

# Arnica Montana: three years of therapeutic experience in patients with clotting disorder

Authors: MV Bertoni, MS Cruz, J Santillán, N Castro, JP Ortíz  
Fundación de la Hemofilia de Salta



## INTRODUCTION

Arnica Montana has been traditionally used in the treatment of numerous ailments, including inflammation, pain and reabsorption of hematomas. These therapeutic benefits of Arnica are attributed to its chemical components with demonstrated anti-inflammatory, antioxidant, anti-microbial and other benefits such as antirheumatic, antiarthritic and antineoplastic. Patients with congenital or acquired clotting disorder present hematomas and hemarthrosis as sign and symptoms

## AIM

To demonstrate therapeutic experience of three years' use of Arnica Montana at 20% applied topically on hematomas and hemarthrosis of patients with congenital or acquired clotting disorder.

## METHOD

From years 2018 to 2021 a total of 250 (100%) patients were studied: 244 (97.6%) with congenital disorders and 6 (2.4%) with acquired disorders. Girth measurement evaluation was done. Arnica cream at 20% was applied four times a day and Arnica ultrasound gel was applied once a day during 15 days. Daily control and weekly evaluations were done. Visual analogue scale (VAS) was used to measure acute pain

## RESULTS

Adverse reactions were not reported. 244 (97.6%) of patients with congenital coagulopathies presented hematomas, pain and functional limitation: 20(8.2%) presented severe hematomas with pain VAS 8/10; post treatment pain VAS 4/10 and functional recovery; 224 (91.8%) patients with severe hematoma pain VAS 6/10 and slight functional limitation; post treatment average VAS 3/1 and without functional limitation.

2 patients with acquired von Willebrand disease presented severe lower extremity hematomas, VAS 8/10 and motor limitation; post treatment VAS 5/10 and motor recovery.

4 patients with acquired hemophilia presented severe upper extremity hematoma, VAS 8/10 and functional limitation; post treatment VAS 4/10 and motor recovery.



## CONCLUSIONS

Favorable clinical response was achieved. When applied topically, Arnica Montana has a different action mechanism compared to nonsteroidal anti-inflammatory drug. Arnica Montana does not alter clotting parameters, being a possible and supplementary non-invasive therapeutic strategy for treatment of hematomas and hemarthrosis.

## CONTACT INFORMATION

Fundación de la Hemofilia de Salta. [www.fundaciondelahemofiliasalta.ar](http://www.fundaciondelahemofiliasalta.ar) E-Mail: hemofiliasalta@hotmail.com

