

***Rosa × kordesii* H.Wulff**

Family: Rosaceae

Bengali/tribal name: Golap

English name: Rose

Rosa × kordesii, commonly known as Kordesii rose, is a hybrid rose cultivar that is primarily bred for ornamental purposes, particularly for its beautiful flowers and hardy nature. While it is not typically known for its medicinal uses, various species within the *Rosa* genus have been traditionally used in herbal medicine for their therapeutic properties.



Here are some potential medicinal uses of *Rosa × kordesii*:

1. **Skin Health:** Rose petals, including those of *Rosa × kordesii*, are rich in antioxidants and vitamin C, which can help promote skin health. Rose extracts or rose water derived from *Rosa × kordesii* may be used topically to soothe and hydrate the skin, reduce redness and inflammation, and promote wound healing. It may also be used in facial toners or masks for its astringent properties.
2. **Anti-inflammatory Effects:** Rose petals contain compounds with anti-inflammatory properties, which may help reduce inflammation internally and externally. Drinking rose tea made from *Rosa × kordesii* petals or using rose-infused products may potentially help alleviate inflammatory conditions such as arthritis or gastrointestinal inflammation.
3. **Digestive Aid:** Rose petals have been traditionally used to support digestive health. Drinking rose tea may help soothe gastrointestinal discomfort, alleviate symptoms of indigestion, and promote healthy digestion. Additionally, the astringent properties of rose petals may help tone the digestive tract.
4. **Relaxation and Stress Reduction:** The aroma of roses is often associated with relaxation and stress relief. Aromatherapy using rose essential oil derived from *Rosa × kordesii* may help reduce stress, anxiety, and

promote relaxation. It may be used in diffusers, massage oils, or bath products for its calming effects.

5. ***Antioxidant Support:*** *The antioxidants present in *Rosa × kordésii*, such as flavonoids and phenolic compounds, may help neutralize free radicals in the body, thereby reducing oxidative stress and lowering the risk of chronic diseases.*
6. ***Menstrual Support:*** *Rose tea made from *Rosa × kordésii* petals has been traditionally used to relieve menstrual cramps and discomfort. Its mild analgesic and muscle-relaxant properties may help alleviate symptoms associated with menstruation.*

*While *Rosa × kordésii* may offer potential health benefits, it's essential to note that scientific research specifically on this hybrid rose cultivar is limited. Many of its medicinal uses are extrapolated from the broader *Rosa* genus, and further studies are needed to validate its therapeutic properties. As with any herbal remedy, it's advisable to consult with a healthcare professional before using *Rosa × kordésii* or any rose-derived products for medicinal purposes, especially if you have underlying health conditions or are pregnant or breastfeeding.*