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Valeriana jatamansii

[Synonyms : *Valeriana jatamansi*, *Valeriana wallichii*]

INDIAN VALERIAN is a perennial. Native to the Himalayas it has tiny often pink-tinged, white flowers.

It is also known as *Asiatischer Baldrian* (German), *Balamushk* (Punjabi), *Indischer Baldrian* (German), *Mushkbal* (Bengali, Hindi), *Nard*, *Rishawalar* (Urdu), *Tagar*, and *Tagara* (Sanskrit).

Jatamansii is derived from a Sanskrit name.

Medicinally, the root has been used in remedies for epilepsy, shell shock and other nervous disorders.