

These folios are intended to offer brief and concise information about the preparation and uses of North American botanicals...to encourage the viewing of our herbs as LIVING PLANTS, not merely abstract roughage purchased in commerce, derived from sources mysterious.



Southwest School of Botanical Medicine  
Medicinal Plant Folio

# ARNICA

Prepared by Michael Moore



**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)



Arnica latifolia  
Side-Flowered Arnica  
PHOTO-Mimi Kamp