

Echinacea

Echinacea angustifolia, also E. purpurea

Energetics—anti-bacterial, anti-viral, alterative, cooling stimulant

Taste—

Tissue State—

Organ Affinities—

Part Used—whole root, fresh (preferred) or dried—medicinal properties are soluble in both water and alcohol

+tincture fresh, 1part herb by weight:2 parts liquid by volume (75% alcohol, 25% water)

+tincture dried, 1 part herb: 5 parts liquid (50 % alcohol, 50% water)

Uses—

+immune stimulant, early phases of bacterial or viral infections

+laryngitis, tonsillitis, sinus, common cold, upper respiratory infections, flu

+used as a mouthwash for gingivitis, topically for insect/reptile bites & infected skin wounds

+potent sialagogue (promotes salivation)

+vaginal yeast infections?

Contraindications—likely safe for short-term use (WebMD)

Sources—David Hoffmann The New Holistic Herbal, Matthew Wood The Practice of Traditional Western Herbalism, Richo Cech Making Plant Medicine, Maude Grieve A Modern Herbal, WebMD