



Welcome to
The Boiron Medicinal Garden
at Rodale Institute

— est. 2015 —



The Boiron Medicinal Garden, in partnership with the Rodale Institute, was founded in 2015 as an educational showcase for therapeutic flowers and herbs used in the manufacturing of homeopathic medicines. Open to visitors year-round, the garden is at its optimum for viewing from early summer through fall. Visit **BoironUSA.com/garden** for more details.

Plant Listing (Alpha)

Plant Name (Latin)	Common Name
<i>Aconitum napellus</i>	Monkshood
<i>Allium cepa</i>	Onion
<i>Arnica chamissonis</i>	American arnica
<i>Arum triphyllum</i>	Indian turnip
<i>Calendula officinalis</i>	Garden marigold
<i>Chamomilla recutita</i>	German chamomile
<i>Chelidonium majus</i>	Greater celandine
<i>Cimicifuga racemosa</i>	Black cohosh
<i>Echinacea purpurea</i>	Purple coneflower
<i>Eupatorium perfoliatum</i>	Boneset
<i>Gelsemium sempervirens</i>	Yellow jasmine
<i>Hydrastis canadensis</i>	Goldenseal
<i>Hypericum perforatum</i>	St. John's wort
<i>Lavandula</i>	Lavender
<i>Melissa officinalis</i>	Lemon balm
<i>Mentha spicata</i>	Spearmint
<i>Mentha x piperita</i>	Peppermint
<i>Nepeta cataria</i>	Catnip
<i>Ocimum basilicum</i>	Sweet basil
<i>Ocimum tenuiflorum</i>	Holy basil
<i>Origanum majorana</i>	Marjoram
<i>Passiflora incarnata</i>	Passionflower
<i>Petroselinum crispum</i>	Parsley
<i>Pulsatilla vulgaris</i>	Wind flower
<i>Rheum officinale</i>	Chinese rhubarb
<i>Rosmarinus officinalis</i>	Rosemary
<i>Ruta graveolens</i>	Rue
<i>Salvia officinalis</i>	Sage
<i>Symphytum officinale</i>	Comfrey
<i>Thymus vulgaris</i>	Thyme
<i>Valeriana officinalis</i>	Valerian

Healing Plants and Their Uses



Aconitum napellus



HOMEOPATHIC MEDICINE: Aconitum napellus

COMMON NAME: Monkshood

SPECIES' NAME: *Aconitum napellus*
(Ranunculaceae)

Monkshood receives its name from its beautiful and complex flowers that are helmet shaped. This is probably the most poisonous plant in the garden so do not touch the leaves without wearing gloves, as aconitin, the main alkaloid, can be easily absorbed through the skin. The plant must not be chewed or digested. In ancient times, it was used on arrows and spears for hunting and battle and as a poison.

CULINARY USE: None.

HERBAL USE: None.

HOMEOPATHIC USE: Aconitum is indicated to relieve the sudden onset of a high fever with a red, hot, and dry face.



HOMEOPATHIC MEDICINE: Allium cepa

COMMON NAME: Onion

SPECIES' NAME: *Allium cepa* (Amaryllidaceae)

CULINARY USE: Onions are used as vegetables and as condiments in almost all types of cuisines, especially the Mediterranean diet.

HERBAL USE: Onions are rich in vitamins, minerals, and antioxidants.

HOMEOPATHIC USE: Homeopathic Allium cepa relieves runny nose from cold or allergies, with watery irritant discharge, sneezing and itchy eyes, provided these symptoms are relieved by cold air.

Allium cepa

Arum triphyllum

Arnica chamissonis

HOMEOPATHIC MEDICINE: Arnica montana

COMMON NAME: Mountain tobacco, leopard's bane, mountain arnica

SPECIES' NAME: *Arnica montana* (Asteraceae)

Arnica montana is a plant that grows at high altitudes in central Europe. Note that the Boiron garden displays Arnica chamissonis, which grows in the U.S. and Mexico at a lower altitude and is much easier to cultivate. However, Arnica chamissonis contains fewer active compounds than Arnica montana.

CULINARY USE: Arnica has no culinary use because it contains substances that are toxic when consumed.

HERBAL USE: The Arnica herb has been used for centuries to treat various conditions. It has also been used as an aphrodisiac. However, its most popular use is to relieve pain, swelling, and bruising.

HOMEOPATHIC USE: Homeopathic Arnica montana is the main ingredient of Arnicare® Gel, Cream, and Ointment, which contains 4 to 7 percent of Arnica tincture. Arnica should not be applied on open wounds to avoid irritation. As a homeopathic medicine, Arnica in pellet and topical form relieves muscle pain and stiffness and is often used to help reduce post-surgical swelling and bruising.

HOMEOPATHIC MEDICINE: Arum triphyllum

COMMON NAME: Jack-in-the-pulpit or Indian turnip

SPECIES' NAME: *Arum triphyllum*, *Arisaema triphyllum* (Araceae)

Arum triphyllum is an herbaceous perennial plant growing from a corm (bulbo-tuber).

CULINARY USE: The plant contains oxalic acid and must be cooked before ingested.

HERBAL USE: Arum plant, native to North America, was used by Native Americans as a poison and also to treat eye sores, snakebites, chronic bronchitis, and asthma.

HOMEOPATHIC USE: Homeopathic Arum triphyllum is used to help relieve laryngitis with a broken voice and a burning throat.



Calendula officinalis

HOMEOPATHIC MEDICINE: Calendula officinalis

COMMON NAME: Garden marigold, pot marigold

SPECIES' NAME: *Calendula officinalis* (Asteraceae)

Calendula has been cultivated since antiquity, and it is difficult to know where it originated exactly. It has been used as a dye for fabric and cosmetics.

CULINARY USE: Calendula flowers are used in cuisine, mostly as a garnish.

HERBAL USE: As an herb, Calendula is used for its wound-healing properties, not only on skin but also on canker sores and gingivitis.

HOMEOPATHIC USE: As a homeopathic medicine, Calendula's tincture is used in ointments, lotions, creams, and gels to speed up the healing of small wounds and minor burns. Calendula helps relieve cuts, scrapes, chafing, and turf burns. It can also be used as a night cream or to moisturize lips and dry skin. Calendula is also found in Boiron Sedalia® tablets where it helps relieve nervous fatigue and hypersensitivity to noise.

HOMEOPATHIC MEDICINE: Chamomilla officinalis

COMMON NAME: German chamomile

SPECIES' NAME: *Chamomilla recutita* (Asteraceae)

Chamomile has been used for centuries. There are several types of chamomile, but German chamomile is the most common and the one used in homeopathy.

CULINARY USE: German chamomile is used as a tea to relieve digestive upsets and as a mild sedative.

HERBAL USE: Herbal chamomile is used in many forms: ointments and salves for hemorrhoids and wounds, compresses for skin rashes, and vapors to relieve colds and asthma symptoms. Chamomile also has blood-thinning, anti-inflammatory, antispasmodic, and antidiarrheal properties. It also has a sedative and calming effect.

HOMEOPATHIC USE: Homeopathic Chamomilla is used primarily to help relieve teething symptoms. It's also used to calm babies during a tantrum, where one cheek is redder than the other one and they're calmed by being rocked. Chamomilla is also a medicine used for people hypersensitive to pain.

Chamomilla recutita

Chelidonium majus

HOMEOPATHIC MEDICINE: Chelidonium majus

COMMON NAME: Greater celandine

SPECIES' NAME: *Chelidonium majus* (Papaveraceae)

The plant comes from the Ancient Greek word meaning “swallow” for it bloomed when the swallows returned and faded when they migrated away.

CULINARY USE: None. It has a bitter taste.

HERBAL USE: The yellow latex of the freshly cut plant has been used to treat warts and moles. Chelidonium is also a mild analgesic and sedative (the plant belongs to the same family as poppies). In ancient times, it was used to detoxify the body, promote the secretion of bile, and also as a purgative.

HOMEOPATHIC USE: Homeopathic Chelidonium majus is indicated for liver disorders and bile retention.



Cimicifuga racemosa

HOMEOPATHIC MEDICINE: Cimicifuga racemosa

COMMON NAME: Black cohosh, black snakeroot

SPECIES' NAME: *Cimicifuga racemosa*, *Actaea racemosa* (Ranunculaceae)

This herbaceous perennial flower contains estrogen-like compounds.

CULINARY USE: None.

HERBAL USE: Native Americans and early settlers used the plant's roots and rhizomes to relieve a variety of conditions including rattlesnake bites. Today it's commonly used to relieve hot flashes, depression, and anxiety associated with menopause.

HOMEOPATHIC USE: Homeopathic Cimicifuga racemosa is primarily used to help relieve premenstrual syndrome with migraines and cramps, menopausal symptoms such as hot flashes and sleeplessness, as well as neck and lower back pain.



Echinacea purpurea

HOMEOPATHIC MEDICINE: Echinacea

COMMON NAME: Coneflower

SPECIES' NAME: *Echinacea purpurea* (Asteraceae)

Echinacea's name is rooted in the Greek word for hedgehog, which references the flowers' spiky look and feel.

CULINARY USE: None.

HERBAL USE: Echinacea may be useful to relieve colds and other upper respiratory infections. It can also trigger allergic reactions.

HOMEOPATHIC USE: Only the tincture or very low dilutions are used for their herbal properties.

HOMEOPATHIC MEDICINE: Eupatorium perfoliatum

COMMON NAME: Boneset, feverwort

SPECIES' NAME: *Eupatorium perfoliatum* (Asteraceae)

The plant is named after Mithridates Eupator of Pontus, a famous herbalist king who absorbed small doses of various poisons every day to avoid being poisoned.

CULINARY USE: None.

HERBAL USE: Boneset was used by Native Americans and early settlers to relieve fever and colds, but also dengue, which is also called "breakbone fever" from the very painful aches it causes.

HOMEOPATHIC USE: Homeopathic Eupatorium perfoliatum is used to help relieve intense bone pains associated with flu or other infections.

Eupatorium perfoliatum

Gelsemium sempervirens

HOMEOPATHIC MEDICINE: Gelsemium
sempervirens

COMMON NAME: Yellow jasmine

SPECIES' NAME: *Gelsemium sempervirens*
(Gelsemiaceae)

Historically *Gelsemium sempervirens*, the state flower of South Carolina, was once used by Native Americans for “divine judgements” and death by poisoning.

CULINARY USE: None. All species are poisonous.

HERBAL USE: The plant was used to relieve rashes with papules. It is too toxic to be used internally.

HOMEOPATHIC USE: Homeopathic *Gelsemium* relieves apprehension associated with occipital headaches, drowsiness, trembling, and the feeling that the mind is blank.



Hydrastis canadensis

HOMEOPATHIC MEDICINE: Hydrastis canadensis

COMMON NAME: Goldenseal

SPECIES' NAME: *Hydrastis canadensis*
(Ranunculaceae)

Goldenseal was historically used by some Native American tribes as both a medicine and as a dye.

CULINARY USE: Goldenseal was used as a bitter to stimulate appetite but is too toxic to be used in cuisine.

HERBAL USE: Goldenseal was used as an eye drop, an antiseptic, and a laxative. The plant is considered to be dangerous and has many side effects.

HOMEOPATHIC USE: Homeopathic *Hydrastis canadensis* relieves thick yellow phlegm that irritates the throat and postnasal drip.



Hypericum perforatum

HOMEOPATHIC MEDICINE: Hypericum perforatum

COMMON NAME: St. John's wort

SPECIES' NAME: *Hypericum perforatum*
(Hypericaceae)

The plant flowers around St. John's Day on June 24 and was hung above images of the saint to ward off evil.

CULINARY USE: None. The plant is poisonous.

HERBAL USE: St. John's wort is used to relieve depression. However, the plant interacts with many medications and must be used with caution. It can also cause photosensitivity.

HOMEOPATHIC USE: Homeopathic Hypericum perforatum is also called the "arnica of the nerves." It helps relieve sharp pain following the nerve's path, such as sciatica, toothaches, or pain caused by damaged nerves.

HOMEOPATHIC MEDICINE: Lavandula officinalis

COMMON NAME: Lavender

SPECIES' NAME: *Lavandula* (Lamiaceae)

Lavender's name is thought to come from the Latin word "lavare", meaning to wash. It is the ancient "nard" flower mentioned in "The Arabian Nights" and the Song of Solomon.

CULINARY USE: Lavender is used as a condiment in salads. It also adds a floral and sweet flavor in creams, cupcakes, scones, and marshmallows.

HERBAL USE: Lavender oil is used in aromatherapy for its anxiolytic and sedative properties. Like all essential oils, it must be used sparingly and for short intervals.

HOMEOPATHIC USE: Homeopathic Lavandula is used in low dilutions to help relieve sleeplessness.

Lavandula

Melissa officinalis

HOMEOPATHIC MEDICINE: Melissa officinalis

COMMON NAME: Lemon balm

SPECIES' NAME: *Melissa officinalis* (Lamiaceae)

Melissa means “bee” in Greek because it attracts the insect. It was planted around beehives to encourage bees to return.

CULINARY USE: Lemon balm flavors ice creams, candies, hot and iced teas, and many other dishes. It is also used to make lemon balm pesto and was used as a substitute for lemon in jellies.

HERBAL USE: Lemon balm was considered a “cure-all” herb and has been used since ancient times. The plant has sedative and calming effects and has been shown to improve cognitive function. It is a powerful antioxidant and reduces the effects of exposure to low levels of radiation. It also relieves hyperthyroidism.

HOMEOPATHIC USE: Homeopathic Melissa officinalis is used to help relieve sleeplessness from emotional shock.



Mentha spicata

HOMEOPATHIC MEDICINE: None.

COMMON NAME: Spearmint

SPECIES' NAME: *Mentha spicata* (Lamiaceae)

Spearmint gets its name from its pointed spear-shaped leaves.

CULINARY USE: Spearmint is used to flavor teas, confections, and gum. Its sweet and delicate taste lends itself for use in savory dishes like Lebanese tabbouleh and Vietnamese spring rolls.

HERBAL USE: Spearmint doesn't contain menthol. It is used to relieve stomachaches and nausea due to its antispasmodic action on the digestive tract. It has been used to relieve bronchitis, coughs, and fatigue.

HOMEOPATHIC USE: Homeopathy uses Mentha piperita, also known as peppermint.



Mentha x piperita

HOMEOPATHIC MEDICINE: Mentha piperita

COMMON NAME: Peppermint

SPECIES' NAME: *Mentha x piperita* (Lamiaceae)

Mentha x piperita is a hybrid of watermint and spearmint.

CULINARY USE: Peppermint is used in ice creams, teas, confections, and gum.

HERBAL USE: Peppermint contains menthol and is used as an antispasmodic to relieve colds. It's also used externally to relieve pain because of the cooling action of menthol.

HOMEOPATHIC USE: Homeopathic Mentha piperita helps relieve laryngitis with a dry cough, aggravated by breathing cold air.

Nepeta cataria

HOMEOPATHIC MEDICINE: Nepeta cataria

COMMON NAME: Catnip

SPECIES' NAME: *Nepeta cataria* (Lamiaceae)

This wild English plant contains substances that attract most cats.

CULINARY USE: Tea can be made from the leaves and flowers.

HERBAL USE: Herbal catnip has been used in teas. It's also used to relieve nervous headaches, baby colic, and delayed periods in women.

HOMEOPATHIC USE: Homeopathic Nepeta cataria helps relieve sleeplessness and liver disorders.

Ocimum basilicum

HOMEOPATHIC MEDICINE: Ocimum basilicum

COMMON NAME: Sweet basil

SPECIES' NAME: *Ocimum basilicum* (Lamiaceae)

Basil comes from the Greek name for “king.”

CULINARY USE: Basil is a very common culinary herb, usually used fresh, but also found in pesto, mixed with oil and garlic, or deep-fried in Chinese cuisine. It is also used to flavor ice cream and chocolate truffles.

HERBAL USE: Basil has been used to reduce stress and asthma.

HOMEOPATHIC USE: Homeopathic *Ocimum basilicum* has been used to help relieve renal colic and urinary infections.



Ocimum tenuiflorum

HOMEOPATHIC MEDICINE: None.

COMMON NAME: Holy basil, tulsi

SPECIES' NAME: *Ocimum tenuiflorum* (Lamiaceae)

Holy basil leaves are used to worship Hindu gods and avatars. It is often planted in Hindu houses, courtyards, and temples.

CULINARY USE: Holy basil is used in Thai cuisine, especially in phat kaphrao, a stir-fry dish with rice and meat or seafood.

HERBAL USE: Holy basil is used in Ayurvedic medicine to help rebalance the body, help individuals adapt to stress, and promote longevity. It's also used as an insect repellent.

HOMEOPATHIC USE: *Ocimum tenuiflorum* is used in concentrated form for its herbal properties and not in homeopathic dilutions.



Origanum marjorana

HOMEOPATHIC MEDICINE: Origanum

COMMON NAME: Marjoram, sweet marjoram

SPECIES' NAME: *Origanum marjorana* (Lamiaceae)

Marjoram is very similar to wild oregano, which has a stronger taste, and is indigenous to Cyprus and Turkey. Greeks and Romans saw it as a symbol of happiness.

CULINARY USE: Marjoram is used to flavor pizza, dressings, and sauces.

HERBAL USE: Marjoram's essential oil is antiseptic. Marjoram teas are used to relieve anxiety, nervousness, sleeplessness, cold symptoms, and bronchitis.

HOMEOPATHIC USE: Homeopathic Origanum was used to relieve exacerbated sexual desire. It is not commonly used today.

HOMEOPATHIC MEDICINE: Passiflora incarnata

COMMON NAME: Passionflower, maypop

SPECIES' NAME: *Passiflora incarnata* (Passifloraceae)

Passionflower's name refers to the passion of Jesus. When Spanish missionaries discovered it in South America, they associated various parts of the flower to the crucifixion. The three stigmas symbolized the three nails, and the plant's five anthers represented the five wounds. The flower's radial filaments recall the crown of thorns.

CULINARY USE: Passion fruit is sweet and can be eaten as a snack or dessert. It is also used in juices or jams.

HERBAL USE: The dried, ground herb is used as a sedative and for relief of anxiety and sleeplessness. Native Americans use it for many different indications from diarrhea to boils.

HOMEOPATHIC USE: Homeopathic Passiflora is used as a tincture or in low dilutions for its herbal properties: it is a sedative that relieves sleeplessness, especially from anxiety.

Passiflora incarnata

Petroselinum crispum

HOMEOPATHIC MEDICINE: Petroselinum sativum

COMMON NAME: Parsley

SPECIES' NAME: *Petroselinum crispum* (Apiaceae)

Parsley is derived from the Greek word meaning rock celery. Ancient Romans used it to prevent intoxication.

CULINARY USE: Parsley is used as a garnish for various dishes and to enhance the flavor of grilled meat and butter. In France, parsley is found in persillade sauces, with scallions in Brazilian cheiro-verde, and with couscous in Lebanese tabbouleh.

HERBAL USE: Parsley contains antioxidants, folic acid, and vitamins C, A, and K. Pregnant women should avoid consuming large amounts of parsley because it may increase uterine contractions. It is safe in normal quantities.

HOMEOPATHIC USE: Homeopathic Petroselinum is used to help relieve whooping cough and the characteristic whooping sound that persists long after the cough has stopped. Whooping cough is a serious medical condition that requires diagnosis and treatment by a doctor.



Pulsatilla vulgaris

HOMEOPATHIC MEDICINE: Pulsatilla

COMMON NAME: Wind flower, pasque flower

SPECIES' NAME: *Pulsatilla vulgaris* (Ranunculaceae)

When the Pulsatilla plant bears seeds, they dangle and sway in the wind, hence the name, which comes from the Latin word “pulsare”, meaning swaying or throbbing.

CULINARY USE: It must not be consumed because the plant is toxic.

HERBAL USE: Pulsatilla is highly toxic. Nevertheless, it was used to treat premenstrual syndrome and epididymitis. Native Americans used it to induce childbirth or abortion.

HOMEOPATHIC USE: Homeopathic Pulsatilla helps relieve a cold with a stuffy nose at night, runny during the day, and loss of smell and taste. It helps relieve premenstrual syndrome accompanied by emotional changes, breast pain, and pelvic heaviness. It also helps relieve heavy legs and indigestion due to intolerance to fatty foods.



Rheum officinale

HOMEOPATHIC MEDICINE: Rheum

COMMON NAME: Chinese rhubarb

SPECIES' NAME: *Rheum officinale* (Polygonaceae)

Some of Rheum's use as medicine originated in Asia more than 2,000 years ago.

CULINARY USE: Chinese rhubarb is not used to make pies because it is a powerful laxative.

HERBAL USE: Chinese medicine uses it as a laxative.

HOMEOPATHIC USE: Homeopathic Rheum relieves digestive troubles, especially diarrhea, associated with baby teething.

HOMEOPATHIC MEDICINE: Rosmarinus officinalis

COMMON NAME: Rosemary

SPECIES' NAME: *Rosmarinus officinalis* (Lamiaceae)

The name comes from the Latin *Rosmarinus*, meaning "dew of the sea." It was said that the goddess Venus was draped in rosemary when she emerged from the sea. The plant is also sometimes called *anthos* from the ancient Greek word meaning "flower."

CULINARY USE: Dry and fresh rosemary leaves are used in Italian and French cuisine. It's also used in stewed meat dishes, ice cream, and *crème brûlée*.

HERBAL USE: Rosemary was used to improve memory, stimulate hair growth, relieve muscle pain, and treat many other disorders. It is used today as an antioxidant and to relieve indigestion.

HOMEOPATHIC USE: Homeopathic *Rosmarinus* is used to help relieve indigestion accompanied by headaches, and also to relieve early, profuse, and painful periods.

Rosmarinus officinalis

Salvia officinalis

Ruta graveolens

HOMEOPATHIC MEDICINE: Salvia officinalis

COMMON NAME: Common sage

SPECIES' NAME: *Salvia officinalis* (Lamiaceae)

Sage was named *Salvia salvatrix* (sage the savior) by the Romans who used it for many purposes. The French say: "Sage in the garden, no need for a doctor."

CULINARY USE: Sage is used in Italian, Balkan, and Middle Eastern cuisine to flavor meat, fish, or cheese.

HERBAL USE: Sage has been shown to improve memory, attention, alertness, and mood. It also has been shown to improve cognitive and behavioral functions in Alzheimer disease.

HOMEOPATHIC USE: Homeopathic *Salvia officinalis* is only indicated for a fitful cough at night that causes fatigue and is accompanied by profuse sweating.

HOMEOPATHIC MEDICINE: *Ruta graveolens*

COMMON NAME: Rue, herb-of-grace

SPECIES' NAME: *Ruta graveolens* (Rutaceae)

Rue has a bad odor (*graveolens* means "heavy odor" in Latin). If the leaves come in contact with the skin that is exposed to the sun, it can cause blisters. It is used as an insect, snake, and cat repellent.

CULINARY USE: Rue, which is bitter, is used in small quantities in food. It is used to flavor beer and liquor and is largely used in Ethiopian cuisine.

HERBAL USE: Rue stimulates menstruation and has been used to trigger abortions. Its extracts are toxic for the liver.

HOMEOPATHIC USE: Homeopathic *Ruta graveolens* is used to help relieve sprains, strained ligaments, and tendons. It is also used to help relieve eyestrain from artificial light.



Symphytum officinale

HOMEOPATHIC MEDICINE: Symphytum officinale

COMMON NAME: Comfrey

SPECIES' NAME: *Symphytum officinale*
(Boraginaceae)

Symphytum officinale, known as comfrey or knitbone, is a common perennial herb with beautiful bell-shaped flowers. Its Latin name means “to unite” referencing its use by ancient Greeks and Romans to heal bone injuries.

CULINARY USE: None.

HERBAL USE: Traditionally, comfrey was used in salves and poultices to relieve pain from fractures, broken bones, and other wounds. The roots and leaves were also steeped into tea for treating stomach ailments, gout, and other conditions. As an herb, is not used anymore because of its liver toxicity.

HOMEOPATHIC USE: Homeopathic *Symphytum officinale* relieves symptoms of bone trauma.

HOMEOPATHIC MEDICINE: None.

COMMON NAME: Thyme

SPECIES' NAME: *Thymus vulgaris* (Lamiaceae)

Thyme's name derives from the Greek word meaning “to fumigate.” Egyptians used it for embalming, recognizing its powerful antiseptic properties.

CULINARY USE: Fresh or dried thyme is widely used to flavor dishes.

HERBAL USE: Thyme's essential oil is a powerful antiseptic found in many mouthwash formulas. It was used to medicate bandages. Thyme tea is used to relieve coughs and bronchitis.

HOMEOPATHIC USE: *Thymus vulgaris* is not used in homeopathy; however, *Thymus serpyllum* (wild thyme or creeping thyme) helps relieve spasmodic, non-productive cough in children.

Thymus vulgaris

Valeriana officinalis

HOMEOPATHIC NAME: Valeriana officinalis

COMMON NAME: Garden valerian

SPECIES' NAME: *Valeriana officinalis* (Caprifoliaceae)

Valerian's name may have derived from the Latin word "valere", meaning to be healthy, or from the Roman author Valerius, who described its properties.

CULINARY USE: None.

HERBAL USE: Valerian has been used since Greek times for its sedative, anti-anxiety action. It is generally regarded as safe and can be found in supplements as a stress and sleep aid.

HOMEOPATHIC USE: Low homeopathic dilutions of *Valeriana officinalis* are used to help relieve agitation and sleeplessness. In higher dilutions, it helps relieve both baby colic and sciatica improved by walking.





About Homeopathy

Homeopathy is a therapeutic method that uses highly diluted natural substances such as plants and flowers to relieve a variety of symptoms. Used to treat many acute health conditions, these medicines do not cause drowsiness or interact with other medications.

About Boiron

More than 85 years ago in Lyon, France, twin brothers and pharmacists Jean and Henri Boiron set out to develop a way to prepare reliable homeopathic medicines for their patients. Today, as world leader in homeopathic medicines, Boiron continues as an independent pharmaceutical laboratory that prides itself on quality manufacturing and responsible environmental practices. It's still operated by the Boiron family who continue to be passionate about integrating the benefits of homeopathic medicine into daily life. Learn more at **[BoironUSA.com](https://www.BoironUSA.com)**.



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