

# Rhodiola heterodonta

Golden Arctic Root



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|------------------------|-------------------------------------------------------------------------|
| <b>Scientific Name</b> | <i>Rhodiola heterodonta</i>                                             |
| <b>Common Name</b>     | Golden Arctic Root                                                      |
| <b>Local Name</b>      | Shrolo                                                                  |
| <b>Family</b>          | Crassulaceae                                                            |
| <b>Habit</b>           | Perennial succulent herb                                                |
| <b>Habitat</b>         | High-altitude rocky slopes, alpine meadows and cold mountainous regions |

## Description

*Rhodiola heterodonta* is a small, hardy perennial succulent herb adapted to the cold and dry conditions of high-altitude mountain environments. It develops fleshy, branching stems arising from a short, thickened underground rootstock. The leaves are small, succulent and closely arranged along the stems, helping the plant conserve water under harsh alpine conditions. The plant generally forms a low-growing, spreading clump and produces compact clusters of small flowers near the ends of the stems.

## Traditional and Medicinal Importance

Species of *Rhodiola* are traditionally valued as medicinal plants in Himalayan and Tibetan systems of medicine. The underground parts are particularly important and have traditionally been used in preparations associated with strength, vitality, fatigue and adaptation to demanding high-altitude environments.

## Ecological Importance

*Rhodiola heterodonta* is an important component of high-altitude alpine vegetation. Its ability to survive extreme cold, intense sunlight, low moisture and poor soils makes it a valuable example of adaptation to harsh mountain environments.

## Conservation

Wild medicinal plants of the genus *Rhodiola* can be vulnerable to excessive collection because of the value of their underground parts. Sustainable harvesting, cultivation and protection of natural populations are important for long-term conservation.

**Note:** The medicinal properties of different *Rhodiola* species can vary. The plant should not be used medicinally without proper botanical identification and expert guidance.