

CALENDULA

(Calendula officinalis)

Clinical Summary

Actions

- Antimicrobial
- Anti-Inflammatory
- Antioxidant
- Immunomodulatory
- Wound Healing
- Vulnerary
- Cholagogue
- Astringent (non-tannin)
- Antispasmodic
- Emmenagogue
- Slightly Demulcent
- Diaphoretic
- Lymphatic
- Anti-Fungal

Indications

- Enlarged or inflamed lymph nodes, breast cysts, pelvic cysts, sore throats and tonsillitis, heavy rings under the eyes, poor healing from wounds or chronic infections, fatigue
- Inflammation and ulceration of the digestive tract (gastric and duodenal ulcers), intestinal bloating, food intolerances, allergies, leaky gut
- Female reproductive system problems such as liver support, irregular menstruation, menstrual cramps, breast lumps, vaginal dryness, fibroids, cervical eversion, cervicitis, endometriosis, excessive menstrual flow and pelvic infections
- Topically for numerous skin problems including for skin inflammations, acne, rashes, itchy skin, minor wounds and cuts, boils, nappy rash, mastitis, burns, insect bites, eczema, mouth ulcers, chicken pox, herpes simplex and shingles, sprains and bruises, leg ulcers, varicose veins, haemorrhoids and fungal skin infections

Traditional Use

In traditional medicine calendula is used for the treatment of inflammatory skin disorders or inflammation of the mucosa.

Energetics

Warming, drying, pungent, bitter.

Constituents

Flavonoids (including hyperoside, rutin and quercetin), polysaccharides, triterpenoid saponins (including oleanolic acid), volatile oil, carotenoids (lutein), quinones, resins, coumarins (scoploletin, umbelliferone), amino acids, carbohydrates (polysaccharides and monosaccharides), fatty acids, minerals such as calcium, sodium, potassium, magnesium, iron, copper and manganese

Use in Pregnancy

Insufficient reliable information is available to assess safety however due to its emmenagogue effects it is suggested to be avoided for internal use during pregnancy. Topical use during pregnancy on the other hand is acceptable.

Contraindications and Cautions

Although there have been some reports of allergic reactions to calendula these are very rare. Calendula is generally well tolerated by children and adults. People who are sensitive or allergic to foods or plants from the Asteraceae (previously Compositae) family should use calendula with caution.

Drug Interactions

Calendula may be beneficial with radiation therapy due to possible decreased adverse effects. Preliminary evidence suggests that topical application of calendula may improve dermatitis in patients receiving radiation therapy for breast cancer. Medical supervision is recommended. While it is unlikely to be clinically significant, animal studies suggest oral calendula may have sedative effects so concomitant use with central nervous system (CNS) depressant drugs may theoretically increase sedation, so it is recommended to monitor these patients

Administration and Dosage

Liquid extract 1:1 in 60% alcohol
10 to 20mL weekly