



*Echinacea angustifolia* (commonly known as Purple coneflower)

Family: *Compositae* (Daisy)

Parts Used: Entire plant but the root is the most potent

### Properties:

- alterative
- antibacterial
- antiseptic
- antifungal
- anti-microbial
- anti-viral
- anti-catarrhal
- diaphoretic
- sialagogue

### Medicinal Uses:

Echinacea has a special property of not only stimulating the immune system but fortifying and protecting cells against foreign invaders such as viruses and bacteria. Because of this property it can be used for any type of illness or infection in the body. Here are just a few of the most common ailments echinacea has been used to treat:

- any type of inflammation
- any type of infection
- bronchial and respiratory infections

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### **Annie's Place**

- sinus and nasal infections
- sore throat and oral infections
- ear infection
- cold sores
- bacterial and viral attacks
- meningitis
- insect and snake bites (take internally as well as topically to area affected)
- blood poisoning and gangrene
- yeast infections
- bladder infection
- skin diseases
- cold, flu and fever
- boils, sores, and abscesses
- cuts, wounds, and burns (increases cell activity that form new tissue)
- mastitis and breast infection
- vaccination reaction
- fungal infections such as athlete's foot and ringworm
- can increase white blood cells in cancer patients receiving chemotherapy or radiation which helps with immune system support

### **Methods of Use:**

When treating external conditions take both internally and then apply externally as well.

- Tincture
- Infusion or decoction (tea)
- Powder
- Capsules
- Compress/fomentation/poultice
- Mouthwash and gargle

### **Dosages and How to Use:**

Echinacea can be taken as a tea, tincture or capsule. I prefer to use it as a [glycerite](#). The key to having the best results using it is taking it at the very first sign of illness and taking it often for a short period of time. As I mentioned above, I administer it every hour (that you are awake) for a 24 hour period and then I evaluate and see if more is needed at which point I may lessen the duration of time to 3 times a day. I never go beyond a week just because the body has taken care of the problem by then. I almost always use echinacea in addition to other herbs specific to the ailment/condition I am treating.

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## Annie's Place

Here are the dosage amounts I use, which can be adjusted per person and condition. Sometimes I feel I need to give it every half hour or maybe every two hours...you can read your body (or children's body) quite easily during an illness to see what will work best for you.

Tea - one cup of tea, 3-5 times a day (adult)  
one cup of tea, 2-3 times a day (children)

Tincture/glycerite - 1-2 dropperfuls every hour (children)  
2-3 dropperfuls every hour (adult)

Capsules - 2-3 capsules every hour

### **In the Garden:**

You can purchase echinacea in your local nursery in the spring. It is in the perennial section under the name purple coneflower, just make sure you check the latin name to be *Echinacea angustifolia*. You can also start from seed. The most common Echinacea is *E. purpurea*, this species can also be used, it is just not as potent as the *angustifolia* species.

- plant in full sun, after the last frost
- should do well in any soil conditions

### Harvesting the entire plant (at least 3 years old):

- Leaves - In late spring
- When buds first begin to ripen, gather about 1/3 of the plant and dry
- When the flowers bloom gather several more blossoms, still leaving some remaining
- Roots - In the fall when the plant dies back, its best to harvest a plant when 2-3 years old. Dig up plant, cut off top, scrub roots and chop to dry or use immediately.

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