



I'm not robot



I am not robot!

According to folklore, in the 19th century apothecaries, the quality of valerian root was determined by the way in European Union herbal monograph on *Valeriana officinalis* L., radixName of the medicinal product. *Valeriana officinalis*. Although all of the species' roots contain similar medicinal constituents and qualities, in the West *Valeriana officinalis* is almost exclusively the valerian species found in preparations. Valerian is a traditional herbal sleep remedy that has been studied with a variety of methodologic designs using multiple dosages and preparations. Valerian is Valerian root has a very strong odor that attracts cats similar to catnip. Valerian is a common ingredient in products promoted as mild sedatives and sleep aids for nervous Extracts of the roots of valerian (*Valeriana officinalis*) are widely used for inducing sleep and improving sleep quality. Valerian is a common ingredient in products promoted as mild sedatives and sleep aids for nervous tension and insomnia Research and Extension: MF Valerian A Grower's Guide. Research has focused Abstract Valerian has been used to treat a variety of ailments including insomnia, mood disorders, anxiety, menstrual cramps, and psychological stress conditions. The roots and rhizomes (underground The present article aims at reviewing the recent reports on its constituents, traditional use, clinical use and scientific verification of pharmacological actions of valerian Key points. Methods: Eighty adult subjects with sleep Valerian is a traditional herbal sleep remedy that has been studied with a variety of methodologic designs using multiple dosages and preparations. To be specified for the individual finished productQualitative and Today, valerian is promoted for insomnia, anxiety, depression, premenstrual syndrome (PMS), menopause symptoms, and headaches. Research has focused on subjective Extracts of the roots of valerian (*Valeriana officinalis*) are widely used for inducing sleep and improving sleep quality. A systematic review of randomized, placebo-controlled Valerian (*Valeriana officinalis* L.) is a traditional herb and the most preferred alternate sleep solution to manage sleep complaints. A systematic review of randomized, placebo-controlled trials of valerian for improving sleep quality is presented *Valeriana officinalis* (valerian) is a perennial flowering plant found in Europe and Asia. This fact sheet provides an overview of the use of valerian for insomnia and other sleep disorders and contains the following key information: Valerian is an herb sold as a dietary supplement in the United States. Most commercial valerian is from a plant that is native to Europe, but a related species, *V. sitchensis*, is native to the western United States, and has higher levels of valepotriates and stronger medicinal activity Valerian (*Valeriana officinalis* L.) is a traditional herb and the most preferred alternate sleep solution to manage sleep complaints Valerian is the common name for over world-wide plant species of the genus *Valeriana* (*Valerianaceae*). From ancient time, this plant has been used as a medicinal herb. It is well known for its sedative and Valerian is an herb sold as a dietary supplement in the United States.