

# VALERIAN

*(Valeriana officinalis)*

## *Clinical Summary*

### **Actions**

- Anxiolytic
- Sedative
- Hypnotic
- Antispasmodic
- Relaxing Nervine
- Anticonvulsant

### **Indications**

- Insomnia (especially sleep onset insomnia), restless legs, anxiety, stress, depression, support cognitive function, obsessive compulsive disorder
- Muscle tension, pain, menstrual cramping, fibromyalgia
- Spasmodic coughing
- Poor digestion

### **Traditional Use**

Historically patients that have responded best to valerian include those presenting with lack of adequate exercise and/or mental relaxation who manifest stress associated with despondency and mental depression.

### **Energetics**

Warming, drying.

### **Constituents**

Bicyclic monoterpenes (valepotriates including valtrate), volatile oils (valeranone, valeranal and valerenic acids), sesquiterpenes, lignans, and alkaloids. Free aminoacids, such as gamma-aminobutyric acid (GABA), tyrosine, arginine, and glutamine.

### **Use in Pregnancy**

No restrictions are known however safety has not been well established in pregnancy.

### **Contraindications and Cautions**

Care should be taken when driving a car or operating heavy machinery when high doses are used. Vivid dreams, and paradoxical stimulating effects, have been observed in clinical practice however these appear to be rare.

### **Drug Interactions**

Caution with benzodiazepines (may be used to reduce dependency) and central nervous system depressant drugs, including barbiturates.

### **Administration and Dosage**

Liquid extract 1:1 in 60% alcohol  
5 to 20mL weekly