Development in Sustainability fashion and clothing
Valerian Follower extra made Out of Bed mattress

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ABSTRACT: Research suggests valerian root may help improve sleep quality, reduce anxiety, improve symptoms of OCD, and reduce hyperactive behavior in children. It may also offer a few other benefits. Valeriana officinalis, commonly known as valerian, is an herb native to Asia and Europe that now grows wild in many other areas of the world, including the United States and Canada. People have used this perennial plant as a natural medicine since as far back as the time of ancient Greece and Rome. Unlike the plant’s delicately scented flowers, valerian roots have a very strong odor that many people find unpleasant.

Keywords: Valerian Flower Extract, anti-inflammatory, anti-cancer, flavonoids,

INTRODUCTION:

This sleeping bed gives relaxation, comfort, anti-inflammatory, anti-cancer, redness, swelling, and pain in body to made. It is mostly concentrate on hospitals, and adults, it not caused infection on body. It is made on natural resources to manufacture. This type of bed is very useful for every one daily life for taking rest on bed, the valerian Research suggests valerian root may help improve sleep quality, reduce anxiety, improve symptoms of OCD, and reduce hyperactive behavior in children. It may also offer a few other benefits.

METHODS AND METHODOLOGY:

A process for preparing a pharmaceutically-active extract of the root of Valeriana officinalis L. Comprising the steps of:

Adding the roots to an alcoholic extraction solvent to form a mixture, wherein the alcoholic extraction solvent comprises between approximately 50% (v/v) to approximately 100% (v/v) ethanol in a remainder of water, and

Heating the mixture to a temperature of between approximately 70°C. To approximately 80°C. For a period of at least two hours;

Wherein valerenic acid is present in the extract, the content of valepotriates and aldehyde-containing valepotriate decomposition products in the extract is substantially reduced with respect to the content of valepotriates in the root, and the content of valerenic acids in the extract is not substantially reduced with respect to the content of valerenic acids in the root; and

Wherein the pH of the mixture is maintained above approximately 5.0.
Process for preparing a pharmaceutically-active extract of the root of a plant of the family Valerianaceae, specifically, Valeriana officinalis L., is described. This process comprises the steps of adding the roots to an alcoholic extraction solvent to form a mixture, wherein the alcoholic extraction solvent comprises between approximately 50% to approximately 100% (v/v) in a remainder of water, and heating the mixture to a temperature of between approximately 70°C to approximately 80°C. For a period of at least approximately two hours. By this process valerenic acid is obtained in the extract, and the extract has a content of valepotriates and valepotriate degradation products or derivatives that is substantially reduced with respect to the content of valepotriates in the roots, and has a content of valerenic acids that is not substantially reduced with respect to the content of valerenic acids in the roots. Also preferably, the content of volatile oils in the extract is also not substantially with respect to the content of volatile oils in the roots. A pharmaceutically-active extract of the root of a plant of the family Valerianaceae is also described. This extract is obtained by a process comprising the steps of adding the roots to an alcoholic extraction solvent to form a mixture, wherein the alcoholic extraction solvent comprises between approximately 50% (v/v) to approximately 100% (v/v) in a remainder of water, and heating the mixture to a temperature of between approximately 70°C to approximately 80°C. For a period of at least approximately two hours. This extract may be used in the formulation of an ingestible form, preferably exhibiting sedative and/or muscle relaxant, and/or anxiolytic activity.

Reduction of Premenstrual Symptoms:

Experiencing symptoms of premenstrual syndrome (PMS) is common in 90% of people who menstruate. Some people have PMS severe enough that it affects their ability to live a normal life around the time of their period.

Reduction of Hot Flashes in Menopausal Women:

One study showed that taking valerian root helped reduce both the severity and frequency of hot flashes in people going through menopause. Hot flashes cause sweating, rapid heartbeat, and sudden warmth that some find uncomfortable. Hormonal changes cause hot flashes.

Up to 80% of people experiencing menopause will have hot flashes, as will 90% to 100% of people who have had their ovaries removed. They may disturb your sleep if they happen at night and can cause other disruptions to your life.
CONCLUSION:

Researchers do not yet know exactly how valerian root functions to help people sleep better. They believe it is a combination of different factors. One is that valerian increases the amount of gamma-aminobutyric acid (GABA) in the brain. As a neurotransmitter, GABA inhibits unwanted nervous system activity. Studies have shown that increased levels of GABA in the brain lead to falling asleep faster and experiencing better sleep. Anxiety and Stress Management.

REFERENCES: