

Rhodiola

Botanical name: *Rhodiola rosea*

Energetics/Actions: Cool, dry, astringent, adaptogen, stimulant

Description

This tenacious little plant grows in cold regions at high elevations (11,000-16,000 ft) and perhaps its ability to endure a harsh environment is passed on to us when we take Rhodiola as a medicine.

Rhodiola is both a stimulating and calming herb.

It is useful in times of stress as it supports physical and cognitive function while acting to decrease anxiety. I don't recommend this herb for people who are completely exhausted or dealing with severe anxiety. Rhodiola is best used for support during short term stress or in the recovery phase of an illness.



Uses

Physical and mental performance: Short term use improves physical endurance and mental performance.

Anxiety: Rhodiola decreases cortisol and supports neurotransmitters when dealing with stress.

Depression: Improvement in symptoms for mild-moderate depression.

Fatigue: Most helpful for fatigue during recovery from illness.

Insomnia: May improve insomnia but also may cause insomnia. Take during the day only.

Dose

Tincture: 1-2 ml up to 2 times a day. Pleasant tasting.

Capsule: Check Rosavin content. The general guidelines are: At 3% rosavin the dose is 100-170 mg per day. At 1% rosavin the dose is 360-600 mg per day.

Not recommended for long term use.

Safety Information

Not for use in people with bipolar disorder. May be stimulating, do not use after 5:00 pm. Not for use in pregnancy.