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Valeriana officinalis

National Cancer Institute

Source

National Cancer Institute. *Valeriana officinalis*. NCI Thesaurus. Code C38680.

A plant, the root of which is used to derive an herbal medicinal preparation with antianxiety and hypnotic activities. Valerian root contains volatile oils (sesquiterpenes and monoterpenes), valepotriates, alkaloids and lignans. This agent may inhibit the uptake and stimulate the release of [3H]GABA (gamma-aminobutyric acid), resulting in decreased central nervous system activity. (NCI04)