

Calendula

Botanical Name: *Calendula officinalis*

Family: Asteraceae

Energetics: Cooling, drying

Taste: Bitter, slightly sweet

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

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.

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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Notes

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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