Marigold- Zandu / *Tagetes erecta*

**Part consumed** - Flower, Leaves

**Form consumed** - Juice

**Maximum daily consumption by adults** – Juice - 5 - 10 ml

**Chemical Composition**
- Xanthophylls
- Lutein
- Quinic acid
- Syringic acid
- *Tagetes* oil

**Indications as per Ayurveda**
- Bleeding piles
- Menstrual disorders

**Modern Clinical Studies**
- Antidiabetic
- Anti-obesity
- Coagulant
- Anti-inflammatory