

64. *CALENDULA OFFICINALIS* L. (ASTERACEAE) — Pot-Marigold, Marigold, Calendula

Marigold powder, made from dried as well as fresh petals, is used like saffron to season seafoods, chowders, soups, stews, roast meats, and chicken. It is also used to color butter, cheese custards, and liqueurs. Commercially, the dried petals are used in medicines (*calendula*) and ointments. Fresh plant is used as an herb tea. Having eaten the flowers of most of our Maryland wild flowers, I am not at all surprised to see Rose refer to marigold sandwiches, a mixture of marigold petals, sesame seed, mayonnaise, cheese, and for nongout suffering carnivores, liverwurst.⁴⁹

Pot-marigold is used to adulterate saffron and arnica flowers. Leaves have been eaten in salads. The leaf, in various forms (decoctions, poultices, etc.), is a folk remedy for warts and cancer. The flower, mixed with milk, is a cancer remedy. Poultices and decoctions of the whole plant are said to treat cancer of the breast and uterus as well as glandular indurations and cancerous ulcers.⁴ The aqueous extracts show activity against Sarcoma 180 in mice.³³ Marigold flowers are rubbed onto bee stings. Floral infusions are said to be good for the eyes. Although now almost obsolete as a drug, pot-marigold is considered analgesic, anthelmintic, antispasmodic, astringent, bactericide, carminative, cholagogue, depurative, diaphoretic, diuretic, ecboic, emmenagogue, febrifuge, laxative, stimulant, stomachic, styptic, sudorific, and tonic; also, has been useful in treating bleeding gums, bleeding piles, bruises, chronic ulcers, and varicose veins, and if taken internally it prevents suppuration. It is used as a liquid extract or as a tincture. The tincture of the flowers is used to heal amenorrhea, bruises, cholera, cramps, eruptions, fever, flu, gingorrhagia, hemorrhoids, jaundice, nephrosis, piles, scrofula, sprains, stomachache, syphilis, toothache, tuberculosis, typhus, ulcers, and wounds.^{16,28,33}

On a zero-moisture basis, the seed contains 30.6 to 36.9% protein and 40.8 to 45.8% oil.²¹ Flowers contain the amorphous calendulin, analogous to bassorin, traces of an essential oil, mucilage, oleanolic acid, a gum, resin, a saponin, a sterol, cholesterol, esters of lauric, myristic, palmitic, stearic, and pentadecylic acids, faradiol, and arnidiol.¹ Dry petals contain