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***Valeriana jatamansi*: Its Traditional Uses, Phytochemistry and Pharmacology**

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Abstract: *Valeriana jatamansi* a subtropical Himalayan herb that grows as a perennial herb. "Valerian" is the most commonly used name for the plant. The plant is a member of the Valerianaceae family. Because of the various organic components such as sesquiterpenes, lignanoids, alkaloids, as well as flavonoids are present in the rhizomes and roots of the plants and used traditionally for the treatments of ulcers, hyperbilirubinemia, chronic cough, seminal weakness, body infections, leprosy, and insomnia improvement. It is very important for antioxidant, antibacterial, anxiolytic and antibacterial activities.

Key words: *Valeriana jatamansi*, Traditional uses, Pharmacological properties, Phytochemistry.