



Echinacea prevents colds.

Echinacea is a medicinal plant that is commonly used in North America and Europe and is sold as a medicine to cure colds.

Echinacea is a herbaceous and perennial plant from the chicory family, whose height reaches a maximum of 1 to 1.5 meters.

The leaves at the bottom of the stem are ovate to lance-shaped, which reaches a maximum of 30 cm.

The stem has many branches and has rough and rough seeds. The flowers are usually seen in purple, pink, purple red, yellow and orange and their central disk (tube flowers) is dark green, dark brown and black.

The entire body of this plant, including the root and vegetative stem, contains valuable substances such as alkyl amide compounds, isobutyl amide and chicory acid.

Studies show that Echinacea and compounds have an effect on the phagocytic immune system, but not on the specific immune system. Today, Echinacea is used for bacterial, viral, protozoan and fungal infections.

Also, Native Americans have used this plant since the beginning of the 17th century to treat snake bites, gum and mouth diseases, and colds.