



VALERIAN

Valeriana officinalis



Areas of application

- Calming and promoting sleep
- Nervousness, restlessness
- helpful for anxiety
- Protection against heart problems
- Protecting cells from oxidative stress

Family

Valerian belongs to the honeysuckle family (Caprifoliaceae)

Based in

Valerian is native to Europe and Asia, but is now cultivated worldwide in temperate climates.

Plant parts used

The root and rootstock of valerian are used.

Ingredients

Essential oil (containing valeric acid and valeric acid esters), iridoids, flavonoids, alkaloids, glycosides, polyphenols, tannins, borneol, valeranon and valeranal.

Usage/Indications

Valerian is primarily used to treat nervous restlessness, inner tension and mild to moderate sleep disturbances. The active ingredients in Valerian root have a calming effect on the central nervous system and promote relaxation without significantly impairing mental performance during the day. Valerian has proven particularly effective for difficulty falling asleep caused by stress, worry or psychological strain. Furthermore, it can be used to support the management of nervous complaints such as irritability, anxiety or functional gastrointestinal problems. The active ingredients in valerian have a calming effect, partly by influencing GABA metabolism in the brain, an important neurotransmitter for relaxation. Due to its good tolerability, valerian is also suitable for long-term use.

Good to know



The name valerian is derived from Baldur, the Germanic god of light. Baldur was not only the god of light, but also of the sun, spring and justice. It is possible that valerian was regarded as a form of 'restorative justice' for sleep disorders and psychological distress for which those affected were not to blame.

Side effects/Contraindications

In some cases, valerian may cause side effects such as tiredness, gastrointestinal complaints, headaches or dizziness. Allergic reactions are rare. It should not be used during pregnancy or whilst breastfeeding without consulting a doctor.

Children under the age of twelve should not take valerian.

Furthermore, valerian can enhance the effects of sedative medicines, benzodiazepines and alcohol, so caution is advised when taking them together. In cases of liver disease, valerian should also only be taken under medical supervision.

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