



Calendula

Calendula officinalis



Family Name: Asteraceae

Common Names: Marigold, Pot Marigold – not to be confused with the French Marigolds.

Description: Native to Mediterranean Europe, but grown in Australia and New Zealand, self-sows freely in the garden. The flowers maybe yellow or orange disc florets, the plant has branching stems that are slightly or moderately hairy or sticky. The seeds are crescent shaped or circular.

Parts Used: Flowers are used medicinally, orange petals considered to be the most effective. Gather the whole flower heads in the morning after the dew has gone, before wilting or discolouration begins; dry in a warm place out of direct sunlight.

Constituents: Carotenoids, resin, essential oil, sterols, flavonoids, polysaccharides, bitter principle (malic acid), saponins, sterols, mucilage, potassium and sodium salts, phosphorus.

Actions: Anti-inflammatory, vulnerary, antifungal, lymphatic, astringent, antiviral, antimicrobial, cholagogue (bitter), emmenagogue, antispasmodic.

Indications: An excellent herb for skin problems including inflammation, infection, bruising, cuts, ulcers, bed sores, slow healing wounds, minor burns, scalds, warts, oily skin and eczema. As a mouthwash, Calendula is effective in treating periodontal disease.

Internal Uses: It is beneficial for stomach and duodenal ulcers, leaky gut and for its antimicrobial effect on the gut, liver and gallbladder. Calendula tincture can be used for viral infections of the liver and liver disorders.

As an immune and lymphatic stimulant to aid the bodies fight against bacterial, viral, fungal and parasitical infections.

A hot infusion stimulates the circulation aiding in the fight against infection. Calendula helps in the treatment of varicose veins, haemorrhoids, also artery and capillary haemorrhage due to the presence of bioflavonoids and carotenoids.

External Uses: For treating vaginal infections or inflammations, varicose veins, haemorrhoids, shingles, chicken pox, measles, ringworm, athletes foot, mumps, sore inflamed eyes, conjunctivitis, styes, breast congestion and inflammation, insect bites and toothache.

According to the British Herbal Pharmacopea, Calendula is a specific for enlarged lymph nodes, sebaceous cysts, duodenal ulcers and inflammatory skin lesions of both a chronic and acute nature.

References: Waikato Centre For Herbal Medicine Course Notes
Herbalpedia 2007