

What are Liniments?

Liniments are highly concentrated herbal formulas extracted into alcohol. They are formulated for treating acute and chronic soft tissue injuries, alone or in combination with other therapies. Herban Pharmer™ makes three different liniments that effectively treat most injuries that present in a clinical setting.

The Nature of Injury

Different types of injuries are characterized by varying degrees and combinations of local qi stagnation and blood stasis, obstruction in the channels and collaterals, pain, and swelling. Liniments work by moving stagnant qi and blood, invigorating the channels and collaterals, dispersing swelling and alleviating pain.

Choosing a Liniment

To effectively use the liniments, it is important to differentiate the nature of the injury.

Our *Acute Injury Liniment* is ideally suited for injuries that are up to 7 days old. It is cooling in nature so the most important differentiating factor for use is localized heat. Unlike ice, the *Acute Injury Liniment* clears heat and reduces swelling without causing stagnation. Think of it as herbal ice. This liniment can be used 'on the field' for injuries occurring during the play of contact sports. It has also been shown to provide relief during rheumatoid arthritis flare-ups.

Our *Chronic Injury Liniment* is best used for longstanding injuries, such as arthritic conditions, and for recent muscular strains that do not present with redness or heat. Additionally, this liniment is terrific as a pre-workout warm-up, as its warming nature chases out cold, invigorates circulation and increases mobility.

Our *Injured Tendons+ Liniment* is ideally suited for acute injuries to joints that present without signs of severe heat or swelling. It has a warming nature that is specially formulated to aid in the healing of injured tendons and ligaments.

How to Apply Liniments

In general, liniments are sprayed onto the affected area and massaged into the associated tissue. For the majority of cases, it's most effective to spray on and rub in until dry, repeating the process for 5-15 minutes. This drives the liniment through the skin and deep into the affected tissue.

For acutely swollen or very tender injuries, it is important to modify this approach. In these cases, the liniment should be rubbed into the perimeter of the injured area using small, swirling circles. As the liniment is worked into the circumference of the injury, the area of pain will shrink. Continue in this fashion, working towards the center, until the pain is sufficiently relieved. Be sure to be considerate of the patient's own sensitivity in the injured area.

A very effective way to use the liniments is to apply a "pack" for a period of time using a piece of cloth, gauze, or paper towel. Lay the gauze over the site and soak well with the liniment and leave in place as you would an ice pack. Additionally, the pack can be held in place by wrapping securely with plastic wrap, leaving in place for 30 minutes to overnight. This can be further secured with a cloth bandage if needed. Be aware that staining of clothes and or bedclothes can occur. It is best to try this approach in short durations at first, especially for those with sensitive skin.

Sending Patients Home with Liniments

By sending patients home with liniments, not only will they heal faster, they are also empowered to become active participants in their own healing. It is important that the patient is clear on the proper method of application. Be sure to emphasize that they need to spray and rub for 5-15 minutes to get the best results; often they will be tempted to simply spray it on. Proper application provides for a more effective treatment.