



**Botanical Name:** *Arnica montana*

**Family:** Asteraceae

**Energetics:** Warming, stimulating

**Taste:** Bitter, pungent

**Actions:** Anti-inflammatory, analgesic, vulnerary, circulatory stimulant

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Arnica is a powerful traditional remedy best known for its ability to move stagnant blood, reduce inflammation, and speed healing after injury. It is a classic herb for trauma and is used almost exclusively **externally** in modern herbalism.

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### External Uses (Primary)

- Bruises & contusions
- Sprains & strains
- Muscle soreness
- Joint pain
- Swelling & inflammation
- Post-exertion recovery
- Minor trauma (unbroken skin only)

### Internal Uses

 **Not recommended** for internal use except under the supervision of a trained clinical herbalist.

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### Medication Interactions

Use caution if using topically while taking:  
- Blood thinners (in cases of broken skin)  
- Anti-inflammatory medications (monitor skin response)

Internal use may interact with:  
- Cardiac medications  
- Blood pressure medications

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## Contraindications

Do **NOT** use: - Internally (unless professionally guided) - On broken skin or open wounds - During pregnancy or breastfeeding - If allergic to plants in the Asteraceae family (ragweed, daisies, marigolds) - On infants or very young children

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## Caution & Safety

- External use only
  - Prolonged use may cause skin irritation
  - Discontinue if redness, itching, or rash occurs
  - Never apply to damaged skin
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## Herbal Pairings

### Blends Well With

- Calendula (skin repair)
- Comfrey (bone & tissue support)
- St. John's Wort (nerve pain)
- Ginger (circulation)
- Cayenne (warming liniments)

### Avoid Combining With

- Other strong topical irritants in sensitive individuals
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## Possible Side Effects

- Skin irritation
  - Contact dermatitis
  - Allergic reaction in sensitive individuals
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## Forms & Dosage

### Infused Oil

- Apply to affected area 2-3 times daily
- Use short-term only

## **Salve / Balm**

- Apply 2-3 times daily for bruises or sore muscles

## **Liniment / Tincture (Topical Only)**

- Apply sparingly to unbroken skin
- Do not occlude

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## **Notes**

Arnica is a first-aid staple for physical trauma but demands respect. Used correctly, it is one of the most effective herbal allies for bruising and injury.

*For educational purposes only. Not intended to diagnose, treat, or cure any condition.*