



[Home](#)

2. Valerian

Valerian

Generic name: valerian [*vah-LEH-ree-un*]

Brand name: [Valerian Root](#)

Dosage form: oral capsule (-)

Drug class: [Herbal products](#)



[Medically reviewed](#) by Drugs.com on Sep 30, 2024. Written by [Cerner Multum](#).

[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [What to avoid](#) [Interactions](#) [FAQ](#)

What is valerian?

Valerian is a flowering plant, the root of which is dried and used as an herbal remedy.

Valerian has been used in alternative medicine as a **possibly effective** aid in treating sleep problems (insomnia).

Other uses **not proven with research** have included treating anxiety, stress, [depression](#), [attention deficit disorder](#), [chronic fatigue syndrome](#), tremors, epilepsy, menopause symptoms, and other conditions.

It is not certain whether valerian is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Valerian should not be used in place of medication prescribed for you by your doctor.

Valerian is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Valerian may also be used for purposes not listed in this product guide.

Valerian side effects

Get emergency medical help if you have any of these **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Although not all side effects are known, valerian is thought to be possibly safe when taken for a short period of time (4 to 8 weeks).

Valerian may cause serious side effects. Stop using valerian and call your doctor at once if you have:

- **liver problems**--nausea, upper stomach pain, itching, tired feeling, loss of appetite, dark urine, clay-colored stools, jaundice (yellowing of the skin or eyes).

Common side effects of valerian may include:

- headache;
- [upset stomach](#);
- thinking problems;
- [dry mouth](#);
- feeling excited or uneasy;
- strange dreams; or
- daytime [drowsiness](#).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Valerian side effects](#) (more detail)

Related/similar drugs

FEATURED

Omvox

Omvox is used to treat moderate to severe ulcerative colitis or Crohn's disease in adults. This ...

Reviews & ratings

[1 Reviews](#)

[View more](#)

Creatine

Creatine is a quickly available source of energy for muscle contractions and is used to enhance ...

Reviews & ratings

[6 Reviews](#)

[View more](#)

Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

You should not use valerian if you are allergic to it.

Before using valerian, talk to your healthcare provider. You may not be able to use valerian if you have certain medical conditions.

It is not known whether valerian will harm an unborn baby. **Do not use this product without medical advice if you are pregnant.**

It is not known whether valerian passes into breast milk or if it could harm a nursing baby. **Do not use this product without medical advice if you are breast-feeding a baby.**

Do not give any herbal/health supplement to a child without medical advice.

How should I take valerian?

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use valerian, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Do not crush, chew, break, or open a valerian capsule. Swallow it whole.

If you need surgery, stop taking valerian at least 2 weeks ahead of time.

Call your doctor if the condition you are treating with valerian does not improve, or if it gets worse while using this product.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Since valerian is used when needed, you are not likely to miss a dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking valerian?

Valerian may impair your thinking or reactions. Be careful if you drive or do anything that requires you to be alert.

Avoid using valerian with other herbal/health supplements that can cause drowsiness. This includes 5-HTP ([5-hydroxytryptophan](#)), California poppy, catnip, [chamomile](#), [gotu kola](#), Jamaican dogwood, kava, [melatonin](#), [St. John's wort](#), skullcap (or scullcap), yerba mansa, and others.

Avoid drinking alcohol. It can increase drowsiness caused by valerian.

What other drugs will affect valerian?

Taking valerian with other drugs that make you sleepy can worsen this effect. Ask your doctor before taking valerian with

a sleeping pill, narcotic pain medicine, muscle relaxer, or medicine for anxiety, depression, or seizures.

Do not take valerian without medical advice **if you are using a medication to treat any of the following conditions:**

- any type of infection (including HIV, malaria, or [tuberculosis](#));
- anxiety or depression;
- asthma or allergies;
- cancer;
- [erectile dysfunction](#);
- heartburn or gastroesophageal reflux disease (GERD);
- [high blood pressure](#), [high cholesterol](#), or a heart condition;
- migraine headaches;
- psoriasis, [rheumatoid arthritis](#), or other [autoimmune disorders](#);
- a psychiatric disorder; or
- seizures.

This list is not complete. Other drugs may interact with valerian, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Not all possible interactions are listed in this product guide.

 [Valerian drug interactions](#) (more detail)

Does valerian interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

Add

Popular FAQ

What are the strongest sleeping pills?



Does Valerian Root interact with any drugs?



More about valerian

- [Check interactions](#)
- [Compare alternatives](#)
- [Reviews \(29\)](#)

- [Side effects](#)
- [Support group](#)
- [Drug class: herbal products](#)
- [Breastfeeding](#)
- [En español](#)

Patient resources

Other brands

[Valerian Root](#)

Professional resources

- [Valerian product monographs](#)

Related treatment guides

- [Anxiety](#)
- [Anxiety and Stress](#)
- [Herbal Supplementation](#)
- [Depression](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

Copyright 1996-2025 Cerner Multum, Inc. Version: 3.02.

DRUG STATUS

Availability

OTC Over the counter

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

7.1 / 10

[29 Reviews](#)

Drugs.com Mobile App

Access drug & treatment information, identify pills, check interactions and set up personal medication records.



About

[About Drugs.com](#)
[Advertising policy](#)
[Attribution & citations](#)

Terms & privacy

[Terms of use](#)
[Editorial policy](#)
[Privacy policy](#)

Support

[Help center](#)
[Sitemap](#)
[Contact us](#)



[Subscribe to our newsletter](#) for the latest medication news, new drug approvals and FDA alerts.

Drugs.com provides accurate and independent information on more than 24,000 prescription drugs, over-the-counter medicines and natural products. This material is provided for educational purposes only and is not intended for medical advice, diagnosis or treatment. Data sources include Micromedex (updated 7 Apr 2025), Cerner Multum™ (updated 13 Apr 2025), ASHP (updated 10 Apr 2025) and others.



ADVERTISEMENT

Copyright © 2000-2025 Drugs.com. All rights reserved.

