



CALENDULA

- Date:** January 25, 2008
- Proper name(s):** *Calendula officinalis* L. (Asteraceae) (USDA 2008)
- Common name(s):** Calendula, pot marigold (McGuffin et al. 2000; Wiersema and León 1999)
- Source material(s):** Flower (Bradley 2006; Mills and Bone 2005)
- Route(s) of administration:** Oral, buccal, gargle, or topical
- Dosage form(s):** Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.
- Use(s) or Purpose(s):** Statement(s) to the effect of:
- Oral: Traditionally used in Herbal Medicine to help relieve inflammatory conditions of the digestive system (Bradley 2006; Hoffmann 2003; Williamson et al. 1988).
- Buccal and/or gargle: Traditionally used in Herbal Medicine to help relieve mucous membrane inflammations of the mouth and/or throat (Bradley 2006; Blumenthal et al. 2000; Saunders 2000; Felter and Lloyd 1983 [1898]).
- Topical:
- ▶ Traditionally used in Herbal Medicine to aid in wound healing (Bradley 2006; Hoffmann 2003; Ellingwood 1983 [1919]; Felter and Lloyd 1983 [1898]).
 - ▶ Traditionally used in Herbal Medicine to help relieve skin inflammations and irritations (Bradley 2006; Hoffmann 2003; ESCOP 2003; Blumenthal et al. 2000; Felter and Lloyd 1983 [1898]).

Dose(s):

Oral:

Subpopulation: Adults \geq 19 years

Quantity: Preparations equivalent to 0.18-12 g dried flower, per day (Bradley 2006; Mills and Bone 2005; Wichtl 2004; Hoffmann 2003; Blumenthal et al. 2000)

Buccal and/or gargle:

Subpopulation: Adults \geq 19 years

Quantity: Preparations equivalent to 1-4 g dried flower (Saunders 2000)

Directions for use: Rinse and/or gargle as needed (Saunders 2000).

Topical:

Subpopulation: Adults, adolescents, and children \geq 2 years (McIntyre 2005; Schilcher 1997; Bove 1996)

Quantity:

- ▶ Ointment: Preparations equivalent to 2-10% dried flower (2-10 g dried flower/100 g ointment) (Bradley 2006; ESCOP 2003)
- ▶ Other: Preparations equivalent to 1-4 g dried flower (ESCOP 2003; Saunders 2000)

Directions for use: Apply to affected area as needed.

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

Duration of use: No statement required.

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):

All uses: Consult a health care practitioner if symptoms persist or worsen.

Oral: Consult a health care practitioner prior to use if you are breastfeeding.

Buccal and/or gargle, topical: Consult a health care practitioner prior to use if you are pregnant.

Contraindication(s):

All uses: Do not use if you are allergic to plants of the Asteraceae/Compositae/Daisy family (Brinker 2007; ESCOP 2003).

Oral: Do not use if you are pregnant (Bradley 2006; Brinker 2001).

Known adverse reaction(s): Hypersensitivity/allergy is known to occur; in which case, discontinue use (Brinker 2007; Mills and Bone 2005).

Non-medicinal ingredients: Must be chosen from the current NHPD *List of Acceptable Non-medicinal Ingredients* and must meet the limitations outlined in the list.

Specifications: Must comply with the minimum specifications outlined in the current NHPD *Compendium of Monographs*.

References cited:

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ESCOP 2003: ESCOP Monographs: The Scientific Foundation for Herbal Medicinal Products, 2nd edition. Exeter (UK): European Scientific Cooperative on Phytotherapy and Thieme; 2003.

Felter HW, Lloyd JU. King's American Dispensatory, Volume 1, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].

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Wichtl M, editor. Herbal Drugs and Phytopharmaceuticals: A Handbook for Practice on a Scientific Basis, 3rd edition. Stuttgart (D): Medpharm GmbH Scientific Publishers; 2004.

Wiersema J, Léon B. World Economic Plants: A Standard Reference. Boca Raton (FL): CRC Press LLC; 1999.

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Blumenthal M. The Complete German Commission E Monographs. Austin (TX): American Botanical Council; 1998.

Boon H, Smith MJ. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs, 2nd edition. Toronto (ON): Robert Rose Inc; 2004.

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Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Oral:

Dried flower:

- ▶ 3-12 g dried flower, per day (Mills and Bone 2005)
- ▶ 1-2 g dried flower, per day (Blumenthal et al. 2000)

Infusion:

- ▶ 2-3 g dried flower, 3 times per day (Bradley 2006)
- ▶ 3-12 g dried flower, per day (Mills and Bone 2005)
- ▶ 1-3 g dried flower, per day (Wichtl 2004)
- ▶ 0.8-1.6 g (1-2 tsp) dried flower, 3 times per day (Hoffmann 2003)
- ▶ 1-2 g dried flower, per day (Blumenthal et al. 2000)

Directions for use: Pour 250 ml (1 cup) of boiling water over dried flower. Infuse for 5-15 minutes. Strain and drink (Hoffmann 2003).

Fluidextract:

- ▶ 0.5-1.0 g dried equivalent, 3 times per day (1:1, 40% alcohol, 0.5-1.0 ml) (Bradley 2006)
- ▶ 1.5-3.0 g dried equivalent, per day (1:1, 1.5-3 ml) (Mills and Bone 2005)
- ▶ 1-2 g dried equivalent, per day (1:1, 1-2 ml) (Blumenthal et al. 2000)

Tincture:

- ▶ 0.06-0.24 g dried equivalent, 3 times per day (1:5, 90% alcohol, 0.3-1.2 ml) (Bradley 2006)
- ▶ 0.18-0.72 g dried equivalent, per day (1:5, 0.9-3.6 ml per day) (Mills and Bone 2005)
- ▶ 0.70-2.25 g dried equivalent, per day (1:2, 1.4-4.5 ml per day) (Mills and Bone 2005)
- ▶ 0.20-0.80 g dried equivalent, 3 times per day (1:5, 60% alcohol, 1-4 ml) (Hoffmann 2003)
- ▶ 1-2 g dried equivalent, per day (1:5, 5-10 ml) (Blumenthal et al. 2000)

Buccal and/or gargle:

Infusion: 1-2 g dried flower (Saunders 2000)

Directions for use: Pour 150 ml of boiling water over dried flower and infuse. Rinse and/or gargle as needed (Saunders 2000).

Fluidextract: 2-4 g dried equivalent
(1:1, 40% alcohol, 2-4 ml) (Saunders 2000)

Directions for use: Add to 1,250 ml water (Saunders 2000). Rinse and/or gargle as needed.

Topical:

Ointment:

- ▶ 2-5% (2-5 g dried flower per 100 g ointment) (Bradley 2006)
- ▶ 10-12% (10-12 g dried flower per 100 g ointment) (Bradley 2006)
- ▶ 2-10% (2-10 g dried flower per 100 g ointment) (ESCOP 2003)

Directions for use: Apply to affected area as needed.

Infusion: 1-2 g dried flower (ESCOP 2003)

Directions for use: Pour 150 ml of boiling water over dried flower and infuse (ESCOP 2003). Apply to affected area as needed.

Fluidextract: 2-4 g dried equivalent
(1:1, 40% alcohol, 2-4 ml) (Saunders 2000)

Directions for use: Add to 250 ml water (Saunders 2000). Apply to affected area as needed.