



HEPBURN VETERINARY CLINIC

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CALENDULA TEA RINSING FOR EYES

For the treatment of allergic conjunctivitis (or follicular conjunctivitis) and other inflammatory conditions of the eye.

Calendula officinalis is also known as Marigold, Mary Bud, Pot Marigold and is a member of the Asteraceae family that includes daisies, Arnica and chamomile.

When used in the eyes it has the following 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 teaspoon of calendula flowers (not leaf)
3. Leave to infuse for 10 – 15 minutes then strain through a metal sieve, keeping the liquid and
4. cool to room temperature before use and
5. keep refrigerated

Use :

Soak 2-3 cotton balls into the liquid and apply to the eye, allowing the liquid to soak into the eye. This can be repeated up to six times daily in the initial treatment (in the first 10 days) then if a favourable response has occurred then try 2 or 3 times a day.