Journals & Books

Create account

Sign in





Export





Phytomedicine

Volume 7, Issue 5, October 2000, Pages 365-371

Rhodiola rosea in stress induced fatigue — A double blind crossover study of a standardized extract SHR-5 with a repeated lowdose regimen on the mental performance of healthy physicians during night duty

V. Darbinyan ^{1, *} ⋈, A. Kteyan ¹, A. Panossian ², E. Gabrielian ², G. Wikman ³, H. Wagner ⁴

⊞ Show more

https://doi.org/10.1016/S0944-7113(00)80055-0

Get rights and content

Summary

The aim of this study was to investigate the effect of repeated low-dose treatment with a standardized extract SHR/5 of rhizome *Rhodiola rosea* L, (RRE) on fatigue during night duty among a group of 56 young, healthy physicians. The effect was measured as total mental performance calculated as Fatigue Index. The tests chosen reflect an overall level of mental fatigue, involving complex perceptive and cognitive cerebral functions, such as associative thinking, short-term memory, calculation and ability of concentration, and speed of audio-visual perception. These parameters were tested before and after night duty during three periods of two weeks each: a) a test period of one RRE/placebo tablet daily, b) a washout period and c) a third period of one placebo/RRE tablet daily, in a double-blind cross-over trial. The perceptive and cognitive cerebral functions mentioned above were investigated using 5 different tests. A statistically significant improvement in these tests was observed in the treatment group (RRE) during the first two weeks period. No side-effects were reported for either treatment noted. These results suggest that RRE can reduce general fatigue under certain stressful conditions.



Next



Key words

Rhodiola rosea L.; fatigue; anti-fatigue effect; non-pathological stress; working conditions; adaptogen; standardized extract SHR/5

Recommended articles Citing articles (179)

Address Vahagn Darbinyan, Department of Neurology, Institute of Surgery, Armenian Medical University, 9 Asratyan St., Kanaker Yerevan, Armenia 375000. Tel. +0 (3742) 284 401

View full text

Copyright © 2000 Urban & Fischer Verlag. Published by Elsevier GmbH All rights reserved.

ELSEVIER About ScienceDirect Remote access Shopping cart Advertise Contact and support Terms and conditions Privacy policy

> We use cookies to help provide and enhance our service and tailor content and ads. By continuing you agree to the use of cookies.

Copyright © 2019 Elsevier B.V. or its licensors or contributors. ScienceDirect ® is a registered trademark of Elsevier B.V.

