



External Applications for Pain in Palliative Care

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Compresses, baths, inunctions and massages have been part of the treasure of remedies of all cultures since time immemorial – especially in the field of pain relief. It makes obvious sense to use cooling and immobilization to treat acute inflammatory pain, while warmth, movement and rhythm are used to treat spasmodic pain or pain associated with numbness, for instance. In addition, vegetable substances (e.g., fatty and essential oils), mineral substances (e.g., gold, copper) and animal substances (e.g., farmer's cheese) can have a subduing and calming effect on the soul when it becomes excessively alert in the body during pain. Or they enable the 'I' to regain its lost guidance over a soul that is troubled by fear of annihilation. The presence, attention and support of the nurse giving the treatment are part of its effectiveness and an important therapeutic principle. External applications are an essential instrument of nursing therapy, given the indications for type, time, dosage and duration. The following is a list of external applications which are frequently used in anthroposophic pain therapy. Many of the substances mentioned have also proven effective for other indications. In addition, substances are listed which do not have an analgesic effect in the actual sense (e.g., Oxalis or Aurum), but have a positive influence on pain-amplifying factors such as anxiety and cramping.

Application	Ingredients	Effect	Indications
Aconite Nerve Oil WALA (also available as Acontie Pain Oil and Akonit Schmerzöl) as an oil compress or oil rub. See also: Vademecum of External Applications	monkshood, wolfsbane: camphor, lavender, quartz, peanut oil	Takes hold of the neuralgic pain process, stimulates blood circulation, is calming, relaxing, formative.	Neuralgic, sharp pain. Polyneuropathic pain (e.g., after chemotherapy).
Arnica 10%, 30% ointment WELEDA	Arnica planta tota, peanut oil, lanolin	Stimulates and harmonizes metabolic and formative processes in case of tissue and organ damage, especially after mechanical effects and disturbances of the blood supply.	Blunt injuries, inflammatory and degenerative diseases of the locomotor system.
Arnica comp./Cuprum oil WELEDA as an oil compress or oil rub	arnica, copper, calendula, Birch (leaves),	Leads the pain-sensitive soul and spirit into a proper physiological connection to the organism.	Painful muscle tension.

	lavender, rosemary, olive or peanut oil	Warming, antispasmodic, anti-inflammatory, decongesting. Activates metabolism and elimination, is soothing, relaxing, increases blood circulation.	
Arnica essence WELEDA Compresses (for uninjured skin): apply 1 tbsp in ¼ liter water to the painful area or in case of acute, severe pain apply arnica essence undiluted or spray on with pump spray	Arnica planta tota	Leads the pain-sensitive soul and spirit into a proper physiological connection to the organism.	For acute injury pain that threatens to engulf the person's consciousness, such as headaches, angina pectoris, cerebral concussion.
Arnica gel WELEDA apply to the affected part	Arnica planta tota: glycerol	See above, cooling.	Blunt injuries, such as strains, bruises, contusions, hematomas.
Aurum/Lavandula comp. cream WELEDA as a heart ointment cloth compress or for a Pentagram Rhythmical Einreibung. See also Vademecum of External Applications	gold, lavender, rose, paraffin, petroleum jelly	Harmonizes the rhythmic oscillation between center and body periphery. Strengthens the 'I'. Promotes the action of the 'I' and soul body after anesthesia or in critical phases of an illness.	Fears that are "taken to heart". Disorientation, mental numbness, panic-like mental dissolution, e.g., after anesthesia.
Chamomilla e floribus 10% Oleum WALA as an oil abdominal compress or oil rub	chamomile flowers, olive oil	Warming, antispasmodic, soothing, anti-inflammatory.	Painful cramps in the gastrointestinal tract. Nervous unrest at night.
Clove essential oil Apply to painful oral mucosa	Syzygium aromaticum	Anti-inflammatory, antibacterial, has an anesthetic effect on the mucous membranes.	Painful mucositis, painful tooth necks.
Eucalyptus 10% oil WALA as an oil compress or oil rub (bladder)	eucalyptus, olive oil	Antispasmodic, relaxing, stimulates blood circulation, is anti-inflammatory.	Acute and chronic bladder pain, bladder inflammation, irritable bladder, urinary retention.
Farmer's cheese compress (also known as quark) See also: Vademecum of External Applications	use low-fat farmer's cheese, preferably Demeter or organic	Analgesic, cooling, relieving. As the farmer's cheese dries it creates a gentle suction effect, which relieves watery congestion.	Inflammatory processes, such as mastitis, erysipelas, "warm" edema, inflamed and warm joints. Can spare dying patients who have bubbling respiration from having to be aspirated.

Flaxseed poultice Pour a little hot water over 30–50 g linseed meal and apply to the painful area as a warm and moist poultice	flaxseed meal	Warms and envelops cold, congested tissue.	Painful skin and bone metastases.
Ginger massage oil LICHTERDE as an oil cloth compress or oil rub	ginger	Warming, firing, dissolving hardness, stimulating.	Cramps (stomach, intestines, muscles).
Gold/Incense/Myrrh oil DR. HEBERER , see also Vademecum of External Applications	gold, incense, myrrh	Has a brightening and uplifting effect on the 'I', strengthens the power of thinking, opens the soul's feelings for the spiritual, strengthens the person's vitality and will forces.	Anxiety, fear of death, overcoming heaviness. Finding a balance between the power of radiance and the might of heaviness. Too much attachment to the earthly world. Predominant processes of death and degradation.
Gold-Rose-Lavender oil (available as Gold-Rose-Lavendel-Öl Jungebad)	gold, rose, lavender	Illuminates, straightens upright, harmonizes, promotes formative forces, clarity and protection, is relaxing, soothing.	Anxiety, fear of death, overcoming heaviness. Finding a balance between the power of radiance and the might of heaviness. In case of exhaustion and weakness.
Hypericum, Flos 25% Oleum WELEDA as an oil application. See also: Vademecum of External Applications	St. John's wort flowers, sesame oil	Stimulates and structures the sensory organization, e.g., in case of depression, pain syndromes.	Back pain, muscle pain, nerve root irritation, chronic pain syndrome.
Melissa oil WALA as an oil compress (abdomen) or oil rub (abdomen) See also: Vademecum of External Applications	caraway, melissa, marjoram, peanut oil	Antiflatulent, antispasmodic, calming, promotes the formation of digestive secretions.	Abdominal cramps, intestinal gas, poor digestion.
Oxalis e planta tota W 10%, Oleum WALA or Oxalis 10%, 30% ointment WELEDA as an abdominal rub or compress with oil or cream.	Oxalis planta tota, olive oil	Oxalic acid is related to formic acid: it leads deposited and accumulated substances back into upbuilding metabolic processes, stimulates metabolic processes, has an antispasmodic effect and strengthens the person's vital forces.	For prolonged shock effects. Leads the soul and spirit, separated from the body by shock, back into the body. <u>Abdomen</u> : for exhausted and weakened patients, weakness in the digestive tract, nervous, vegetative disorders in the gastrointestinal tract, e.g., spastic, spasmodic intestinal complaints. Apply after meals. <u>Upper abdomen</u> : post-treatment of shock-like conditions or traumatic experiences. Apply before going to bed; can stay on all night.

<p>Oxalis essence WALA or Oxalis 20% tincture WELEDA as an abdominal compress or bath. See also: Vademecum of External Applications</p>	<p>Oxalis planta tota 20%</p>	<p>If moist Oxalis compresses are experienced as being too moist and cool, apply ointment or oil cloth compresses as an alternative.</p>	<p>Anxiety and panic disorders in palliative care, with ascending nocturnal, stressful, unresolved soul content. Postoperative bloating accompanied by cramps and restlessness.</p>
<p>Red Copper Ointment Wala (Kupfersalbe rot) rubbed into the skin or as an ointment compress (foot embrocation, lower leg embrocation, hand embrocation, kidney ointment compress)</p>	<p>Cuprum oxydatum rubrum, viscous paraffin, white petroleum jelly</p>	<p>Warming, antispasmodic, relaxing, soothing.</p>	<p>For nervous, agitated, tense patients. For pain patients in whom the mental or spiritual aspects of pain play a major role.</p>
<p>Solum oil WALA as an oil compress or oil rub. See also: Vademecum of External Applications</p>	<p>peat extract, chestnut, horsetail, lavender oil, olive oil</p>	<p>Lessens pain processes associated with edema and pathological congestion. Counteracts congestion processes and has a formative and invigorating effect on the fluid organism. Is calming, relaxing.</p>	<p>Chronic pain, e.g., rheumatic complaints, bone metastases; when the patient needs enveloping warmth or must be shielded from external influences.</p>
<p>Yarrow liver compress after lunch. 2 tbsp in 1 liter water, let stand for 10 minutes. See also: Vademecum of External Applications</p>	<p>Azulene (essential oil), bitter substances, tannins, potassium salts</p>	<p>Warming, antispasmodic, improves secretion and appetite. Astringent, anti-inflammatory, hemostatic.</p>	<p>Liver capsule pain, e.g., with liver metastases, congestive liver, hepatitis.</p>
<p>Yarrow mouth rinse 1 tbsp in 150 ml hot water, let stand for 10 minutes</p>	<p>See above.</p>	<p>Anti-inflammatory, hemostatic.</p>	<p>Mucosal bleeding, e.g., of the oral mucosa.</p>