

QUICK REFERENCE SHEET

ELECAMPANE

Inula helenium



Part Utilized:
Root



PROPERTIES:

Expectorant, Stimulant, Tonic (stomach),
Astringent, Sudorific, Antiseptic, Vermifuge,
Diuretic, Diaphoretic

SYSTEMS AFFECTED:

Respiratory, Digestive, Reproductive, Endocrine/
Glandular (pancreas), Urinary

POSSIBLE USES:

chest infections and complaints, digestive
disorders, flatulence, colic

INGREDIENT IN:

BRON, CD, IB, LCON, MULC, PL, WC

GENERAL INFORMATION:

Elecampane has long been considered a remedy for the respiratory and digestive systems. It is a gentle expectorant, safe for young and old, and is especially indicated if the patient is weak and debilitated from a long illness or a chronic weakness of the lungs or digestive system. Elecampane is often the expectorant of choice because it nourishes and balances the pancreas, and is one of the richest sources of natural insulin.

Elecampane could also be classed as a diaphoretic and diuretic herb. The potassium chloride in Elecampane gently cleanses the liver, and the calcium chloride content strengthens the heart muscle. Elecampane is valued as a treatment for worms and, although it is effective, is considered milder than some of the other herbs used to rid the body of parasites. Elecampane also has some unique antiseptic properties.