COMMON NAME: Marigold  
LATIN BINOMIAL: Calendula officinalis - Asteraceae  
PARTS USED: flower

IDENTIFICATION – BOTANICAL IDENTIFICATION:  
Calendula is flowering annual that grows between 12-18 inches tall. It has bright yellow or orange flowers that are around 1 1/2 inches in diameter. [A] The petals overlap consistently in rows which are several layers thick, each encircling the center disk of the flower. [B] It has a long, slightly fuzzy stem, offset, long (around 6 inches), soft, pale green leaves [C], and a long taproot.

ENERGETICS:  
slightly bitter, pungent, drying, gently cooling

ACTIONS:  
anti-inflammatory (reduces swelling); antispasmodics (relieves muscle spasms); astringent (tightens tissues); hemostatic/styptic (slows bleeding); vulnerary (heals wounds); antimicrobial (antibacterial, antiviral, antifungal); immunomodulant (tones and strengthens immune system)

KEY CONSTITUENTS:  
essential oil, carotenoid; flavanoids; sterol; mucilage; saponins; carotones; bitter glycosides; triterpenes; resin

SPECIFIC INDICATIONS:  
Calendula is best used for inflamed or infected skin conditions due to its anti-inflammatory, antimicrobial, and vulnerary actions as well as for intestinal cramping and stomach ulcers due to its antispasmodic and hemostatic actions.  
Think of hot, weeping conditions that need to be toned, tightened, and cooled.

TRADITIONAL USE:  
wounds, burns, sunburns, bleeding, hemorrhoids, skin eruptions (chicken pox, measles, acne, eczema), cramps, ulcers, digestive inflammation, insect bites/stings, earache, varicose veins, thrush, vaginal yeast infections, fever, sinus infections, conjunctivitis

SAFETY CONSIDERATIONS:  
Calendula is considered safe for all ages. It has no known side effects or toxic levels. However, everyone is different and some people who have allergies to ragweed may also be allergic to calendula.

PREPARATION & DOSE:  
creams and salves (apply as needed), teas (3 cups/day), wound washes (2 x day), infusions (1 quart day), compresses, tinctures (varies based on use)