

Arnica (*Arnica montana*)

Other common names: leopard's bane, wolf's bane, mountain arnica

Parts used: flowers

Constituents: triterpene alkaloids, flavonoids, polysaccharides, sesquiterpene lactones

Energetics: mildly cooling and drying

Main organs affected: brain, heart, lungs, nerves

Qualities: pain relieving, circulatory stimulating, tissue repair



Folk uses: arnica is known as an herb of the sun, owing to its bright yellow flower, which was seen as a sign to strengthen the heart. Historically it was used internally for circulatory and cardiac deficiency as well as heart rhythm issues. It has been used for centuries in the Alps of Europe; *Arnica montana* (American Arnica) has been used in the same way. It was used to dissolve hard deposits such as tumors, cataracts, joint problems. It was used for infected wounds. For the brain it is used for nervous depression, confusion, brain fog. It was used in Europe for post-stroke help.

Scientific uses: Internal uses in America are usually given only by experienced professionals even though historically it was fairly commonly used.

Science has shown that some of its constituents are antifungal, platelet inhibiting ability. It has also been used by homeopaths safely internally.

Arnica can be used externally (liquids, crèmes and gels) with great success for pain, injury, and wound healing. Its effectiveness happens usually in seconds or minutes!

Many plastic surgeons also have found arnica (homeopathically) to help reduce pain, bleeding, bruising, and healing tissues faster.

Precautions: when taken internally, arnica can be fatally toxic, can irritate tissue, and damage the liver or heart; however, arnica is safe used internally as a potentiated homeopathic remedy. Externally, do not use on open wounds. Do not use arnica internally during pregnancy, in children or if nursing a baby (except Homeopathic).

By Dave Card, Master Herbalist

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