

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