

Valerian Root

Latin name: *Valeriana officinalis*

Family: Valerianaceae

Miscellaneous:

- Pungent/putrid aroma.

Uses:

Anxiolytic, sedative. Valerian root is approved by the German Commission E as a calmative and for treating sleep-disturbances originating from anxiety/stress.¹

Mechanism:

There is a synergism with multiple compounds that act as active constituents including valepotriates and a number of water-soluble compounds. A CNS-depression mechanism of action has been verified by lab studies.¹

Dosage:

Multiple times daily as a tea from dried rhizome/roots (2-3 g \approx 1 tsp.), 150-300 mg of standardized extract (\approx 0.8% valeric acid).

Contraindications/Side effects:

Pregnancy/breastfeeding, headaches. Can prolong effects of barbiturates.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 154-157.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 154-157.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 226-227.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 180-181.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 18, 358-359.