

ECHINACEA

Created for Philly
Herb Hub

Echinacea

(Echinacea spp.)

Echinacea, a common garden ornamental flower, has over nine different species that are native to North America. Echinacea angustifolia, pallida, and purpurea all have documented uses by many Native American nations. Its uses vary from wound healing and arthritis relief, to antidotes for venomous bites. The Navajo honor echinacea as one of the 40 plus plants used in their ceremonies and rituals. Though different species have been used interchangeably in remedies, angustifolia is considered the most potent of them all. Echinaceas are now considered an at risk plant species due to overharvesting in the wild. It is suggested that those wishing to use the plant use cultivated species only. The leaves, flowers, roots and seeds have all been traditionally used in healing. Echinacea is commonly used in western herbalism as an immune boosting remedy and recommended to shorten the length of colds and flu.



Symptoms or indications where Echinacea can be potentially beneficial

Infections	Cough
Fevers	Colds
Inflammation	Poison Oak/Ivy
Swollen Glands	Bites/Wounds
Blood Poisoning	Skin Infections
Teething babies	Cancer
Toothache	Negative side effects from vaccinations
Sore Throat	

Medicinal properties or actions

Alterative
Antibiotic
Vulnerary
Stimulant
Antipyretic
Antibacterial
Antiviral

How to Use Echinacea and Safety

Always use herbs under the guidance of an herbalist or medical professional

Dosage

Capsule: 2 “00” size 3 times daily

Decoction: 3-9 grams of roots per 1 cup of water

Tincture: 1-2 Tsp up to 5 times daily

Safety

Rare cases of allergic reaction have been documented

Considered safe for general consumption

Works Cited

Cech, Richo. Making Plant Medicine. Herbal Reads LLC, 2000.

Salmón, Enrique. Iwígara: American Indian Ethnobotanical Traditions and Science. Timber Press, 2020.

Tierra, Lesley. Healing with the Herbs of Life: Hundreds of Herbal Remedies, Therapies, and Preparations. Clarkson Potter/Ten Speed, 2003.