

ROSEHIP

Botanical Name:

Rosa canina

Common Names:

Brier hip, dog brier fruit, dog rose fruit, hipberries, witches brier, hip tree, hip fruit, hop fruit

Parts used:

Fruit

Active Components:

Contains flavonoids and tannins.

Looks like:

The plant is a 1 to 3 m high shrub with hanging branches. The pink flower along with the deepening receptacle form a cup that eventually grows into the scarlet "rosehip". The ripen fruit is dried in the air, sun, or in drying plants.



Where it's grown:

Rosa canina grows in Europe, Asia, the United States, and Canada. It is extensively cultivated.

History:

The dried fruit was used in folk medicine for digestive problems, urinary tract and kidney disorders, rheumatism, gout, colds, and febrile conditions.

Use:

Rosehip is usually taken for its vitamin C content and therefore suitable in vitamin-C deficiency. It is used for colds, intestinal conditions (such as constipation) and indigestion. It may be also used as a diuretic and to increase capillary strength.