

Valerian

Botanical name: *Valeriana officinalis*

Energetics/Actions: Warm, bitter, spicy, sweet, sedative, hypnotic, carminative

Description

A well known herb for sleep, valerian is native to Asia and Europe and has been used for sleep, nervousness and menstrual symptoms since ancient Greece. The root is used medicinally. Legend has it that the Pied Piper used valerian to rid Hamelin of its rats.



Uses

Insomnia: Can be used alone for sleeplessness. Combines well with passionflower also.

Anxiety: May cause sedation, so test before driving or using machinery. The dose for anxiety is lower than the dose for insomnia.

Dose

Standard dose for sleep is 450 mg taken before bed.

Safety Information

May cause a hangover effect in some people. In rare cases valerian may be stimulating and cause restlessness. Long term use may cause headaches and insomnia in some people. Avoid use during pregnancy and breastfeeding and for children as there are no safety studies available.