

Valerian

Botanical Name: *Valeriana officinalis*

Family: Caprifoliaceae

Energetics: Cooling, mildly sedative

Taste: Strong, earthy, slightly bitter

Actions: Nervine, sedative, antispasmodic, mild anxiolytic, sleep support

Overview

Valerian is traditionally used to support sleep, ease anxiety, and relax nervous tension. It has mild sedative properties and is commonly used in teas, tinctures, and capsules.

Uses

Internal Uses

- Supports sleep and relaxation
- Mild sedative and anxiolytic
- Reduces muscle spasms and tension
- Eases mild nervous system irritability

External Uses

- Rare; sometimes in infused oils for muscular tension or minor aches

Medication Interactions

- May enhance effects of sedatives or sleep medications
- Avoid combining with alcohol or CNS depressants

Contraindications

- Pregnancy: avoid unless directed by healthcare provider
- Children: moderate doses with guidance
- Allergy to Caprifoliaceae family

Caution & Safety

- Avoid driving or operating heavy machinery after use
- Moderate doses recommended
- Monitor for mild digestive upset or dizziness

Herbal Pairings

Blends Well With

- Lemon Balm (calming synergy)
- Chamomile (sleep and relaxation support)
- Hops (sleep support)

Avoid Combining With

- Other sedatives, alcohol, or sleep medications without guidance

Possible Side Effects

- Mild digestive upset
- Dizziness or grogginess if taken in high doses
- Rare allergic reactions

Forms & Dosage

Tea / Infusion

- 1–2 tsp dried root per cup water
- Steep 10–15 minutes
- 1–2 cups 30–60 min before bedtime

Tincture (1:5)

- 2–4 mL, 1–2 times daily, preferably in evening

Capsules / Powder

- Follow manufacturer instructions (commonly 400–900 mg before bed)



Valerian is a cooling nervine and mild sedative ideal for sleep support, anxiety reduction, and muscle relaxation. Best used in teas, tinctures, or capsules.

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