

Calendula, aka Marigold

Latin Name: Calendula officinalis

SKIN; TISSUES; MEMBRANES: Promotes CIRCULATION, ANTI-INFLAMMATION, and RAPID HEALING

Use FLOWERS, LEAVES

Native of Southern EUROPE – along the Mediterranean; and the ORIENT

Now, very hardy in the U.S. and elsewhere

Loves FULL SUN; Grows in ALL SOIL TYPES

HISTORY

- 1) ROMANS: Scorpion bites
- 2) MEDIEVAL EUROPE
 - Leaves eaten as SALAD, Flower Petals: Commonly used in SOUP BROTH
 - Tea wash for inflamed, sore, red EYES; Poultice for Bee or Wasp Stings
 - Called “POOR MAN’S SAFFRON: Used to bring out SMALLPOX and MEASLES (similar to Saffron)
 - SWOLLEN GLANDS: Neck, Underarms; JAUNDICE; CHILLS and FEVERS; HEADACHES
 - “With constant application”, used to help the body heal or prevent GANGRENE and TETANUS
 - Yellow DYE for coloring hair and CHEESE
- 3) CULPEPPER (1600s) “in broths and drink, as a comforter of the heart and spirits...”
- 4) ECLECTIC PHYSICIANS (19th century): STOMACH ULCERS; LIVER; CONJUNCTIVITIS; WOUNDS; SORES; BURNS
- 5) Commission E approved: INTERNAL and TOPICAL use for INFLAMMATION of MOUTH and THROAT; Externally for POORLY HEALING WOUNDS; DERMATITIS; LEG ULCERS; BRUISES; BOILS; RASHES

QUALITIES

- 1) NUTRIENTS: CAROTENOIDS (precursors to VIT A), particularly Lycopene and Lutein; IODINE; Calendulin (Yellow color); Bitter
- 2) SKIN: Tissue CIRCULATION; RAPID HEALING; ANTI-INFLAMMATION; Helping body reduce SWELLING and DISCOMFORT
 - All types of SKIN Irritations and INJURIES: ECZEMA; RASHES; CUTS; WOUNDS; SPRAINS; BURNS; BRUISES; SKIN ULCERS; Stubborn, Inflamed ACNE; EYE Congestion; VARICOSE VEINS; DIAPER RASH; Post-PARTEM Recovery: Nipple CHAFFING of Nursing Mothers; Recovery after SURGERY
 - STUDY: 254 Breast Cancer Surgery Patients with Radiation SKIN DERMATITIS caused by post-op radiation therapy: Dermatitis significantly lower in patients who used calendula. (Pommier 2004)
- 3) Soothes the Internal Skin: MEMBRANE Linings; Relieves Capillary Congestion and Inflammation
 - NASAL Congestion; GINGIVITIS; SORE THROAT; STOMACH; COLON

- STUDY: Duodenal ulcers and complaints faded earlier with Calendula (Chakurski 1981)
- SPLEEN and LIVER CONGESTION; JAUNDICE
- VAGINITIS as a douche

4) OTHER

- Stimulates IMMUNE response; ANTIBACTERIAL; Anti-HIV; ANTISEPTIC (partially due to natural iodine content); Helps prevent PUS formation
- Antiparasitic; Astringent
- Produces SWEATING during FEVERS

REMEDIES:

- FRESH or DRIED Petals in Salad and Soup Broth
- Tea; Wash; Poultice
- Creams, Lotions, Ointment, Oil

Calendula References

Herb History and General Information

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Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D. *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 23, 2014

Foster, Steven and Rebecca L. Johnson, *Desk Reference to Nature's Medicine*. Washington, D.C.: National Geographic; 2006

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 22, 2014

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Studies

Pommier 2004 at www.pubmed.gov accessed October 16, 2014. Calendula is highly effective for the prevention of acute dermatitis of grade 2 or higher and should be considered for patients undergoing postoperative irradiation for breast cancer.

Chakurski 1981 at www.pubmed.gov accessed October 16, 2014. Duodenal ulcers and gastroduodenitis complaints faded earlier when Calendula and Symphytum added to antacid treatment.