

# Valerian

**Botanical Name:** *Valeriana officinalis*

**Family:** Caprifoliaceae

**Energetics:** Cooling, mildly sedative

**Taste:** Strong, earthy, slightly bitter

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

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## 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.

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## 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
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## Medication Interactions

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

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

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

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

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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