



## Valerian INFUSION

### NERVOUSNESS

### Insomnia

#### Ingredient

Valerian	root	<i>Valeriana officinalis</i>	Organic
----------	------	------------------------------	---------

#### DOSAGE

**INTERVENTION** : 2 to 4 cups per day, as needed.

**TREATMENT** : 1 to 3 cups per day.

#### DIRECTIONS FOR USE

Pour 1 litre of boiling water on 5 teaspoons of herbs, cover and let steep for 15 minutes. Filter.

#### MODE OF ACTION

Valerian infusion is calming and antispasmodic. It depresses the central nervous system and interferes with the metabolism of GABA, thus increasing its levels. This helps reduce nervous tension and calm anxiety, nervousness, irritability and agitation. Its calming and sedative actions help fall asleep and improve the quality of sleep while reducing the number of nocturnal awakenings.

Valerian is an antispasmodic of the digestive system. It relieves intestinal cramps, colic and constipation caused by nervousness. The taste and the antispasmodic effects of the infusion can be improved by combining it with chamomile and peppermint. Valerian is especially effective in relieving spasmodic constipation in young children. Make a concentrated infusion and add a little honey or raw cane sugar.

Studies have shown that valerian reduces premenstrual syndrome. Besides soothing the nervous symptoms of the premenstrual phase (irritability, depression), its antispasmodic action relieves menstrual cramps. Its muscle-relaxing effect also relieves muscle tension.

Valerian is hypotensive and relaxing. It is beneficial for hypertension and cardiac troubles due to stress. As an analgesic, *Valeriana officinalis* reduces headaches caused by stress and relieves pain that hinders sleep.

The main constituents of valerian are volatile oils (valeric acid, valeronic acid, valeranone), iridoids (valepotriates), alkaloids (valerianine, valerine, chatinine), lignans, amino acids (GABA, glutamine, arginine), flavonoids (kaempferol, quercetin), carbohydrates, phenolic acids, phytosterols ( $\beta$ -sitosterol), vitamins (A, B, C) and minerals (Ca, Mg, P, K).

#### HELPFUL ASSOCIATIONS

**GREEN OATSTRAW** infusion for nervous troubles. Add mint to improve taste.

**SKULLCAP** tincture for anxiety, palpitations due to stress.

**NERVETOP** capsules for nervous troubles.

**MENSTRUIX** for menstrual or intestinal cramps.

**PSYLLIUM** for constipation.

**HAWTHORN** for cardiovascular troubles.

#### ETHNOBOTANY

**Nervous system:** anxiety, anguish, nervousness, agitation, nervous tension, sleep disorders.

**Digestive system:** cramps, colic, constipation, irritable bowel syndrome.

**Cardiovascular system:** palpitations, hypertension.

**Other:** teeth-grinding, stress headaches, menstrual cramps, PMS, muscle pain and tension.

#### HISTORY

Valerian was used in Ancient Greece and China. It is mentioned in the writings of Dioscorides and Galen as well as in some ancient Chinese medicine texts for, among other things, its sedative effect. Following repeated reports of valerian successfully treating epilepsy, it became a popular herb to treat affections of the nervous system. During the Second World War, the British used it to promote sleep. The eclectic doctors used it as a brain stimulant, also for hysteria, mild fever, irritability and to promote calm and sleep. In recent years, a great number of publications have covered valerian. Monographs on valerian can be found in the pharmacopeia of many countries where it is used to calm and help sleep.

#### CONTRA-INDICATIONS

Consult a health care practitioner during pregnancy and breastfeeding.

#### INTERACTIONS

Use with caution if you take alcoholic beverages, drugs or natural health products that have sedative effects.

## REFERENCES

- AHPA. Botanical Safety Handbook, 2nd Edition. Boca Raton: CRC Press; 2013.
- Andreatini R., Sartori V. A., Seabra M. L. V., Leite J. R. Effect of valepotriates (valerian extract) in generalized anxiety disorder: a randomized placebo-controlled pilot study. *Phytotherapy Research*, 16(7), 650–654. doi:10.1002/ptr.1027; 2002.
- Barnes J., Anderson L.A., Phillipson J.D. Herbal medicines, 3rd Edition. London: Pharmaceutical Press; 2007.
- Bezanger-Beauquesne L., Pinkas M., Torck M., Trotin F. Plantes Médicinales des Régions Tempérées, 2ème Édition. Paris : Maloine ; 1990.
- Blumenthal, Goldberg, Brinckmann. Herbal Medicine: Expanded Commission E Monographs. Newton: Integrative Medicine Communications; 2000.
- Bone Kerry. A clinical Guide to Blending Liquid Herbs. St. Louis: Churchill Livingstone; 2003.
- Bove Mary. What Type is your Headache? Botanical Therapies. Medicines from the Earth; 2018.
- Christopher John R. School of Natural Healing. Provo: Christopher Publications; 1976.
- Donath F., Quispe S., Diefenbach K., Maurer A., Fietze I., Roots I. Critical Evaluation of the Effect of Valerian Extract on Sleep Structure and Sleep Quality. *Pharmacopsychiatry*, 33(2), 47–53. doi:10.1055/s-2000-7972; 2000.
- ESCAP. Monographs: The Scientific Foundation for Herbal Medicinal Products, Second Edition. New York: Thieme; 2003.
- Felter H.W., Lloyd J. U. King's American Dispensatory. Portland: Eclectic Medical Publications; 1983.
- Fetrow, C. W., Avila, Juan R. Professional's Handbook of Complementary and Alternative Medicines. Springhouse: Lippincott Williams and Wilkins; 2004.
- Gagnon C., Lanctôt-Bédard V. *Materia Medica: Flora Medicina*; 2009.
- Gray Beverley. The Boreal Herbal. Whitehorse: Aroma Borealis Press; 2011.
- Green James. The herbal Medicine-Maker's Handbook. Freedom: The Crossing Press; 2000.
- Health Canada. Monograph on Valerian; 2008.
- Hoffmann David. Medical Herbalism. Rochester; Healing Arts Press; 2003.
- Holmes Peter. The Energetics of Western Herbs, Vol. 2, 3rd Edition. Boulder: Snow Lotus Press; 1998.
- Houghton P., Mukherjee P.K. Evaluation of Herbal Medicinal Products. Grayslake: Pharmaceutical Press; 2019.
- Houghton Peter J. Valerian, The Genus Valeriana. Amsterdam: Harwood Academic Publishers; 1997.
- Kennedy D. O., Little W., Haskell C. F., Scholey A. B. Anxiolytic effects of a combination of *Melissa officinalis* and *Valeriana officinalis* during laboratory induced stress. *Phytotherapy Research*, 20(2), 96–102. doi:10.1002/ptr.1787 ; 2006.
- Leathwood P., Chauffard F. Aqueous Extract of Valerian Reduces Latency to Fall Asleep in Man. *Planta Medica*, 51(02), 144–148. doi:10.1055/s-2007-969430; 1985.
- Leung A.Y., Foster S. Encyclopedia of Common Natural Ingredients Used in Food, Drugs and Cosmetics, 2nd Edition. New York: John Wiley & Sons; 1996.
- Mills S., Bone K. Principles and Practice of Phytotherapy. St. Louis: Elsevier; 2000.
- Moghadam Z.B., Rezaei E., Gholami R.S., Kheirkhah M., Haghani H. The effect of Valerian root extract on the severity of pre menstrual syndrome symptoms. *J Tradit Complement Med*. 2016 Jul; 6(3): 309–315. doi: 10.1016/j.jtcm.2015.09.001; 2016.
- Murray Michael T. The Healing Power of Herbs. Rocklin: Prima Health; 1995.
- Romm Aviva. Botanical medicine for women's health. St. Louis; Churchill Livingstone; 2010.
- Savage K., Firth J., Stough C., Sarris J. GABA-modulating phytochemicals for anxiety: A systematic review of preclinical and clinical evidence. *Phytotherapy Research*, 32(1), 3–18. doi:10.1002/ptr.5940; 2017.
- Stargrove M.B., Treasure J., McKee D.L. Herb, Nutrient and Drug Interactions. St. Louis: Mosby Elsevier; 2008.
- Tilgner Marie S. Herbal Medicine From the Heart of the Earth, 2nd Edition. Pleasant Hill: 2009.
- WHO. Who Monographs on Selected Medicinal Plants, Volume 1. Geneva; 1999.
- Wichtl Max. Herbal Drugs and Phytopharmaceuticals. Boca Raton: CRC Press; 1994.
- Williamson E., Driver S., Baxter K. Stockley's Herbal Medicines Interactions. Grayslake: Pharmaceutical Press; 2009.
- Wood Matthew. The Practice of Traditional Western Herbalism. Berkeley: North Atlantic Books; 2004.

Certified organic ingredients.

Made according to GMP.

Kosher, vegan and non-irradiated.

NO additives, colouring, added sugar, gluten, soy or GMOs.

