



Valerian

Latin name: Valeriana officinalis

French name: Valériane

Extracted from: roots

When general calm and deep peacefulness is needed for nerves, heart, fears and emotions, you need to call the best specialist for everything at once rather than several different plants: Valerian. Disturbed nights and light sleep go away after just 3 weeks of regular use of valerian oil.

To use in combination with Peppermint oil when it's too hot.

Cats: after moving out, cats need some time to acclimatise to their new environment. Locking a cat in during this period is the only way to keep it there. But after a month, one or two days before you let it out again, put a few drops of valerian oil in various places in the house. The cat will then think that a rival is trying to steal its territory and will want to remain the master of the place. The cat settles in easily and valerian has once again showed its power: you can sleep better now; the cat won't run away.

The plant, its legends and its botany

It's always a pleasure to come across Valerian during walks in the woods. This great and noble white flower looks so proud! She thrones where she grows. It is always most touching to see her on her own, because she invariably chooses a piece of paradise where she will overcome her vassal, other plants and flowers.

Upright like justice and balanced like a scale, it barely swings. Yet, stems are long and lead to a collection of flowers resembling umbels (it is not yet an umbelliferous but valerianacea): they are corymbs. The flowers are tubes exploding their stamens out in the world.

The corymbs seem to be delicately coloured in pink which emphasises their lines. Indeed, if the flowers have almost white petals, they are frankly pink when they are closed and often even pinker towards the stalk. Between these contrasts and subtle layer of stamens, it gives us a flower made of cloud. We would like to sleep in a sleeping bag made of small cumulus flowers like hers.

Its finely divided leaves (seven to twenty-one leaflets: they are odd because there is a last leaflet at the tip of the branch) and its characteristic smell make Valerian easily recognisable. And if you're not sure, you can always look for a root and inhale it, as it has the exact same smell as the essential oil. Unless it's the other way round... but do it without hurting the plant which is also protected, and banned from gathering.



The scent of its roots was used, according to the legend, by the flute player who came to Hamelin in June 1284. He rid the town of rats that had spread the plague by playing the flute. He also would have used valerian to attract rats and have them follow him down to the river where they drowned. (Rats with *Toxoplasma gondii* reverse their aversion of cat urine into attraction.) Science of the ancients before chemistry...

Valerian has somehow fallen out of fashion. And if we can understand the reasons for its disuse, we can also understand why it tends to show the tip of its roots again. Using it had three problems.

Firstly, it takes three weeks for it to work on sleep and it has rarely been given that much time patiently.

Secondly, the plant root may make one a little nauseous. (There is no problem with the essential oil because the responsible components are absent.)

Thirdly, paradoxical effects of Valerian (contrary to the desired effects) were common when used in tablets.

Indeed, the first reaction is digestive due to a lack of intestinal enzymes able to digest valerian in some people.

This does not occur when you rub essential oil on the skin.

The use of essential oil earlier in history, instead of the ingestion of powdered root, may have changed the history of literature: Valerian is the key to two of the novels of Agatha Christie.

Energetic properties

Helps you to fall asleep more easily and sleep better when a lot of things are going through your mind.

Encourages deep inner calm night and day.

Unravels internal tension.

Reduces anxiety.

Promotes acceptance of own incarnation, life and substance.

Gives people who work modestly, behind the scenes, more strength, and calms others down.

Valerian diffuses its sedative effects only after 10 to 14 days of regular use.

Valerian comes from the Latin name "valere" meaning "to be fit", which shows clearly the plant's properties.

Chakras

1st chakra

6th chakra

Doshas

Reduces greatly Vata's agitation

To accept one's Kapha

To cast Pitta aside

Elements

Earth and Ether

Standard chemotype

Esters (30-45% bornyl acetate, acetate myrtenyl 1-5%)

Monoterpenes (camphene 15-25%, 5-15% fenchene alpha, alpha-and beta-pinene 2-10% each)

Monoterpene alcohols (borneol 2-3%, 1-2% geraniol, alpha-terpineol)

Sesquiterpene alcohols (germacrenol)

Sesquiterpenes (cadinene, vetivene)

Sesquiterpene lactones (actinidin 0-1%, 0-1% valerianine)

Sesquiterpene ketones (valerianone max 2%) These are non-toxic ketones.

Furanocoumarins: none

Batch chromatography

Batch VAL2001/37 (PDF, 287Ko, French)

Contraindications and limitations of use

Not recommended in cases of hypotension.

High doses (very unphysiological) depressing for the central nervous system.

Prefer external use to avoid paradoxical effects.

Keep out of reach of children.

Children, pregnant women: only on prescription of a professional.

Do not use regularly on a teenager going through puberty.

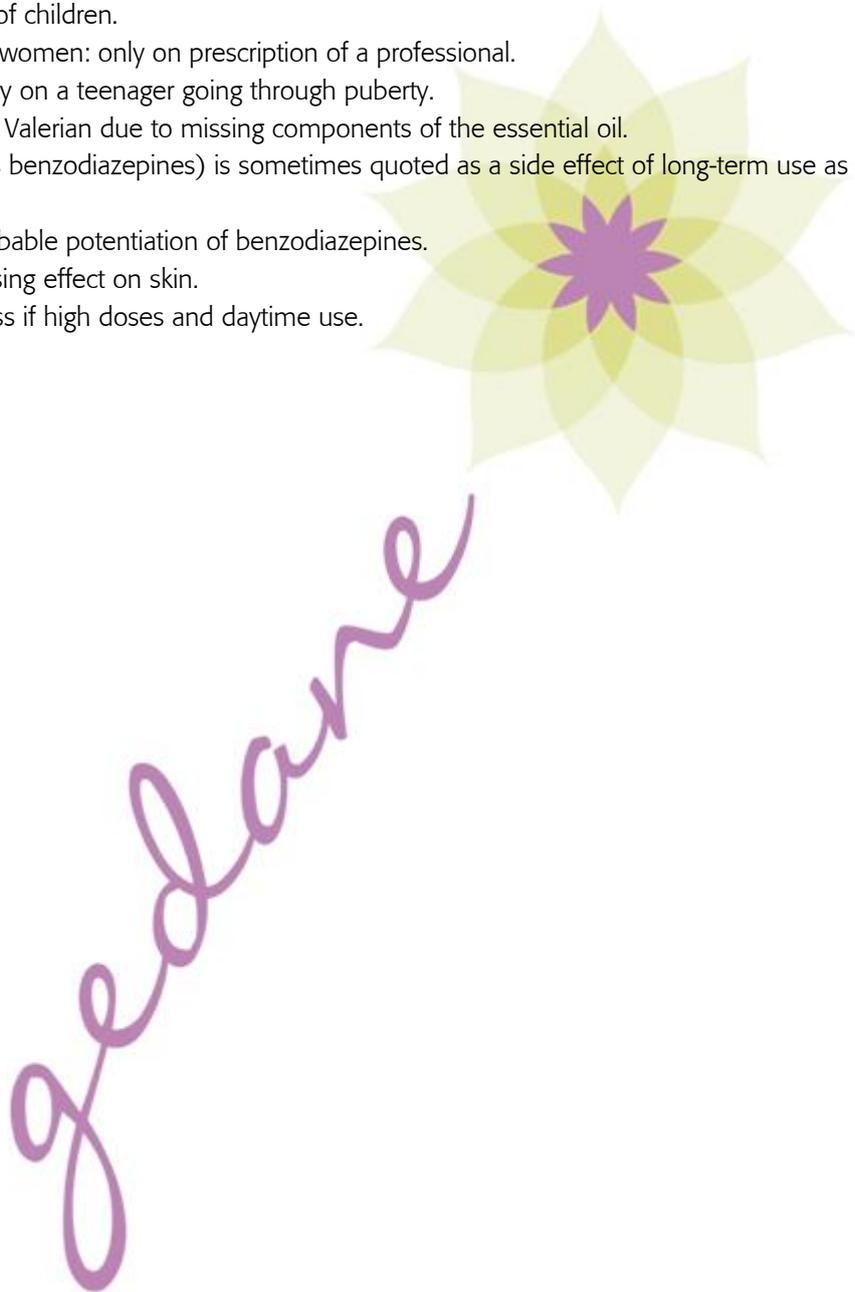
Nauseous effect of Valerian due to missing components of the essential oil.

Addiction (same as benzodiazepines) is sometimes quoted as a side effect of long-term use as a sedative (GABA receptors).

Suspected and probable potentiation of benzodiazepines.

May have a sensitising effect on skin.

Warning: drowsiness if high doses and daytime use.



Gedane

The information on these pages is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep up to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
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