



Willow Moon Herbals



Calendula

Latin binomial: *Calendula officinalis*, L.

Description: Calendula, a member of the daisy family, is a stout herb with elongated, tongue-shaped leaves. The lovely bright-orange flowers are more abundant when they're harvested regularly. The entire flowering heads are dried and used in herbal medicine. Calendula is available as a bulk herb to make creams, teas, tinctures and salves, and in commercially-produced lotions, creams and salves.

Uses: It was used in ancient Greek, Roman, Arabic and Indian cultures as a medicinal herb as well as a dye for fabrics, foods and cosmetics. Calendula is used for the treatment of skin disorders and pain, and as a bactericide, antiseptic and anti-inflammatory. The petals and pollen contain triterpenoid esters (an anti-inflammatory) and the carotenoids flavoxanthin and auroxanthin (antioxidants, and the source of the yellow-orange coloration). The leaves and stems contain other carotenoids, mostly lutein (80%) and zeaxanthin (5%), and beta-carotene. Plant extracts are also widely used by cosmetics, presumably due to presence of compounds such as saponins, resins and essential oils. Internally, Calendula flower tea or tincture is effective for speeding the healing of ulcers of the digestive tract, for easing gall-bladder inflammation and enlarged sore lymph glands. Externally, use calendula creams or salves for healing cuts, sunburn, sores, diaper rash and chapped dry skin.

Dosage: Drink 1 cup of the infusion made with a heaping teaspoon of the chopped flower heads and petals, or take 1 to 3 droppersful of the tincture in water several times a day. .

Caution: Although not common, folks with ragweed allergies should be cautious since Calendula is also a member of the Asteraceae family. Also, Calendula should not be confused with the common garden marigold, which is in the *Tagetes* genus and a different flower altogether.

Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal,

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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