

Ready to start planning your care? Call us at [646-926-0945](tel:646-926-0945) to make an appointment.

×



Memorial Sloan Kettering
Cancer Center

[Make an Appointment](#)

[Back](#)

[About Us](#) [Mission & Treatment](#)

[About Us](#) [About Cancer & Treatment](#)

What can we help you find today?

ABOUT US

[Our mission, vision & core values](#)

[Leadership](#)

[History](#)

[Inclusion & belonging](#)

[Annual report](#)

[Give to MSK](#)

FOR THE MEDIA



Common Names

- Garden valerian
- Indian valerian
- Pacific valerian
- Mexican valerian

Jump to:

[For Patients & Caregivers](#)

For Patients & Caregivers

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is
it?

What are the potential uses and
benefits?

What are the side
effects?

What else do I need to
know?

For Healthcare Professionals

Scientific
Name

Clinical
Summary

Purported Uses and
Benefits

Mechanism of
Action

Warnings

Contraindications

Adverse
Reactions

Herb-Drug Interactions

References

Go

Email your questions and comments to aboutherbs@mskcc.org .

Last Updated

Tuesday, November 21, 2023

© 2026 Memorial Sloan Kettering Cancer Center