

# Calendula

**Botanical Name:** *Calendula officinalis*

**Family:** Asteraceae

**Energetics:** Cooling, drying

**Taste:** Bitter, slightly sweet

**Actions:** Vulnerary, anti-inflammatory, antimicrobial, demulcent, skin soothing

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## Overview

Calendula, or pot marigold, is a versatile herb known for its skin-healing and anti-inflammatory properties. Widely used in herbal medicine, it supports wound healing, soothes irritated skin, and can be taken internally to aid digestive and immune health.

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## Uses

### Internal Uses

- Mild digestive support
- Anti-inflammatory for internal organs
- Immune system support
- Menstrual support

### External Uses

- Skin healing for cuts, burns, eczema, rashes
- Anti-inflammatory and antimicrobial topical applications
- Infused oils and salves for massage and skin care

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## Medication Interactions

- No major documented interactions
- Use caution with blood-thinning medications (rare hypersensitivity)

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## Contraindications

- Allergy to Asteraceae family (ragweed, daisies, marigolds)
- Pregnancy and breastfeeding: generally safe in food amounts; consult practitioner for medicinal doses



## Caution & Safety

- Patch test for topical use if sensitive
- Moderate internal use
- Discontinue if irritation or allergic reaction occurs

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## Herbal Pairings

### Blends Well With

- Chamomile (skin and calming synergy)
- Calendula + Comfrey (wound healing)
- Lavender (anti-inflammatory and soothing)
- Plantain (skin and tissue repair)

### Avoid Combining With

- Allergic plants in Asteraceae family

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## Possible Side Effects

- Rare allergic skin reactions
- Mild digestive upset if consumed in excess

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## Forms & Dosage

### Tea / Infusion

- 1-2 tsp dried flowers per cup
- Steep 10-15 minutes
- 1-2 cups daily

### Tincture (1:5)

- 2-4 mL, 1-3 times daily

### Infused Oil / Salve

- Apply to affected area 2-3 times daily

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Calendula is a gentle yet effective herb for skin health and internal inflammation support. It is safe for most people and a staple in any herbal apothecary.

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