

Calendula officinalis

Calendula officinalis, commonly known as calendula or pot marigold, is a flowering herb widely valued for its medicinal and ornamental uses. Native to the Mediterranean region, calendula has been used for centuries in traditional herbal medicine for skin care, wound healing, and inflammatory conditions.

Key facts

- **Scientific name:** *Calendula officinalis*
- **Common names:** Calendula, Pot Marigold
- **Family:** Asteraceae
- **Active compounds:** Flavonoids, triterpenoids, carotenoids
- **Typical forms:** Creams, ointments, teas, tinctures

Botanical characteristics

Calendula officinalis is an annual herbaceous plant characterized by bright yellow to orange flowers and aromatic leaves. The flower petals are the primary medicinal component and are harvested for use in herbal preparations and cosmetic products.

Traditional and modern uses

Traditionally, calendula has been used to soothe irritated skin, support wound healing, and reduce inflammation. In modern herbal medicine and skincare industries, it is commonly included in creams, salves, and natural cosmetic formulations for sensitive skin support.

Mechanism and research

Research suggests that calendula extracts may possess anti-inflammatory, antioxidant, and antimicrobial properties. Some studies indicate potential benefits in promoting wound healing and reducing skin irritation, although further clinical research is still needed.

Safety and regulation

Calendula is generally considered safe when used topically or in moderate herbal preparations. Individuals allergic to plants in the Asteraceae family should use caution due to possible hypersensitivity reactions.

Culinary and supplement context

Calendula petals are occasionally used in teas, herbal infusions, and decorative culinary applications. The plant remains especially popular in natural skincare, wellness, and herbal remedy markets worldwide.