

## Article

# Anti-Inflammatory Activity of *Calendula officinalis* L. Flower Extract

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**Abstract:** The use of calendula for its lenitive properties' dates to the XII century. This plant contains several bioactive compounds, including terpenoids, terpenes, carotenoids, flavonoids and polyunsaturated fatty acids. Calendula flower extract is used in soothing cosmetics, such as after-sun, sensitive skin and eye contour products. The anti-inflammatory properties of this ingredient were demonstrated in an animal model, but the mechanism of action is poorly understood. Therefore, our work explored the effect of a calendula flower extract on NO production, a pro-inflammatory radical produced by nitric oxide synthase (iNOS) and highly released by innate immune cells in inflammatory-related pathologies. NO production was evoked by the Toll-like receptor 4 agonist lipopolysaccharide (LPS) in macrophages, using concentrations that did not compromise cells viability. This ingredient exhibited a dose-dependent NO inhibition, reaching 50% at 147  $\mu\text{L}/\text{mL}$  without cytotoxicity. Together with previous literature, these results provide experimental evidence on the anti-inflammatory properties of calendula flower extract, as well as its usefulness in cosmetics with soothing properties and adjunctive skin care in the treatment of the diseases associated with dysregulation of the NO signaling cascade.

**Keywords:** calendula; anti-inflammatory; NO; skin care; iNOS; soothing cosmetics



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## 1. Introduction

*Calendula officinalis* L. (marigold) belongs to the Asteraceae/Compositae family, which is native to Central Europe and Mediterranean. Its flower oil is the main preparation used in cosmetic products, and contains several bioactive compounds, including terpenoids and terpenes (mainly bisabolol, faradiol, chamazulene, amidiol and esters), carotenoids (mainly with rubixanthin and lycopene structures), flavonoids, (mainly quercetin, isorhamnetin and kaempferol aglycones) and polyunsaturated fatty acids, (mainly calendic acid) [1–4]. *Calendula officinalis* L. has been used for medical purposes since the XII century. The plant is reported to present several biological activities namely angiogenic, vascular regeneration, analgesic, antimicrobial, antioxidant and immunomodulatory [5–8]. In cosmetic products, calendula is used in formulations for sensitive skin and soothing products (e.g., after-sun products) among a variety of presentations, including skin, eye, hair and bath products, with recognized safety for use in cosmetics [9].

Several Calendula preparations are available for incorporation in topical formulations directed towards wound healing and for soothing inflamed and damaged skin, like extracts, tinctures, and oils [9]. There are 14 INCI designations for *Calendula officinalis* L. preparations at the European directory of cosmetic ingredients, and within the same designation, it is

# Anti Inflammatory Activity Of Flower Extract Of Calendula

**Jin-Ying Zhang**



## **Anti Inflammatory Activity Of Flower Extract Of Calendula:**

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