

Dr. Duke's Phytochemical and Ethnobotanical Database**Ethnobotanical Uses for *Valeriana officinalis***

Ethnobotanical Use	Country/Region	Reference
Ache(Back)	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Anodyne	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Antispasmodic	Elsewhere	ANON. 1978. List of Plants. Kyoto Herbal Garden, Parmacognostic Research Lab., Central Research Division, Takeda Chem. Industries, Ltd., Ichijoji, Sakyoku, Kyoto, Japan.
Apprehension	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Bactericide	Elsewhere	
Bruise	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Carminative	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Carminative	Elsewhere	
Catarrh	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
CNS depressant	Elsewhere	
Cold	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Convulsion	Elsewhere	
Epilepsy	Elsewhere	
Fever	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Flu	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Hypnotic	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Hypnotic	Spain	Font Query, P. 1979. Plantas Medicinales el Dioscorides Renovado. Editorial Labor, S.A. Barcelona. 5th Ed.

Ethnobotanical Use	Country/Region	Reference
Hypochondria	Elsewhere	
Hysteria	Elsewhere	
Hysteria	Germany	
Insomnia	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Insomnia	Elsewhere	
Intestine	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Menoxenia	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Narcotic	Elsewhere	
Nerves	Elsewhere	
Nervine	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Nervine	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Neurasthenia	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Numbness	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Perfume	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Polyp(Nose)	Europe	Hartwell, J.L. 1967-71. Plants used against cancer. A survey. Lloydia 30-34.
Rheumatism	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Rheumatism	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Sedative	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Sedative	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.

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Sedative	Elsewhere	ANON. 1978. List of Plants. Kyoto Herbal Garden, Pharmacognostic Research Lab., Central Research Division, Takeda Chem. Industries, Ltd., Ichijoji, Sakyoku, Kyoto, Japan.
Sore	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Spasm	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Spasm	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Spasm	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Spasm	Elsewhere	
Spice	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Stimulant	Elsewhere	
Stimulant	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Stomachic	Europe	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Sudorific	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Tonic	Elsewhere	
Tranquilizer	Germany	
Trauma	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Vermifuge	Turkey	Steinmetz, E.F. 1957. codex Vegetabilis. Published by the author, Amsterdam.
Wound	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.