

Egyptian Herbal Monograph

Volume 2

Medicinal Plants used in Egypt

Egyptian Drug Authority (EDA)

2025



Egyptian Herbal Monograph

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, γ -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

-

16. Date of last compilation/last revision

01/05/2023.

References

1	https://powo.science.kew.org .
2	Barnes, J., Anderson, L. A. and Phillipson, J. D. (2007). Herbal Medicines, 3 rd edition. Published by the Pharmaceutical Press. ISBN 978 0 85369 623 0.
3	European Union Herbal Monograph on <i>Valeriana officinalis</i> L., Radix (2016). EMA/HMPC/150848/2015. Committee on Herbal Medicinal Products (HMPC).
4	Edwards, S. E., Rocha, I. D. C., Williamson, E. M. and Heinrich, M. (2015). Phytopharmacy: An Evidence-Based Guide to Herbal Medicinal Products. 1 st edition. John Wiley & Sons,
5	Chen, H. W., Wei, B. J., He, X. H., Liu, Y. and Wang, J. (2015). Chemical components and cardiovascular activities of <i>Valeriana</i> spp. <i>Evid. Based Complement. Alternat. Med.</i> , Article ID 947619, https://doi.org/10.1155/2015/947619 .
6	Nakurte, C. I., Mežaka, I., Taškova, I., Primavera, A., Vecvanags, A. and Kronberga, A. (2021). Seasonal changes in chemical composition of <i>Valeriana officinalis</i> L. roots in natural conditions and organic production system in Latvia. <i>Plant Biol. Crop Res.</i> , 4(1), 1031.