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 ≥ 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 ≥ 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 ≥ 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:**


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


References reviewed:


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.