

Product Profile

ARNICA

Arnica montana

Liquid extract of dried flowers (1:10 herb/extract ratio).

Actions: Anti-inflammatory and resolvent actions promote dissipation and absorption of tissues destroyed by traumatic injury or over-exertion. Increases nerve force.

Uses: Traumatic injury, bruises, and sore strained joints, muscles, ligaments and tendons; tensive backache; concussion; stroke; heart strain and debility of heart muscle due to over-excitement or over-activity; post-partum discomfort and muscular soreness; reduces pain and bleeding during and after surgery and facilitates recovery. Emotional trauma (e.g., sudden bad news, terror, violence). Sadness and depression. Poor blood circulation, and urinary incontinence due to weak nerve force. Topically apply over strained sore areas, and insect bites and stings. Gargle for sore throat or laryngitis.

Dose: Take 5 to 10 drops in a full cup of water, 1 to 3 times per day. Best given in small, well-diluted doses. (These doses are based on the 1:10 extract only.) Topically apply cotton cloth wetted with mixture of 1 teaspoon extract and a cup of cool water. Renew every 1 or 2 hours. As a gargle, mix 5 to 10 drops in half-cup water and gargle several times per day.

Cautions: Avoid or moderate use in excitement of the nervous system, irritation of stomach and intestines, acute inflammation, high fever or asthma. Excessive doses can cause nervous excitement and throat and stomach irritation. Prolonged topical use, or application to broken skin may cause skin irritation. Discontinue use if these symptoms appear.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

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