

Egyptian Herbal Monograph

Volume 2

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

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Rhodiola rosea L.

رودياريزا

1. Names & Synonyms (1)

Rhodiola rosea L.

Family: Crassulaceae.

Syns.: *Sedum rosea* (L.) Scop.

Arabic: Rudiyariza رودياريزا (2).

English: Arctic root (3), 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)

- A. Symptomatic relief of stress, such as fatigue and sensation of weakness (as an adaptogen) (3-5).
- B. 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 forms. 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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