

Arnica

THE HOMEOPATHIC REMEDY FOR THE QUICK HEALING OF MUSCLE INJURY,
MUSCLE STRAIN FROM OVERUSE, CHILDBIRTH, MAJOR SURGERY,
AND THE SHOCK AND PAIN OF FALLS AND BLOWS.

Arnica montana is a flowering plant that has been used for centuries to stimulate wound healing after blunt trauma. This kind of injury results in a feeling of bruised soreness because of the bleeding from capillaries, and the development of swollen, bruised areas. Emergency reflex mechanisms may be weakened by the powerful impact of a sudden blow, and the shock and trauma may make a person seem confused or stuporous. The body may respond inappropriately by contracting the capillaries, often resulting in excessive bleeding or bruising of even a minor wound. Arnica will rouse the strength and encourage the body to act appropriately in such a situation and so belongs in every first aid kit, medicine chest, emergency room, and hospital recovery room.

Arnica is also useful for minor falls, to speed the healing of black-and-blue and swollen areas. It hastens recovery from operations, including plastic surgery and caesarean section births. For a long and difficult birth, it can prove very helpful for the baby, working quickly to correct respiratory depression or stupor calling for resuscitation. After an uncomplicated labor, it will help with the usual soreness, bruising and discomfort.

After a day of unusual physical labor, such as heavy gardening, or an unusually long hike or run, Arnica is great for soothing sore muscles.

Arnica as a homeopathic remedy is available in the 6c, 12c, 30c, 200c, 1m and 10m potencies. It can also be used in topical form as a massage oil, gel or spray. However, Arnica should never be used topically on open wounds! The general rule of homeopathic prescribing is the lower the strength (such as 6c or 12c, as opposed to the the higher potencies like 200c or 1m), the more often it is needed. Lower potencies are also normally used for less serious injuries. However, most homeopathic practitioners recommend 30c for minor situations, to be repeated every hour as needed, while 200c is normally used for more serious trauma, but in this case, the 200c remedy should be repeated every few minutes until symptoms are improved.

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