



Farmacy Co

NURTURE WITH NATURE

Materia Medica

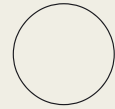
General Information

Botanical Herb name : Arnica montana

Common Name: Arnica

Family: Asteraceae

Edible / Toxic



Botanical Description:

Arnica montana is a flowering plant about 18–60 cm tall aromatic fragrant, herbaceous perennial. Its basal green ovate leaves with rounded tips are bright coloured and level to the ground. In addition, they are somewhat downy on their upper surface, veined and aggregated in rosettes

Medicinal Uses:

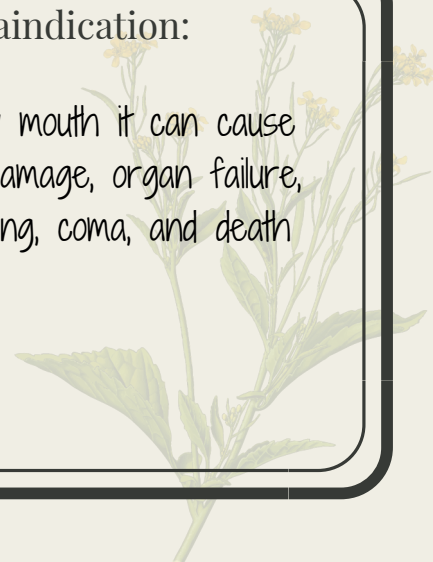
Arnica (Arnica montana) has been used for medicinal purposes since the 1500s and is still popular today. Applied to the skin as a cream, ointment, liniment, salve, or tincture, arnica has been used to soothe muscle aches, reduce inflammation, and heal wounds.

Parts Used:

The flowers are harvested when fully developed and dried without their bract nor receptacles. The roots can be harvested in autumn and dried as well after being carefully washed.

Warnings/Contraindication:

When taken by mouth it can cause vomiting, heart damage, organ failure, increased bleeding, coma, and death





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Growing Information

Botanical Herb name: Arnica montana
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Grow Zone:
1 - 3

Position:
 Arnica will take sun but doesn't want a hot root system (roots in a pot in the sun). afternoon shade

Soil Type:
 Arnica enjoys a full sun exposure and loose, moist to mesic, acidic soils. The plant is intolerant of lime.

Water:
 It does well in a moist garden setting, or in a moist meadow, where the roots are cooled by mulch or grasses.

Plant when:

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Height: 30 - 60cm
Width: 60cm
Space: 60cm

Planting & Propagate
 Arnica seeds respond well to standard flower seed propagation methods. Once a good patch is established, it is fairly easy to produce more plants by means of division. Dig a rhizome, pot it up, and aerial parts will soon appear

Harvest:
 Harvest the flowers in early flowering stage and dry on screens in a warm, dark and well ventilated place. Dry until crispy





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Medicinal Properties

Taste: Not for consumption

Parts Used:

Mainly Flowers, but can use leaves and roots

Active Compounds:

sesquiterpene lactones, flavonoids, terpenoids, phenolic acids, and essential oils

Energetics:

warming, soothing, relieving

Specific Actions:

- Adaptogen
- Alterative
- Anthelmintic
- Anti-catarrhal
- Anti-depressive
- Anti-emetic
- Anti-hemorrhagic
- **Anti-inflammatory**
- Anti-lithic
- **Anti-microbial**
- Anti-parasitic
- Anti-pyretic
- Antispasmodic
- Anodyne
- Aromatic
- Astringent
- Bitter
- Cardiac Tonic
- Carminative
- Cholagogue
- Choloretic
- Demulcent
- Depurative
- Diaphoretic
- Diuretic
- Emetic
- Emmenagogue
- Emollient
- Expectorant
- Febrifuge
- Galactagogue
- Hepatic
- Hypnotic
- Laxative
- Nervine
- Rubefacient
- Sedative
- Spasmodic
- Stimulant
- Styptic
- Thymoleptic
- Tonic
- Trophorestorative
- Vulnerary

Specific Indication: People most commonly use arnica for pain caused by osteoarthritis. It is also used for bleeding, bruising, swelling after surgery,

