

ARNICA – First Aid Remedy

The homeopathic preparation **ARNICA 30C** is a first aid medicine *par excellence* for the **shock or trauma** of **any injury**. I recommend it for every first aid kit and I always have some in a spray bottle in my handbag. Arnica can also be applied as a cream (but not to broken skin) for extra support.

Arnica helps reduce shock, relieve pain, diminish swelling, and begin healing. Consider using it for any significant soft tissue **injury**.

BROKEN BONES / FRACTURES: Reduces swelling, helps with bruising and to control internal bleeding also deals with shock (there are other remedies to help the bones heal).

BRUISING: Bruised tissue from physical trauma, injury, accident, falls or blows. Good for **head injuries**.

CUTS / WOUNDS: Helps deal with the initial shock, reduce swelling and control bleeding.

EYE INJURIES: Any injury or trauma to the eye, from a blow or knock to the eye.

JETLAG: Can be useful for jetlag where there is a feeling of being battered & bruised

LABOUR: before, during, and after labour to help the mother and infant deal with the shock and trauma of birth (by breastfeeding, baby will gain the benefits of the mother taking Arnica)

OVEREXERTION: relieves muscular pain & discomfort from overexertion e.g. an unaccustomed day's work in the garden

SHOCK: Shock after any physical trauma or accident.

SPRAINS / STRAINS: Reduces swelling helps control internal bleeding, reduces bruising and deals with shock.

SURGERY: helps with shock, bleeding and reduction of pain & swelling after surgery, including **dental work & tooth extraction**.

Arnica Montana is a perennial alpine herb with yellow daisy-like flowers.

Indigenous to Central Europe, Arnica has long been valued by Swiss mountaineers who chew it to relieve muscular aching & exhaustion in extreme altitudes.

Mountain goats are also aware of the properties of Arnica and will seek it out to chew if they happen to fall & injure themselves.

First Aid Administration:

1 dose (1 spray or 2-3 pilules) in mouth. Observe patient. Repeat according to intensity of situation - in general, 2-4 hourly over 24 hours. In more severe situations, the remedy may be repeated as often as every 5-15 minutes.

As patient improves, increase time between doses until obviously recovering. Often, one dose is enough.

If symptoms improve but worsen again, repeat dose.

If there is no change in condition after 6 doses, choose another remedy.

Information intended as a guide only. If a situation requires more than simple first aid treatment please seek professional advice or dial 111.

Do NOT use Arnica if patient is taking Warfarin

Information compiled by

Diane Willcock MSc, PhD, DipHom(NZ), NZCH(Intern)

diane.hpath@gmail.com www.dianewillcock.co.nz

Rejuvenating in my recovery I praise this herb most highly, yet in truth it is nature who praises herself, she who is inexhaustible, who creates this flower with its healing powers, and in doing so once more proclaims herself to be eternally procreative - Goethe

