

## HOLISTIC HERBALISM ADVANCED CLINICAL PROGRAM MATERIA MEDICA

<b>Common Name</b>	Elecampane
<b>Latin</b>	Inula helenium
<b>Family</b>	Asteraceae
<b>Other Known Names</b>	Elecampagne, Elf Dock
<b>Energy</b>	Neutral, slightly moistening
<b>Taste</b>	Bitter, fragrant, soapy
<b>Part Used</b>	Root
<b>Location</b>	It is indigenous to Europe and temperate Asia and naturalized in parts of the US and Canada
<b>Gathering</b>	In the autumn.
<b>Cultivation</b>	It can be grown in average soil and prefers full sun.

HERBAL ACTION	TISSUE AFFINITY	MAJOR CONSTITUENTS
Antiamoebic	Lung	<b>Sesquiterpenes:</b>
Antibacterial	Blood/Xue	Alantolactone-antibacterial, antiamoebic
Anti-inflammatory	Liver	Friedelin-anti-inflammatory
Antioxidant	Gallbladder	Helenin-antiamoebic, antibacterial
Antiviral	Chinese Spleen	Isoalantolactone-antiamoebic
Bitter tonic	Small Intestine	Helenalin-antibacterial
Cholagogue	Large Intestine	<b>Inulin:</b> 20% in spring, 44% in autumn
Diaphoretic	Mucous Membranes	<b>Phenolics and flavonoids:</b>
Expectorant	Stomach	Chlorogenic acid-antiviral
Gastroprotective		Caffeic acid-cholagogue
		Rutin-antiviral
		Myricetin-antiviral
		Quercetin-antiamoebic
		Luteolin-antiviral, antibacterial

### SPECIFIC INDICATIONS

Levels coughs/expectorant

A ticklish, persistent cough with pain in the ribs and chest.

Giardia, Blastocystis hominis and other intestinal amoebic infections.

## PRIMARY USES

- Elecampane is a superb respiratory remedy for ticklish, persistent coughs with pain in the ribs and chest.
- Elecampane is very effective in formulation for pneumonia, bronchitis, whooping cough, croup and chest colds.
- Because it is energetically neutral, it can be used for virtually any lung condition (hot, cold, dry, or damp).
- Inula can also be useful for reducing allergic rhinitis symptoms.
- Elecampane is an effective herb for treating intestinal parasites (amoebas, protozoas) including Giardia, Blastocystis hominis, Entamoeba histolytica, Dientamoeba fragilis, pathogenic bacteria (Campylobacter, Salmonella, E. coli), or nematodes (pinworms).
- Elecampane can be a useful part of a protocol for amoebic or bacterial dysentery and Cryptosporidium infections.
- Elecampane has a mild tonic effect on the liver and digestive system and has been used for impaired bile secretion, biliousness, dyspepsia and damp spleen conditions with dysbiosis.
- The hot tea of Elecampane acts as a diaphoretic and can be useful for respiratory infections with fevers.
- The flowers of Inula japonica and I. britannica (Xuan Fu Hua) are used in Chinese Medicine as an expectorant and to calm rebellious Qi (hiccoughs, GERD, vomiting).

## FORMULA COMBINATIONS

- Combine Elecampane with antispasmodics such as Wild Cherry bark, Licorice, Lobelia for treating spasmodic coughs.
- For allergic rhinitis symptoms combine Elecampane with Amla, Reishi, cultivated Eyebright or Yerba Mansa and/or Goldenrod.
- To address intestinal parasites, nematodes and/or pathogenic bacteria combine Elecampane with Artemisia annua, Black Walnut hulls, Pippali Long Pepper, Neem or Quassia)
- Use Elecampane with the other antiamoebic herbs mentioned above prophylactically to prevent amoebic infections when traveling abroad or in areas of poor sanitation and water sources.

## DOSAGE

Tea (Decoction): 5 gram. dried, powdered root, 250 ml. water, decoct 10 minutes, steep 30 minutes, take 100 ml 4x/day

Tincture (1:2.5 or 1:5): 40-50% ETOH Dose: 1-2 mL (20-40 gtt) QID

Capsules: 2 capsules (00) BID

Elecampane accounts for 1 – 2 parts in formulation.

## PREPARATIONS

Elecampane is a fragrant bitter with an unpleasant taste to some, however some like the taste of this herb.

Compliance may be an issue, especially with children.

The Chinese herb Xuan Fu Hua has hairs that can irritate the throat. After decocting it, strain it through a fine filter to remove these particles.

## CONTRAINDICATIONS & DRUG INTERACTIONS

Occasional contact dermatitis has occurred in people who are sensitive to Asteraceae family plants. Caution with a dry lung state, my produce a feeling of constriction.

## SPECIAL NOTES OF CONSIDERATION

The mechanisms of how Elecampane works within the respiratory system are interesting: The herb encourages tissue secretion of the lung lining, by which the mucous loosens and the lung extricates stagnant phlegm. At times, this may make the cough worse before it gets better as the 'gunk' from the lung is loosened.

The flowers reportedly contain quercetin.

## RESOURCES & REFERENCES

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