

Calendula (Marigold) Benefits – Radiant Healer for Skin, Lymph & Inflammation

Botanical Profile

- Latin Name: *Calendula officinalis*
- Alternative Names: Pot Marigold, Garden Marigold (not to be confused with *Tagetes* species)
- Plant Family: Asteraceae (Daisy family)
- Parts Used: Fresh or dried flower heads and petals
- Origin: Native to southern Europe and naturalised worldwide as a garden medicinal

Calendula is a luminous herb that brings warmth and healing wherever it's applied—inside or out. Known for its affinity with the skin, lymphatic system, and digestive tract, Calendula soothes irritation, supports tissue regeneration, and helps clear damp stagnation and infection. At Peridotflow Wellness Centre, we turn to Calendula when the body needs gentle cleansing, emotional light, and vibrant renewal.

Accelerates Wound Healing and Skin Repair

Calendula is most renowned for its ability to heal the skin. Rich in anti-inflammatory, antimicrobial, and vulnerary compounds, it stimulates tissue regeneration while soothing irritation. It is used topically in salves, oils, and washes for cuts, scrapes, burns, rashes, insect bites, eczema, and slow-healing wounds. Internally, it also supports skin from within—especially when heat or damp stagnation underlies skin conditions.

Cleanses the Lymphatic System and Reduces Swelling

Calendula's bitters and resins gently stimulate lymphatic drainage, making it ideal for swollen lymph nodes, tender breasts before menstruation, or skin issues related to lymph congestion. It is especially helpful in chronic infections or post-illness convalescence, supporting the body's natural detox and immune surveillance systems. Taken as a tea or tincture, it gently clears heat and damp from the lymph and blood.

Supports Digestive Healing and Gut Inflammation

Calendula soothes inflamed mucous membranes of the digestive tract and promotes healing of ulcers, leaky gut, or gut infections. It is used in teas or tinctures to support the healing of irritated or damaged gut lining—especially in inflammatory bowel conditions. Its mild bitter action also stimulates digestion and bile flow, improving assimilation of nutrients while reducing damp, sluggish states.

Gentle Antimicrobial and Immune Support

With mild antimicrobial and antiviral actions, Calendula helps fight off low-grade infections while supporting the body's immune intelligence. It is especially useful for oral infections, fungal overgrowth, and supporting post-viral recovery. It's often included in mouthwashes, throat sprays, and cleansing teas to gently encourage microbial balance without disrupting flora.

Emotional and Energetic Brightening

Calendula's golden petals bring light not only to the skin, but also to the spirit. Energetically, it helps lift mood in those feeling emotionally stagnant, heavy, or energetically 'muddy.' It restores joy, lightness, and emotional resilience. It is especially supportive in times of grief, emotional detox, or post-illness recovery when one feels grey, tired, or stuck.

Folklore & History

Calendula has been used for centuries as a healing and ceremonial flower. In ancient Roman and Ayurvedic traditions, its blossoms were strewn on altars and grave sites to honor transitions and guide the soul. It was a symbol of the sun and its warming, regenerating powers. Traditionally, Calendula was used in herbal washes, tinctures, poultices, and stews for everything from skin healing to digestive upset. Its cheerful appearance made it a popular addition to herbal gardens and ritual practices throughout Europe and Asia.

Traditional Usage

Calendula is used internally as a tea or tincture for lymphatic support, gut healing, and systemic inflammation. Externally, it is prepared as infused oil, salve, or poultice for healing skin wounds, rashes, burns, and infections. The fresh or dried petals can also be infused in honey or vinegar. Calendula's medicine is best preserved when dried gently and stored in the dark to retain its vibrant orange hue.

Herbal Actions

Vulnerary, Anti-inflammatory, Lymphatic, Antimicrobial, Antifungal, Mild bitter, Cholagogue, Emmenagogue (mild), Immunomodulator

Energetics & Tissue States

Temperature: Cooling

Moisture: Drying

Tissue States: Damp, Hot, Stagnant, Lax (with inflammation)

Active Compounds

- Flavonoids – Anti-inflammatory and antioxidant
- Triterpenoids – Promote tissue repair and modulate inflammation
- Resins – Antimicrobial, antifungal properties
- Carotenoids – Skin healing and antioxidant support
- Saponins – Help emulsify and draw toxins out of tissues

Dosage & Preparation

- Infusion: 1–2 tsp dried petals per cup, steep 10–15 minutes; drink 2–3x daily
- Tincture: 2–4 ml, up to 3x daily
- External: Use oil or salve freely on affected skin; use cooled infusion as compress or wash

Safety & Contraindications

- Avoid during pregnancy internally due to mild emmenagogue action
- May cause allergic reaction in those sensitive to Asteraceae family (ragweed, daisies)
- Otherwise very safe, gentle, and suitable for children and the elderly

Herbal Pairings

- Burdock Root – for deep skin and blood purification
- Red Clover – for hormonal and skin balancing support
- Chamomile – for inflamed or tender tissues
- Plantain – for drawing and healing wounds
- Lemon Balm – to uplift mood and support viral recovery

Peridotflow Perspective

Calendula is the golden healer we turn to when the body or spirit needs soothing and reillumination. At Peridotflow, she is known as ‘the gentle fire’—clearing the fog of stagnation, restoring light to the skin, and lifting the heart after periods of darkness. Calendula is our go-to for repair, joy, and radiant recovery—from cell to soul.