

Pot Marigold

Botanical: *Calendula officinalis*

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Pot Marigolds, also known by their Latin name, calendula, can be used to treat wounds. It is like arnica, only milder and gentler and therefore can even be used on open wounds. This beautiful flower has a long history in India and the West as being sacred and is used in religious ceremonies and rituals. It is a food, a medicine and a wonderful in your garden.

Western



Western Name: Pot Marigold

Also Known As: Calendula, Golds, Ruddes, Mary Gowles

Main Systems: Skin, Stomach, Wounds

Key Actions: Stimulant, Diaphoretic, Antioxidant, Antispasmodic, Antiseptic, Anti-inflammatory, Antifungal, Antiviral, Antigenotoxic, Emmenagogue, Astringent, Vulnerary, Sedative

Key Medicinal Uses: Eczema, varicose veins, sores, bed sores, wounds, acne, internal or external surgical wounds, scarring, dry skin, rashes, insect bites, cold sores, chicken pox, bruises, yeast infections, postpartum perineal tears, sunburns, diaper rash, skin inflammation due to radiation.

Eastern



Pin Yin: Jin Zhan Ju

Also Known As: N/A

Main Meridians: Spleen, Liver, Heart

Key Actions: Moves Blood, Tonifies Blood, Relieves Blood Stagnation, Reduces Inflammation, Clears Toxins, Tonifies the Liver, Promotes Sweating, Expels Wind Heat

Key Medicinal Uses: Increases blood flow to skin healing wounds, varicose veins, and rashes, hemorrhoids, swollen glands, menorrhagia, congestive dysmenorrhea, warts, acne, menopause disorders, estrogen deficiency, jaundice, fibroids, delayed menses, infections with aches and fever.



BASIC HABITAT/BOTANY: Pot Marigolds (*Calendula*) are a genus of about 15-20 species. There are four basic species: African, French, Triploids and Single Marigold. They are annual and perennial herbaceous plants in the daisy Asteraceae family. Pale green oblong leaves that are hairy on both sides with golden orange flowers. Native to Southwestern Asia, Western Europe, Macaronesia, Egypt, and the Mediterranean. Pot Marigold (*Calendula*) is now naturalized in most parts of the world.

KEY CONSTITUENTS: High Flavonoid content, Polysaccharides, Flavonol Glycosides, Triterpene, Saponins, Lycopene, Triterpenoid Saponins, Carotenoids (Carotene, Calendulin, Lycopin), Bitters, Steroids, Resin, Mucilage, Tocopherols, Oleanolic acid glycosides, Essential Oil, Trace Minerals, Potassium chloride, Sulphate, Calcium sulphate.

PARTS MOST FREQUENTLY USED: Flower, Herb, Leaves

FLAVORS/TEMPS: Neutral, Drying, Bitter, Pungent, Sweet

CAUTION: Not recommended for those who have allergies to members of the Asteraceae family (feverfew, chamomile, or echinacea). Caution during pregnancy as the herb can stimulate the uterus.

HISTORY/FOLKLORE: *Calendula* (*Calendula officinalis*) is often commonly called pot marigold or English marigold. The name refers to about 20 species of edible flowers from the daisy family. The calendula species are not the same as the flowers of the genus, *Tagetes*, also commonly known as marigolds.



FUN FACT!



Better than Commercial

In one small study of about 250 women undergoing radiation after surgery for breast cancer, calendula ointment was found to have better results than a commercial ointment.



Used on Smallpox

A decoction of pot marigold flowers is used to bring out smallpox and measles, in the same manner as saffron. Pot marigold is often used for children diseases as it is safe and effective.



A Yellow Dye

A yellow dye is extracted from pot marigolds by boiling it. The dried flowers can be eaten and also used to color cheese, puddings, or as a replacement for saffron.

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