The potential impact of homeopathic *ARNICA MONTANA* on the COVID19 induced rashes

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Arnica Montana L. is a plant that grows in temperate regions, such as Europe, and also North America, due to European settlers carrying this remedy with them even prior the First Colonisation. It is an old remedy and belongs to the *Asteraceae* sunflower or daisy family, characterised by yellow flowers, pistils and bulb, erect stems which can be isolated or huddled, green and dark green elongated oval leaves, shower heads like common dandelions and salsifies, hairy and fluffy roots, and a sweet strong scent. The essential oil is commonly extracted from plural parts, rather than just single part, therefore the rhizomes, dried flowers, and roots are all of interest, pharmaceutically speaking.

Toxic when ingested, and thus kept out of the reach of children and animals, the “sunny coloured flower” has been employed topically to treat fall induced wounds, and other types of skin disorders, such as cellulitis, dermatitis and for acne, but also for angina, in antiquity.

The extracts are typically rich in flavonoids and it is known through the literature that the roots are an important source of thymol.

RELEVANCE WITHIN THE PANDEMIC EVENT

Both symptomatic and asymptomatic patients affected by covid19, especially in areas hit severely because of their “astronomical location” (hemispheres subjected to seasonal changes and colder climates) or industrially evolved (underground trains) are exposed daily to the coronoviral agent, which can also affect skin, whether other serious symptoms are present or not. This exposure leads to the swelling of the nearest lymph nodes as it does with other microbial skin infections, and to the “previously readied” immune system struggling to respond (with this it is meant that the patient may have already partial immunity due to simple immune memory, but even if hit topically and not systemically for the first time).

To eradicate the virus completely, the main approach is that of boosting the immune response (through vaccinations, antiviral therapy and so on), rather than replacing it by doing what it cannot do by itself. An immune replacement is meant to help patients in extreme cases specifically. This is particularly true in the case of skin pathologies on which bacteria, such as *Streptococcus*, or *S. Aureus* at times too, routinely inhabit the epidermis. Therefore a more delicate approach than just a steroid cream is more opportune for skin treatment.

It is the situation, where *Arnica Montana L.* comes into play, as the “hero” of skin trauma, or rashes, once again, with its lenitive, soothing, anti-bruising and wound healing properties. Other mechanisms of actions cannot be excluded, either.

CONCLUSION

Arnica Montana L., is advised in the treatment of skin rashes produced by covid19 infiltration, with the caution of mucous areas (genitalia, mouth and other easily accessible areas for bacteria, viruses, mycoses and so on), whereby “shortage” of immune cells, i.e. during monthly menstrual cycles etc., or temperature changes which impact it negatively.

No conflicts of interest to disclose.

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