionally extending to black, maroon and purple hues. Roses are classified into various types based on different criteria.

4.1 According to color-^[2] following varieties of roses are found basis on color.

Table-1

Color of rose	Picture	Name of varieties\breed
1.Lavender		1.Fragrant Lavender Simplicity (Shrub) 2.Blue Moon (Hybrid Tea)
2.White		1.Garden Party (Hybrid Tea) 2. Claire Austin (English Climbing)
3.Purple		1.Blue Magenta (Climbing) 2.Ebb Tide (Floribunda)

4.Orange		1.Voodoo(HybridTea) 2.Tropicana (Hybrid Tea)
5.Pink		1.Friendship (Hybrid Tea) 2. Heritage (Modern/Bourbon)
6.Yellow		1.High Voltage 2.Midas Touch (Hybrid Tea)
7.Red		1.Mr.Lincoln(HybridTea) 2.Veterans' Honor (Hybrid Tea)
8.Peach		1.Sweet Juliet (English Shrub) 2.Port Sunlight (English Shrub)
9.Black		1.Dark Jade, 2.Black Baccara, 3.Midnight Blue.

4.2 According the time period^[3]-The American Rose Society divided all roses into three main groups: **Species** (i.e. wild roses); **Old Garden Roses** (classes in existence before 1867); and **Modern Roses** (classes not in existence before 1867). These three groups were further divided into 37 classes according to their origin, growth characteristics and

classification assigned by the hybridizer or introducer. In this classification according to time division are also seen. So according to time period of origin it can be divided into three types.

Table-2

Type	Breed\variety
1. Old Garden Roses	1. Zephirine Drouhin 2. Dupuy Jamain 3. Blush Damask 4. Aimee Vibert
2. New or Modern Garden Roses	Hybrid tea rose
3. Wild Roses	1. Rugosa Rose 2. Multiflora Rose

4.3 Basis on size^[4]-Roses can be classified in following types- Rose flowers' size ranges from tiny miniatures 1.25 cm (0.5 inch) in diameter to hybrid flowers measuring more than 17.5 cm (7 inches) across All roses are divided into (from largest bud size to smallest one): giving below in the table-

Table-3

Types of roses	Head size
1. Premium roses	Ranges from about 7 to 8 cm.
2. T-Hybrid roses	Blossoming to be about 5.5 cm.
3. Intermediate roses (supermarket range roses)	Ranges from 2.5 to 3.5 cm
4. Sweetheart roses or petite roses.	Ranges from 2.5 to 3.5 cm

4.4 Basis on habitat^[5]-According to habitat three types of Roses are found.

Table -4

S.NO	Types	Example/introduction
1.	The Miniature rose	Venus, which has petite stems, flowers and leaves. It is suitable for small garden areas. The miniature roses are also sold as houseplants as they have the capability to grow in containers.
2.	Climbing rose	Like Sunset Beauty which has upright canes and stiff belongings. These roses are commonly attached to trestles, fences and walls.
3.	The shrub and landscape rose	Orange-yellow floribunda, are one of the best-known forms of roses that is believed to have a strong sweet fragrance

4. 5 Rose Species classified in India^[6]- There are many varieties of Roses are found in India.

Table-5

Type	Verities \breeds	Important information
1. Hybrid Tea Rose	“Double Delight,” “Evening Star,” “Dil-ki-Rani,” “Happiness,” “Golden Giant,” “Love,” “Disco,” “Kiss of Fire,” “Sea Pearl” and “Paradise”	Indian postal department has released postal stamp of Rose varieties on Jawahar, Bhim, Neelam and Delhi Princess.
2. Grandiflora Rose	“Earth Song,” and “Pink Parfait”	Enchanting shades of yellow, orange, red, pink and purple.
3. Floribunda Rose	“Mahak,” “Kusum,” “Prema,” “Rajamani,” “Sindoor,” “Chandrama,” “Golden,” “Rays,” “Summer Snow,” and “Sunil Gavaskar,”	Dense clusters of big flowers in beautiful shades of yellow, white, pink, purple and orange. This rose is best suited for hedges, as it is a low-growing shrub.
4. Polyanthas Rose	“Sneezy,” “Rashmi,” “Pink Spray,” and “Fairy Rose”	This rose provides an eye-catching sight when you grow them along the hedges or in a line of pots. The shades of red, pink and white make for a fairytale sight in your garden.
5. Climber and Rambler Rose	Climber rose- “Kanyakumari,” “Eden,” and “May Rambler Rose - Queen” “American Pillar” and “Snow Goose”	-
6. Landscape Rose	“Flower Carpet Coral” and “Flower Carpet Scarlet”	A sprawling habit, a great space filler in any garden. They grow low and require less maintenance
7. Shrub Rose	“Iceberg” and “Beach”	rainbow shades, except green and blue.
8. Bourbon Rose	“Zephirine Drouhin”	Haldighatti & Puskar area. This variety is used to produce rose oil thanks to its pleasant fragrance. Flowers can be snow white or dark pink. It is good for making gulkand.
9. Damask Rose	“Noorjaha,” “Him Jwala,” and “Him Himroz”	used to make herbal teas, to flavor dishes, or to make preservative gulkand. CSIR-IHBT has developed new varieties and oil extraction technology.
10. Alba Rose	-	The plant can withstand shady environment and shows resistance to diseases. The flowers are a lovely pink to white shades with a sweet aroma
11. Kashmiri Rose	-	It is great for cut flowers. It features a

		light scent and eye-catching bright red flowers
12. Miniature Rose	“Baby Love,” “Dazler,” “Lavender Jewel,” and “Beauty Scarlet”	Their stems are petite, but they are hardy and bloom continuously for 2-3 weeks. They are best suited for fencing plants and hanging pots.

4.6 Rose in Ayurveda^[7]

In Ayurvedic texts, the rose is known as *Taruni*. It is also referred to by several other names, including *Shatapatri*, *Karnika*, *Charukeshara*, *Laksha* and *Gandhadhya*. Different Ayurvedic compendiums classify the rose in various categories. For example, in the *Bhavaprakash Nighantu*, it is included in the *PushpaVarga* (flower category), while the *Dhanvantari Nighantu* places it in the *AmrutadiVarga* (category of rejuvenating herbs), the *Kaiyadev Nighantu* lists it in the *OushadhiVarga* (medicinal herbs) and the *RajaNighantu* classifies it under the *KaraviradiVarga*.

4.6.1 BhavaprakashNighantu: Here, the rose is termed *Shatapatri*. Its taste (*Rasa*) is described as *Tikta* (bitter) and *Katu* (pungent). It has *Him* (cold) and *Laghu* (light) qualities. The rose is considered beneficial for balancing the three *doshas* (*Tridoshashghna*) and has properties such as being *Hridya* (good for the heart), *Grahi* (astringent), *Shukrala* (enhances reproductive health) and *Pachana* (digestive).

4.6.2 DhanvantariNighantu: In this text, the rose is referred to as *Taruni* and *Kubjaka*.

Synonyms for *Taruni* include *Ramataruni*, *Karnika*, *Arukeshara*, *Kumari*, *Gandhadhya* and *Dvirephagana-sammata*. It is known to balance *Kapha* and *Pitta* doshas. Its therapeutic properties include being *Grahi* (astringent) and *Agnijit* (stimulating digestion).

Synonyms for *Kubjaka* include *Bruhatpushpa*, *Atikeshara*, *Mahasaha*, *Kantakadhya* and *Neelalikula-sankula*. The taste of *Kubjaka* rose is *Swadu* (sweet) and *Kasaya* (astringent), with a *Sheet* (cooling) quality. It is a *Tridoshashamna* (balances all three doshas) *Rasayana* (rejuvenative) and *Vrushya* (aphrodisiac).

4.6.3 AyurvediyaAushadhi Nighantu: The rose is described as *Kurunchi*. Its taste (*Rasa*) includes *Madhur* (sweet) and *Tikta* (bitter), with a *Laghu* (light) quality. It pacifies *Kapha*, *Pitta* and *Raktadoshas*, but can aggravate *Vatadosha*. It is beneficial for conditions like *Pittadaha* (pitta-related issues), *Jwara* (fever), *Pipasa* (excessive thirst), *Mukhapaka* (stomatitis), *Chhardi* (vomiting) and has a *Grahi* (astringent) effect.

4.6.4 Nighantu Adarsha: The rose is referred to as *Taruni*.

4.6.5 Kaiyadev Nighantu: The rose is identified as *Karnika* and *Kubjika*.

Synonyms for *Karnika* include *Ramtaruni*, *Taruni*, *Arukeshara*, *Kantakapravruta*, *Dheera*, *Neelalikulsankula*, *Apara*, *Bruhatpushpa* and *Atikeshara*. Its taste is *Katu* (pungent) and *Tikta* (bitter), with a *Sheet* (cooling) quality. It is known for its *Laghu* (light) property and benefits for balancing the three *doshas* (*Tridoshghna*). It is also *Shukrala* (beneficial for reproductive health), *Grahi* (astringent), *Deepana* (digestive), *Hrudya* (heart-healthy) and *Varnya* (improves complexion).

Synonyms for *Kubjika* include *Kunjali*, *Valli*, *Kumara*, *Karnikara*, *Mahasaha*, *Kantakadhya*, *Pankaro* and *Jalakubjaka*. The taste is *Swadu* (sweet) and *Kashaya* (astringent), with effects including *Sara* (laxative) and *Vrishya* (aphrodisiac).

4.6.6 Rajnighantu highlights the rose's effect on balancing the three *doshas* (*Tridoshaghana*).

4.6.7 Acharya Priyavat Sharma according to acharya Ras is *Tikta*, *Kashay* and *Madhura*, *Vipaka-Madhura*, *Veerya-Sheet*, *Guna-Laghu* and *Snigdha*, *Vatapitta Shamak*, *Prabhav-Hridya*.

4.7 Various Rose Preparations^[8]

Table-7

Name	Composition	Therapeutic Properties	Benefits
Rose Water\gulabarka	Made from rose petals	-Acts as an astringent. Reduces swelling in capillaries under the skin. -Contains flavonoids, tannins, antioxidants and vitamins A, B3, C, D and E	Good for skincare; helps in reducing inflammation and soothing the skin. Included in <i>Ayurvedic</i> formulations such as <i>RatnaPishti</i> , <i>PravalaPishti</i> , <i>MuktaPishti</i> and <i>ManikyaPishti</i> (<i>Pishti</i> refers to powdered formulations combined with rose water).
Rose Essential Oil:	Rose petals	Health Conditions: Helps with hemorrhage, liver issues, nausea, fatigue, ulcers, asthma and dehydration. Infections: Useful in treating bacterial	Helps nourish, hydrate and heal the skin

		infections in the stomach, colon and urinary tract.	
Rose Petal Tea:	Rose petals	- Cleanses the gallbladder and liver. Enhances bile secretion	--
<i>Gulkand</i> :	Rose petals	Acts as a <i>Pitta</i> pacifier (balances the <i>Pittadosha</i> in <i>Ayurveda</i>). Treats ulcers and prevents intestinal swelling. Helps with dysmenorrhea (menstrual pain) and has calming effects	-

Each of these products utilizes the rose petals or its extracts, demonstrating the versatility of roses in both traditional and modern therapeutic practices.

4.8 Therapeutic Activities of Rose

4.8.1 Antidepressant^[9]

Effect: Helps alleviate symptoms of depression and uplift mood.

Mechanism: Often used in aromatherapy to promote emotional well-being and reduce stress.

4.8.2 Antispasmodic^[10]

Effect: Relieves spasms and cramps in muscles and the digestive tract.

Mechanism: Helps soothe smooth muscle contractions, which can be beneficial for conditions like menstrual cramps or digestive discomfort.

4.8.3 Aphrodisiac^[11]

Effect: Enhances sexual desire and performance.

Mechanism: Stimulates the senses and improves circulation, potentially boosting libido.

4.8.4 Antibacterial^[12]

Effect: Inhibits the growth of bacteria.

Mechanism: Essential oils, particularly rose oil, have been shown to possess antibacterial properties that can help in preventing and treating infections.

4.8.5 Antiviral^[13]

Effect: Helps combat viral infections.

Mechanism: Rose oil and extracts can support the immune system and have been noted for their antiviral activity against certain pathogens.

4.8.6 Antiseptic^[14]

Effect: Prevents infection by inhibiting the growth of microorganisms.

Mechanism: Rose water and rose oil have antiseptic properties that can be beneficial in wound care and preventing infections.

4.8.7 Anti-inflammatory^[15]

Effect: Reduces inflammation and soothes irritated tissues.

Mechanism: The anti-inflammatory compounds in rose products can help manage conditions like arthritis or skin inflammation.

4.8.8 Blood Tonic^[16]

Effect: Improves blood quality and circulation.

Mechanism: Rose extracts can enhance blood flow and support overall cardiovascular health.

4.8.9 Digestive Stimulant^[17]

Effect: Stimulates digestive processes.

Mechanism: Rose tea or rose water can aid digestion, help relieve constipation and improve overall digestive function.

4.8.10 Expectorant^[18]

Effect: Helps expel mucus from the respiratory tract.

Mechanism: Rose products can assist in clearing congestion and soothing the respiratory system.

Increases

4.8.11 Bile Production^[19]

Effect: Enhances bile secretion from the liver.

Mechanism: Rose petal tea and other rose-based preparations can support liver function and improve digestion by increasing bile production.

4.8.12 Menstrual Regulator^[20]

Effect: Helps regulate menstrual cycles and alleviate menstrual discomfort.

Mechanism: Rose extracts and products can balance hormones and reduce symptoms related to menstruation.

4.8.13 Pain killer^[21]

Effect: Rosehip powder has a moderate effect on pain.

Mechanism: Rose has shown the ability to calm the mind, relax the central nervous system (CNS) and lessen the body's perception of pain

4.8.14 ANTI CANCER ACTIVITY^[22] Essential oil obtained from *Rosa damascene* has been evaluated for its anticancer activity on human colon cancer cell line (SW742) and human fibroblast cells

4.9 Applications

- Aromatherapy: Rose essential oil is widely used in aromatherapy for its mood-enhancing and calming effects.
- Skincare: Rose water and rose essential oil are popular in skincare for their anti-inflammatory and antiseptic properties.
- Internal Use: Rose tea and *Gulkand* are used for their digestive and liver-supporting benefits.
- These diverse therapeutic activities showcase the rose's role in both traditional medicine and modern wellness practices.

5. CONCLUSION

This article concludes that different varieties of roses serve various purposes based on their unique properties. Roses are well-known ornamental plants that can be used as home remedies to address a variety of health issues.

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