

ARNICA MONTANA

Arnica is the 1st remedy to consider in any injury or trauma. It promotes healing, controls bleeding, reduces swelling and bruising and prevents pus forming.

Strained muscles

After over exertion or childbirth.
With sore/ bruised feeling.
(that isn't better for movement)

Sprained muscles

Give in 1st stage to reduce swelling and bruising.

Nose bleed
From injury.

Fractures and broken bones
Give in 1st stage to reduce swelling and bruising.

Shock
From injury- see emotional symptoms.

1st remedy in
Head injury
with or without concussion.

Bruising
For all bruising and **swelling**.
Best given before discolouration.

Eye injury
Bruising to eyeball and surrounding area.

Great for bruising and soreness after **operations**, after **childbirth** or after **dental work**.



Notes

- Use internally in 6C or 30C potency.
- Never use cream or tincture on open wounds.
- Always seek medical help if unsure or you suspect a serious injury.

GENERAL SYMPTOMS

Apply to all conditions:-

Sensations:

sore and bruised.

Modalities:

worse for touch;
worse for lying on injured part
(bed feels hard).

Emotional symptoms:
fearful, especially of being touched; shocked.

