

CALENDULA

COMMON NAME: MARIGOLD,POT MARIGOLD,**CALENDULA**,GARDEN MARIGOLD,MARYGOLD

LATIN NAME: *Calendula officinalis*

FAMILY: *Compositae*

HISTORY: The name *Calendula* comes from the Latin word *kalendae*, "first day of the month" in the Roman calendar, since they can be found in flower at the beginning of most months of the year. Marigold refers to its links with the Virgin Mary. In Assyrian tablets pre 600 b.c. gods and goddesses of India were crowned with wreaths of marigolds and it was used as a medicinal herb and as a colorant for fabrics, foods and cosmetics. Long used by Native Americans. The common name marigold is used for various species, notably for *tagetes* species which have very different properties.

BOTANICAL DESCRIPTION: Bushy,aromatic,long lived annual with branched stems and lanceolate leaves. Flowers up to 7 cm across, with yellow to orange ray florets are produced during summer and autumn.

TYPE: ANNUAL

HEIGHT: 50-70 CM

SPREAD: 50-70 CM

HABITAT: Native of southern Europe, now widely cultivated. Well drained to poor soil in full sun, dies out in hot summers, remove dead flower heads to prolong flowering and prevent excessive self-seeding. Caterpillars,powdery mildew or rust may attack foliage. Believed to improve the condition of plants planted near by.

PROPAGATION: By seed sown in spring or autumn, self seeds readily.

PARTS USED: petals, whole flowers

HARVEST: Flowers are cut in dry conditions and petals are used fresh or dried-either separately or whole flower head as quickly as possible in a shaded location to avoid discoloration.

CONSTITUENTS: saponins
carotenoids
triterpenes, pentacyclic alcohols
essential oils
mucilage
flavonoids, quercetin, rutin
sterols-cholagogues (sterol glycosides)
chlorogenic acid

PROPERTIES: vulnerary,anti-inflammatory,antiseptic, anti-fungal,anti-hemorrhagic-styptic and astringent, stimulant, diaphoretic,cholagogue,immunostimulatory, emmenagogue

INDICATIONS: -as an infusion for stomach disorders,gastric and duodenal ulcers, dysmenorrhea, splenic and hepatic congestion
-as a wash for vaginitis,cervicitis,endometriosis,vaginal abrasions, non-specific urethritis, leucorrhea, lacerated perineum
-a strong infusion used as a wash for chickenpox and measles when breaking out helps speed up the process.
-as a cream or ointment used externally for cuts,bruises, eczema, diaper rash, sore nipples, burns, scalds, slow healing wounds or skin ulcers, insect stings and bites,varicose veins,skin cancers. Heals without contractures. Acts to paralyze vasomotor nerves to arterial capillaries attracting white blood cells.

DOSAGE: INFUSION: 1-2 tsp. Dried or 1 t. Fresh petal/ cup boiling water and allow to steep 15-20 minutes.
Take 1 cup 3 times per day or 2 t. Infusion per hour.

OINTMENT/CREAM: either substitute water portion with strong infusion or infuse the herbs in oil and substitute the oil portion of formula. use externally as required.

POULTICE/FOMENTATIONS- follow general instructions

TINCTURE: 1- 4 ML -3 times/day-as an anti-fungal and emmenagogue

OTHER USES: Fresh petals are edible and can be added to salad, can also be used as a substitute for saffron in rice and soup, or infused to give colour to cheese, butter, milk desserts. Makes a lovely addition to herbal teas and is very beneficial in bath blends.

COMBINATIONS: for digestive tract- marshmallow root (*Althaea officinalis*) and american cranesbill
(*Geranium maculatum*)

for external soothing- slippery elm (*Ulmus fulva*)

for antiseptic uses- MYRRH (*Commiphora molmol*) and golden seal(*Hydrastis canadensis*)

CONTRAINDICATIONS/WARNINGS: *None. Do not use pungent cultivar for these indications.*

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