



ECHINACEA ANGUSTIFOLIA

Echinacea pallida Nutt. (*E.angustifolia* DC. and *E.purpurea* Moench) Asteraceae Family

A perennial herbal plant measuring 30-150 centimeters in height, with simple stem and a hollow base, with oval or spear-shaped leaves, it has flowers growing at the end of its branches that grow singly and are purple, pink or white, and it has elongated oval-shaped taproots.

It grows spontaneously in North America and Mexico in areas with a mild climate. The species originates from the temperate zones in North America, where it was used by the American-Indian populations, especially for healing wounds and curing snake bites.

Echinacea, from the Greek term Exivos = porcupine: its seeds have, at both ends, a membranous margin with four teeth (other authors believe the name originates from the fact that the plants are scabrous); the *angustifolia* species is defined as such because the leaves are narrow (in the purplish variety they're oval-pointed with a reddish leafstalk); purplish, because the flowers are red or pinkish; pale, when the flowers are white. As far as the Echinacea species, there are three varieties that are considered medicinal: *Echinacea pallida*, *E. Angustifolia* and *E. Pallida*, Even if there are few existing differences, the three Echinaceae are quite similar as far as the chemical makeup and consequently from the pharmacological point of view.

Drug: the root and flowered ends. The root of *E.purpurea*, *E.angustifolia* and *E.pallida* can be used fresh or dried. The drug in its original state presents a brownish color during the macroscopic test; the smell is faintly aromatic, characteristic, the taste is first sweet and then pungent. The split is fibrous with short fibers. It's made up of cylindrical pieces that measure 10-20 centimeters in length and 0,5-1 centimeters in width, they're slightly ring-like, and marked with V-shaped scars. When pulverized it has a yellow-brown color.

.Properties: immunity stimulant, antiviral, anti-inflammatory, and antibacterial.

Uses: prevention of flu symptoms, cold sicknesses and other infection based pathologies. Helps during convalescence resulting from chronic illness.

PREPARATION AND DOSES

Decocted 3%: 3 g in 100 ml of water. Boil three minutes. Infuse for ten minutes. One cup per dose, 2 or 3 times a day. Fluid extract (1g =LII gtt) drops XX-XL per dose, 2 times a day. Tincture 20%: 20 g in 100 ml of 75% alcohol. Let steep for ten days. One teaspoon per dose, 2 or 3 times a day. Salve 10%: 10 of tincture + 90 g of lanolin. Mix well until you obtain a smooth paste. Apply a thin layer by rubbing gently.