



Materia Medica

Materia Medica (English: medical material/substance) is a Latin term from the history of pharmacy for the body of collected knowledge about the therapeutic properties of any substance used for healing.

HERB: Echinacea

BOTANICAL NAME: Echinacea purpurea

HARVESTED FROM: *my garden*

PARTS USED: *aerial parts*

CONSTITUENTS/ESSENTIAL OILS: flavanoids, polysaccharides, caffeic acids, and alkamides

PREPARATION: *immer slowly*

USES:

- ❖ chiefly known for its immune-boosting properties
- ❖ widely used all over the world for indigestion, chronic fatigue syndrome, ADHD, migrain, rheumatism, UTIs and yeast infections
- ❖ is capable of antioxidant activity, and reducing skin irritation
- ❖ I make a tincture with the flower petals in schnapps and drink it when I feel a cold coming on (yumm)

RECENT RESEARCH:

“Purified alkamides from *E. purpurea* show mosquitocidal activity against *Aedes aegypti* larvae.”

Manayi, Azadeh et al. “Echinacea purpurea: Pharmacology, phytochemistry and analysis methods”

Pharmacognosy reviews vol. 9,17 (2015): 63-72.