

LEARN ABOUT THE ANTI-INFLAMMATORY AND ANTIMICROBIAL BENEFITS

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Abstract: *calendula officinalis* is an annual or short-lived perennial herb in the daisy family (Asteraceae) originating from southern Europe and the Eastern Mediterranean area. It has long been cultivated and is a widespread garden escapee in cool, temperate climates. It has been used for many centuries for a range of culinary and medicinal purposes. This species has the common name pot marigold or English or Scotch marigold, which should not be confused with marigolds, which are several species of *Tagetes*. The related *C. arvensis*, field marigold, from southern Europe is a branched annual species with 1" yellow or orange daisies.

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The bushy plants have simple, alternate leaves on angular, branched stems spreading up to 2 feet long. The stems are covered in fine hairs. The edges of the spatulate or oblanceolate leaves are wavy but not toothed, and the leaves are sticky and aromatic – although this trait is often greatly reduced in modern cultivars.

The daisy-like flowers are typically bright orange or yellow but some white and bi-colored cultivars have been developed. The monoecious flowers (individual flowers are either male or female, but both sexes can be found on the same plant) are 2-3" across with both ray florets and disc florets. The plants bloom over a long period, almost continuously until the first heavy frost and the flowers are good for cut flowers.



Calendula is a marigold plant that has long been used for its skin health benefits, such as helping with wound healing.

Calendula petals are rich in naturally occurring compounds called flavonoids. These compounds are said to have anti-inflammatory, anti-thrombogenic, antidiabetic, anticancer, and neuroprotective effects.²

This article will go over how calendula is used. You will also learn about the possible side effects and risks of using calendula.

Calendula is a member of the Asteraceae/Compositae family of plants, from the Asterales order. The medicinal part of the *Calendula Officinalis* plant is a beautiful, deeply rich colored orange and yellow flower.

Common Names for Calendula

Calendule

English Garden Marigold

Scotch Marigold

Fleur de Calendule

According to the United States Department of Agriculture (USDA), calendula is native to Canada and the lower 48 states.³

Calendula is an annual plant that's easy to grow in average, moderately fertile, well-drained soils that get full sunlight. It can be planted in flower beds, borders, cottage gardens, cutting gardens, or pots or containers.

In a garden, the fragrant leaves of the plant attract butterflies. The petals are a popular choice for floral displays and potpourri mixes. They can also be cooked and eaten.

Calendula oil is made by infusing the flowers in carrier oils such as olive oil or coconut oil. The oil can be used on its own or as an ingredient in ointments, balms, creams, or lotions. It can also be made in a tincture and tea or put into a capsule.

What Is Calendula Used For?

Calendula has been used to treat a variety of skin conditions.⁴ Research has shown that calendula may treat diaper rash, wounds, vaginal yeast infections, and other conditions.

Calendula has also been used as a pain and inflammation reducer, as well as a way to relieve treatment-related side effects for people with cancer.⁵

Some people say that calendula makes a good sunscreen or a skin moisturizer. More research is needed to prove it has these benefits.

While there has been some research suggesting its positive effects, the long-term use of calendula has not been studied and more research is needed. Always ask your provider before you start using any treatment or supplement, even a natural one.

What Herbs Can You Take for Natural Pain Relief?

How Does Calendula Work?

Calendula petals are rich in naturally occurring compounds called flavonoids. These compounds are said to:

Reduce inflammation (anti-inflammatory)

Prevent blood from clotting too much (anti-thrombogenic)

Have positive effects on blood sugar levels (antidiabetic)

Help fight cancer (anticancer)

Protect the brain (neuroprotective effects)⁶

The active ingredients of the calendula flower are naturally occurring chemicals, such as:

Triterpene saponins (oleanolic acid glycosides)

Triterpene alcohols (α -, β -amyryns, faradiol)

Flavonoids (quercetin and isorhamnetin)

Topical gels made from calendula may help with the collagen in the skin, may promote new tissue growth in wound healing, and help decrease skin inflammation.

Eczema, Diaper Rash, and Other Skin Conditions

Calendula is often marketed as a treatment for eczema and dermatitis, but there is not much research supporting its effectiveness for these conditions.

Since the plant has anti-inflammatory properties, putting it on areas affected by skin conditions may reduce inflammation. However, there is no real evidence that doing so works or that it's safe.

The use of calendula could be irritating for children with severe eczema, especially if they have an allergy to ragweed, daisies, marigold, or any other plant in the same family as calendula.

Using calendula creams on diaper rash could be more helpful than other treatments like aloe vera gel, but research has shown it's not as good as using a bentonite solution.

One study showed that when infants were treated with bentonite, 88% of the lesions got better within the first six hours, but only 54% of the lesions in the group treated with calendula did.

Bakterial vaginoz va vaginal xamirturush infeksiyalari

Bir tadqiqotda tadqiqotchilar bakterial vaginoz tashxisi qo'yilgan 80 ayolda calendula malhamini metronidazol bilan solishtirishdi. Bir hafta o'tgach, ikkala guruh ham bakterial vaginozdan davolandi va hech qanday nojo'ya ta'sir ko'rsatmadi.

Tadqiqotchilar, agar odamlar bakterial vaginozni davolash uchun dori-darmonlarni qabul qilmaslikni istasalar, calendula malhami variant bo'lishi mumkin degan xulosaga kelishdi.

Ayollar va salomatlik jurnalida chop etilgan bir tadqiqot shuni ko'rsatdiki, calendula kremi vaginal xamirturush infeksiyalarini davolashda samarali bo'lgan, ammo u ularni davolash uchun ishlatiladigan standart dori (klotrimazol) kabi tez ishlamagan.

Kalendula hayz ko'rish bilan bog'liq alomatlarini davolash uchun ishlatilishi mumkinligi haqida da'volar mavjud, ammo ko'proq tadqiqotlar talab etiladi.

Radiation Dermatitis

There is mixed research on using calendula to treat skin irritation from radiation treatment. There is not enough evidence that it's more effective than using other topical products like petroleum jelly.

Possible Side Effects of Calendula

You should not use calendula if you are allergic to ragweed, daisies, marigold, or plants in the Asteraceae/Compositae family, as it could cause you to have an allergic reaction.

People who are pregnant or breastfeeding should also not use calendula because it can change their hormone levels and may even cause a period.

If you take medications or have to have surgery, ask your provider before you try calendula. It might not be safe for you to use calendula if it could affect your medications or make complications from surgery (like bleeding) more likely to happen.

There is no set dose for calendula because it has not been approved by the Food and Drug Administration (FDA).

How much calendula you use will depend on what form you're using and what you are using it for.

If you decide to grow your own calendula plant, you can get the benefits of calendula by drying the petals. You can dry calendula petals by picking a flower and putting it on a paper towel away from the sun.

The dried petals can be used to steep tea and make oils. If you are making calendula tea you can also use fresh flowers as garnish.

How to Make Calendula Tea

Here are the steps for making calendula tea:

Bring water to a boil

Add about two teaspoons of dried flowers to a tea infuser or teapot

Pour hot water over the leaves and allow it to steep for 10 minutes

Strain and add any type of flavoring you'd like such as cinnamon, vanilla, honey, etc.

How to Make Dandelion Tea

How to Store Calendula

Store calendula products in a dry, dark place free of moisture. If you buy calendula at the store, look at the package for a "best by" date. Make sure you use it up before it expires.

If you are storing the dried petals, put them in an airtight container. If you've made an oil, tincture, or cream with calendula, store it in an airtight container and keep it in a cool, dry place.

Buying Calendula: What to Look for

Companies that claim calendula is an effective treatment for certain health conditions have to follow up the claim with a disclaimer that states, "these statements have not been approved by the Food and Drug Administration" because the FDA has not approved therapeutic claims for calendula.

Getting calendula from a reputable source is important because it helps you avoid getting a product that has harsh substances or chemicals added to it. Look for organic products or products that have a third-party certification.

Instead of buying products, you could also purchase seeds and grow your own calendula at home.

Summary

Calendula is touted as having anti-inflammatory properties that could help with skin conditions and wound healing. Calendula can be added to lotions and balms, made into teas and oils, and used as a garnish.

You can buy products made with calendula or grow your own at home and dry it yourself.

Calendula is not approved by the FDA. You should always ask your provider before you use any kind of natural supplement, even a "natural" one that comes from plants.

If you're allergic to ragweed, daisies, marigold, or plants in the Asteraceae/Compositae family, you shouldn't use calendula. You also should not use calendula if you're pregnant or breastfeeding.

LITERATURE

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