

# **Egyptian Herbal Monograph**

## **Volume 3**

### **Medicinal Plants used in Egypt**

**Egyptian Drug Authority (EDA)**

**2024**



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## Medicinal Plants Used in Egypt

*Valeriana officinalis* L.

فاليريانا

### 1. Names & Synonyms

*Valeriana officinalis* L.

**Family:** Caprifoliaceae/Valerianaceae (1).

**Arabic:** Valeriana فاليريانا

**English name:** All-Heal, Belgian Valerian, Common Valerian, Fragrant Valerian, Garden Valerian, Valerian root (2,3).

### 2. Parts used for medicinal purpose

Roots, rhizomes and stolons (2,3,4).

### 3. Major chemical constituents

- **Essential oil:** Chief components are bornyl acetate, valerianol, valeranone, intermedeol, camphene, myrtenyl acetate, agarospirol,  $\gamma$ -eudesmol, nootkatone and 6-isopropyl-1-methyl bicycles [3,1,0] hexane (5,6).
- **Sesquiterpenic acids:** Valerenic acid, 2-hydroxyvalerenic acid, 2-acetoxy-valerenic acid (6).
- **Iridoids:** Didrovaltrate and valepotriates derivatives, including valepotriate, isovalepotriate, acetoxyvalepotriate and isovalemxy-hydroxy-dihydrovatrate (5).
- **Others:** Lignanoids, alkaloids, flavonoids and amino acids (5).

### 4. Medicinal Uses (Indications) (3,4)

- A. Relief of mild nervous tension.
- B. Mild sedative and relief of sleep disorders.
- C. Relief of mild symptoms of mental stress.

## 5. Herbal preparations correlated to medicinal use (3)

1. **Comminuted herbal substance as herbal tea** for oral use and as bath additive.

(0.3-3 g of the comminuted herbal substance is added to 150ml of boiling water as herbal infusion).

2. **Powdered herbal substance.**

3. **Expressed juice from fresh root.**

4. **Dry extract:**

4.1 Dry extract, extraction solvent: ethanol 40-70%.

4.2 Extraction solvent: water.

4.3 Extraction solvent: ethanol 85%.

5. **Liquid extract:**

5.1 Extraction solvent: water.

5.2 Extraction solvent: ethanol 60%.

6. **Tincture:**

6.1 Extraction solvent: ethanol 60%.

6.2 Extraction solvent: ethanol 56%.

6.3 Extraction solvent: ethanol 70%.

6.4 Extraction solvent: ethanol 60-80%.

Herbal preparations (2-6) are in pharmaceutical dosage forms. The pharmaceutical form should be described by the pharmacopoeia full standard term.

## 6. Posology and method of administration correlated to medicinal use (3)

**Adolescents, adults and elderly**

**Preparation 1**

**Indication B**

Single dose: 0.3-3 g half to one hour before bedtime with an earlier dose during the evening, if necessary.

**Indication C**

Single dose: 0.3-3 g, up to 3 times daily.

**Use as bath additive:**

**Indications B, C**

Single dose: 100 g for a full bath, one bath daily.

The use in children under 12 years of age is not recommended.



### **Preparation 2**

#### **Indication B**

Single dose: 0.3-2 g, half to one hour before bedtime with an earlier dose during the evening, if necessary.

#### **Indication C**

Single dose: 0.3-2 g, up to 3 times daily.

### **Preparation 3**

#### **Indication B**

Single dose: 10 ml half to one hour before bedtime with an earlier dose during the evening, if necessary.

#### **Indication C**

Single dose: 10 ml, up to 3 times daily.

### **Preparation 4**

#### **Preparation 4.1**

##### **Indication A**

Single dose: 400-600 mg, up to 3 times daily.

##### **Indication B**

Single dose: 400-600 mg half to one hour before bedtime with an earlier dose during the evening, if necessary.

Maximum daily dose: 4 single doses.

#### **Preparation 4.2**

##### **Indication B**

Single dose: 420 mg half to one hour before bedtime with an earlier dose during the evening, if necessary.

##### **Indication C**

Single dose: 420 mg, up to 3 times daily.

#### **Preparation 4.3**

##### **Indication C**

Single dose: 322 mg, up to 3 times daily.

### **Preparation 5**

#### **Preparation 5.1**

##### **Indication B**

Single dose: 20 ml, half to one hour before bedtime.

##### **Indication C**

Single dose: 20 ml, up to 3 times daily.



### **Preparation 6**

#### **Preparation 6.1**

##### **Indications C**

Single dose: 4-8 ml, up to 3 times daily.

#### **Preparation 6.2**

##### **Indications B**

Single dose: 0.84 ml half an hour before bedtime.

##### **Indications C**

Single dose: 0.84 ml, 3-5 times daily.

#### **Preparation 6.3**

##### **Indication B**

Single dose: 1.5 ml half an hour before bedtime.

##### **Indication C**

Single dose: 1.5 ml up to 3 times daily.

#### **Preparation 6.4**

##### **Indication C**

Single dose: 10 ml, up to 3 times daily

**Duration of use:** If the symptoms persist or worsen after two weeks of continued use, a doctor or a pharmacist should be consulted.

**Method of administration:** Oral use

**Use as bath additive.**

#### **Preparation 1**

##### **Indications B, C**

Single dose: 100 g for a full bath, one bath daily

The use in children under 12 years of age is not recommended.

## **7. Contraindications (3)**

- Hypersensitivity to active substances and to other plants of the same family.
- Use as bath additive:  
Full baths are contraindicated in cases of open wounds, large skin injuries, acute skin diseases, high fever, severe infections, and severe circulatory disturbances.

## **8. Special warnings and precautions for use (3)**

- If the symptoms worsen during the use of the medicinal product, a doctor or a pharmacist should be consulted.
- The use is not recommended in children under 12 years of age.

## 9. Interactions with other medicinal products and other forms of interaction (3)

None reported.

## 10. Fertility, pregnancy and lactation (3)

- Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.
- No fertility data available.

## 11. Effects on ability to drive and use machines (3)

May impair ability to drive and use machines. Affected patients should not drive or operate machinery.

## 12. Undesirable effects (3)

- Gastrointestinal symptoms (e.g. nausea, abdominal cramps) may occur after ingestion of valerian root preparations.
- In case of bath additive: None known
- If other adverse reactions not mentioned above occur, a doctor or a pharmacist should be consulted.

## 13. Overdose (3)

- Valerian root at a dose of approximately 20 g cause symptoms such as fatigue, abdominal cramp, chest tightness, light-headedness, hand tremor and mydriasis, which disappear within 24 hours. If symptoms arise, a medical doctor should be consulted for supportive treatment.
- In case of bath additive: No case of overdose has been reported.

## 14. Relevant biological activities

Not required as per Egyptian guidelines for registration of herbal medicines.

## 15. Additional Information

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## 16. Date of last compilation/last revision

01/05/2023.

## References

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