

ARNICA

(*Arnica montana*)

Clinical Summary

Actions

- Analgesic
- Anti-inflammatory
- Rubefacient

Indications

Topically to relieve pain, inflammation, swelling and bruising associated with traumatic injuries such as fractures, bruises, sprains, unbroken chilblains, insect bites, osteoarthritis, heaviness and swelling in the legs and relief of muscle ache

Traditional Use

This plant has been used for centuries in traditional herbalism as a remedy for injuries, aches and pains.

Energetics

Hot, dry, bitter, pungent.

Constituents

Essential oils, sesquiterpene lactones (helenalin derivatives), bitter glycosides, pyrrolizidine alkaloids (tussilagine and isotussilagine), polyactylenes, flavonoids, tannins, carotenoids, diterpenes, arnidiol (a triterpene), coumarins (umbelliferone and scopoletin), phenolic acids (chlorogenic acid, caffeic acid and cynarin), lignans.

Use in Pregnancy

For topical use only. High risk of damage to the foetus if taken internally.

Contraindications and Cautions

Do not use on open wounds or near eyes or mouth. Withdraw if there are any signs of dermatitis. Do not use for prolonged periods. Use with caution in those with known sensitivity to other members of the Asteraceae/Compositae family.

Drug Interactions

None known.

Administration and Dosage

Liquid extract 1:5 in 60% alcohol
External use