

ECHINACEA

Latin Name: *Echinacea angustifolia*
Echinacea purpurea

FAMILY: Asteraceae

PARTS USED: Roots, Flower heads, Leaves

AGE APPROPRIATE: 2 + years

ENERGETICS: Cooling

TASTE: Acrid

ACTIONS: Alterative, Immune Stimulant, Immunomodulant, Analgesic, Antibacterial, Antiviral, Sialagogue

USES:

- Has an affinity for throat disorders/ upper respiratory illness
- Stimulates phagocytosis (ingestion of bacteria or other material by phagocytes)
- Increases respiratory activity
- Increases mobility of white blood cells
- Works only "ok" as a daily immune support.
- Works BEST if used at the first onset of symptoms and to treat an active infection.

Dosage/Serving Size: Tea: 1-2 tsp boiled 10-15 minutes in 8 oz of water. Drink 3x/ day.
Tincture: 1 - 4ml 3x/ day

SAFETY: Caution should be used with autoimmune disorders
Do not take if allergies to the daisy family is present

PREPARATIONS: Herbal Infusion (tea), Tincture, Poultice

NOTES + RESEARCH: "Indicated primarily for the prevention and treatment of acute infections, particularly colds, influenza, and other acute upper respiratory tract infections, in which it reduces both the duration and severity of symptoms." (Medical Herbalism: The Science and Practice of Herbal Medicine)

Echinacea activates macrophages without any effect on T-cells, as well as stimulating phagocytosis. (Medical Herbalism: The Science and Practice of Herbal Medicine)



For an effective help for rhinoviruses (common colds), combine equal parts Echinacea Root, Red Root, and Licorice Root. (Buhner, Stephen. Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections)

Rosemary Gladstar suggests combining the Root, Leaf, and Flower for the most potent and comprehensive concoction.

References:

Buhner, Stephen Harrod. Herbal Antivirals: Natural Remedies for Emerging & Resistant Viral Infections. Storey Publishing. North Adams, MA. (2013)

Gladstar, Rosemary. Rosemary Gladstars Medicinal Herbs: a Beginners Guide. Storey Publishing, (2012)

Hoffman, David. Medical Herbalism: The Science and Practice of Herbal Medicine. Healing Arts Press. Rochester, VT. (2003)

Echinacea Monograph

(<https://herbarium.theherbalacademy.com/monographs/#/monograph/1010>)

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