

Effects of Arnica Montana Treating Scratches
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The purpose of this research paper is to study the effects of the homeopathic remedy, Arnica Montana on scratches and bruises obtained from canines while providing therapy sessions in a warm water environment. Although preventative measures should be in place when swimming dogs for hydrotherapy purposes, sometimes hydrotherapists can get bruises and scratches from the canines. Past remedies attempted included OTC topical ointments, and the no-fool remedy of “time heals everything”. Since working with animals and being connected with nature go hand-in-hand, it made sense to take my next treatment steps in the homeopathic direction.

Homeopathy is a holistic medical system based on the belief that the human body can cure itself when given all-natural substances and some individuals believe these stimulate the healing process in the body. Homeopathic medicines are made from a variety of sources, such as plants, animals and minerals (4). These remedies are prepared according to guidelines set out in international pharmacopeias. Homeopathic medicines are considered safe and free from serious adverse reactions.(2)

To start my research, I went to the good ol’ world wide web. According to the Icahn School of Medicine at Mount Sinai, “Arnica is used topically for a wide range of conditions, including bruises, sprains, muscle aches, wound healing, superficial phlebitis, joint pain, inflammation from insect bites, and swelling from broken bones. More recent studies suggest it may also be helpful in the treatment of burns. Homeopathic preparations are also used to treat sore muscles, bruises, and other conditions caused by overexertion or injury. Homeopathic doses are extremely diluted. They have no detectable amount of the plant in them and are generally considered safe for internal use when taken according to the directions on the label.”

I then traveled to see Sara Allen (1) at Natural Health Choices, a homeopathic healing center located in Buffalo, NY. NHC provides Naturopathic medical care which is one of the oldest systems of primary health care in the United States, combining centuries old natural and non-toxic therapies with current scientific advances in medicine. Sara Allen received her Master of Social Work (MSW) degree from the University of Buffalo School of Social Work in 2006 and obtained her LMSW license in NY in 2007. She has been practicing counseling since 2004 in various settings including hospitals, college campuses, mental health agencies and private practice. She has taught as an adjunct professor at NCCC, served on the Niagara County Trauma Task Force, and is a member of the NCCC Human Services Advisory Committee.

When I asked Sara about Arnica Montana, she replied “This remedy relieves pain, bruising and swelling associated with trauma, surgery or overexertion. The reason arnica works is because, like many plants, it has antiseptic and anti-inflammatory properties, says Anderson. When arnica cream or arnica gel is applied, it stimulates circulation, helping the body's own healing system react—which encourages some speedy relief. It assists the body in reducing swelling and relieving pain.”

Sold. After explaining to me how to properly take the Arnica Montana, which involved dissolving tablets under my tongue for fastest absorption, I purchased a vial, shot down three of those bad boys, and my trials began! My first round of scratches and bruises were obtained on June 15, 2022 and I had significant scratches to my belly and thighs. After two doses of the Arnica Montana, both on June 16, 2022, I woke up on June 17, 2022 with almost NO SCRATCHES on my stomach and thighs.

Second testing period for Arnica Montana and scratches obtained from a canine hydrotherapy were on June 30, 2022. Three doses of Arnica Montana were consumed, one on June 30, 2022 and two on July 1, 2022. On July 2, 2022, all scratches obtained from the June 30th hydrotherapy session were undetectable.

In conclusion, personal feelings towards Arnica Montana and its effects on scratches obtained from canine hydrotherapy are similar to any medical remedies available, every substance/treatment affects every single individual differently and it all depends on your genetic molecular makeup. Luckily for me (and hopefully for you), Arnica Montana significantly helps heal scratches obtained from canine hydrotherapy sessions.

References:

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