

# ECHINACEA

*(Echinacea purpurea, Echinacea angustifolia)*

## Clinical Summary

### Actions

- Immunomodulator
- Modulates Inflammation
- Sialagogue
- Antimicrobial
- Circulatory Stimulant
- Lymphatic
- Alterative
- Antipyretic
- Antioxidant
- Vulnerary

### Indications

- Viral, bacterial and parasitic infections
- Prevention and treatment of upper respiratory infections (especially with swollen glands) including the common cold, influenza, sinus, throat and lung infections
- Infected wounds, acne, boils, abscesses, dermatitis, psoriasis, septicaemia, mouth infections, herpes virus, warts, venomous bites
- Vaginal candidiasis, urinary tract infections
- Fevers
- Adjuvant therapy to reduce chemotherapy and radiation-associated side effects

### Traditional Use

The Eclectics, a group of practitioners who were prominent around the late 19th and early 20th Centuries in the United States, used *Echinacea angustifolia* as one of their primary medicines for septicaemia and infected blood, wounds and mucous membranes. *Echinacea angustifolia* was the only species of echinacea they used. The root of *Echinacea angustifolia* is used and it is harder to grow so is therefore often more expensive to buy. The use of *Echinacea purpurea* came about not only because it is easier to grow but due to intense German interest in the plant during the 1930s.

### Energetics

Cooling, drying.

### Constituents

Polysaccharides, caffeic acid derivatives, alkylamides, essential oils, vitamins, minerals, fatty acids, resins, glycoproteins and sterols.

### Use in Pregnancy

Generally considered safe when used in recommended doses.

### Contraindications and Cautions

Echinacea is well tolerated although allergic reactions are possible in rare cases. It is contraindicated in people with allergies to the Asteraceae (Compositae) family of plants (e.g. chamomile, ragweed). Patients being treated for autoimmune diseases should be cautious due to echinacea's immune-stimulating effects.

### Drug Interactions

Avoid with antineoplastic (such as etoposide) drugs and asthma or atopic medication. Caution with cyclophosphamide (chemotherapy), warfarin and immunosuppressant drugs.

### Administration and Dosage

#### Echinacea 1:1

Liquid extract 1:1 in 45% alcohol  
5 to 40mL weekly

#### Echinacea Blend 1:2

Liquid extract 1:2 in 45% alcohol  
15 to 40mL weekly