

## **Elecampane: *Inula helenium***

**Common Names:** Scabwort (used on sheep for scabs), Elf Dock, Wild Sunflower, Horseheal (used on horses), Velvet Dock

**Family:** Asteraceae

**Parts used:** Root (harvest in fall, 2<sup>nd</sup> or 3<sup>rd</sup> year)

**Properties:** expectorant, anti-tussive (cough), diaphoretic (sweat to break a fever), anti-bacterial, anti-parasitic, anti-viral, anti-fungal, diuretic, alterative, astringent, demulcent, decongestant, anti-spasmodic, cholagogue, emmenagogue (?)

**Taste:** pungent, aromatic bitter, warming & balancing to tissue tone

**Organs Effected:** lungs, urinary system, stomach, liver, colon, sinuses

**Chemical Constituents:** helenin, mucilage, triterpenes, 40% inulin, bitter principle (aka bitters for the stomach)

**Uses:**

- +specific for irritating bronchial coughs, esp. in children, bronchitis, emphysema, asthma, bronchitic asthma
- +tuberculosis
- +sinusitis

**Preparation:**

- Tincture fresh root: 1 oz root : 2 oz liquid (70% A, 30% W)
- Tincture dried root: 1 oz root : 5 oz liquid (50% A, 50% W)
- Tea/decoction (you only get the demulcent portion, great for coughs)—1 tsp shredded root in 1 cup cold water for 8-10 hours, heat & drink very hot up to 3 times a day
- Syrup: 1 part strong decoction to 2 parts honey, heat liquid, stirring constantly until mixed. Do not exceed 110 degrees. Place into sterilized canning jar, cap & store in cool, dry place out of light. Good for 1 year. Discard if moldy.

**Dosage:** acute illness, 15-35 drops tincture, 3-5 times a day; tonic long-term, 5-10 drops 3-4 times a day

**Contraindications:** from my herb book, pregnancy & nursing (from the WebMD website, aka the scary medical establishment): likely unsafe during pregnancy or breast feeding, use caution if you have a ragweed allergy, may interact with sedatives

**Sources:**

Richo Cech, Making Plant Medicine

David Hoffmann, The New Holistic Herbal

Maude Grieve, A Modern Herbal, Vol. 1

Kathy Eich, Make Your Way to Being an Herbalist

WebMD.com

