

# If only one remedy is available - Arnica

by László Bóna

Those who fear, who feel the terror in rushes, they feel their throat gets narrow, their mouth gets dry, they start wheezing, they feel that they are going to suffocate soon, become weak, grasp for air.

The person who catches cold has difficulty in getting air enough, coughs, suffocates, struggles for her/his life, rashly takes air just in same way as someone who fears. The one who suffocates so intensively can actually sense the fear indeed.

Maybe, later on, she/he also has diarrhoea, who knows why. This time she/he may also encounter with some fear. But before the fear she/he maybe had some anxiety that might cause diarrhoea. Or the diarrhoea arrives so unexpectedly, that it is difficult to hold back, urgently, it is impossible to know why, it arrived just like a strike. And, maybe, beforehand it already causes fear, because the diarrhoea's unpredictability.

For the therapist it is not significant which one arrives first, the mental disorder is the first one and then this is followed by the physical problem or the soul reacts to what the body goes through. The important thing is what kind of symptoms, what phenomenon are manifested in the patient.

In the homeopathic repertory I looked up the most general fears connected to current coronavirus epidemic as well as the coronavirus-related characteristic physical symptoms related to coughs, suffocations and diarrhoea.

- Fear in public places, fear in a crowd;
- Fear from sudden death;
- Fear from incurable impending disease;
- Sudden fear;
- Fear from suffocation;
- Fear from strangers;
- Fear from cough, fear during cough;
- Anxiety about business matters;
- Anxiety during fever;
- Anxiety about her/his own health, hypochondriac anxiety;
- Anxiety about future;
- Anxiety with impeded respiration, anxiety about respiration during fever, fear from death during impended respiration, fear from respiration, fear from respiratory disease;
- Fear from approaching of others, lest she/he be touched;
- Fear during diarrhoea, fear from involuntary stool, fear from diarrhoea together with fear that is aggravated by excitement.

Besides the remedies that are suggested by homeopaths in influenza/coronavirus diseases, as acute remedies or preventative remedies (i.e. Arsenicum, Phosphorus, Bryonia, Gelsemium, etc.), to my surprise, Arnica is in the first place in the rank of all analytical methods!

This repertorisation convinced me that, if there is no other available remedy around, and the patient has not yet been to any physician, it is not necessary to have any special remedy to start helping the problems. If there is a remedy which everybody has, who has already encountered with homeopathy, then this is the Arnica.

Most probably, for most people, the first encounter with homeopathy was Arnica. It was Arnica with which many followers of homeopathy had their first experience as a healing method and this remedy convinced them that homeopathy actually worked. Hahnemann is said to have expressed that if Arnica had been the only thing that homeopathy gave to the world homeopathy was already worth being created. Arnica is the homeopathic remedy that allopathic physicians are more willing to use in case of a first aid, based on the approach that „it does not do any harm, even if it does not work”

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
	84	78	72	56	53	53	50	48	48	44	42	41	41	41	40	39	38	37	37	37	36	36	36	36	
	arn.	acrn.	ars.	phos.	brn.	puls.	arg-m.	lach.	nux-v.	spong.	rhuz-x.	calc.	bar-c.	kalk-c.	nat-m.	sulph.	stram.	op.	ign.	ph-ac.	stann.	ant-x.	nit-ac.		
1. Clipboard 1																									
1. MIND - FEAR - crowd, in a - public place; in a crowded	(8) 2	2	2		1			2																	
2. MIND - FEAR - death, of - sudden death; of	(7) 2		2																						
3. MIND - FEAR - disease, of impending - incurable, of being	(24) 4	1	1	1			1	1				1							1		1	1	1	1	1
4. MIND - FEAR - sudden	(49) 2	1	2	2			1					1	1					1	1	1	1	1	1	2	
5. MIND - FEAR - suffocation, of	(63) 2	1	3	2	2	2	2		1	1	2				2	2							1	1	
6. MIND - FEAR - strangers, of	(53) 2	2					1	1	1	2			2					1	1						
a 7. MIND - FEAR - coughing; of	(6) 2				1					2													1		
a 8. MIND - ANXIETY - cough - during	(18) 2		2	2					1	1	2			2			1								
9. MIND - ANXIETY - business; about	(34) 2	1				1	1		3			1	1	1	1	1	1	1	1	1	1	1	1	1	1
10. MIND - ANXIETY - fever - during	(108) 2	1	3	3	2	2	2		1	1	2	2	2	3	1	1	1	1	1	1	1	1	1	1	2
b 11. MIND - ANXIETY - health; about - own health; one's	(85) 2	1	2	3	3	1	2	3	1	1		2	1	2	1	1			1	2		1	1	1	1
b 12. MIND - ANXIETY - hypochondriacal	(62) 2	2	2	2	3	1	2	2	1	2		2	2	2	3	1			1	1			3		
13. MIND - ANXIETY - future, about	(200) 3	1	1	1	3	1	2	1	2	2	3	2	3	2	1	2	2	1	2		2	2	1	2	1
c 14. MIND - ANXIETY - respiration; with impeded	(42) 3	1	1	1	1		1		1	2	1	1						1	1		1	1	2	1	1
c 15. RESPIRATION - ANXIOUS	(118) 3	2	3	3	3	1	3	1	2	1	3	2	1	1	2	3	2	2	2	2	1	3	1	1	1
c 16. RESPIRATION - ANXIOUS - fever; during	(25) 3	1	3	1	2	3	2		1		1	1		1		1		1		1	1				
c 17. MIND - FEAR - death, of - respiratory complaints; with	(2) 4			1																					
c 18. MIND - FEAR - respiration; of	(3) 3																								
c 19. MIND - FEAR - respiratory disease; of a	(2) 3																								
20. MIND - FEAR - approaching; of - others; of - touched, lest he be	(13) 3	4	1	1				1						1			1								
d 21. MIND - FEAR - diarrhea - fear; with	(13) 3		1			2	1											3	1						
d 22. MIND - FEAR - stool - involuntary stool; of	(13) 3			1											1	1				1					
d 23. RECTUM - DIARRHEA - excitement agg.	(41) 1	2	2		1	2	1	3		1		1						3	1	1					
d 24. RECTUM - DIARRHEA - excitement agg. - fear; with	(1) 2		1																						

Among the Arnica state's symptoms we can find the ones that are very characteristic nowadays, such as fear from approaching a stranger; fear from being touched; fear from being infected; fear from suffocation; fear from crowd; fear from strangers; fear from losing subsistence; fear from the future; and fear from sudden death.

We know that **Arnica** is the prime remedy when someone wants to secure her/his autonomy, when someone wants to secure her/his integrity, guarding herself/himself because she/he were attacked, wants to avoid any kind of intrusion of external forces, secludes herself/himself, builds a wall around her/him. At the same time Arnica is a good chronic remedy for autoimmune type of diseases, because in such a case the confusion is caused by the question of what is my own or what is strange; what is inner and what is outer.

Arnica is also a good remedy for high fever. High fever forces people to be in voluntary quarantine, when one closes up in her/his bed, locks up the door, so that she/he can restore her/his own integrity.

The flower of Arnica is the picture of the unity itself. The most simple form of a flower, when a rounded middle is surrounded by petals in a regular circle form. When a child starts learning how to draw it is the way she/he draws a flower. She/he draws a circle with branching out rays, just the way she/he draws the sun and also the form of the human body, that is a single circle uniting the body and the head with branching out limbs. The sun, the flower and the human body are similar to each other. All of them are a oneness that is branching out towards the outer world.

I have gained my own experience about the healing power of Arnica, therefore I am convinced that not only theory indicates the Arnica's applicability in such cases, but it works in reality as well.

So, if we only have one single homeopathic remedy available to us, or we can obtain only one remedy, that would, most probably be, the Arnica. And then we can surely rely on this remedy! It will be very helpful to our protection. The remedy tries to lead us back to our oneness. Back to our own unity and our oneness with the world.

We can trust ourselves and the hidden wisdom of the nature. As long as we have Arnica we cannot be in big trouble!

Written by László Bóna

Edited by Péter Hassmann

Translated by: Tibor Sebestény