

Arnica

Botanical Name: *Arnica montana*

Family: Asteraceae

Energetics: Warming, stimulating

Taste: Bitter, pungent

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

Overview

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.

Uses

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.

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

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

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.