ARNICA (A. montana, A. cordifolia, A. latiflora, etc.)

PLANT PART ............ WHOLE PLANT

PREPARATION:
• Tincture ............ Fresh plant, flower or root tincture [1:2]
• Tincture ............ Dry flowers or herb [1:5, 50% alcohol]
• Tincture ............ Dry root tincture [1:5, 60% alcohol]
• EXTERNAL......... Diluted with one or two parts of water, applied as needed
• INTERNAL.......... 3-10 drops  TAKE INTERNALLY WITH CARE
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SUMMARY OF USES: As a liniment as is or diluted with equal parts water, for bruises, hyperextensions and athletic injuries...applied by hand to part and allowed to dry; externally for acute arthritis.
CONTRA: Can cause subdermal irritation in some people...cease use.
Not for internal use in pregnancy.
SPECIFIC INDICATIONS
• Topical (in any form) in osteoarthritis; often helpful for RA but prone to induce skin irritations.
• Bruises (topical).
• Muscular pain from strain and overexertion; strains; (externally).
• The diluted tincture, tea, or powdered plant topically to stimulate phagocytosis.
• The diluted tincture gargled for obstinate sore throat, combined with Hamamelis.
• 5-15 drops internally for athletic trauma, jarring, or the aftermath of physical violence (ONLY for durable, sturdy, sthenic adults)