



### **Healing properties of marigolds**

Many of the seasonal flowers that we see in the green spaces of the city or in the gardens and terraces of houses, besides the beauty aspect, also have medicinal properties. Marigold or calendula is one of these plants that has medicinal properties and is effective for treating diseases such as skin diseases, inflammatory diseases and relieving muscle spasms.

The resistant and beautiful perennial plant flowers all year round and can be cultivated in hot and cold environments. The flowering peak of this plant is late spring to summer and then late summer to mid-autumn. Marigolds are easily propagated by seed. By planting a marigold or calendula plant, you will enjoy the beauty of its flowers and benefit from its amazing healing properties.

Many medicinal properties including antioxidant, anti-inflammatory, antibacterial, antifungal and antiviral have been reported for the marigold plant. Also, so far, studies on cytotoxic activity and tumor reduction have been identified in this plant. Marigold contains chemical compounds called calandolin, linoleic acid and salicylic acid. In addition, compounds such as flavonoids, hydroxycoumarins, polysaccharides and carotenoids have been identified in the flowers of this plant. Research results show that marigold extract has anti-viral activity against AIDS. This medicinal plant is rich in various vitamins, including vitamin E and vitamin A precursor.

Among the properties of marigolds, we can mention the treatment of various problems; Including types of skin rashes, allergies, eczema, dermatitis, swelling and inflammation caused by muscle cramps, muscle injuries and sprains, eye inflammation and itching caused by conjunctivitis and fungal infections.

Marigold and all its products, such as sweat, decoction, extract, oil, etc., like the chicory plant, have a cold and dry nature.

Botanists' research shows that Calendula marigold contains many active elements, including various antioxidants and volatile oils. The strong smell and bright color of this flower is due to the presence of these elements that repel some types of fungi, insects and pests. It also improves blood circulation and controls inflammation.

Free radicals are one of the most important factors of cell deterioration and aging. Calendula not only controls free radical oxidizing damage that affects sensitive body tissues, including the eyes, but also fights skin infections, genital tract infections, and digestive tract infections caused by viruses and bacteria.

Additionally, research shows that marigold can prevent bacterial growth in wounds and can even reduce symptoms associated with chemotherapy and a variety of cancer-related treatments.

The ability of marigold to help heal wounds is due to stimulating the production of epithelial cells, and this feature is due to the presence of glycoproteins and nucleoproteins. Its other features include increasing the speed of the cell cycle and improving collagen production.