

Echinacea (*Echinacea angustifolia* and *Echinacea purpurea*)
Common Names: Purpleconeflower.

Location: This herb grows in the United States and Europe.

Properties: This herb is commonly used to fight colds and flu and to help boost the immune system.

Uses: Echinacea can be used to treat acne, infected nails, cancer, chronic fatigue syndrome (CFS), colds, cough, influenza, strep throat, Lyme disease, parasitic infection or ear infections. It is a blood cleaner.

Doses: Echinacea can be found in many forms. 2 weeks on and 1 week off is safe for tincture.

Warnings: Do not take this herb while trying to get pregnant; consult your doctor about taking this herb in conjunction with other medications or if you have just had organ transplantation.

Echinacea Root, Herb and Powder Profile

Also known as

Echinacea purpurea, *Echinacea pallida*, *Echinacea angustifolia*, Coneflower, Snakeroot, Purple Coneflower, and Blacksamson.

Introduction

With no surprise the most popular American medicinal plant of all time is our revered Echinacea! Hundreds of millions of dollars worth of echinacea products are sold in the United States and Germany every year. While the exact chemical compounds responsible for the plant's healing efficacies are unclear, its therapeutic value is well known.

Constituents

The complex sugars of the herb are its immune stimulants. Polysaccharides and Echinaceoside.

Parts Used

The root, leaves, stems and flowers, of *Echinacea purpurea*, *Echinacea angustifolia*, or *Echinacea pallida*.

Typical Preparations

The above-ground parts of the plant are used to make fresh juice, infusions (warm-water teas), and tinctures. The roots are used in either cut or powdered form for capsules, fluid extracts, teas, and tinctures.

Summary

Echinacea is herbal medicine's first choice of treatment for colds. Stimulating the immune system, the herbs can also be used to treat chronic yeast infections in women and to prevent urinary tract infections in both sexes. Administered in times of need, this helpful ally can assist the body's immune system in treating a wide range of disorders. There has been some doubt over the ability of the body to absorb the medicinally active ingredients orally (intravenous injections being considered the only effective way to administer the plant), but recent research has demonstrated significant absorption from orally administered applications. The roots and the whole plant are considered particularly beneficial in the treatment of sores, wounds, burns etc, possessing cortisone-like and antibacterial activity. The plant was used by North American Indians as a universal application to treat the bites and stings of all types of insects. To date the *Echinacea angustifolia* is presumed to be more effective than the *purpurea* or *pallida*.

Precautions

Use with caution if you are allergic to ragweed.

Echinacea

Botanical: *Echinacea angustifolia* (DE CANDOLLE)

Family: N.O. Compositae

- [Description](#)
- [Constituents](#)
- [Medicinal Action and Uses](#)
- [Other Species](#)

---**Synonyms**---Black Sampson. Coneflower. Niggerhead. Rudbeckia. Brauneria pallida (Nutt.).

---**Parts Used**---Root, dried; also rhizome.

---**Habitat**---America, west of Ohio, and cultivated in Britain.

---**Description**---Named *Echinacea* by Linnaeus, and *Rudbeckia*, after Rudbeck, father and son, who were his predecessors at Upsala.

The flowers are a rich purple and the florets are seated round a high cone; seeds, four-sided achenes. Root tapering, cylindrical, entire, slightly spiral, longitudinally furrowed; fracture short, fibrous; bark thin; wood, thick, in alternate porous, yellowish and black transverse wedges, and the rhizome has a circular pith. It has a faint aromatic smell, with a sweetish taste, leaving a tingling sensation in the mouth not unlike *Aconitum napellus*, but without its lasting numbing effect.

---**Constituents**---Oil and resin both in wood and bark and masses of inulin, inuloid, sucrose, vulose, betaine, two phytosterols and fatty acids, oleic, cerotic, linolic and palmitic.

---**Medicinal Action and Uses**---Echinacea increases bodily resistance to infection and is used for boils, erysipelas, septicaemia, cancer, syphilis and other impurities of the blood, its action being

antiseptic. It has also useful properties as a strong alterative and aphrodisiac. As an injection, the extract has been used for haemorrhoids and a tincture of the *fresh* root has been found beneficial in diphtheria and putrid fevers.

---Other Species---

Echinacea purpurea has similar properties to *E. angustifolia*; the *fresh* root of this is the part used.