

Calendula Tea

The use of Calendula Tea for bathing eyes with allergic conjunctivitis.

Calendula is the botanical name for Marigold flowers. The flowers and flower heads can be dried to make tea. This is commercially available in health food stores and some chemists (e.g. Chemist Warehouse).

Calendula is useful for treating allergic conjunctivitis in dogs. One of the properties of Calendula is that it is anti-inflammatory on mucosal surfaces. People drink calendula tea in order to sooth the gut lining in cases of inflammatory bowel disease. As the eyelid lining is also mucosa, it can assist in the treatment of allergic inflammation = conjunctivitis.

Calendula is part of the Asteraceae family including daisies, arnica, chamomile and yarrow.

Preparation:

1. In a small container place 1-2 teaspoons of the tea.
2. Pour one cup of boiling water onto the tea.
3. Allow to infuse for a few minutes.
4. Allow to cool to at least room temperature before use.
5. Keep refrigerated.
6. Make up a new batch every 3-4 days.

Application:

Immerse a cotton ball or cotton eye pad into the tea and hold to the eye so that the tea soaks onto the eye. Use a fresh cotton wool ball for second eye. Clean out any discharge. Allowing the tea to stay in contact with the eye will help to reduce the inflammation.

Use up to 6 times daily initially in severe cases, reducing as the symptoms reduce.

For maintenance, bathe once to twice daily to assist in the control of allergic conjunctivitis.

Should you have any questions or concerns please contact us on 03 8532 0020.

