

# RHODIOLA

*(Rhodiola rosea)*

## Clinical Summary

### Actions

- Adaptogen
- Antioxidant
- Antidepressant
- Anxiolytic
- Cardioprotective
- Anticancer
- Anti-inflammatory
- Hormonal Regulator
- Central Nervous System Stimulant

### Indications

- Physical and emotional stress
- Depression & anxiety
- Endurance & sports
- Cardiovascular disease
- Fatigue
- Poor memory & concentration
- Immune insufficiency & cancer
- Oxidative stress and inflammatory disorders
- Female infertility, sexual dysfunction in men

### Traditional Use

Rhodiola has been used as a medicinal herb for centuries throughout Northern Europe and Scandinavia. It has been used traditionally by the Vikings and Siberians to increase physical strength and endurance, resistance to cold and disease and to promote fertility and longevity. Rhodiola was well regarded traditionally for building strength, stamina and vitality in the harsh climates where it thrives. It was commonly employed for anaemia, fatigue and depression, as well as for infections, infertility, impotence and gastrointestinal ailments.

### Energetics

Cool, dry.

### Constituents

The prominent constituents in rhodiola include phenylpropanoids (rosarin, rosavin, rosin - collectively called rosavins in many studies), phenylethanol derivatives (salidroside, rhodioloside, tyrosol), flavanoids (rodiolin, rodionin, rodiosin, acetylrodalgin, tricin), monoterpenes (rosiridol, rosaridin), triterpenes (daucosterol, beta-sitosterol) and phenolic acids (chlorogenic and hydroxycinnamic, gallic acids).

### Use in Pregnancy

Not known to be contraindicated in pregnancy, though safety studies have not been done.

### Contraindications and Cautions

While the administration of rhodiola may be beneficial in monopolar depression, use is not recommended for bipolar states.

### Drug Interactions

Caution with monoamine oxidase inhibitors (MAOIs – used to treat depression), antidepressant (e.g. paroxetine, escitalopram), antidiabetic and immunosuppressant drugs.

### Administration and Dosage

Liquid extract 1:2 in 45% alcohol  
15 to 30mL weekly