



# *ECHINACEA PURPUREA L.*

**Fam. Asteraceae**

## DESCRIPTION

Perennial, coarse and easy-to-grow plant that tolerates temperatures below freezing. It is generally 40 cm tall and does not exceed 50 cm.

## HABITAT

It is a herbaceous species, native to Central and North America.

## DISTRIBUTION

In Europe, it is grown almost everywhere as it doesn't need any particular condition and can also grow on poor and stony soils.

## FLOWERS

Their diameter reaches about ten centimetres and they have hemispherical heads with ligulate flowers of an intense purple colour; they bloom from late June to September. As the flower matures, the initially horizontal petals tend to bend downwards at the end of flowering.

## ROOTS

Fasciculated reddish-brown roots.

## LEAVES

The leaves are simple, lanceolate, rugose and deep dark green.

## STEM

Long, stiff, robust and reddish stems.

## INTERESTING FACTS

In phytotherapy, both the roots and the aerial parts of *Echinacea purpurea* are used. Various parts of the plant can be employed to prepare infusions, mother tinctures, ointments and decoctions, chiefly in the treatment of chronic bacterial infections as well as fungal and virus infections (e.g. herpes and flu); they are also used to help heal wounds and ulcerations and in the treatment of eczema, psoriasis and other skin diseases.

