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Complementary and Alternative Medicine

Calendula

Calendula officinalis; Garden marigold; Pot marigold

The flower petals of the calendula plant (*Calendula officinalis*), or pot marigold, have been used for medicinal purposes since at least the 12th century. is now grown as an ornamental plant throughout the world. However, it is not the same as the annual marigold plant that is often grown in gardens.

Calendula has high amounts of flavonoids, plant-based antioxidants that protect cells from being damaged by unstable molecules called free radicals. C bacteria.

Traditionally, calendula has been used to treat stomach upset and ulcers, as well as relieve menstrual cramps, but there is no scientific evidence that ca is often used topically, meaning it is applied to the skin.

Calendula has been shown to help wounds heal faster, possibly by increasing blood flow and oxygen to the affected area, which helps the body grow ne and firmness. The dried petals of the calendula plant are used in tinctures, ointments, and washes to treat burns, bruises, and cuts, as well as the minor shown to help prevent dermatitis or skin inflammation in people with breast cancer during radiation therapy.

Plant Description

Calendula is an annual plant that thrives in almost any soil but can typically be found in Europe, Western Asia, and the United States. It belongs to the s ragweed. Its branching stems grow to a height of 30 to 60 cm, and it blooms from early spring until frost. The orange-yellow petals of the flowers are use

Parts Used

The dried petals of the calendula plant are used for medicinal purposes.

Medicinal Uses and Indications

Today, calendula is not usually taken by mouth. The exception is when it is used in extremely small amounts in homeopathic preparations. Calendula is

Burns, cuts, and bruises

Calendula tinctures, ointments, and washes are often applied to the skin to help burns, bruises, and cuts heal faster, and to fight the minor infe the hemorrhoids. Animal studies show that calendula helps wounds heal faster, maybe by increasing blood flow to the wounded area and by helping the bo looking at whether calendula works in humans, but using it on your skin is considered safe.



Professional homeopaths often recommend using ointments with calendula to heal first-degree burns and sunburns.

Dermatitis

Early evidence suggests that calendula may help prevent dermatitis, skin inflammation, in people with breast cancer who are undergoing radiation therapy. Calendula is also a safe and effective remedy for diaper rash.

Ear infection (otitis media)

Ear drops containing calendula are sometimes used to treat ear infections in children. A few scientific studies have found no side effects. More research is needed to treat ear infections.

Available Forms

Fresh or dried calendula petals are available in tinctures, liquid extracts, infusions, ointments, and creams.

Calendula products should always be protected from light and moisture, and should not be used after 3 years of storage.

How to Take It

Pediatric

Use only topical and homeopathic preparations for children.

For homeopathic dosages, consult a licensed homeopath.

Adult

Speak to your doctor regarding dosing instructions.

Precautions

The use of herbs is a time-honored approach to strengthening the body and treating disease. Herbs, however, can trigger side effects and can interact with other medications. For these reasons, you should take herbs with care, under the supervision of a health care provider.

Calendula is generally considered safe to use on your skin. DO NOT apply it to an open wound without a doctor's supervision. People who are allergic to chrysanthemums and ragweed, may also have an allergic reaction to calendula (usually a skin rash).

Pregnant and breastfeeding women should not use calendula. In theory, calendula could interfere with conception, and possibly cause miscarriage, so consult your doctor before using calendula.

Possible Interactions

There are no known scientific reports of interactions between calendula and conventional or herbal medications. In theory, taking calendula orally may interact with certain medications. Consult your doctor before combining these drugs with calendula:

- Sedatives
- Medications to treat high blood pressure
- Medications to treat diabetes

Supporting Research

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Calendula

Illustration

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