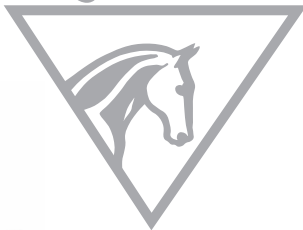


# EQUISTRO®



**Parts used: Flower**

### Botany

Arnica is found in Europe from Scandinavia to southern Europe as well as central Asia. This herbaceous plant grows 20 to 50 cm high. Its flowers vary in colour from egg yolk-yellow to orange yellow.

### Constituents

Terpanoids, notably sesquiterpene lactones (Helenalin), flavonoids (Betuletol, eupafolin, flavonol and glucuronides) as well as volatile oils (Thymol) are present.

### Possible Interactions

Herbs - None documented. Drugs - Possibly anticoagulant/ antiplatelet drugs.

### Comments

German Commission E approved external use for injuries and consequences of accidents, e.g. haematoma, oedema due to fracture, rheumatoid muscle and joint pain inflammation caused by insect bites and superficial phlebitis.

Helenalin and 11-13-dihydrohelenalin inhibited collagen-induced platelet aggregation, thromboxane formation and 5-hydroxytryptamine secretion in a concentration-dependent manner. Hence its reputed anti-inflammatory and analgesic action.

## ARNICA *ARNICA MONTANA*

➔ Pharmacopoeia and Other Monographs  
ESCOP 2003, BP 2007, Ph Eur 2007, German Commission E

**Vétoquinol**  
*Signe de Passion*

