

## LECTURE XV.

### ARNICA MONTANA,

(*Mountain Arnica, Mountain Tobacco*)

PROFESSOR Thomas D. Mitchell of Jefferson College, says of this interesting and highly useful agent: "We have many articles equally safe, and decidedly superior, and hence the discredit into which it has fallen. It is one of the many things that will do no harm, in moderate portions." He also says: "The advocates of Homoeopathy often speak of Arnica as one of *their* remedies; not aware of its antiquity, some of them make a hobby of this *old novelty*."

The good Professor who seems to have constituted himself a knight-errant in the childish crusade which some pertinacious conservatives of the dominant school are still waging against Homoeopathy, is mistaken at all points. It is not true that there exists a single agent in nature which is endowed to the same extent as Arnica with the property of restoring the contused or lacerated muscular fiber to a normal condition; it is not true that homoeopaths claim Arnica as one of *their* remedies: they simply claim the honor of having rescued from unmerited oblivion this highly useful drug, and of having introduced it into every well-organized pharmacy in Christendom; and lastly it is not true that this agent has fallen into disuse, for it may be found in every intelligent family in city and country, both in families where allopathic and in families where homoeopathic physicians are employed.

*Arnica montana* belongs to the natural family of the *Radiatae*. It is a perennial plant which flowers in the months of July and August. The root consists of a cylindrical woody rhizome, terminating abruptly, from which many fibers or radicles arise. It is brown externally, has a disagreeable, yet aromatic odor, and an acrid nauseous, astringent taste. The leaves and flowers have the same smell as the root.

The flower stalk is about a foot high, except in alpine situations where it often only attains a height of six inches. It is a simple, hardy stem, obscurely angular, leaves entire and ovate. The leaves arising from the flower-peduncles, are of a glossy green color, darker on the upper surface than on the dorsal side. The corolla is composed of about sixteen or eighteen single florets, of a bright yellow color, striated and three-toothed. The calyx is composed of rough, hairy scales. There are twelve species of Arnica, of which we only use the *Arnica montana* which is found, as the name indicates, on elevated slopes and meadows in the cooler parts of Europe. Teste informs us that some varieties of this species are found in the plains of the North of France; they are distinguished by the large

size of their leaves, the height of the stems, etc. According to Nuttall, it is also found in the Northern regions of our country, west of the Mississippi.

The parts used in medicine are the flowers and roots. We may make an infusion or an alcoholic tincture. To make an infusion we digest half an ounce of the flowers with one pound of water. The tincture is prepared by macerating one and a half ounces of the flowers in one pound of rectified alcohol. To make a concentrated tincture of the root, we macerate one pound of the root in a quart of alcohol.

The root which we use for medicinal purposes, should be of the size of a quill; externally it is striated, black or reddish-brown; internally it is yellowish-white. The strong aromatic taste of the root grows stronger after drying; however if the root is kept too long exposed to the open air, its medicinal properties become weaker and comparatively inefficient. If possible, a tincture should be made from the fresh flowers; the root however is the most important part. The saturated tincture has a brown-yellow color and a highly penetrating, aromatic odor. The root may be ordered from Germany in well-stopped bottles, having been well dried in a sand-bath and then pulverized.

The flowers of this plant are liable to being visited by an insect which the Germans call the Arnica-fly and which has to be carefully removed before using them. No blossoms should be used which are not perfectly uninjured by this parasite.

The use of Arnica montana has become so universal at the present period, that some caution has to be used in purchasing the plant from druggists. The spurious Arnica-root yields a light yellowish tincture, without any marked, characteristic odor; whereas the genuine root yields a brownish, yellowish-green tincture having a strong, pungent, aromatic odor which completely masks the odor of the alcohol that is distinctly perceived when the root is derived from a spurious species.

Hahnemann introduces the pathogenesis of this important drug with the following remarks: " Notwithstanding all its carefully constructed dogmas, its scholastic definitions and subtle distinctions, the established system of medicine has never succeeded in discovering the specific properties of this plant, nor in finding any certain remedy for that general affection, (often very serious,) which results from severe falls, shock, blows, contusions, etc., or from straining or tearing the solid parts of the human frame. At length, after innumerable attempts and trials, the people discovered for themselves the desired remedy in Arnica. Two hundred years ago, a physician named Fehr, communicated to his brethren,

for the first time, the discovery of this domestic remedy; since when Arnica has been called *Panacea lapsorum*. The case has been similar with regard to all other specifics; the art of medicine owes the knowledge of them to domestic practice, and has never made a single discovery for itself, because those who practice it, have not taken the trouble to try the pure effect of natural substances on persons in health.

Chevallier and Lassaigue have obtained from Arnica a yellow ethereal oil having the odor of Arnica, and an acrid nauseous substance similar to that which has been discovered in the seeds of the *Cytisus-Laburnum*, and hence named Cytisin.

Dr. Collin, of Vienna, used Arnica extensively in the Pazman Hospital of that city for four years from 1771 to 1774, in intermit tent and putrid fevers and also in malignant dysentery. Murray states that, when the medicine was given in too large a dose, it occasioned vomiting, anxiety, sweats, an aggravation of the pain around injured parts, (which, however, never lasted long,) sensitiveness of the abdomen, weakness of the senses and nerves, tingling, shooting and burning pains, or shocks resembling those produced by the electric fluid, great anxiety, even dangerous hemorrhages, vomiting, vertigo, and coma. Hence Arnica was supposed to be contra-indicated by the presence of fever, a predisposition to hemorrhages and internal congestions.

The sternutatory properties of the blossoms of Arnica were known at an early period. Hence its name *Parmica montana* instead of Arnica, from the Greek verb "*ptairo*," to sneeze.

There is no doubt that Arnica is possessed of very acrid properties, and that it may likewise induce a state of narcosis. Experiments have been made both with the flowers and the root, justifying the conclusion that Arnica acts powerfully upon the vegetative sphere, and that it stimulates the absorbent powers of the capillaries, particularly in cases where they have been weakened or suspended even by external injuries. Hence we see that the primary action of Arnica upon the absorbents must be to depress their activity and to induce precisely such derangements as will naturally flow from functional torpor of the vegetative or reproductive sphere. In this respect Arnica acts similarly to Peruvian bark, as we shall perceive at a later period of our course.

The therapeutic range of Arnica has been very philosophically and very comprehensively defined by Professor Altschuhl of the University of Prague. "According to the observations of Old School physicians, the vegetative nervous system is the focus of the physiological action of Arnica. In the lower vegetative tissues, where the activity of the

lymphatic vessels and veins predominates, Arnica excites the irritability and sensibility of the fiber without causing any general exaltation or quickening of the animal functions. It acts more particularly upon the *capillary* system, where the capillary vessels coalesce in inmost union with the terminal ramifications of the nervous system; it acts upon the *dermoid* system, especially among the membranous and fibrous tissues (among which we range the aponeurosis, the ligaments, the synovial membranes, the periosteum, pleura and peritoneum;) it invigorates the vegetative life of the organism, and counteracts a tendency to colliquation and putrescence. It stimulates the activity of the absorbent vessels, especially of the cutaneous, pulmonary and renal absorbents, whence it is well known curative virtues in extravasations. This *stimulating* action is secondarily perceived by the cerebro-spinal axis, especially by the motor nerves; hence we use Arnica with advantage in paralytic conditions depending upon spinal irritations. In massive doses it affects the digestive system, causes dyspeptic complaints, nausea, oppression at the stomach, colicky pains, watery or slimy discharges from the bowels, having a fetid smell and accompanied with a good deal of flatulence." Hence we are authorized by the terms of our law, to use it in torpid inflammatory conditions where a typhoid character of the symptoms threatens to set in.

The members of Dr. Joerg's celebrated Provers' Union have subjected Arnica to several interesting experiments upon themselves.

Dr. Assmann took an infusion of seven grains of the flowers in two ounces of water; he experienced a scratching sensation in the mouth and esophagus, and soon afterwards a contracting pain in the stomach, lasting one hour and then gradually subsiding; these symptoms were succeeded by a sense of confusion in the head, and dull pressing pains below the parietal bones and in the region of the lachrymal fossae; after perspiring in the night, these pains disappeared; on the day following he complained of general lassitude, heaviness of the head and inability to work continuously or earnestly.

Five days after, he took an infusion of twenty-two grains in four ounces of water; in addition to all the above sensations, he was attacked with diarrhetic stools and some cutting pains in the bowels.

This proving shows that Arnica first acts upon the nervous tissue of the alimentary canal, before the brain perceives the effects of the drug. By this I mean that the functional disturbances caused in the mucous surfaces of the alimentary canal preceded the cerebral engorgement. It would seem, from the character of these effects of Arnica, that they were super-induced by a primary irritation of the capillary nervous network ramified over the mucous expanse of the alimentary canal. Hence we infer that Arnica may prove adapted to derangements of the gastric functions characterized by a sensation of roughness in the esophagus and throat, crampy pains in the stomach, cutting pains in the

bowels, and diarrhea. Headache accompanies the attack, which finally terminates in perspiration. In *Cardialgia* and *Gastrodynia*, where these symptoms occur, Arnica will prove valuable.

Another prover, Engler, took an infusion of seven grains of the flowers in four ounces of water. In an hour after, his pulse became irregular and accelerated: his sleep was restless and disturbed by dreams. Two days after he took the same dose with the same results, but preceded by a scraping sensation in the mouth, about the root of the tongue, and in the esophagus, lasting for half an hour. Fifteen grains in eight ounces of water produced the same sensations; fifteen grains in four ounces of water were followed immediately by burning and scraping in the mouth and esophagus, frequent eructations, and irregular pulse in the evening; the following night was disturbed, and on the next morning he had a *peculiar painful sensation down the spine*, as if produced by long-continued stooping. A repetition of the same dose produced the same scraping in the throat, followed by an aching but superficial pain between the shoulders; his night was restless. The same dose on the next day was followed by less irritation in the throat, while the dull aching muscular or tendinous pains were felt more under the right shoulder blade; the pulse was quick and irregular. The same results were obtained from twenty grains two and five days afterwards. Thirty grains, taken two days later, produced very violent scraping in the throat, followed in ten minutes by a painful pressure apparently in the posterior wall of the stomach, and extending between the shoulder blades to the dorsal vertebra.

During these experiments he expectorated much bright, transparent, glassy mucus, punctated with black spots, and his stools seemed harder and less frequent.

This proving yields important results. The action of the drug was particularly perceived in the region of the spine, in the gastric sphere and in the pulse. The peculiar pains down the spine show that in irritation of the spinal nerves such as may be induced by rheumatic exposure, Arnica may prove valuable: a form of rheumatism where the muscular and tendinous tissues may receive the first counter-shock of the nervous irritation.

The gastric symptoms lead us to infer *Venous Congestion* of the stomach super induced by an irritation of the spinal nerves. Rheumatism, a strain, a concussion of the middle portion of the spinal chord might give rise to such symptoms. We likewise meet with functional derangements of the gastric sphere, where these hard aching pains in the region of the stomach, hawking up of glassy, black-dotted mucus, and irregularity of the pulse are characteristic symptoms. If the characteristic roughness in the esophagus is present, together with hard stool, or

in other cases, loose, watery stool with cutting pains in the bowels, we may depend upon Arnica as a remedy in the case. Such a group of symptoms we might designate as *Nervous Dyspepsia*.

Heisterbugk took fifteen grains in eight ounces of luke-warm water, followed in ten minutes by a gradually increasing pain in the stomach, *as if the walls of the stomach -were spasmodically contracted*; it lasted an hour, and was then relieved by eating. He also noticed increased activity of the skin, and a pricking pain in the chest and internal surfaces of the arms, such as occur after a sudden overheating; pulse seventy-five to eighty. Four days after, he took the same dose with slighter results and no pricking; fifteen grains in four ounces only produced a slight sensation in the stomach; the same dose, two days after, produced in a few minutes a considerable distention of the abdomen, lasting for one hour; the same dose, two days after, produced the same bloating of the abdomen, followed by moderate heaviness and confusion of the head, lasting for two hours; thirty and forty grains in six ounces of water, only produced the swelling of the abdomen and confusion of the head.

This proving confirms the specific action of Arnica upon the nerves of the stomach. Here we have a well-marked group of *Cardialgia*. If I were called to a case where the patient complained of contracting spasmodic pains in the stomach, with bloating of the bowels, confusion of the head, and slightly irritated pulse, I should prescribe Arnica. The pricking which this prover experienced, would afford additional proof of the homoeopathicity of Arnica in a given case of gastric disturbance; in *cardialgia* or *gastralgia* this symptom may be present. It may likewise be present in rheumatic affections of the tendons and muscles. In rheumatism of these parts, if pricking pains are present, together with the previously-mentioned aching pains, Arnica will be found useful.

Kneschke took fifteen grains of the flowers; half an hour after taking the drug, he experienced a peculiar scraping and burning in the throat and esophagus, followed in a few minutes by a troublesome aching in the stomach, lasting for a full hour. Twenty-two grains in four ounces of water caused a scraping in the throat immediately, and violent aching in the stomach, lasting for one hour; he had a good night, but awoke with violent piercing pains in the forehead and occiput, lasting the whole day, attended with loss of appetite, constipation and depression of spirits; he did not recover until the fifth day. Another trial with the same dose yielded nearly the same results, except that the piercing pains in the forehead came on sooner and passed off over night.

This proving reveals the depressing effects of Arnica upon the nerves of the stomach, followed by a violent irritation of the cerebral nerves and dejection of

spirits. Hence we may consider Arnica indicated in *Hypochondria* depending upon gastric derangements or dyspepsia, attended with frontal headache.

Stroefer experienced, from seven grains of the flowers; a burning scraping in the throat, nausea, increased secretion of saliva, boring, unpleasant movements in the stomach, followed by a painful pressure in the forehead for two hours; twenty-two grains caused a remarkable increase of all these symptoms, especially the salivary secretions and the pain in the head. The pulse was fuller and quicker.

These symptoms again indicate the use of Arnica in Cardialgia and Gastrodynia.

A most interesting proving is that of Winkler, who took fifteen grains of the flowers in four ounces of water. Immediately after taking the drug he experienced a violent burning in the throat, gradually descending the esophagus down to the stomach, lasting for three-quarters of an hour, and followed by griping and aching in the stomach, which extended to the small intestines where a great deal of rumbling and frequent uneasy contractions were experienced, followed by an almost tympanitic distention of the abdomen; at the end of two hours almost all these effects had passed away, but there was a sensation of gnawing canine hunger without the least appetite; he awoke the next morning with violent headache, which lasted for four hours and was so severe at eight o'clock that he almost fell down from pain and vertigo; the nausea and the sense of prostration lasted till noon. Seven grains in two ounces of water caused a scraping in the throat and esophagus, with a sensation as if the walls of the pharynx were swollen; this feeling only lasted one-fourth of an hour, and was followed by heaviness and aching in the stomach for half an hour. These experiments were repeated with large and small doses, with three, five, seven, ten, fifteen and twenty grain doses, always with the same results; the smaller doses seemed to affect him as powerfully as the larger ones.

The pathological character of these symptoms is the same as in the former provings. *Gastrodynia* is strikingly delineated by the results of this proving. Griping and pressing pains in the stomach; uneasiness and spasmodic contractions in the small intestines; tympanitic distension of the bowels and afterwards a sensation of craving hunger like bulimia, constitute a group of symptoms eminently characteristic of peculiar forms of Gastrodynia.

Eleven other experimenters made trials with an infusion of Arnica and obtained more or less similar results. The first effect of the drug is perceived in the throat and esophagus, where it causes a scraping and burning sensation; these symptoms are followed by nausea, increased secretion of a watery saliva, loss of

appetite, crampy pains in the stomach, and lastly headache, the pain being mostly experienced in the right half of the occiput, whence it shifts to the right half of the forehead. The nausea caused by Arnica may be accompanied by shuddering followed by warmth over the whole body and breaking out of a warm sweat, with full and quick pulse, followed in two hours by a sudden violent urging to stool, with scanty and natural feces as if the muscular coat only of the bowels had been excited. In one case the prover experienced crampy pains in the stomach and colicky pains in the bowels, with a sensation as if the stomach had been over-loaded; as the cramps in the bowels lessened, the whole abdomen became swollen, with frequent emissions of urine and urging to stool; this symptom was followed by an aching pain in the right half of the vertex, and easy expectoration of bronchial and pulmonary mucus.

In some provers the pressure and pain in the epigastric region were accompanied with a feeling of anxiety.

*Bleeding from the nose* likewise occurred in some cases.

The symptoms obtained with a tincture of the root, are exceedingly characteristic of the action of Arnica. Some experimenters took from six to fifty drops without experiencing any perceptible effects except eructations, a little confusion of the head and emission of flatulence. In one prover, however, six drops excited distention of the abdomen, cutting pains in the bowels and discharges of much offensive flatulence without relief. Seventy-two drops caused a feeling as if the xiphoid process were pressed violently inwards, with piercing pain under the sternum, vertigo, aching pain in the temporal bones and orbits, palpitation of the heart, quick pulse and disturbed sleep at night; the bowels were rather constipated, the sense of hunger increased, but the appetite considerably lessened.

This is a remarkable group of symptoms, showing that Arnica may prove useful in *Pulmonary Congestions*. These symptoms may be present in haemoptysis. The sensation as if the sternum were pressed in, the piercing pain under the sternum, and the consensual symptoms of palpitation, full and quick pulse, vertigo and pain in the head, may constitute a precursory group in haemoptysis caused by a blow or sprain, or even by rheumatic exposure.

The other symptoms which were elicited by these provings with the root, may be generalized as follows: Aching pains along the spine, and in the region of the stomach and liver, such as are felt when suddenly raising one's self from a stooping position. Crampy pains in the stomach; also (in the female provers) a feeling of emptiness in the stomach, with canine hunger, but entire loss of



appetite, loathing of food; sometimes a sensation of repletion was experienced, although the stomach was empty.

Having obtained from these exceedingly interesting provings a preliminary knowledge of the physiological character of Arnica, of its specific relation to the nerves of the alimentary canal to the capillary vessels, and more particularly of its power to excite engorgement of the capillaries, and consequent effusion and hemorrhage, we are now prepared to present the symptomatology of this drug under general categories.

First, then, the

### CEREBROSPINAL GROUP.

The provings which I have reported so far show that Arnica may induce *Vertigo* and *Headache*. But these conditions seem to arise subsequently to gastric derangements. In order therefore that Arnica may be homoeopathic to headache, and cure it, the headache must be symptomatic of deep-seated gastric disturbances, which, through the influence of the sympathetic system of nerves, will react upon the brain. The pain in the brain is a pressure which may either be felt in the forehead and temples, where it may be very sharp and piercing; or it may be first felt in the right side of the occiput, whence it shifts to the right side of the forehead.

This whole group of symptoms, the functional derangements of the gastric sphere in conjunction with the pains in the head, or the pains in the head in conjunction with the gastric derangements, afford room for various interesting therapeutic considerations. Gentlemen,

*Concussion of the Stomach* by a blow or fall, or

*Compression of the Stomach* by violent mechanical causes, may induce just such gastric and cerebral symptoms as are here recorded. Nausea with tendency to faint; vomiting, dizziness, cerebral engorgements characterized by painful oppression of the forehead and temples, and perhaps hæmatemesis or vomiting of blood, may characterize such an accident, and imperatively call for the internal exhibition of Arnica, a few drops of the first attenuation in about ten tablespoonfuls of water, of which a small spoonful may be given every few minutes, until the condition of the patient is decidedly improved.

On the other hand.

*Concussion of the Brain* induced by a blow or fall may be characterized by those aching pains which Arnica seems to be peculiarly fit to occasion; and the concomitant gastric symptoms may be such as to require Arnica. It must not be supposed, however, that Arnica can always prevent the consequences of cerebral concussion. One of these consequences may be inflammation of the brain, which cannot be treated with Arnica, but requires Belladonna, Hyoscyamus, Opium and other drugs. A blow upon the head may induce obstinate congestion of the cerebral sinuses with chilliness and low fever, drowsiness, dull, heavy pain in the head, nightly exacerbation of the symptoms. Under these circumstances it would be use less to depend upon Arnica alone; *Aconite* and perhaps *Belladonna* will have to be administered in more or less persistent doses.

Arnica has been used in various

*Apoplectic Attacks* with success. Several cases are reported by Ruckert. In one case the patient complained of dizziness followed by loss of consciousness, depression of the lower jaw, insensibility and paralysis of the extremities of the left side; incoherent talking, inability to articulate; he often raised his right arm, pointing to the head; his pulse was very full and intermitted every seventh beat; his face was red. Under the use of Arnica he gradually recovered in a few days.

I am not altogether satisfied with the apoplectic character of this case. The record does not state what caused the attack; but I am inclined to regard these symptoms as denoting a violent rush of blood which might have been relieved by simple palliative means, such as a warm foot-bath and the application of a little cold water to the head, equally as well. I should not depend upon Arnica in idiopathic apoplexy. If the attack can be traced to such gastric irritations as point to Arnica as their true homoeopathic agent, we need not hesitate to use this drug. We may use it in alternation with Aconite, provided the symptomatic indications justify the use of this agent, as they would have done in the previously mentioned case. Depression of the pulse does not point to Arnica. It is irritation of the pulse characterized by increased frequency, fullness and sometimes irregularity that indicates Arnica.

Another case is reported by Rucker, where a man of fifty-three years, with short, thick neck, rather addicted to brandy, was taken with an apoplectic fit, for which he was bled. A few days after, a homoeopathic physician found him with the following symptoms: frequent awaking during the night, with attack of hiccough and gulping up of fluid, followed by an attack of shuddering and stretching every half hour, without being conscious of it. During the day he felt a pressure in the forehead, with buzzing in the ears, vertigo, sparks before the eyes, illusions of sight, general malaise, coldness of the extremities, shiverings through

the body; pulse 60, tolerably strong, irregular, with burning itching of the skin. Two drops of Arnica 3, repeated the second day, cured him in three days. After a lapse of five months he had several similar attacks, and was relieved each time by Arnica.

In some forms of

*Acute Hydrocephalus*, Arnica has been given with good effect. Rucker reports the case of a little boy of two years and a half, who five weeks subsequent to an attack of measles, was found in the following condition; violent headache, squinting, is afraid as though he would fall, and actually does fall backwards occasionally; vomits; twitching of the arms and hands; screams; will only lie on his back; is at times unconscious; can only be roused with difficulty; his head is hot, pupils dilated and breathing oppressed; urine scanty, of a reddish tint; pulse quick and small.

Aconite and Belladonna did not seem to do any good. Arnica 3d, and an occasional dose of Merc. 2d restored him in a fortnight.

In cases of hydrocephalus, where the effusion is a termination of previous inflammation of the meninges or substance of the brain, Arnica is not indicated. It is only in symptomatic hydrocephalus, when the effusion occurs as a consequence of a low, typhoid state of the organism, that Arnica will prove of avail. The pulse may be slightly irritated, not of the inflammatory type; the skin is dry and husky, rather cool, the feet may be warm, the face flushed and burning, the pupils contracted, tongue thickly coated with a foul mucus, the bowels are either bloated, hard and bound, or else they are soft and discharge foul smelling mucus with a good deal of rumbling, the urine is saturated and has a foul smell; if these or similar symptoms, together with the comatose condition of the patient, the apparent loss of consciousness, the convulsive twitching of the extremities, the spasmodic gritting of the teeth, lead us to infer the process of a fluid in the ventricles of the brain, we may prescribe Arnica with the confident hope that, if relief is at all possible, this agent will afford it. There is no doubt that Arnica is possessed of specific powers to disorganize the functional activity of the lymphatic system and to alter the normal constitution of the blood by its tendency to decompose this fluid and separate its aqueous from its coagulable ingredients. We may infer this from the extraordinary powers of absorption which Arnica manifests when made to act upon sanguineous extravasations.

There is a peculiar form of irritation of the cerebral nerves which Marcus Herz describes under the appellation of

*Spurious Vertigo.* A tall and rather cachectic man, aged forty-nine, who had been in the habit of taking ten or twelve drinks a day, was attacked with weakness of the arms and legs, glimmering before the eyes and noises in the ears. During the last week the debility had increased so much that he could scarcely walk; his sleep was disturbed with phantasies and formications, and he was attacked with the following paroxysms of vertigo, sometimes several in one hour; without any warning, and in any situation, all objects would seem to move with a shaking motion either towards him, or from side to side, or they would seem to fall over; he would soon begin to stagger about with them, unless he seized hold of something; in a few minutes he recovered himself, his illusions of sight disappeared, but he felt as if intoxicated; all his functions were normal, but his face was red, his eyes were injected, pupils dilated, but his sight was good. He was restored by taking an infusion of Arnica in increasing doses for six weeks.

If the alcohol had anything to do with these symptoms, Nux vomica might probably have been used with advantage.

The pathogenesis of Arnica as furnished by Hahnemann contains several symptoms showing that Arnica may be useful in cerebral derangements of a rheumatic nature. One marked symptom is "a *burning* in the *brain*, though the rest of the body remained cool." This symptom may occur in

*Rheumatosis* or *Rheumatic Irritation of the Brain*; it may also set in as an element in the train of symptoms which often develop themselves after cerebral concussions.

Another prominent symptom is "a *painful pressure* above the eyes in the direction of the temples, with sensation as if the frontal , integuments were spasmodically constricted." This symptom may likewise be characteristic of a rheumatic affection of the head with engorgement of the frontal sinus, and probable irritation of the pericranium and muscular coverings of the forehead.

*Stitching* and *tearing* pains in the head, and *formicating* pains in the forehead are also frequently met with among the head-symptoms of Arnica. These pains likewise point to Arnica as a most important agent in

*Arthritic* and *Rheumatic Headache*.

## ORBITAL GROUP.

Among the eye-symptoms of Arnica in Hahnemann's pathogenesis there are many which reveal the curative virtues of this agent in inflammatory conditions of the eyeball and lids in unmistakable characters. *Itching, stinging and burning pains* in the eyes; painful feeling of *dryness* under the lids: secretion of *burning tears*; *protrusion* of the eyeball from the socket; these symptoms distinctly show that Arnica is homoeopathic to inflammatory conditions of the eyes, more particularly if they arise from external injuries.

*Wounds of the Eye* which, under other treatment might lead to loss of sight, or at any rate to partial disorganization of the organ, are healed quite readily, and without any disfiguring loss of substance, by means of the internal and external use of Arnica. Our works are filled with cases illustrating the healing virtues of Arnica in contusions and wounds. In applying Arnica to a wounded eye, a strong watery infusion is sometimes preferable to the alcoholic tincture in consequence of the smarting and excoriating sensation which is sometimes caused by the alcoholic ingredient.

In Duncan's Medical Commentaries nine cases of *Amaurosis* are reported which were successfully treated with Arnica after all other remedies had failed. Scarpa, the eminent Italian oculist and pathologist, thinks that Arnica can only be depended upon in amaurosis resulting from gastric irritation. A characteristic indication for the use of Arnica in this affection is "contraction of the pupil."

Neumann reports a case of fully developed

*Cataract* which was completely cured by means of the internal and external use of Arnica. The probability is that this cataract was caused by contusion of the eyeball.

## AURICULAR AND FACIAL GROUPS.

Among Hahnemann's provings of Arnica there are several symptoms which lead us to infer that in contusions of the ears and nose, and in inflammations resulting from such contusions, Arnica must be an excellent remedy. One prover reports the symptom: "*Contusive pain* in the cartilages of the left ear, interiorly." A similar symptom was experienced in the nose: "Pain in the nose, from above downwards, as from a *violent fall*." Besides these symptoms, other symptoms are recorded such as are generally present when muscular and cartilaginous tissues have been contused by a fall or blow. Such symptoms are: *stitches* shooting through the ears; swelling of the part (among other provings we find "swelling of

the nose;" " swelling of the cheek with throbbing and twitching pains, swollen lips and heat in the head;" also " hard, tensive, shining-red swelling of the left cheek.") The lips likewise seem to be affected by Arnica as they would be from a blow; we have such symptoms as these: "cracked lips," "swelling of the lips;" "burning heat in both lips;" "formication in the lips as if they would go to sleep."

One prover observed frequent *bleeding from the nose* as one of the effects of Arnica; another proof of the homoeopathicity of Arnica to the consequences of a blow or fall upon the face.

Another prover, Dr. Gross, experienced a peculiar abnormal sensation of crawling by the side of the nose. The symptom as recorded, reads: " Sensation as if an insect were crawling by the side of the nose; this sensation cannot be removed by wiping." Another prover, Dr. Wislicenus, experienced a similar sensation except that in his case it yielded to rubbing with the finger. I have quoted these two symptoms simply for the purpose of showing that Arnica deranges the functional harmony of the sentient nerves in a very delicate and yet characteristic manner. These abnormal sensations may likewise be present during, or precede epistaxis.

*Deafness* has likewise been cured by Arnica. This drug causes buzzing, whizzing and ringing in the ears, with decrease of hearing. Frank reports several highly interesting cases of deafness in his Magazine, all of which were cured with an infusion of Arnica used internally, and likewise externally with injecting it into the ears.

## DENTAL GROUP.

Arnica is not without decided therapeutic powers in cases of toothache. It causes "*formicating* sensation in the gums as if they would go to sleep, and a pain in the teeth as if their roots were being *scraped with a knife*." In

*Arthritic Toothache*, when the pains are tearing and stitching, and the face burns and looks swollen, Arnica will afford relief.

Rucker reports the case of a lady whose gums were inflamed and swollen; she complained of a drawing and stitching pain in the teeth of the right upper jaw, extending up to the ear; her face was red and burning-hot, cheek swollen; the pain was worse in the air and when warm fomentations were applied. She had had two teeth plugged a few days ago. Arnica 30th relieved her very speedily.

When there is a good deal of throbbing and pressing or lancing pain, sometimes involving the whole jaw; attended with swelling and heat of the cheek and swelling of the submaxillary gland, Arnica may be given provided there are no signs of inflammatory fever. In this case Aconite and Belladonna may be required.

An infusion of Arnica is an excellent soothing wash after extraction of the teeth. It is likewise useful in arresting the bleeding which sometimes sets in after such an operation.

### CHYCLO-POIETIC GROUP.

We have already become acquainted with several important morbid conditions to which Arnica is eminently homoeopathic.

*Cardialgia* or *Gastrodynia*, when characterized by spasmodic contracting pains in the region, roughness and qualmishness, mounting of heat to the face, and slight febrile irritation which is sometimes accompanied with formication and pricking about the chest, face and arms, belonging to the therapeutic domain of Arnica.

The symptoms which have been obtained by Hahnemann and his friends in their provings of Arnica, point to a number of interesting pathological conditions to which Arnica would seem eminently homoeopathic. One symptom clearly indicates the homoeopathicity of Arnica to *Dysphagia*; it is this: "The act of deglutition is impeded by a sort of nausea as if the food would not go down."

The taste in the mouth and the quality and natural intensity of the appetite, are considerably altered by the action of Arnica. This drug seems to cause a bitter, foul taste in the mouth; bitter and foul eructations; it also causes loss of appetite, nausea, disposition to vomit, heartburn. This desire to vomit sometimes amounts to violent retching, vomiting, even vomiting of coagulated blood. These symptoms, in connection with other effects of Arnica, constitute an interesting and important pathological tableau. The effects to which I allude are the feeling of *nauseous repletion* which some provers have experienced in a marked degree. A lady-prover complained of a sensation as if the pit of the stomach was filled up with a lump; this feeling was accompanied with ineffectual retching. Another prover complained of a similar sensation of pressure in the pit of the stomach; this was followed by qualmishness, retching, rising of water to the mouth; this sensation passed off when lying down, after which the pressure shifted to the bowels. Another prover complained of a digging pain in the pit of the stomach, as if the parts were twisting themselves into a ball.

Gentlemen, these symptoms are important indications for the use of Arnica in

*Dyspepsia*, with foul and bitter taste in the mouth, eructations of a similar character, loss of appetite, a qualmish feeling of repletion after eating;

*Waterbrash*, more particularly in the case of hysteric females who complain of the globus hystericus;

*Cardialgia* or *Gastrodynia*, with twisting and digging pain in the epigastric region.

The sense of fullness after eating, especially when attended with qualmishness, is eminently characteristic of Arnica in dyspepsia and cardialgia, especially in the case of nervous, hysteric females; in one of the lady-provers this feeling of

repletion was accompanied by a keenly-painful pressure behind the os pubis (apparently in the region of the bladder), especially when standing, and inducing a constant desire to urinate.

This sense of fullness is characteristic in other respects. We have seen that Arnica causes vomiting of coagulated blood. It moreover causes all the other symptoms which precede or accompany vomiting of blood, such as: a sensation of oppression, weight and repletion in the region of the stomach, throbbing in this region, bitter and very frequently sour eructations, heartburn, tympanitic distention of the pit of the stomach, and various consensual symptoms such as: oppressive pain in the frontal region, vertigo, obscuration of sight. Hence we conclude that Arnica may be a most important remedy for

*Haematemesis*, brought on by a blow on the stomach, or occasioned in consequence of a peculiar dyspeptic dyscrasia by over-eating, or by a strain, by the excessive action of emetics, etc. In cases of haematemesis where Arnica is indicated, the febrile excitement is rather slight: at first a burning sensation may be felt in the face; but if the vomiting is violent, the face will soon look pale, pinched up, and it will feel cold; the extremities may likewise be icy-cold.

If the inflammatory type prevails, with full, strong, rapid and bounding pulse, glistening eyes, flushed face, Aconite may have to be given instead of Arnica

In Nirschel's Archive a case is reported, where a servant-girl was attacked with haematemesis in consequence of ill-treatment; she complained of general malaise and a feeling of soreness through her whole body, with almost constant nausea, pain in the stomach, and vomiting of every thing she took into the stomach: the ejected substance was always mingled with blood. After having been treated allopathically for six weeks without deriving the least benefit from the treatment, she was cured in four days perfectly by means of Arnica, sixth trituration, through the agency of Dr. H. B. Harris.

Arnica may likewise relieve the pains and soreness which sometimes remain in consequence of the violent straining of the muscular tissue of the stomach and abdominal walls. It may be used both internally and externally.

*Splenetic Stitches* come within the curative province of Arnica. These stitches have been experienced by several provers, in some cases accompanied with a feeling of pressure, and arresting the breathing. These stitches are sometimes induced by walking too fast, or by long running,

The effect of Arnica upon the bowels is decidedly characteristic. One prover experienced *colic as in dysentery*; a digging sensation in the hypogastric region on each side, close to the hips, attended with nausea and drowsiness.

Hahnemann experienced flatulent distention of the abdomen after supper, especially of the lower part, with dull pressure in this region; the limbs felt hot; emission of flatulence afforded no relief.

Another characteristic symptom experienced by Hahnemann is "hardness and distention of the right side of the abdomen;" the distended part was painful inside as if there had been a sore; when coughing, blowing the nose or stepping,



the part felt as if torn or cut: this pain was even felt externally on making the least pressure.

Another symptom showing the influence of Arnica upon the abdominal ganglionic system is: "violent *shooting pain* striking from the abdomen to the vertex like an electric shock." Similar sharp shocks were experienced by another prover from one side of the abdomen to the other.

*Retraction of the Umbilicus* and burning-stinging pains in the epigastric region were observed by Dr. Collin.

Fine tearing pains were observed by Dr. Wislicenus in the abdominal muscles.

Now, Gentlemen, look at these striking effects of our drug, and see -whether you may not derive important advantages from its use in

*Enteralgia, Colicodynia*, neuralgic and rheumatic affections of the "bowels and abdominal integuments. The symptoms experienced by Hahnemann, more particularly the distention, pressure and soreness in the right side, may characterize an attack of colicodynia or abdominal neuralgia, where you might fail in effecting a cure unless you give your patient Arnica. Of course, the other gastric symptoms, appetite, taste in the mouth, eructations, flatulence, stools, and more particularly constipation, and the condition of the circulatory apparatus have to correspond with the known effects of Arnica.

*Neuralgia, or Neuralgic Rheumatism of the abdominal walls* is indicated by the fine tearing pains experienced by one of the provers.

How does Arnica affect the alvine evacuations? Its effects in this direction are likewise of the utmost importance. It causes: " Fetid flatulence;" " frequent urging to stool;" " papaceous stool, and even discharges of blood and pus;" it causes " frequent evacuations consisting of mucus," "painful pressure in the rectum," also " tenesmus of the rectum and anus." In some cases the discharges have been watery and mixed with undigested food. One prover reports: "passage of stool during sleep without knowing it."

These indications not only reveal the use of Arnica in specific bowel-disease, but they likewise enlighten us concerning the use of Arnica in gastric disorders of a general character, such as low gastric fevers, sabural derangements with foul tongue, bad taste in the mouth, foul breath. In

*Chronic Diarrhea*, with watery discharges, or discharges of mucus, pus and blood, having a fetid smell and attended with slight febrile excitement, soreness

and tympanitic distention of the bowels, borborygmi and emission of fetid flatulence, Arnica will prove beneficial. If this condition of the bowels should be accompanied with frequent urging to urinate, discharge of watery and at other times saturated, brown or deep-yellow urine, (Arnica causes these alterations in the urinary secretions), we may depend upon the curative virtues of Arnica in all such cases with so much more certainty.

A superficial perusal of these symptoms shows that Arnica may afford decided and permanent relief, not only in chronic diarrhea, but also in

*Dysentery*, especially when the discharges are slimy and purulent, with distressing tenesmus in the rectum and anus, cutting and sore pains in the bowels, and even tenesmus of the urinary bladder (in several cases of proving, Arnica has been known to have this effect.) It may be administered in doses of from six to ten drops in eight tablespoonfuls of water, a tablespoonful every half hour or hour.

#### THE URINARY GROUP.

has already been alluded to. Arnica may cause both frequent discharges and also retention of urine. In

*Paralysis of the Neck of the Bladder*, with inability to discharge the urine, Arnica has been found eminently useful in the case of old people. If this weakness should have arisen from concussion of the spine, Arnica will be found serviceable.

Professor Gross, in his work on " Diseases of the Urinary Organs," recommends Arnica for paralysis of the bladder consequent upon low typhoid fevers, onanism and other debilitating causes. He gives from forty to fifty drops three times a day, cautioning however against the medicinal effects which such heroic doses may produce, such as: vertigo, headache, purging, vomiting, spasmodic twitchings, etc. It would seem more reasonable if the medicine is at all indicated, to give a smaller dose in order to avoid the undue action of the drug. In

*Hematuria*, caused by a blow, fall or other mechanical injury, Arnica in infusion or tincture-form may not only prove useful, but indispensable.

## SEXUAL GROUP.

Arnica seems to excite the sexual organs. It causes erections, involuntary nocturnal emissions; in the case of a young girl of twenty years who had not menstruated for a year past, it caused immediately the discharge of a coagulum from the vagina, attended with nausea. Arnica also causes stitches through the testicles, hence we give it in

*Orchitis*, with hardness, pain and swelling of the testicle, when this affection is the result of a blow or fall. In Rucker's Clinique it is stated that a man of thirty-six years received a severe blow on the right testicle. The scrotum was very much relaxed; the right testicle enlarged about three or four times its natural size, hard, hot, very painful during motion and when touching it; during rest a sharp pain was experienced all the time along the chord as far as the inguinal region; the chord was swollen and very painful; consensual symptoms were: stitching pain in the forehead; bitter taste in the mouth; tongue coated white; frequent shuddering over the body; pulse sluggish and small. The scrotum was supported by a suspensory bandage; Arnica sixth was given internally, and the tincture applied externally; the patient was cured in a week.

In *Abrasions* of the prepuce caused by sexual intercourse a lotion of Arnica will speedily restore the integrity of the parts.

Arnica being endowed with specific powers to excite the menses, it must be a useful remedy in

*Metrorrhagia*, when masses of dark, coagulated blood are discharged; also when mechanical injuries such as a blow, fall or strain are the cause of the accident. In

*Amenorrhoea*, resulting from over-exertion, a cold, etc., when symptoms of abdominal plethora are super induced, Arnica may prove the best means of restoring the discharge. The third or sixth attenuation may be used. In many cases of this kind Aconite and Pulsatilla may be required.

Griesselich informs us that Arnica has been used to produce miscarriage; hence we may use it as a preventive of

*Miscarriage*, especially in cases of accidents; it may be used alternately with Aconite.

Dierbach informs us that French women, use Arnica for the disturbances, abnormal conditions of the nervous and sanguineous system incidental to the *critical age*.

Arnica may prove eminently useful in cases of

*Severe Labor.* An infusion of Arnica applied to the pudendum will facilitate the restoration of this organ to a normal condition; the internal use of Arnica after parturition may likewise prevent severe after-pains. An Arnica-lotion applied to the head of the infant will favor the absorption of extravasations that may have taken place under the scalp in consequence of the pressure made upon the head during its passage into the vagina.

*Sore nipples,* in consequence of nursing, may sometimes be successfully treated with Arnica. A lotion of Arnica may be applied which has to be washed off previous to nursing. The use of Arnica in this affection will however fail in many cases, and the physician will have to resort to other means of relief.

### CATARRHAL AND RESPIRATORY GROUPS.

Arnica causes a train of symptoms in the air-passages which render it eminently useful in many catarrhal affections. It causes: "*Dry hacking cough,* every morning after rising, as if caused by tickling in the larynx." It also causes: "cough at night, during sleep." It also causes hoarseness, sneezing and catarrhal symptoms in the head. Taking all these indications together, we may say that Arnica is indicated in

*Cough,* with tickling in the larynx. There are many symptoms which characterize this cough, such as: "foul-smelling breath;" "sensation during an expiration, of painful coolness in the trachea, as if the walls were too thin;" "stitches in the sides of the chest, and in the sternum, when coughing (this symptom has been experienced by a number of provers)." Here then we have a number of symptoms such as may be developed in consequence of a cold. If these symptoms are not accompanied by inflammatory fever, and the patient exhibits signs of a gastric dyscrasia and depressed activity of the vegetative sphere, we may give Arnica with the confident hope of affording relief. This drug has likewise caused

*Hemoptysis;* among the provings we notice most of the characteristic symptoms which accompany bloody cough. It causes "Cough with sensation as if all the ribs were bruised;" "short, panting breathing;" "anxiety and pain in the chest;" "excessive dyspnoea;" "frequent and long inspirations, with oppression under the chest;" "aching-stitching pains in the region of the sternum, especially when walking;" "his chest feels like raw, he spits up blood with the saliva, especially when walking." Some provers have experienced an "oppression, on waking in the morning, as if the lungs were very much engorged with blood," and in others this anxious oppression was accompanied with nausea, as it is very apt to be previous to an attack of haemoptysis. Tensions across the chest, and great soreness in the region of the costal articulations, especially during a coughing fit, are likewise characteristic symptoms among the provings of Arnica. Dierbach even informs us that Arnica causes a reddish looking perspiration on the chest, probably a sanguineous exudation. All these symptoms may arise from

a blow or fall upon the chest, with hemorrhage from the lungs, in which case the internal and external use of Arnica would become indispensable.

Even the action of Arnica upon the heart shows that it influences the circulation, causing congestions and irregularities. This effect of Arnica is proved by such symptoms as these: "Sensation as if the heart were compressed, or as if it received a shock;" the beating of the heart is more like a jerking;" "the beating of the heart is at first very rapid, and then all at once very slow." These and similar symptoms may precede or accompany an attack of haemoptysis, more particularly when the disease has assumed a chronic form.

We have many reports of cures of haemoptysis. In many of these cases Arnica has been used alone; in other cases it has been used in alternation with Aconite. In haemoptysis with considerable vascular excitement during the attack, palpitation of the heart, flushed face, oppression and soreness on the chest, sense of warmth and bubbling sensation, or pricking and throbbing in the chest, violent tickling in the throat-pit, Aconite may be found preferable to Arnica, or may be exhibited in alternation with the latter agent.

*Pleurodynia* is an affection characterized by stitching pain in the side. It resembles pleurisy, but is not pleurisy, and is sometimes designated as *False* or *Spurious Pleurisy*. The pain is seated in the intercostal muscles, and is attended with soreness of the affected region. It may be caused by rheumatic exposure, by strain in consequence of lifting a heavy weight, by running, etc. The fibers of the intercostal muscles being alternately relaxed and put upon the stretch during the act of respiration, the pain is necessarily increased when the thorax is expanded. The affection may be accompanied with slight signs of vascular irritation.

Among the symptoms of Hahnemann's provings of Arnica, we find several which seem to indicate Arnica as a good remedy in this affection. "Stitches and prickings in the side," were experienced by several provers. One prover experienced "hurried and difficult inspirations, and slow expirations." Arnica may be used both internally and externally.

Arnica is recommended by some homoeopathic physicians in

*Pneumonia*. It is never indicated in the acute stage of idiopathic pneumonia. In some forms of chronic pneumonia, arising originally from rheumatic exposure, with rheumatic irritation of the muscular covering of the chest, soreness of the lungs, stitches darting through the lungs or seated sticking pain in the chest, with foul breath, frothy and bloody sputa, hectic flushes on the cheeks, slight creeping chills followed by increase of warmth and corresponding vascular excitement; gastric derangements such as nausea, loss of appetite, foul tongue, bloating of the bowels and constipation, dark urine: Arnica may prove eminently useful. In *Traumatic pneumonia* characterized by similar symptoms, great good may be expected from the use of this agent.

Tessier, in his collection of cases of pneumonia, reports a case of true pneumonia caused by a strain. The treatment was conducted to a successful termination with Aconite and other agents generally used in pneumonia. Do not fall into the grievous error of associating particular drugs with particular morbid conditions as belonging together by an inevitable fatalistic necessity. There is no fatalism in medicine save the fatalism of specific Homoeopathy. A drug, in order to be a remedial agent in a given case, must be the exact counterpart, in its action upon the normal tissues, of the dynamic pathological disturbance for which we prescribe it. Do not say: Arnica is a remedy for strains; but say: Arnica is generally adapted to conditions resulting from a strain. These conditions may sometimes require the use of other agents as being far more homoeopathic to the character of the existing lesion; one of these agents is Aconite, another Rhus.

If this definition of specific Homoeopathy be true—and, Gentlemen, it constitutes the very spirit of our doctrine—you will not fail in putting a proper construction upon the following remark of Dr. Wurm, physician in chief to the homoeopathic hospital in Vienna: "Arnica being one of the few remedies which cause resorption, it is a pity that it is so often overlooked by physicians in cases of pleurisy; although Arnica appears to act more speedily when the exudation consists of plastic lymph, it is nevertheless very efficacious in serous exudations.

Arnica will never remove an effused fluid from the pleural cavity, unless the essential character of the lesion of which this exudation constitutes a terminal stage, is exactly met by the essential action of the drug. Unless the spirit of the drug hugs the spirit of the disease as its prototype, no absorption of the effused fluid can take place under the influence of Arnica.

### **INFLAMMATORY GROUP.**

We have seen that Arnica causes slight symptoms of inflammatory action, when taken by persons in health. Under the influence of Arnica the pulse becomes rather more irritable, the temperature of the skin is slightly raised, the patient may even experience a stinging sensation in the skin; the face may likewise become hot and Hushed. ligamentous, fibrous and serous tissues, Arnica alone will not be found sufficient. You will have to associate it with Aconite or Rhus toxicodendron.

Arnica does not seem homoeopathic to inflammations of an acute character; but in inflammation of a chronic type, whether arthritic or rheumatic, we may derive benefit from its use. In these affections its sphere of action seems to be the muscular and tendinous tissues.

You will recollect that several of our Arnica-provers experienced pains down the back, along the spinal column; others felt pains in the region of the stomach and liver similar to what we feel when suddenly rising from a stooping position. The character of these pains is rheumatic. These rheumatic pains in the back, along the spinal column, might be mistaken for spinal irritation. You may establish the absence of irritation by pressing with the point of the finger between the vertebrae. Characteristic constitutional symptoms are likewise wanting. In this species of chronic

*Rheumatism of the muscular and tendinous tissues of the back and other parts*, it is proper to use Arnica internally and externally; internally a few drops of the lower attenuations or even of the tincture in a tumblerful of water, and externally a lotion of 30 or 40 drops to half a pint of water.

The characteristic pains of Arnica are generally present in rheumatic irritations of the muscular and tendinous tissues. These pains are: *sore and aching* pains; pains as if *bruised* and *sprained*; *pricking* pains as if pricked with needles; *crampy* pains; sharp *tearing* and lastly *formicating* pains. If these pains are present in rheumatism, we may prescribe Arnica with success, even if the part is swollen. In *Chronic Arthritis*, when similar pains occur, Arnica may likewise help; Vogt recommends it even after exudations and effusions have occurred.

In this connection we may recommend Arnica for

*Rheumatic Paralysis*, when the brain is in no wise disturbed, except perhaps a little frontal or lateral headache, with formicating, aching, stinging or tearing pains in the paralyzed extremity, creeping chills in this part followed by occasional flashes of heat, nausea, loss of appetite, foul tongue, repletion after eating, constipation or foul-smelling mucous diarrhea.

In *Traumatic Inflammations* of muscular tissues, Arnica is specifically appropriate; although, in inflammations of an acute character, this agent may be used in alternation with Aconite. If you consider the specific manner in which Arnica depresses the capillary vessels and the absorbent system, you have the proof of its homoeopathicity to bruises, contusions, wounds and sanguineous extravasations. Arnica relaxes the contractility of the capillary vessels, hence it favors effusion from the capillaries into the surrounding cellular tissue; at the same time the action of the absorbents is checked by Arnica; hence the effused blood forms a more or less permanent extravasation; and hence the homoeopathicity of Arnica to the consequences of external injuries. Contusions and lacerations of the muscular fiber seem to constitute the chief sphere for the therapeutic action of Arnica in traumatic diseases. In wounds of tendinous,

ligamentous, fibrous and serous tissues, Arnica alone will not be found sufficient. You will have to associate it with Aconite or Rhus toxicodendron.

You will find Arnica recommended by most writers for

*Sprains and Dislocations.* Gentlemen, never depend upon Arnica alone in these affections. The violent strain which the nervous system, or a portion of it, undergoes in these accidents, super induces inflammatory conditions which inevitably require to be treated with Aconite. You may use this agent internally, and Arnica externally; by this means you will disperse the capillary engorgement, and likewise act upon the contusions and lacerations of the muscular fiber. In dislocations the use of Aconite keeps down the fever, and prevents the exudation of coagulable lymph.

In *Traumatic Fever* consequent upon violent injuries or operations, you must never depend upon Arnica; Aconite is your main remedy.

Speaking of fever let us glance at the

### **FEVER-GROUP**

of Arnica.

In truly inflammatory fevers, by which I mean fevers characterized by heat and dryness of the skin, full, hard and bounding pulse and the other symptoms generally inherent in an inflammatory type, Arnica is not indicated. But it is indicated in so-called

*Asthenic Fevers*, by which we mean low, torpid fevers with little inflammatory action. The character of these fevers is typhoid. In

*Typhoid Fevers* to which Arnica is homoeopathic, the signs of deep-seated gastric derangement are predominant characteristic indications: thick and foul coating on the tongue, slimy or mucous; tympanitic distention of the abdomen, with rumbling and perhaps a dull soreness, or else the opposite condition of diarrhetic stools having a foul smell, attended with tenesmus and softness of the abdominal walls. Other symptoms of gastric derangement, nausea, vomiting of an acrid or foul fluid, even vomiting of blood may be present. Arnica is generally homoeopathic to a low type of fever with the character of dissolution. It has even been used in miasmatic



*Intermittent Fevers* where this typhoid type in the gastric functions prevailed, and where the general character of the fever was that of torpor. It is very doubtful, however, whether Arnica will prove of any benefit in the intermittent fever epidemics of our own country.

### THE EXANTHEMATOUS GROUP

of Arnica is very simple. It has produced an eruption consisting of small boil-shaped tumors; hence we consider it homoeopathic to this condition. Teste reports the case of a man of thirty years, of sanguine temperament who had been for several years subject to boils in the face on the neck and shoulders; afterwards they disappeared and gave place to an intense angina of the throat. Arnica cured

the angina, and the boils did not show any disposition to return. I have seen similar results obtained with Aconite.

After applying Arnica to the skin, it has often caused a vesicular miliary eruption, excessive itching and burning, and in some cases attended with swelling and redness of the part; after the eruption subsides, the redness remains for some time, after which the skin which is hard as leather, becomes covered with little scales. It is therefore homoeopathic to diseases where the skin becomes similarly affected, and where the other symptoms, more particularly the gastric symptoms, correspond. There are bastard forms of

*Varioloid* and of *typhoid scarlatina*, where the eruption may take this form, and where Arnica may prove useful.

### ANTIDOTAL.

Hahnemann recommends vinegar as an antidote to the effects of large doses of Arnica. *Camphor* is also recommended.