



Valerian Root

Migraine headaches, nerves, pain, insomnia, heartburn, gas, hangovers, spasms, menstruation, paralysis, stomach, ulcers, parasites, smoking, contagious diseases, convulsions.

Information: Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) *before* starting/changing your program.

Botanical: *Valeriana officinalis*

Family: *Valerianaceae* (valerian)

Other common names: Tobacco Root, Capon's Tail, Setwall, Garden Heliotrope, Common Valerian, All-heal, Vandal Root

Need a good night's sleep? Often called nature's tranquilizer, **Valerian** is said to *induce a sound sleep, calm the nerves, ease pain* and relax nervous tension and anxiety. The herb has also been used to *help children with hyperactivity and behavioral problems*.

The primary chemicals in Valerian, valepotriates, regulate the nervous system, and they actually develop within Valerian extracts after processing begins. Other constituents include volatile oils:

monoterpenes (borneol) and sesquiterpenes (b-bisabolene), beta-carotene, tannin, choline, vitamin C, B-vitamins, alkaloids (pyridine type, actinidine, chatinine, skyanthine, valerianine, valerine), iridoids (valepotriates, valtrate, didrovaltrate), quercetin, choline, essential fatty acids, caffeic and chlorogenic acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc and a high proportion of calcium (which is needed by the body for healthy nerve function).

Beneficial Uses: Valerian Root is Nature's Tranquilizer. For centuries it has been used to regulate the nervous system and relieve tension, irritability, nervous exhaustion and stress, anxiety and hysteria. As a sedative, Valerian Root is said to relieve insomnia, helping to provide a sound sleep without the morning-after grogginess frequently associated with prescription drugs (such as Valium, etc.). It also does not lead to dependence or addiction when used. Although the constituents are disputed, some researchers believe that a mixture of constituents (valepotriates and volatile oils) is responsible, while others believe that the sedative effect is due to the valepotriates, and finally, there are others who believe it is due to the valepotriate decomposition products. More recent studies have shown that aqueous extracts of the roots contain appreciable amounts of GABA that could directly cause sedation.

Valerian is considered an anodyne that relieves pain and reduces sensitivity of the nerves. The herb is thought to help recovery from shock and sudden emotional distress, and relieve the harsh effects of rehabilitation for many addicts. Valerian is also an old-time nervine and remedy for St. Vitus Dance, vertigo, fainting, epilepsy and convulsions. Recent research has demonstrated that Valerian has contributed to the treatment of (and has helped) children with "psychomotor agitation and non-adaptation disorders," i.e., hyperactivity and behavioral problems. The treatments appeared to enhance motor co-ordination, calmed their anxieties and diminished restlessness and aggression.

Valerian Root has been known to strengthen the heart and may sometimes reduce high blood pressure, particularly when anxiety is a factor. Some lab studies claim that its use helps to stabilize heart rhythm and helps treat palpitations.

As an antispasmodic, Valerian Root helps to alleviate muscle, intestinal and menstrual cramps. Considered an analgesic, Valerian's pain relieving qualities are thought to be especially beneficial to athletes or anyone

engaged in aerobics, weight training or strenuous exercise as a preventative and recovery treatment for aches and pains. It is also said to ease the pain of headaches. Valerian has been used since ancient times as an expectorant, reducing mucus from colds, and it is also said to alleviate throat tickling and nervous coughs.

Because of its relaxant properties, Valerian has been thought to benefit those who suffer from irritable bowel syndrome and other problems of the intestines and stomach. Valerian appears to increase peristalsis in the intestines (contraction and relaxing of muscles), which moves things along more easily. The herb is also thought to prevent fermentation in the stomach and decrease gas and intestinal colic.

Used externally, Valerian is an antibacterial and makes a fine facial wash. It also encourages the healing of acne, skin rashes, wounds and ulcers. In baths, it is soothing and relaxing and relieves muscle cramps.

Contraindications: Valerian is not recommended for children, pregnant or nursing women, or those who suffer from low blood pressure or hypoglycemia. This product should not be combined with alcohol or with other sleep-inducing medications. Because it is a sedative, one should never drive or operate machinery when using Valerian. It is advisable to stop taking Valerian Root after two or three weeks and then restart; uninterrupted usage is not recommended. Avoid large doses (many times the recommended amount), and if headaches or heart palpitations occur, its use should be discontinued. The herb is not recommended for those taking prescription medications, particularly liver medications, unless a physician is first consulted. Valerian should be stopped about one week before surgery because it may interact with anesthesia.