Arnica Montana

Introduction: Arnica grows all over the world in the mountain region. Before proving, Arnica plant was used in any injury from fall, with astonishing results. So it can be said to be the traumatic par excellence. Trauma in all its varieties and effects, recent or remote, is met by Arnica, more than by any other single drug. Produces conditions upon the system quite similar to those resulting from injuries, falls, blows, contusions. Tinnitus aurium. Putrid phenomena. Septic conditions; prophylactic of pus infection. Apoplexy, red, full face. It is especially suited to cases when any injury, however remote, seems to have caused the present trouble. After traumatic injuries, overuse of any organ, strains. Arnica is disposed to cerebral congestion. Acts best in plethoric, feebly in debilitated with impoverished blood, cardiac dropsy with dyspnoea. A muscular tonic. Traumatism of grief, remorse or sudden realization of financial loss. Limbs and body ache as if beaten; joints as if sprained. Bed feels too hard. Marked effect on the blood. Affects the venous system inducing stasis. Echymosis and haemorrhages. Relaxed blood vessels, black and blue spots. Tendency to haemorrhage and low-fever states. Tendency to tissue degeneration, septic conditions, abscesses that do not mature. Sore, lame, bruised feeling. Neuralgias originating in disturbances of pneumatogastric. Rheumatism of muscular and tendinous tissue, especially of back and shoulders. Aversion to tobacco. Influenza. Thrombosis. Hematocele.

Scientific Name: Arnica montana

Synonyms: Arnica helvetica; Arnica petiolata; Arnica plantaginisfolia; Chrysanthemum latifolium; Doronicum montanum; Doronicum arnica; Doronicum arnica; Doronicum oppositifolium; Leopard’s Bane; Falkraut; Caltha alpine; Mountain arnica; Mountain tobacco; Celtic nard; European Arnica; Mountain Tobacco Wolfsbane; Mountain snuff; Germany: Arnika; Wohlverleih; Wolfsblume; Wolfstoeterin; Donnerblume; Waldblume; Bergwohlverleih; Wolverly; Falkraut; Luzianskraut; Engel Trank; France: Anrique; Arnica; Tabac des Vosges; Herbe aux chutes; Souci des alpes; Betoine des Montagnes; The Netherlands: Arnika; Val-kruid; Groot Luciaen-kruid; Sweden: Fibler; Spain: Arnica; Tobacco de Montana; Italy: Arnica; Turkey: Dag tutunu.

Source: The main source of Arnica Montana is vegetable kingdom. It belongs to the family of Compositae (Asteraceae). It is widespread across most of Europe. It is noted for its large yellow flower head. Arnica montana is a flowering plant about 18–60 cm (7.1–23.6 in) tall aromatic fragrant, perennial herb and creeping, slender, blackish rhizome, 2 to 5 cm long and 5 mm in
thickness, giving from its sides and undersurface numerous dark brittle, wiry, curved and twisted roots, about 8 cm in length; the scars that are left by their removal together with encircling scares of cataphyllary leaves, render the surface of the rhizome, which is in addition longitudinally shrieveled, distinctly rough.

Stem: 25 to 30 cm high, erect, pubescent, rough, striated, either simple or with one pair of opposite branches. Leaves 10 to 20 cm long, are few, entire, sessile opposite, obovate; radical ones crowded at the base, the upper smaller than the rest. The heads, 5 to 6 cm wide, large and solitary at the summit of the stem and lateral branches. The involucre is cylindrical, dull green, with purplish points and hairy. The ligulate florets are in single row of sixteen to twenty; calyx represented by a pappus numerous bristles, each of which is 4 to 5 cells in diameter and minutely denticulate on the surface; strap of the corolla about 2 to 3 cm long and 3 to 5 mm wide, with 3 acute teeth at the apex and 7 to 9 veins, sometimes 4 to 5 teeth and upto 15 veins; stamens absent; ovary inferior, 5.5 to 7.5 mm long, five-ribbed unilocular, the wall bearing numerous appressed twin trichomes, each composed of 2 cells which diverge at the tips; style filiform, stigma bi-fid and spreading. Tubular floret has a regular, 5 toothed, yellow, tubular corolla about 7 to 8 mm long; 5 epipetalous stamens with syngenesious anthers; pappus and ovary as in ligulate florets. The drug as a whole has a faint, but rather agreeable apple like odour and bitter, acrid taste. Flowers too have a pleasant sweet and aromatic odour and bitter, acrid taste.

Microscopically the smoothed transverse section of rhizome shows, externally thin-layer of brown cork, a fairly wide whitish cortex in the inner layers of which is a circle of dark resin ducts; a circle of about 20 vascular bundles having a yellowish xylem and separated by fairly wide medullary rays and a large whitish central pith.

Parts used: The entire fresh plant, including the root.

Composition:

**Powder θ.**

Drug Strength 1/10

Active ingredient:
Arnica, fresh pulp containing solids 100 gm.
And plant moisture approximately 300 cc. = 400 gm.

Excipients:
Distilled water = 100 cc.
Strong Alcohol = 635 cc.

To make one thousand cubic centimeters of tincture.

Prover Name: Dr. Christian Friedrich Samuel Hahnemann.
**Spheres of Action:** The chief action of Arnica is on blood and blood vessels particularly on capillaries. It is generally believed to possess the power of absorbing blood.

**Pathogenesis:** By its action upon the blood, it produces anemia, tendency to hemorrhage, capillary stasis, ecchymosis and defective nutrition. Arnica causes reabsorption of extravasated blood, prevents septic condition and recovery of the parts. On the muscular, serous and cellular tissues and tendons, it produces condition similar to those resulting from blunt injuries.


**Constitution:**

*Physical make-up:* Sanguine, plethoric persons, lively expression and very red face, who are disposed to cerebral congestion.

*Relation with heat & cold:* Chilly patient.

*Temperament:* Nervous temperament.

*Miasm:* Psora is in the background.

**Causation:** Mechanical injuries. Fright or anger. Excessive venery (vaginitis in the female, impotence in the male).

**Guiding Symptoms:**

1. Nervous women, sanguine plethoric persons, lively expression and very red face.
2. For the bad effects resulting from mechanical injuries; even if received years ago.
3. Especially adapted to those who remain long impressed by even slight mechanical injuries.
4. Sore, lame, bruised feeling all through the body, as if beaten; traumatic affections of muscles.
5. Mechanical injuries, especially with stupor from concussion; involuntary faeces and urine; after injuries with blunt instruments (Symph.).
6. Compound fractures and their profuse suppuration (Calend.).
7. Concussions and contusions, results of shock or injury; with laceration of soft parts; prevents suppuration and septic conditions and promotes absorption.
8. Nervous, cannot bear pain; whole body over-sensitive (Cham., Coff., Ign.).
9. Everything on which he lies seems too hard; complains constantly of it and keeps moving from place to place in search of a soft spot (the parts rested upon feel sore and bruised, Bap., Pyr.; must move continually to obtain relief from pain, Rhus).
11. The face or head and face alone is hot, the body cool.
12. Unconsciousness; when spoken to answers correctly but unconsciousness and delirium at once return (falls asleep in the midst of a sentence, Bap.). Says there is nothing the matter with him.
13. Meningitis after mechanical or traumatic injuries; from falls, concussions of brain, etc.
14. When suspecting exudation of blood, to facilitate absorption Hydrocephalus; deathly coldness in forearm of children (in diarrhoea, Brom.).
15. Apoplexy; loss of consciousness, involuntary evacuation from bowels and bladder; in acute attack, controls haemorrhage and aids absorption; should be repeated and allowed to act for days or weeks unless symptoms call for another remedy.
16. Conjunctival or retinal haemorrhage, with extravasation, form injuries or cough (Led., Nux.).
17. Gout and rheumatism, with great fear of being touched or struck by persons coming near him.
18. Cannot walk erect on account of a bruised sort of feeling in the pelvic region.
19. Tendency to small, painful boils, one after another, extremely sore (small boils in crops, Sulph.).
20. Paralysis (left-sided); pulse full strong; stertor, sighing, muttering.
22. Dysentery; with ischuria, fruitless urging; long interval between the stools.
23. Constipation: rectum loaded, faeces will not come away; ribbon like stools from enlarged prostrate or retroverted uterus.
24. Soreness of parts after labor; prevents post-partum haemorrhage and puerperal complications. Retention or incontinence of urine after labor (Op.).

**Particulars:**

**Mind:** Fears touch, or the approach of anyone. Unconscious; when spoken to answers correctly, but relapses. Indifference; inability to perform continuous active work; morose, delirious. Nervous; cannot bear pain; whole body oversensitive. Says there is nothing the matter with him. Wants to be let alone. Agoraphobia (fear of space). After mental strain or shock.

**Head:** Hot, with cold body; confused; sensitiveness of brain, with sharp, pinching pains. Scalp feels contracted. Cold spot on forehead. Chronic vertigo; objects whirl about especially when walking.
Eyes: Diplopia from traumatism, muscular paralysis, retinal hæmorrhage. Bruised, sore feeling in eyes after close work. Must keep eyes open. Dizzy on closing them. Feel tired and weary after sight-seeing, moving pictures, etc.


Nose: Bleeding after every fit of coughing, dark fluid blood. Nose feels sore; cold.


Face: Sunken; very red. Heat in lips. Herpes in face.


Abdomen: Stitches under false ribs. Distended; offensive flatus. Sharp thrusts through abdomen.


Urine: Retained from over-exertion. Dark brick-red sediment. Vesical tenesmus with very painful micturition.

Female: Bruised parts after labor. Violent after-pains. Uterine hæmorrhage from mechanical injury after coition. Sore nipples. Mastitis from injury. Feeling as if fœtus were lying crosswise.


Heart: Angina pectoris; pain especially severe in elbow of left arm. Stitches in heart. Pulse feeble and irregular. Cardiac dropsy with distressing dyspnœa. Extremities distended, feel bruised and sore. Fatty heart and hypertrophy.
**Extremities:** Gout. Great fear of being touched or approached. Pain in back and limbs, as if bruised or beaten. Sprained and dislocated feeling. Soreness after overexertion. Everything on which he lies seems too hard. Deathly coldness of forearm. Cannot walk erect, on account of bruised pain in pelvic region. Rheumatism begins low down and works up (Ledum).

**Skin:** Black and blue. Itching, burning, eruption of small pimples, which comes one after another. Crops of small boils (Ichthyol; Silica). Ecchymosis. Bed sores (Bovinine locally). Acne indurata, characterized by symmetry in distribution.

**Sleep:** Sleepless and restless when over tired. Comatose drowsiness; awakens with hot head; dreams of death, mutilated bodies, anxious and terrible. Horrors in the night. Involuntary stools during sleep.

**Fever:** Febrile symptoms closely related to typhoid. Shivering over whole body. Heat and redness of head, with coolness of rest of body. Internal heat; feet and hands cold. Nightly sour sweats.

**Injury:**

a. **Acute.**

*Causation:* Results from blow, fall, contusion, traumatic and mechanical injuries. Injuries from blunt instruments.

*Sensation:* SORE, LAME, BRUISED FEELING ALL OVER THE AFFECTED PARTS.

*Pain:* Very much painful; sensitive to touch.

*Look of the skin:* The affected parts become blue and black with extravasation of blood. There may also be injury to conjunctiva and retina due to coughing with extravasation of blood (Ruta, Ledum) and sore, lame, bruised feeling in the eye. After difficult labor, there is soreness of part with retention or incontinence of urine. In acute case of injury, if Arnica is given when above mentioned symptoms are found: “It controls haemorrhage. It re-absorbs extravasation of blood. It prevents suppuration and septic condition. It prevent post-partum haemorrhage and puerperal complication”

b. **Chronic Injury:** In chronic cases of injury, even if received years ago resulting in tremors, articular rheumatism, paretic and paralytic condition of parts, Arnica is infallible. Consequent upon chronic injury, especially concussion of brain, received years ago, there is involuntary, evacuation from bladder, involuntary faeces and urine.
Rheumatism:

*Type:* Ascending type of rheumatism (Ledum), Descending type (Cactus, Kalmia)

*Character of pain:* Oversensitive to touch, cannot bear pain. There is great fear of being touched or struck by persons coming near him. Pain in the back and limbs as if bruised or beaten. Cannot walk erect on account of bruised pain in pelvic organs.

*Modalities:* Aggravation of touch and amelioration by lying down.

General Modalities:

*Aggravation:* Least touch; motion; rest; wine; damp cold.

*Amelioration:* Lying down, or with head low.

Relationship: Teste takes Arn. as the type of his first group, which includes Ledum, Crot. t., Fer. magnet., Rhus t., Spig.

*Compare:* Abrot., Absinth., Calend., Chamom., Cina, Gnaphal., and other Compositæ.

*Complementary:* Acon. Hyper., Rhus.


*Follows well:* Aco., Ipec., Verat., Apis.

*Followed well by:* Aco., Ars., Bry., Ipec., Rhus t.

*Action aided by:* Arsen. (dysentery and varicose veins).

*Injurious in:* Bites of dogs or rabid or angry animals.

*Antidote to:* Am. c., Chi., Cicut., Fer., Ign., Ipec., Seneg.

*Antidoted by:* Camph., Ipec. (to massive doses); Coffee (headache); Aco., Ars., Chi., Ign., Ipec. (to potencies). Wine increases unpleasant effect of Arnica.

**Dose and Administration:** Mother Tincture 03 or 04 drops mixed with water four or five times. Locally, the tincture, but should never be applied hot or at all when abrasions or cuts are present. (For torn and lacerated wounds Calendula must be used locally) or as directed by the Homoeopathic Physician.

*Side effects:* Homeopathic doses of remedy arnica are unlikely to exert any adverse reactions because of the minimal amount ingested. It irritates mucous membranes and causes stomach pain, diarrhea, and vomiting. Allergy and contact dermatitis have been reported.
**Contradiction:** There is no known contradiction.

**Use in pregnancy and breast-feeding:** The safety of this medicine in pregnancy has not been studied. Therefore it should be used with caution during these periods. If necessary, consult with homoeopathic physician.

**Storage:** Keep out of reach of children. Keep away from sunlight. Store in a cool and dry place.

**Presentation:** 30 ml, 100 ml & 450 ml in bottle.

**References:**

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3. Homoeopathic Pharmacopoeia of M. BHATTCHARYYA & CO.’S
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10. Encyclopedia of Homoeopathic Pharmacopoeia by Dr. P.N. Varma & Dr. Indu Vaid.