

QUICK REFERENCE SHEET

VALERIAN

Valeriana officinalis



Part Utilized:
Root



PROPERTIES:

Nervine, Sedative or Stimulant—for most people, Valerian is relaxing but is highly stimulating (to the point of crazy) for some

SYSTEMS AFFECTED:

Nervous, Brain, Cardiovascular, Muscular, Skeletal

POSSIBLE USES:

managing stress, insomnia, calming erratic heartbeat, headaches, anxiety, convulsions, colic, muscle cramps, improving circulation, shoulder, neck, and muscle tension, menstrual pain and cramping

INGREDIENT IN:

LN, NV, PN

GENERAL INFORMATION:

Valerian was known as “all-heal” in the Middle Ages and is still referred to by that name in older herbal texts.

Valerian's main impact is on the nerves, brain, liver, and heart. Because it heals and rebuilds in these areas, people feel calmed, strengthened, and uplifted by this herb. This is one of the best herbs in the world for helping people sleep and helping them cope with high levels of stress. Valerian reduces mental over-activity and nervous excitability and helps people who find it hard to stop the mental chatter and get to sleep. Valerian is beneficial for almost any stress-related condition and has a calming, rather than heavy sedative, effect on the mind and body.

Valerian contains large amounts of calcium and comes with its own supply of magnesium so the calcium is readily absorbed and made available to build bones, strengthen nerves, and relax smooth muscles.

Valerian is not suitable for everybody and should be used with particular caution with children. Indications of this situation would be that the person, instead of being calmed by Valerian, feels wired, agitated, or nervous. Simply discontinue use and try a nervine formula that does not contain Valerian. BBL, NT, or NS would all make good choices. The NV combination contains 1 part Valerian and should probably be avoided if there has been a reaction to >Valerian in the past.

Please do not let this information scare you away from the use of this wonderful herb. Valerian, in both herbal and essential oil forms, is one of the world's greatest healers. It is one of my favorite and most relied-on remedies. Reactions to it are rare.