

Names:

Calendula officinalis

- **Arabic:** الأذريون الطبي أو قوقحان أو اقحوان
- **English:** pot marigold, common marigold, ruddles, Mary's gold or Scotch marigold
- **Family:** Compositae (Asteraceae).
- **Other names:** Calendula, Chinese safflower



Part used:

ligulate florets or composite flowers

Morphology:

An annual herb, much branched from the base, very aromatic, up to 0.3–0.6m high.

Leaves sessile, light green, with semi amplexicaul base; entire, undulate or remotely denticulate; glandular hairs on both surfaces; lower leaves spatulate, obtuse, sometimes acute at the apex, 10–20cm long and 1–4cm wide; higher leaves oblong and mucronate, 4–7cm long. Ligulate florets consist of a yellow, orange or orange-yellow ligule, 3–5mm wide and about 7mm in the middle part, with 3-toothed apex and hairy, partly sickle-shaped, yellowish-brown to orange-brown tube with projecting style and 2-lobed stigma; occasionally with a partly bent yellowish-brown to orange-brown ovary.

Active constituents:

The major constituents are:

- Triterpene saponins (calendulosides).
- Flavonoids (3-O-glycosides of isorhamnetin and quercetin), including astragalin, hyperoside, isoquercitrin and rutin.
- Essential oil, Sesquiterpenes (e.g., Caryophyllene) and Triterpenes (e.g., a- and b-amyrins, lupeol and lupenone).
- Polysaccharides have also been reported.

Pharmacological applications:

- External treatment of superficial cuts, minor inflammations of the skin and oral mucosa, wounds and ulcus cruris.
- Treatment of angina, fevers, gastritis, hypotension, jaundice, rheumatism and vomiting.

Side effects:

- Skin-sensitization has been reported.

Contraindications:

- In cases of known allergy to plants of the Asteraceae (Compositae) family.

Methods of administration:

- Infusion for topical use; aqueous and alcohol extracts, tinctures and ointment for external use.

Storage:

- Store in a well-closed container, protected from light.

Posology and method of administration

- Topical application: an infusion of 1–2g/150ml.
- External use: a 40% alcohol extract (1:1), or tincture (1:5) in 90% alcohol.
- For the treatment of wounds, the tincture is applied undiluted; for compresses, the tincture is usually diluted at least 1:3 with sterile water. Ointment: 2–5%.

Precautions:

- Calendula should not be administered during pregnancy or lactation or to children without medical supervision.

Examples:

- Avirox



- Sanso



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