



Valerian
Valeriana officinalis

Valerian is a perennial flowering plant, with heads of sweetly scented pink or white flowers that bloom in the summer



Crude extract of valerian root is sold as a dietary supplement in the form of capsules. Valerian root may have sedative and anxiolytic effects.



Valerian is most often used as an alternative medicine for insomnia in place of hypnotic drugs. It is also sometimes used as an alternative for sedatives, such as benzodiazepines, in the treatment of certain anxiety disorders





Systematic review, published in 2007 in the journal Sleep Medicine Reviews, concluded valerian was safe but not clinically efficacious for insomnia.

In medieval Sweden, it was sometimes placed in the wedding clothes of the groom to ward off the "envy" of the elves



THANK YOU



FOR YOUR ATTENTION