



Materia Medica

Materia Medica (*English: medical material/substance*) is a Latin term from the history of pharmacy for the body of collected knowledge about the therapeutic properties of any substance used for healing.

HERB: marigold

BOTANICAL NAME: *Calendula officinalis*

HARVESTED FROM: *my garden*

PARTS USED: *flower*

CONSTITUENTS/ESSENTIAL OILS: alkaloids, flavonoids, lutein, carotenoid pigment, myristic acid

PREPARATION: *immer slowly*

USES:

- ❖ said to comfort the heart and spirit; is associated with introversion
- ❖ rub flower on wasp or bee stings, soak stinky feet in calendula foot bath, put flowers on abrasions, bedsores, cracked heels, chapped hands, cuts and wounds
- ❖ natural weapon against harmful bacteria, fungi and viruses; anti-inflammatory agent and wound healer
- ❖ make calendula tea for upset stomach or gargle with it for cold sores
- ❖ can eat the leaves or blooms in a salad

RECENT RESEARCH:

“These results show how Yarrow and Marigold SFE-derived extracts can inhibit pancreatic cancer cell growth, and could be proposed for a comprehensive study to determine the molecular mechanisms involved in their bioactivity with the final aim to propose them as potential adjuvants in pancreatic cancer therapy.”

Mouhid, Lamia et al. “Identification of antitumoral agents against human pancreatic cancer cells from Asteraceae and Lamiaceae plant extracts” *BMC complementary and alternative medicine* vol. 18,1 254. 17 Sep. 2018, doi:10.1186/s12906-018-2322-6