

Valerian

This fact sheet provides basic information about the herb valerian—common names, uses, potential side effects, and resources for more information. Valerian is a plant native to Europe and Asia; it is also found in North America.

Common Names—valerian, all-heal, garden heliotrope

Latin Name—*Valeriana officinalis*

What It Is Used For

- Valerian has long been used for sleep disorders and anxiety.
- Valerian has also been used for other conditions, such as headaches, depression, irregular heartbeat, and trembling.

How It Is Used

The roots and rhizomes (underground stems) of valerian are typically used to make supplements, including capsules, tablets, and liquid extracts, as well as teas.

What the Science Says

- Research suggests that valerian may be helpful for insomnia, but there is not enough evidence from well-designed studies to confirm this.
- There is not enough scientific evidence to determine whether valerian works for anxiety or for other conditions, such as depression and headaches.
- NCCAM is funding a study to look at the effects of valerian on sleep in healthy older adults and in people with Parkinson's disease.

Side Effects and Cautions

- Studies suggest that valerian is generally safe to use for short periods of time (for example, 4 to 6 weeks).
- No information is available about the long-term safety of valerian.
- Valerian can cause mild side effects, such as headaches, dizziness, upset stomach, and tiredness the morning after its use.
- Tell your health care providers about any herb or dietary supplement you are using, including valerian. This helps to ensure safe and coordinated care.

Sources

Office of Dietary Supplements and National Center for Complementary and Alternative Medicine. *Questions and Answers About Valerian for Insomnia and Other Sleep Disorders*. Office of Dietary Supplements Web site. Accessed at <http://www.ods.od.nih.gov/factsheets/valerian.asp> on May 3, 2006.

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For More Information

Visit the NCCAM Web site at nccam.nih.gov and view:

- “What’s in the Bottle? An Introduction to Dietary Supplements” at nccam.nih.gov/health/bottle/
- “Herbal Supplements: Consider Safety, Too” at nccam.nih.gov/health/supplement-safety/

NCCAM Clearinghouse

Toll-free in the U.S.: 1-888-644-6226

TTY (for deaf and hard-of-hearing callers): 1-866-464-3615

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Web site: www.ods.od.nih.gov

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