

Valerian Root, Wild: Himalayas (*Valerianaofficinalis*)

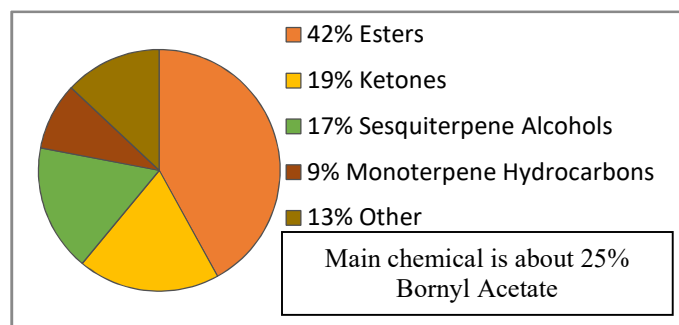
There are a couple hundred different species of Valerian around the world with a wide array of chemistry. The overall most therapeutic Valerian Root oil grows at higher altitudes. The origin of the name is thought to be taken from the Latin word “valere”, which means “to be in good health, or “to be strong”. Historically Valerian Root was a medicinal herb to promote peace, treat sleeplessness, general tonic, and was used as an antiseptic for treating wounds. Europeans made Valerian Root into a poultice for back pain, menstrual issues, and it was an ingredient in love potions for its aphrodisiac properties.

With a musky, dirty sock like smell, the odor of the dried root and essential oil is unpleasant to most people but is said to appeal to cats, rats, earthworms, and fish. Because of its strong fragrance, many people choose to use Spikenard as an alternative.

Primary Usage: Considered a nerve and emotional tonic (hysteria, anxiety, ADHD, shock, insomnia, epilepsy, shingles, restlessness, tension, agitation, panic attacks, convulsions, tremors, grounding, stress, depression, neuralgia). Beneficial for stomach issues (nervous indigestion, upset stomach, pain).

Secondary Usage: Stimulates the liver, assists heart issues (heart palpitations and high blood pressure), skin (varicose veins, cuts, burns, bruises, scaring, eczema, insect bites or stings, acne), hemorrhoids, pain (rheumatism, arthritis, stomach, migraines, spasms), and as an aphrodisiac (frigidity, impotence).

Has Been Reported: Helpful for women’s issues (menstrual cramps, pain, hot flashes, anxiety), to clear up the lungs, as a general tonic, and commonly used in very small amounts as a base in perfumes and cosmetics.



Descriptor: Sedative, Nervine, Digestive Aid, Alkalizing, Tonic, Liver Stimulant, Regenerative, Antispasmodic, Aphrodisiac

Application: Apply topically, normally diffuse with citrus oils, and add a drop to water as a general tonic.

Caution: Very relaxing and calming.

Found In: Bedtime

Influences: Calming, grounding, eases anxiety, enhances greater spiritual clarity, and assists in balancing the mind, body, and spirit.

Medicine Wheel: A Primary Center and Secondary East and North.

Blends Well With: Frankincense, Geranium, Grapefruit, Lavender, Lemon, Lime, Orange, Pine, Petitgrain, Rose, Sandalwood, Spruce

Recipes: For nausea mix equal parts of Valerian Root, Ginger Root, and Peppermint to a carrier oil and apply to the stomach area. For sleep mix two drops each of Valerian and Lavender with one drop each of Roman Chamomile and Sandalwood. Apply topically or add to a diffuser.