

# Valerian

*Valeriana officinalis* L.

Fluid extract standardized to contain  $\geq 0.03\%$  sesquiterpenic acids, as valerenic acid.

Valerian is a perennial herbaceous plant, native to temperate or mountainous areas of Europe, where it preferably grows in damp locations; it is also found in North America.

The active components of Valerian root and rhizome consist in volatile oil, in which the sesquiterpenic fraction (valerenic acid and acetoxyvalerenic acid) is associated with monoterpenes (mainly borneol). Other constituents are the valepotriates (epoxy iridoid esters) and its derivatives (baldrials, including isovaleric acid, which is responsible for the foul odor of the dried drug); the iridoids are very unstable, therefore they can be detected in the fresh roots, but not in the extracts. A small amount of lignans, aminoacids and, traces of alkaloids are also present.

Valerian has been used for centuries as a medicinal herb to relieve the symptoms of mild anxiety, stress, and insomnia. It is regarded as a safe drug; side effects are seldom observed; it is contraindicated in case of concomitant treatment with sedative drugs.

**The suggested dose is 0.3-1.0 ml, up to 3 times daily**

(one third compared to the traditional fluid extract 20% ethanol)

