

# VALERIAN

## Latin Name

Valeriana officinalis

## Common Names

Valerian

## Origin

Europe, China, India

## Description

Valeriana officinalis, commonly known as Valerian is found throughout Europe, South Africa, temperate areas of Asia and was introduced to North America. Valerian has a characteristic aromatic yet offensive scent that strangely enough is attractive to cats. In fact some Victorian physicians suggested the the quality of Valerian can be determined by how cats react to it. Valerian was traditionally used for epilepsy, sleeplessness, nervousness, hysteria, and as a diuretic and emmenagogue.

## Pharmacological Properties

- May act as a sedative in agitated states and as a stimulant in states of fatigue
- Antispasmodic effect has been observed
- May be useful for feelings of restlessness
- Useful for sleeping disorders due to nervous conditions and mental stress
- Improved sleep quality in human subjects
- Inhibited the uptake and stimulated the release of {3H} GABA in laboratory animals

## Active Substances

Valpotriates, valeric acid, sesquiterpenes, glycoside, essential oils Standard 0.8%  
Valeric acid or valerenic acid

## Contraindications / Toxicity

Valerian is approved as a GRAS food ingredient. Gastrointestinal complaints and contact allergies may occur on rare occasions.

## Suggested Use

200-400mg 1-2 times before bedtime or as needed.

## Processing

The root is collected in spring or autumn and dried. Cold percolation with ethanol/water. Evaporation at low temperature.

## Part Of Plant Used

Root

## References

1. Foster, S. Valerian: Valeriana officinalis. ABC, Bot. Ser. #312, 1990.
2. Gruenwald, J. Et al. PDR for Herbal Medicines. Med. Econ. Co. Inc. 1999, 1204-1207.
3. Leathwood, P.D. Et al. Aqueous Extract of Valerian Root (Valeriana officinalis L.) Improves Sleep Quality in Man. Pharmacol. Biochem. Behav. 1982, Vol. 17, 65-71.
4. Santos, M.S. Et al. Synaptosomal GABA Release as Influenced by Valerian root Extract-Involvement of the GABA carrier. Arch. Int. Pharmacodyn. 327 (1994) 220-231.

melbourne food ingredient depot  
www.mfcd.net

Quality food ingredients in small quantities

orders@mfcd.net  
508 Lygon Street, East Brunswick Vic 3057  
Tel: (03) 9386 3206 • Fax: (03) 9386 1888

This product and information is not intended to diagnose, treat, cure or prevent any disease.  
This data is for information only. Purchase this product from MFCD