

Valerian

Valeriana officinalis

Energetics—nervine, sedative, hypnotic, anti-spasmodic, hypotensive (lowers blood pressure), carminative

Taste—acid, pungent (relaxing and warming)

Tissue State—cold, wind constriction

Organ Affinities—nerves, smooth muscles, large intestine, lower spine

Part Used—rhizome and roots, harvested in late autumn or early spring, clean thoroughly & dry in shade

+tinctured fresh root (preferred), 1:2 (root by weight: alcohol by volume)

+tinctured dry root, 1:5 (root by weight, 75% alcohol by volume, 25% water by volume)

Uses—

+tension, anxiety, over-excitability, hysterical states, insomnia

+cramps of many kinds, intestinal colic, flatulence, fever with spasm

+bronchial spasm, colds, spasmodic cough, asthma, dyspnea

+bladder spasm, labor & after birth pains, lower back spasm

+nervous heart palpitation, high blood pressure, slows & strengthens heart beat, improves peripheral circulation

+migraine, rheumatic pain, neuralgic pain

+safe for occasional use

Contraindications—small doses are relaxing, large doses can be stimulating, reaction is idiosyncratic, occ. headaches, occ. bad dreams. WebMD says it interacts with alcohol & pharmaceutical sedatives (duh)

Sources—David Hoffmann *The New Holistic Herbal*, Matthew Wood *The Practice of Traditional Western Herbalism*, Richo Cech *Making Plant Medicine*, Maude Grieve *A Modern Herbal*, WebMD