

Valeriana jatamansi

Valeriana jatamansi is popularly recognized as “Indian Valerian” and belongs to Valerianaceae family. It is a perennial aromatic herb being used in many medicinal purposes and traditional systems. In the wild, it grows at the elevations of 1200–3000 m above sea level (amsl).

Valeriana Officinalis

In addition to a **sleep aid**, valerian has been used for **anxiety, stress, to treat addictions, convulsions, gas, pain, hyperactivity, intestinal cramping, migraines, aggression, nervous exhaustion, coughs, epilepsy, and the flu**. And the list goes on and on. This plant has more than 2000 years of documented use! Jun 24, 2015

<https://ods.od.nih.gov/factsheets/Valerian-HealthProfessional/>

Valerian (*Valeriana officinalis*), a member of the Valerianaceae family, is a perennial plant native to Europe and Asia and naturalized in North America [1]. It has a distinctive odor that many find unpleasant [2,3]. Other names include setwall (English), *Valerianae radix* (Latin), *Baldrianwurzel* (German), and *phu* (Greek). **The genus Valerian includes over 250 species, but *V. officinalis* is the species most often used in the United States and Europe and is the only species discussed in this fact sheet [3,4].**

- Valerian is an herb sold as a dietary supplement in the United States.
- Valerian is a common ingredient in products promoted as mild sedatives and sleep aids for nervous tension and insomnia.
- Evidence from clinical studies of the efficacy of valerian in treating sleep disorders such as **insomnia is inconclusive**.

Valerian has been used as a medicinal herb since at least the time of ancient Greece and Rome. Its therapeutic uses were described by Hippocrates, and in the 2nd century, **Galen prescribed valerian for insomnia [5,7]**. In the 16th century, it was used to treat nervousness, trembling, headaches, and heart palpitations [8]. In the mid-19th century, valerian was considered a stimulant

that caused some of the same complaints it is thought to treat and was generally held in low esteem as a medicinal herb [2]. During World War II, it was used in England to relieve the stress of air raids [9].

The third study examined longer-term effects in 121 participants with documented nonorganic insomnia [15]. Participants received either 600 mg of a standardized commercial preparation of **dried valerian root** (LI 156, Sedonium?*) or placebo for 28 days. Several assessment tools were used to evaluate the effectiveness and tolerance of the interventions, including questionnaires on therapeutic effect (given on days 14 and 28), change in sleep patterns (given on day 28), and changes in sleep quality and well-being (given on days 0, 14, and 28). **After 28 days, the group receiving the valerian extract showed a decrease in insomnia symptoms on all the assessment tools compared with the placebo group.** The differences in improvement between valerian and placebo increased between the assessments done on days 14 and 28.

Valeriana wallichii

Plant :

Overview

Benefits



R⁺ ResearchGate

Valeriana jatamansi: An ethnobotanical review - ...
Most of the studies compiled from literature shown that V. jatamansi posses...
Oct 22, 2024

Scientific name

Valeriana jatamansi

Genus >

Valeriana



National Institutes of Health (NIH) (g...
An herbaceous plant with multiple medicinal uses - PubMed
Valeriana jatamansi Jones (Family: Caprifoliaceae), a high value medicinal...

<https://europepmc.org/article/med/29493163>

[Clinical study on compound prescription with **Valerianae Jatamansi** Rhizoma et Radix in treatment of generalized anxiety disorder].

Zhongguo Zhong yao za zhi = Zhongguo Zhongyao Zazhi = China Journal of Chinese Materia Medica, 01 Dec 2017, 42(24):4888-4892 Language:chi
<https://doi.org/10.19540/j.cnki.cjcm.20170919.007> PMID: 29493163

This study was aimed to observe the clinical efficacy of anxiolytic compound prescription with Valerianae Jatamansi Rhizoma et Radix (ACPV) in treating liver Qi stagnation and feel ill at ease type **generalized anxiety disorder (GAD)**.

Sixty-seven patients diagnosed as GAD with stagnation of liver Qi and feel ill at ease were randomly divided into treatment group and control group. Patients in treatment group (n=34) was treated with ACPV decoction, and patients in control group (n=33) were treated with deanxit. Both groups were treated with respective drugs for 4 weeks. H

The incidence of adverse reactions in the treatment group was significantly lower than that in the control group ($P < 0.01$), and there were no obvious side effects in general physical examination during the period of treatment. Thus, anxiolytic compound prescription with **Valerianae Jatamansi Rhizoma et Radix is effective for generalized anxiety disorder (GAD) and stagnation of liver Qi**.