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Client Information Sheet for Vets and Clients

Calendula Tea - For the treatment of allergic conjunctivitis including follicular form

Calendula officinalis

“Calendula” is from the Latin kalendae, the word Romans used to indicate that it bloomed throughout the year in their area; 'officinalis' indicates that it was included in official lists of medicinal herbs.

Names

Marigold, Mary bud, Goldbloom, Golds, Caltha officinalis, Bull's eyes, Pot marigold
It is a member of the Asteraceae family; other members include Daisies, Arnica, Chamomile and Yarrow.

Collection

Either the whole flower tops or just the petals are collected between June and September.
They should be dried with great care to ensure that there is no discolouration.
Parts used: Petals and flower heads.

Actions

1. Anti-inflammatory
2. Anti-spasmodic
3. Lymphatic
4. Astringent
5. Vulnerary (promote wound healing)
6. Emmenagogue
7. Anti-microbial

Preparation

1. Pour a cup (200-250ml) of boiling water onto
2. 1-2 teaspoons of the florets
3. Leave to infuse for 10-15 minutes
4. Cool to room temperature (at least) before use
5. Keep refrigerated

Dosage

Immerse a cotton swab/wool ball into the solution then apply to the eye to allow the tea to soak onto the eye. Repeat up to 6 times daily initially.