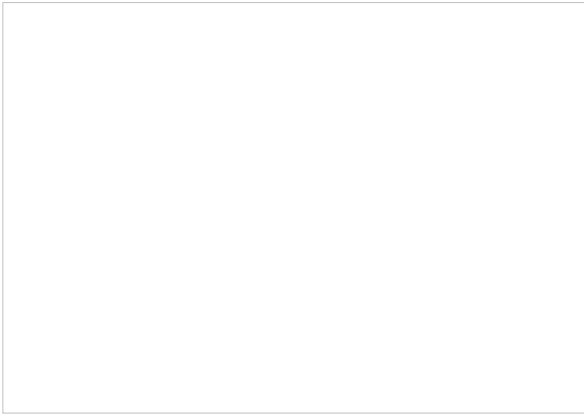

Calendula - the way to good feeling and healthy skin



CALENDULA OINTMENT

It's easily harvested and extracted and looks beautiful - it can be made into a cream, oil, gel, compress, tincture or tea; used in a bath or facial steam; eaten in salads and stews; whipped into toothpastes or mixed into mouthwashes; and is gentle enough for babies and the elderly. What am I talking about? It's the magical and powerful calendula!

Calendula is a plant that has been used for centuries for ornamental purposes, as well as culinary, cosmetic and medicinal reasons. Traditionally, calendula was used to support skin conditions, promote wound healing, release tension in the body, and prevent infections. We will tell you more about each of the properties of this herb below.

1. May Reduce Inflammation

Calendula is noted for its anti-inflammatory properties. The body's immune system triggers the inflammatory response when exposed to internal or external trauma. While short-term inflammation is a fundamental part of the healing process, chronic inflammation indicates a persistent issue and can cause long-term health issues.

Calendula has been found to have strong anti-inflammatory properties via powerful flavonoids. These plant-based antioxidants protect cells from free radical damage and pro-inflammatory compounds like C-reactive protein and cytokines.

Anti-inflammatory linoleic acid is also found in high concentrations in calendula. Its powerful anti-inflammatory properties make it a potent remedy for all kinds of inflammatory issues like soothing eczema , diaper rash, dermatitis, ear infections, ulcers, sore throats and more. Ear drops containing calendula are sometimes used to treat ear infections in children as well.

A randomized comparative trial observing diaper dermatitis (a moderate skin rash) in infants discovered that calendula ointment was significantly more effective than aloe vera in reducing the rash symptoms. The infants received treatment three times per day for 10 days.

2. Antimicrobial Properties

Another benefit of calendula is its antimicrobial properties. Recent scientific research backs traditional accounts that calendula has antimicrobial effects. Viruses, bacteria, fungi, and parasites are all examples of microbes that can cause various diseases. Natural antimicrobial herbs may clean up existing microbial colonies while inhibiting further growth. Research attributes these antimicrobial effects to calendula's following active constituents; flavonoids, triterpene saponins, and carotenoids. The acids held within the oils of this plant have powerful antimicrobial and antiviral effects, especially when fortified with sunflower oil. The oils and acids within the plant have shown to be effective in fighting pathogens, as well as candida symptoms and even antibiotic resistant strains of bacteria. This is a big reason why it's used in antiseptic topical products today.

Calendula has become a popular additive in toothpastes and mouthwashes over the past years due to its powerful antibacterial and antimicrobial properties. It helps reduce gum inflammation as well as fight against gingivitis, cavities, plaque and more. It's also an astringent, which helps fight mouth bacteria and promote a healthy oral environment.

A clinical study observing subjects with gingivitis noted that calendula mouthwash significantly reduced dental plaque and inflammation in the gums. This effect was attributed to the reduction of bacteria that causes dental disease.

3. May Promote Wound Healing

Evidence shows that calendula has promising wound-healing activity. Wounds are injuries that occur when the surface of the skin is broken. These injuries can become infected and cause further health issues if they aren't cleaned and cared for properly.

Calendula is also used to improve skin firmness and hydration. Even more impressive, it helps increase blood flow and oxygen to wounds and infected areas, which helps the body grow new tissue and heal more rapidly. A review observing the wound-healing effects of calendula found that calendula speeds up healing time by increasing the production of new connective tissue and blood vessels. Calendula completely healed wounds or reduced wound surface area in all studies. When taken as a tea, it can also be helpful for internal duodenal and gastric ulcer symptoms.

4. Antioxidant Properties

Research shows that calendula may have antioxidant effects. Antioxidants work to neutralize and eradicate free radicals. Antioxidants are thought to reduce stress, support healthy aging, and benefit overall health. A clinical study observing patients with head and neck cancers discovered that calendula extract decreased the intensity of radiotherapy by reducing free radical activity. This research indicates that calendula has antioxidant activity.

Due to its anti-inflammatory properties, calendula can help fight against cancer and irritation due to cancer treatments like chemotherapy and radiation. Animal studies have shown that it not only fights carcinogenic activity within tumors, but it also activates the lymphocytes, which fight against foreign and infectious invaders.

5. May Support Digestion

Traditionally, calendula has been used as a tonic to promote digestion due to its bitter properties. Bitter herbs improve digestion and the absorption of food by increasing bile production in the liver and gall bladder. In an animal study, calendula powder and extract improved digestion and increased nutrient absorption in Japanese quail. Quail that ate the extract experienced the most significant weight gain and increased levels of healthy gut

bacteria.

6. May Support the Immune System

Traditional accounts and a few lab-based studies suggest that calendula benefits immune health. Research suggests that calendula's active constituents are responsible for this herb's immunomodulating properties.

Respected herbalist, Juliet Blankespoor, writes that this sunny herb is a wonderful immune tonic when added to soups and stews during the winter months. She suggests adding the entire flowerhead.

7. Other Benefits

- Drinking calendula tea may help induce the menstruation cycle, as well as ease the painful side effects of menstruation in women, primarily PMS cramps. The large flavonoids presence helps relax muscles, blood flow and information, all promoting an ease of the menstruation. It can also even alleviate hot flashes.
- May Stimulate the Lymphatic System: Calendula is a gentle lymphatic drainage remedy which is used for stagnant lymph conditions such as swollen glands, breast cysts, pelvic cysts and intestinal bloating.
- May Have Antispasmodic Effects: A lab-based study revealed that calendula extract had an antispasmodic effect by interacting with nerve cells and biomarkers related to body tension.

Calendula oil may be an alternative remedy to treat various skin conditions as well as improve the quality and appearance of the skin. Here are most popular ways calendula oil may be used for the skin:

1. Calendula cream as sunscreen

Calendula oil might be an option for sun protection. A 2012 laboratory study found that calendula oil had SPF properties as a cream mixture. However, more evidence is needed to support calendula cream as a possible sunscreen, meanwhile, choose sunscreens that contain calendula extract.

1. Calendula oil for acne

Some people use calendula oil to treat acne. One laboratory study found that calendula extract may be useful in treating and preventing acne vulgaris, but more research, especially studies on humans, is needed to support these findings. You can try washing your face using a calendula cleanser. You can apply calendula cream, oil, or spot treatment to your whole face or use it to target acne-prone areas.

Note: do a skin patch test to ensure you're not allergic to a new skin care product like this one. Apply a small amount of the product to a small patch of skin, like your inner wrist. Wait for 24 to 48 hours. If you see or feel irritation in that area after that time frame, discontinue use.

It is not recommended to use products containing calendula during pregnancy and for people taking blood pressure medications.

#calendula #eczema #dermatitis

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<https://botanicalinstitute.org/calendula/>

<https://essentialhealthfoods.com.au/take-care-of-your-lymphatic-system/>

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