Ingredients and pharmaceutics uses of Valerian

Kaveh Berenjiyan

Kermanshah university of medical science

Abstract: Valerian plant contains effective material from volatile and essential oils group including trepans, aldeids, ketons and phenyl propane derivatives which have little solubility is water. Stable and instable compounds of this plant play a role in sedative effects and for this reason, extract of its roots and rhizome is used as medical plant. Today, there are standard medicines in the form of tablet, drop and syrup which are consumed based on effective materials with recommended dose. Basically, valerian has no side effects and FDA considers no limitation for its use in foods.

Review on literature: studies on plant morphology and physiology shows that all three varieties of Valerian have short cylindrical rhizomes which its used part in medicines and extracting its extract was done with similar methods in old and new medicine. It has similar therapeutic effects in reducing primary dysmenorrheal because of anti-convulsion effects. In rats, sedative and anti-anxiety effects of valerian were higher than Diazepam. Anti-convulsion effect of hydro-alcohol extract of roots and rhizome of valerian in mouse showed that this extract has not optimal therapeutic effect on clinical signs of in major epilepsy but it prevents clinical signs of minor epilepsy. Valerian extract reduces number of vomiting caused by CuS and epica in chicken and its effect on ileum of guinea pig depending on dose reduces contraction and its has similar effects on testing liver and kidney of rat.

Discussion and conclusion: extract of valerian root and rhizome is identified as a pharmaceutics plant in old and new medicine. It is used as decoction in old medicine and today, it is used as tablet, syrup and drop. Studies of various researchers about effects of this herbal extract has verified it as an effective sedative for nervous system and muscles even comparing with chemical drugs like Mephnamic acid and Diazepam and it can be a good alternative for some sedatives.

Keyword: valerian, pharmaceutics plant, pharmaceutics uses, effective ingredients