

The ARNICA OIL PLANT

Dating all the way back to the 12th century, Hildegard of Bingen, aka Saint Hildegard, a German nun known for her keen observations of nature and physiology, wrote about the healing properties of the Arnica montana plant.

This alpine herb also has a long history of use in Russian folk medicine and the Swiss Alps. Since at least the 16th century, mountain people in the Alpine area have used it to relieve muscle aches and bruises.

There are several species of arnica. The most famous and commercially available is **ARNICA MONTANA**, aka mountain tobacco, leopard's bane or wolf's bane.



Arnica is a genus of perennial, herbaceous plants, native to the mountains of Europe and Siberia – it's also cultivated in North America. The name arnica is believed to be derived from the Greek word arni, which means lamb, in reference to its soft, hairy leaves.

Arnica plants have large, bright **YELLOW OR YELLOW-ORANGE FLOWER HEADS**, which begin to appear during midsummer and continue blooming well into autumn. They typically grow one to two feet tall, and the stems are round and hairy. The upper leaves are toothed and slightly hairy, while lower leaves have rounded tips.

Through steam distillation or CO2 extraction, the flower heads are used to produce pure arnica essential oil, which is combined with a mild carrier oil to produce the ready-to-use arnica oil widely available today.

Arnica oil contains helenalin, a potent anti-inflammatory, making it a must-have for any natural first aid kit, and it can be applied as an oil, cream, ointment, liniment or salve.



5 Impressive Health Benefits of Arnica Oil

1. Heals Bruises

A bruise is a discolored area of the skin on the body, which is caused by an injury or impact rupturing the underlying blood vessels. **Healing a bruise fast** by natural means is always desirable. One excellent natural remedy for bruises is arnica oil. Simply apply the arnica oil to the bruise twice daily (as long as the bruised skin area is unbroken).

A study out of Northwestern University's Department of Dermatology found that topical application of **arnica was more effective at reducing bruises** than low-concentration vitamin K formulations. Researchers identified a number of ingredients in arnica that account for anti-bruising, including some that are caffeine derivatives.

2. Treats Osteoarthritis

Arnica has been shown in studies to be effective against osteoarthritis, making it an effective **natural arthritis treatment**. The use of topical products for symptom relief is common when it comes to osteoarthritis. A 2007 study published in *Rheumatology International* found that topical arnica was as effective as a nonsteroidal anti-inflammatory drug-like ibuprofen in the **treatment of osteoarthritis of the hands**.

Arnica was also found to be an effective topical treatment of osteoarthritis of the knee. A study out of Switzerland evaluating the safety and efficacy of topical arnica had both men and women apply arnica twice daily for six weeks. The study found that the **arnica was a safe, well-tolerated and effective treatment of mild to moderate osteoarthritis of the knee**.

3. Improves Carpal Tunnel

Arnica oil is an excellent **natural remedy for carpal tunnel**, inflammation of a very small opening just below the base of the wrist. Arnica oil helps with the pain associated with carpal tunnel and ideally can help sufferers to avoid surgery. However, for people who decide to have surgery, studies have shown that arnica can relieve pain after carpal tunnel release surgery.

In a double-blind, randomized comparison of arnica administration versus placebo post-surgery in patients between 1998 and 2002, the participants in the group **treated with arnica had a significant reduction in pain after two weeks**. Arnica's potent anti-inflammatory effects make it a smart choice for carpal tunnel syndrome.

4. Relieves Sprains, Muscle Pain & Other Inflammation

Arnica oil is a potent remedy for various inflammatory and exercise-related injuries. The positive effects of topically applying arnica have proven to be effective in reducing pain, indicators of inflammation and muscle damage, which in turn can improve athletic performance. Study participants who **used arnica had less pain and muscle tenderness** 72 hours after intense exercise, according to the results published in the *European Journal of Sport Science*.

Arnica has been used in traditional medicine for everything from hematomas, contusions, sprains and rheumatic diseases to superficial inflammations of the skin. One of the constituents of arnica that makes it such a **potent anti-inflammatory is helenalin, a sesquiterpene lactone**.

In addition, the thymol found in arnica has been found to be an effective vasodilator of subcutaneous blood capillaries, which helps facilitate the transport of blood and other fluid accumulations and acts as an anti-inflammatory to aid normal healing processes. **Arnica oil also stimulates the flow of white blood cells**, which process congested blood to help disperse trapped fluid from the muscles, joints and bruised tissue.

5. Encourages Hair Growth

Whether you are a man beginning to experience male pattern baldness or a woman seeing more daily hair loss than you would prefer, you might want to try arnica oil as a natural hair treatment. In fact, arnica oil is one of the best **secret treatments for reversing hair loss**.

A regular scalp massage with arnica oil can provide invigorating nourishment to the scalp, which stimulates hair follicles to support the growth of new and healthy hair. Some claims have even been made that [arnica can stimulate the growth of new hair in cases of baldness](#). You can also look for shampoos, conditioners and other hair products that include arnica oil as one of the ingredients to reap the benefits of arnica oil.

Reference source:

Dr. Axe web site (includes references from pubmed etc.)

<https://draxe.com/essential-oils/arnica-oil/>