

# ARNICA MONTANA – Leopard's Bane, wolf's bane

A short by [Erika Phillips](#)



Generalities - It is a traumatic remedy par excellence. Trauma in all its varieties – Mental or physical, and their effects recent or remote are met within this remedy. It affects the blood, causing putrid and septic conditions. Blood vessels are relaxed, causing ecchymosis, blue black spots with a tendency to hemorrhage, epistaxis (nosebleed), etc. It acts upon nerves causing neuralgia. Muscles feel very sore, painful, bruised all over. Part becomes sore after the pain, or after bleeding. It is a prophylactic for pus formation. Burrowing pus. Has absorbent action. Progressive emaciation. Extreme exhaustion. Discharges are foul; breath, taste, flatus, stool, etc. Crushing pain. Bed feels hard or full of lumps. Involuntary evacuation. Abscesses that do not mature. Pains are paralytic; sudden shifting pain from joint to joint. It acts best in plethoric (full and robust), dark haired persons of ridged muscles; nervous, sanguine nature. It acts but feebly on persons who are positively debilitated, with impoverished blood and soft flesh. Compound fracture. Twitching in tendons, muscles. Osteomyelitis (inflammation of the bone marrow). Ill - effects of fright, financial loss, anger, repentance;

excessive use of any organ, vaginitis in females and impotence in males from excessive use of excessive sexual indulgence, exertion of any kind. Mind and uterine symptoms alternate. Complaints when over hurried. Apoplexy (stroke). Typhoid, septic fever, recurring boils. Surgical operations, Insect stings, splinters, Thrombosis. Aversion to tobacco.

Arnica Montana – Leopards bane or wolf's bane is a Daisy type plant with a yellow flower, originally originating from Europe. It now grows wild throughout North America and is related to the common garden variety. This plant contains a toxin known as helenalin and should never be used internally. Externally the herbal form has great healing properties for contusions with bruising. It should never be applied to open wounds or broken skin. The roots contain thymol which is a fungicide and preservative and has an anti-inflammatory agent. When used in a gel it can have the same effects as an NSAID for osteoarthritis.

Homeopathically, Arnica Montana is considered a polycrest. Polycrests are known to have many uses. While it is important to have close symptom pictures for remedies, Polycrests can be used successfully to treat acute cases without the need for constitutional prescribing.

Unfortunately most Materia Medicas are written for human prescribing, those that have been modified for animals are feeble at best, so careful translation is necessary to get the correct canine symptom picture.

Dosage- most common and safest potency is 30C. This is still generally in

the physical realm. With 30C potency you can effectively treat pain and discomfort up to three times daily for several days without worry of aggravation. For very acute symptoms lower doses such as 6c or 12c can be administered every 1/2 an hour until pain subsides. For accidents which affect the emotional state of an animal (fright or fear) then a single dose of 200C is recommended. For chronic states caused from trauma in the past then higher potencies are very useful.

