

Calendula

Botanical name: *Calendula officinalis*

Energetics/Actions: Spicy, bitter, neutral, vulnerary, anti inflammatory, antioxidant, astringent, antimicrobial

Description

The flowers of calendula have been used as medicine since at least the 12th century. Calendula is native to Europe but grows well in most soils. The ornamental marigold often seen in gardens is not medicinal.

Traditionally taken as a tea, in modern times Calendula is mostly used topically as a salve, ointment or cream.



Uses

Skin: Topically used to help burns, cuts and bruises heal faster. Enhances skin hydration.

Dermatitis: Studies show it may help skin inflammation from radiation treatments heal faster.

Leg ulcers: May speed healing.

Oral health: Improves gingivitis.

Dose

Salve/ointment: Use up to 5 times a day as needed

Tincture: ¼-1 teaspoon up to 3 times a day as needed

Tea: 1 teaspoon dried flower in boiling water for 15 minutes. Take up to 3 times a day. *Not all constituents will extract in water.

Culinary: Flowers are eaten fresh in salads.

Safety information

Do not apply to open wounds. May cause reaction in people with allergies to plants in the compositae/aster family. Not for use in pregnancy, breastfeeding or for people trying to conceive.