

Calendula

Botanical Nomenclature: *Calendula officinalis*

Common Name: pot marigold, marigold

Family: Asteraceae

Parts Used / Definition: flowers

Growing and Harvesting Information: harvest frequently to promote new growth

Taste / Odor: slightly bitter, pungent

Energetics: drying, slightly cooling

Physiological Actions:

- Vulnerary
- Anti-inflammatory
- Antioxidant
- Antifungal
- Antibacterial
- Antiseptic
- Antiviral
- Astringent
- Lymphatic
- Emmenagogue
- Chologogue
- Styptic
- Antispasmodic

Key Constituents:

- Resins (antifungal)
- Triterpenoid esters (anti-inflammatory)
- EO's (antibacterial)
- Sesquiterpene glycosides (anti-inflammatory, antimicrobial)
- Flavonols (anti-inflammatory, antioxidant, antiviral)
- Tocopherols (antioxidant)
- Carotenoids (anti-inflammatory, antioxidant)

Specific Indications / Patterns:

- Inflammation of the skin or mucosa, esp. oral and pharyngeal
- External bleeding, bruises, strains, and wounds, esp. slow healing wounds or ulcers, such as bed sores
- Insect stings and bites
- Minor burns and scalds
- Internal or external fungal infections
- Inflammation in the digestive system, such as gastric or duodenal ulcers

Specific Indications / Patterns, cont.:

- Antibacterial effect may work on Helicobacter pylori
- Colic
- Gallbladder problems
- Irregular menstruation and cramps; excessive bleeding and uterine cramps
- Swollen glands
- Diaper rash
- Sore or cracked nipples
- Conjunctivitis
- Gums after tooth extraction
- Gingivitis
- Vaginal candida, vaginal discharge
- Thrush
- Varicose veins, hemorrhoids
- Herpes simplex
- Enlarged or inflamed lymph nodes
- Acne, sebaceous cysts, eczema

Safety Issues:

- For individuals with sensitivity to the Asteraceae family could be an allergen.
- Avoid use during pregnancy (Emmenagogue)

Preparation and Dosage:

- Tincture: (dried, 1:5, at least 70% alcohol, 1.5 – 3 mls, TID)
- Tea/fomentation: (1 cup hot water over 1 – 2 teaspoons of flowers, TID)
- Poultice
- Oil
- Salve

Combinations / Similar Herbs:

- Ulcers: combine with marshmallow root
- Cramps: combine with valerian or cramp bark
- Indigestion: combine with peppermint
- Diarrhea: combine with blackberry root
- Chronic colitis: combine with dandelion, SJW, lemon balm, and fennel

Miscellaneous / Fun Facts: Known as “poor man’s saffron,” used in cooking for color and flavor, or added to salads.

Sources:

- Hoffman, David: Medical Herbalism
- Winston, David: Herbal Therapy and Supplements
- Gladstar, Rosemary: Medicinal Herbs
- Pengelly, Andrew: The Constituents of Medicinal Plants
- Bone, Kerry: A Clinical Guide to Blending Liquid Herbs