



ELECAMPANE ROOT

Botanical Name: *Inula helenium*

Common Name: Elfdock; aunée (French), helenio, enula campana (Spanish), Echter Alant (German)

Medicinal part: Root

Description: Elecampane, *Inula helenium*, also called horse-heal or marchalan (in Welsh), is a widespread plant species in the sunflower family Asteraceae. It is native to Europe and Asia from Spain to Xinjiang Province in western China, and naturalized in parts of North America.



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