

!" #&/
4;O <548G=>3> 70AB>AC20==O ?@5?0@0BC

!"
(VALERIANAE TINCTURA)

!::04 ;V:0@AL:>3> 70A>1C:

4VNG0 @5G>28=0: 1 D;0:= 9:8 20;5@V0=8 :>@5=V2 (Valerianaeradix) (1:5) (5:AB@035=B 5B0=>; 70 %) 25 <;.

V:0@AL:0 D>@<0. 0AB>9:0.

@>7>@0 @V48=0 2V4 6>2BC20B>-1C@>3> 4> G5@2>=>-1C@>3> :>;L>@C, 7 E0@0:B5@=8< ?@8T<=8< 70?0E>?CA:0TB LAO =002=VABL >A04C.

0720 V 465==O 28@>1=8:0.

" «\$VB>D0@

#: @0W=0, 84500, >=5FL:0 >1;.,

\$0@<0:>B5@0?52B8G=0 3@C?0.

!=>4V9=V B0 A540B82=V 70A>18. >4 ATC N05C M09.

V>;>3VG=> 0:B82=V @5G>28=8, I> @5=528I0E 7 :>@5=O<8 20;5@V0=8 (5DV@=0 >;VO, 20;5@V0=>20 :8A;>B0, 1>@=5>;, 0:0;>W48, 4C18;L=V @5G>28=8, FC:@8), 7<5=HCNBL ?@>F5A8 71C465==O C F5=B@0;L=V9 =5@2>2V9 A8AB5A8;NNBL 5D5:B8 V=H8E A540B82=8E, A=>4V9=8E, 0=0;L35B8G=8E B0 A?07<;>;VB8G=8E 70A>1V2.

>:070==O 4;O 70AB>AC20==O.

\$C=:FV>=0;L=V @>7;048 4VO;L=>ABV F5=B@0;L=>W =5@2>2>W A8AB5<8 (?V428I5=0 5<>FV9=0 71C4;82VABL, 4@0BV2;82VABL, @>7;048 A=C B>I>), A5@F52>-AC48=>W A8AB5<8 (=59@>F8@:;C;OB>@=0 48AB=>VO).

@>B8?>:070==O.

5?@5AVO B0 V=HV @>7;048, I> AC?@>2>46CNBLAO ?@83=VG5==O< F5=B@0;L=>W =5@2>2>W A8AB5<8. V428I5=0 GCB;82VABL 4> 1V>;>3VG=> 0:B82=8E @5G>28=, I> 2E>4OBL 4> A:;04C ?@5?0@0BC.

0;56=V 70E>48 157?5:8 ?@8 70AB>AC20==V.

@5?0@0B . 5 @5:><5=4CTBLAO 70AB>AC20==O ?@5?0@0BC ?@>BO3< B@820;>3> G0AC. 0 ?5@V>4 ;V:C20==O ?0FVT=B0<, O:V ?@89<0NBL =0AB>9:C, A;V4 CB@8@B=8<8 70A>10<8 B0 @>1>B8 7 ?>B5=FV9=> =5157?5G=8<8 <5E0=V7<0<8 C 72O7:C 7 2< 2 ?@5?0@0BV A?8@BC 5B8;>2>3>. 5 A;V4 ?>@CHC20B8 @5:><5=40FVWI>4> 70AB>AC20==O ;V:0@AL:>3> 70A>1C, F5 <>65 70H:>48B8 74>@>2N.

A>1;82V 70AB5@565==O.

0AB>AC20==O C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

5 70AB>A>2C20B8 ?@5?0@0B C ?5@V>4 203VB=>ABV 01> 3>4C20==O 3@C44N.

40B=VABL 2?;820B8 =0 H284:VABL @50:FVW ?@8 :5@C20==V 02B>B@0=A?>@B< 01> @>1>BV 7 V=H8<8 <5E0=V7<0<8.

!;V4 CB@8@B<01> @>1>B8 7 V=H8<8 <5E0=V7<0<8 2 ?5@V>4 70AB>AC20==O ?@5?0@0BC.

VB8.

5 70AB>A>2C20B8 4VBO< 2V:<< 4> 12 @>:V2 G5@57 2;C.

!?!>AV1 70AB>AC20==O B0 4>78.

0;5@V0=8 =0AB>9:C ?@89<0NBL 2=CB@VH=L>. >@>A;8< @5:><5=4CTBLAO ?@89<0B8 ?> 20-30 :@0?5;L =0 ?@89< 3-4 @078 =0 4>1C 4>

4>AO3=5==O AB01V;L=>3> ;V:C20:L=>3> 5D5:BC,

4VBO< 2V:<< 2V4 12 @>:V2 - V7 @>7@0EC=:C 1 :@0?;O =0 @V: 68BBO 3-4 @078 =0 4>1C.

5@54>7C20==O.

@8 ?5@54>7C20==V ?@5?0@0BC <>6;82V ?A8EVG=5 71C465==O, @>728B>: 28@065=8E ?>1VG=8E @50:FV9: 3>;>2=89 1V;L, 70?0<>@>G5==O, A>=:82VABL, 7030;L=0 A;01:VABL, 1V;L C 682>BV, =C4>B0, 7=865==O 3>AB@>B8 A;CEC B0 7>@C, 2V4GCBBO A5@F518BBO.

5309=5 ?@8?8=5==O 70AB>AC20==O ?@5?0@0BC V 2G0A=> 268BV 70E>48 5:AB@5=>W 4>?>>38 (?@<820==O H;C=:0, ?@87=0G5==O 0:B82>20=>3> 2C3V;;O B>I>) B0 A8<0B8G=5 ;V:C20==O A?@8ONBL H284:>O2V2 ?5@54>7C20==O.

>1VG=V 5D5:B8.

@5?0@0B, O: ?@028;>; ?5@5=>A8BLAO 4>1@5, ?@>B5 C 450:8E E2>@8E <>6CBL A?>AB5@V30B8AO ?@83=VG5==O 5<>FV9=8E @50:FV9, A>=:82VABL, 7=865==O ?@0F5740B=>ABV, 45?@5AVO, =C4>B0, A?0AB8G=89 1V;L C 682>BV, A;01:VABL. >6;82V 0;5@3VG=V @50:FVW (C B.G.

?>G5@2=>V==O H:V@8, 28A8?0=O, A25@1V6, =01@O: H:V@8).

@07V ?>O28 1C4L-O:8E =51060=8E O28I =5>1EV4=> 725@=CB8AO 4> ;V:0@O!

70T<>4VO 7 V=H8<8 ;V:0@AL:8<8 70A>10<8 B0 V=HV 2848 270T<>4V9.

0;5@V0=8 =0AB>9:0 <>65 ?>B5=FVN20B8 4VN A5@F528E, A540B82=8E, A=>4V9=8E, 0=0;35B8G=8E B0 A?07<;>;VB8G=8E 70A>1V2, ?>A8;N20B8 4VN 0;>3>;N, 3V?>B5=782=8E, 0=:AV>;VB8G=8E 70A>1V2.

"5@ABV.

5 @>:V2.

#<>28 715@V30==O.

15@V30B8 2 >@83V=0;L=V9 C?0:>2FV ?@8 B5°!

15@V30B8 C =54>ABC?=>

#?0:>2:0.

> 25 <; C D;0:>=0E.

0B53>@VO 2V4?CA:C.

57 @5F5?B0.