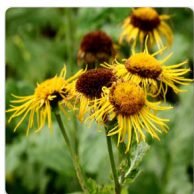


## Inula helenium - Plant



elecampane

Rating: Not Rated Yet

**Price**

Sales price R 123,456

Discount

[Ask a question about this product](#)

Description Elecampane, Inula helenium, also called horse-heal or marchalan, is a widespread plant species in the sunflower family Asteraceae.

**Common name:** elecampane

**Color:** yellow

**Bloom time:** July to September

**Height:** 3.00 to 6.00 feet

**Difficulty level:** easy to grow

**Planting & Care**

Inula is a bushy herbaceous summer flowering plant. It blooms from July to October in most zones and produces 5-inch blooms with slender rayed petals in yellow and deep orange-yellow. Most species are hardy to USDA planting zones 5 to 8.

**Sunlight:** Full Sun to Partial Shade

**Soil:** well-drained soil

**Water:** medium

**Temperature:** 25°C.

**Fertilizer:** Apply any organic fertilizer

**Care:**

- Inula plants need plenty of space to grow, well drained soil and a sunny location.
- They are tolerant of a range of soil types but avoid heavy clay soils which do not drain well.
- Prune back the plants in early spring to remove the dead stems from winter.
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**Special Feature:**

Cottage gardens. Wildflower gardens. Borders. Herb gardens.  
Use

**Medicinal use:**

- Elecampane is an herb.
- The root is used to make medicine.
- Elecampane is used for lung diseases including asthma, bronchitis, and whooping cough.
- It is also used to prevent coughing, especially coughing caused by tuberculosis; and as an expectorant to help loosen phlegm, so it can be coughed up more easily.

**Ornamental use:**

- The plant is used for ornamental purpose.

**Note:**

for medicinal use.

**Reference:**

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?taxonid=277211&isprofile=0> & <https://www.google.co.in/search?q=inula+helenium&aq=chrome..69i57j69i61i2&sourceid=chrome&ie=UTF-8#q=inula+helenium+medicinal+uses>  
<http://www.gardeningknowhow.com/ornamental/flowers/inula-plants/inula-plant-care.htm>