

Echinacea

Botanical name: *Echinacea purpurea*

Energetics/Actions: Pungent, salty, cool, antimicrobial, antiviral, immune system stimulant, alterative

Description

Echinacea is a prairie plant native to North America. It has a long history of medicinal and ceremonial use by the Native Peoples of North America. Medicinally echinacea was used to treat many conditions including sore throat, cough, toothache, insect and snake bites and swollen glands. Its name comes from the Greek *echinos*, meaning “prickly” or “spiny”.



Uses

Immune system: Stimulates and enhances immune function.

Infection: Antimicrobial and antiviral, useful for urinary tract infections, vaginal and yeast infections.

Upper respiratory illness: Prevention and treatment of colds, flus, bronchitis, nasal congestion and sore throat.

Rashes and wounds: Use topically as a poultice or ointment of at least 15% pressed juice.

Dose

Tincture: 2-5 ml 3-5 times a day at onset of illness.

Dried root: 1-3 gm 3 times a day.

Decoction: 6-10 gm 3 times a day.

Best for short term use, recommended for up to 8 weeks at a time.

Safety Information

Avoid use in people with severe autoimmune conditions. Aerial portions may cause reaction in people who are allergic to plants in the aster/compositae family.