Does ECHINACEA interact with PREDNISONE?

Although there are no documented case reports of an interaction between echinacea and prednisone, the possibility certainly exists and is mentioned in several references. Short term treatment with echinacea is reputed to boost cell-mediated immunity while long term therapy actually appears to suppress immune response; thus, continuous use should be limited to no more than 6-8 weeks. In theory, echinacea in the short term could counteract the immunosuppressive effects of corticosteroids or potentiate their effects if used long term. Conversely, corticosteroids could negate the beneficial effect of echinacea.

**Recommendation:** Echinacea should not be administered in conjunction with corticosteroids in lieu of the potential for an adverse interaction.

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