Egyptian Herbal Monograph

Egyptian Drug Authority (EDA)

2023

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Medicinal Plants Used in Egypt

***Rhodiola rosea* L.** روديا ريزا

1. Names & Synonyms (1)

***Rhodiola rosea* L.**
Family: Crassulaceae.
Syns.: *Sedum rosea* (L.) Scop.
Arabic: Rudiyariza روديا ريزا (2).
English: Arctic root (٣), Golden root, Rhodiola, Rodiola, Rose root (4,5).

2. Parts used for medicinal purpose

Rhizome and root (3-5).

3. Major chemical constituents

Flavonoids: Rhodiosin, herbacetin, rhodionin, rhodionidin, kaempferol (6,7) and their glycosides (4).

Phenylethanoids: Salidroside and its aglycone tyrosol (6,7).

Phenylpropanoids: Rosarin, rosin, rosavin and cinnamyl alcohol (4,6,7).

Phenolic acids: Gallic, chlorogenic, and hydroxycinnamic acids (8).

Volatile oil: Monoterpene alcohols (geraniol, myrtenol, 1,4-*p*-menthadien-7-ol) and aliphatic alcohols (octanol) (9,10).

Others: Sterols (*β*-sitosterol, daucosterol), tannins and gallic acid esters (6,7).

4. Medicinal uses (Indications)

- Symptomatic relief of stress, such as fatigue and sensation of weakness (as an adaptogen) (3-5).
- Supports cognitive functions (such as mental focus and mental stamina) (5).

5. Herbal preparations correlated to medicinal use (3)

Dry extract, extraction solvent: ethanol 67-70% v/v.

Herbal preparation is in a pharmaceutical dosage form. The pharmaceutical form should be described by the Pharmacopoeia full standard term.

6. Posology and method of administration correlated to medicinal use

Adults and elderly
Single dose: 144 - 200 mg (3,4).
Daily dose: 144 – 400 mg (3,4).
Not to exceed 200 mg per single dose and 680 mg daily (5).

Duration of use (3)**:**
If the symptoms persist longer than 2 weeks during the use of the medicinal product, a doctor or a pharmacist should be consulted.

Method of administration (3)**:** Oral use.

7. Contraindications

- Hypersensitivity to active substances and to other plants of the same family (3).
- Bipolar disorder or bipolar spectrum disorder (5).

8. Special warnings and precautions for use (3,4).

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use in children and adolescents under 18 years of age has not been recommended.
- In case of persons taking antidepressant medication, hormone replacement therapy or birth control medication, a doctor or a pharmacist should be consulted.
- The use at dosages higher than those recommended and/or for longer periods should be avoided (4).
- Use should be stopped if a person experience irritability or insomnia (5).

9. Interactions with other medicinal products and other forms of interaction

- No interactions have been documented. However, potential interactions with other medicines with similar or opposing effects should be considered (5).

10. Fertility, pregnancy and lactation (3)

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.

- No fertility data available.

11. Effects on ability to drive and use machines

- No adequate studies on the effect on the ability to drive and use machines have been performed (3).

12. Undesirable effects

- Rhodiola might cause dizziness, dry mouth, or excessive saliva (11,12).
- If other adverse reactions occur, a doctor or a pharmacist should be consulted.

13. Overdose

- No case of overdose has been reported (3). However, irritability and insomnia may occur (5,13).

14. Relevant biological activities

- Not required as per Egyptian guidelines for registration of herbal medicines.

15. Additional information

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16. Date of compilation/last revision

- 11/05/2023

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