Topical Liniments & Ointments

The external topical liniments covered on this course may be used as complement to massage therapy treatments, which may produce analgesic effects and help in muscular relaxation. Although the answer is not completely known, physiologists have several theories. Researchers suggest that by intensely stimulating local skin receptors, the topical compound inhibits the response of the pain receptors in the nearby muscle or tendon. In a similar way, on a cellular level, the body chooses to recognize and process the stimulation from a topical analgesic while ignoring pain from the muscle, ligament or tendon. Other researchers feel that the physical action of rubbing the compounds into the skin does more to stimulate muscle and tendon fibers than the compounds themselves. Rubbing produces vasodilatation and relaxation of cramped fibers.

Liniments
Liniments are used for several different applications.

Topical analgesics are divided into two groups:

- **rubefacients**
- **counterirritants**

Rubefacients Liniments
Rubefacient liniments are any combination of drugs applied to increase heat and promote vasodilatation. They contain one or more essential oils that produce sensations of both heat and cooling. Usually, liniment is applied by hand and vigorously rubbed in. The area is usually not covered by wraps, with a few exceptions.
**Tighteners**
Tighteners are mixtures that aid in the removal of fluid from joint capsules and tendon sheaths. They are almost always rubbed into the affected area and followed with a wrap. There is some thought that the rubbing massage and compression from the wrap do more than the tighteners themselves do.

**Sweats**
Sweats are products that cause moisture accumulation on the skin. The moisture is drawn out of the underlying tissues. Consequently, sweats are used to reduce the size of swollen legs. A plastic sheet or oil silk is usually wrapped around the affected area on top of the sweat to increase its effects. Sweats contain alcohol, glycerin and furacin, often in combination with DMSO (a penetrating agent and anti-inflammatory drug) or steroids.

**Braces**
Braces are mixtures of drugs routinely used following workouts. Most braces have a high alcohol content to "pull" fluid out of the tissues and prevent the pulling of tendon sheaths. Strong massage and wrapping can be more beneficial than braces.

**Counterirritants**

**Blisters**
Blisters can be applied locally like paints or as a thicker paste. They are very irritating and cause some degree of skin reaction ranging from superficial cell death to skin damage and blistering. Blisters can also be used to tighten ligaments or tendons. They are losing popularity, however. Paints and blisters require a horse to rest, and many researchers now suspect that rest is the key to helping the horse, not using these compounds.

**Poultices**
Poultices, which are thicker than paint, have a drawing effect and are used to reduce swelling from tendons and ligaments. They may be used in cases of infection to remove fluid and inflammation.

**Liniment Recipe**

Alcohol (wintergreen is best)
Witch Hazel
Listerine
Aloe Juice (optional)
Mix in equal parts and apply with spray bottle.
Taken from Pure Equine: http://www.pureequine.com
1 ounce Goldenseal powder
1 ounce Myrrh powder
1 ounce Echinacea
1/4 ounce Cayenne powder
1 pint Rubbing Alcohol
Place herbs in a bottle and add Rubbing Alcohol. Shake daily for 3-10 days. Strain and store in bottle.
20%Isopropyl Alcohol
1% Phenol
1% Menthol
Mix together. If mixture is too strong dilute with water.
Topical Liniments

Zhen Gu Shui
Indications:
Provides temporaely relief for aches and pains of muscles and joints associated with simple backaches, arthritis, strains, bruises and sprains.

Active ingredient
Menthol 16%

Directions:
Apply on affected and peripheral area. Repeat no more than 3 times daily. For children under 2, consult a physician.

Warnings:
For external use only.
Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy
Made in China. Can be found at a local Chinese pharmacy at cost of $1.95 + taxes

Melaleuca Cream or Tea Tree Oil
Indications:
For temporary relieve of minor aches and pains for muscle and joints

Active ingredient:
Methyl Salylicates, Menthol, Melaleuca oil, and more

Directions:
Apply generously with gentle massage for relief of minor pain. Apply to affected area not more than 3 to 4 times daily.

Warnings:
For external use only.
Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Do not use this product if you are allergic to Salylicates
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy

Made in USA by Melaleuca – Idaho Falls, ID 83402-6003 – 1-800-282-3000 - Price +- $10
**Wah Tor**

Indications:
For temporary relieve of minor aches and pains for muscle and joints

Active ingredient:
Menthol and camphor. Also contains inactive tea seed oil, lavender oil, foeniculum oil, cassia oil and eucalyptus oil.

Directions:
Apply generously with gentle massage for relief of minor pain. Apply to affected area 3 to 4 times daily.

Warnings:
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy

Manufactured by Pan Chung Pat Wo Tong . # 481 Nathan Road, Kowloon, Hong Kong
Also found at a local Chinese pharmacy at cost of $4.95 + taxes

**Shaolin I-Ching Ling**

For temporary relieve of sprains & bruises, minor arthritis pain, and muscle soreness.

Active ingredient:
Aqulariae Lignum, saussureae radix, myrrha, alcohol, and olibanum.

Directions:
Apply generously with gentle massage for relief of minor pain. Apply to affected area 2 to 3 times daily.

Warnings:
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age.
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy

**Tiger Balm**

Indications:
For temporary relieve of minor aches and pains for muscle and joints

Directions:
Apply generously with gentle massage for relief of minor pain. Apply to affected area 3 to 4 times daily.

Warnings:
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy.

**Kwan Loong Oil**

**Indications:**
Antiseptic, rheumatism, contusions, swelling of limbs, septic contusions, sprains, and dislocations.

**Active ingredient:**
Menthol crystal, camphor powder, chloroforms, lavender oil, menthyl salicylate, eucalyptus oil, and white oil.

**Directions:**
Apply generously with gentle massage for relief of minor pain. Apply to affected area 3 to 4 times daily.

**Warnings:**
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy.

**De Tid Da**

**Indications:**
Activate blood circulation, relax muscles, relieve bruises, and stop bleeding. It is effective for joint and bone pain, acute sprain, contusion, and muscular rheumatic pain. For temporary relieve of muscular rheumatism, lumbargo, stiff neck, neuralgia, sciatic, sprains, and muscular cramps.

**Active ingredient:**
Not available

**Directions:**
Apply generously with a soft flannel cloth or a piece of cotton wool. Do not rub. Do not bandage.

**Warnings:**
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy.
**Po Sum on Medicated oil**

Indication:
Liniment for ache pain in the joints including rheumatic joint pain, and chronic and acute traumatic injury.

Active Ingredients:
Mentha Oil, camelia oil, dragon blood resin, alcohol, scutalleria root, cinnamon oil, and licorice root.

Direction:
Apply generally over the affected area during therapeutic massage.

Warnings:
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy.

**Arnica Cream**

Indications:
An effective ointment and compress for bruises, sprains, and muscle pain, arnica improves the local blood supply and speeds healing. It is anti-inflammatory and increases the rate of reabsorption of internal bleeding.

Ingredients:
Arnica contains sesquiterpene lactones, flavonoids, and a volatile oil that includes thymol, mucilage.

Brief on ingredients:
Mucilage = Made up of polysaccharides, protects the mucous membranes against irritation, acidity and inflammation.

Flavonoids = anti-inflammatory

Volatile oil = antiseptic and anti-inflammatory

Thymol = antiseptic

Directions:
Apply arnica ointment or cream to bruises and swellings 2-3 times a day or during a therapeutic massage.

Warnings:
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin.
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy.
**Crampbark or Guelder Rose lotion.**

Indication: Crampbark is antispasmodic, sedative, astringent, and nervine. Crampbark is effective at relieving any over-tense muscle. In some cases of arthritis, where joint weakness and pain have caused muscles to contract until they are almost rigid, crampbark can bring remarkable relief.

Ingredients: Hydroquinones (arbutin), coumarins (scopolotin, tannins), and resin.

Directions: Rub into the affected areas to unknot taut muscles.

Warnings:
- For external use only. Avoid contact with the eyes.
- Do not apply to wounds or damaged skin.
- Not to be used on children under 2 of age
- Wash hands thoroughly after use.
- Keep away from flame.
- Do not use during pregnancy.

**White Willow tincture or decoction**

Indications: White willow is anti-inflammatory, analgesic, reduces fever, anti-rheumatic, and astringent. White willow is an excellent remedy for arthritic and rheumatic pain affecting the back, and joints such as the knees and hips.

Ingredients: Phenolic glycosides – salicylic acid, flavonoids, and tannins.

Directions: Apply directed into the affected areas or mix with massage oil and rub into the affected areas. The decoction can be mixed with St. John’s wort, and crampbark and massaged into the affect areas.

Warnings:
- For external use only. Avoid contact with the eyes.
- Do not apply to wounds or damaged skin.
- Not to be used on children under 2 of age
- Wash hands thoroughly after use.
- Keep away from flame.
- Do not use during pregnancy.
**Lavender Oil**

Indications: Lavender is carminative, relieves muscle spasms, is anti-depressant, antiseptic & antibacterial, and stimulates blood flow. Used for sciatic and other back problems that cause neuralgia, as well as for stiff joints and chronic muscle ache.

Ingredients:
Lavender contains volatile oil, flavonoids, tannins, and coumarins.

Direction: The essential oil can be mixed with other herbs and or used by itself and added to the massage oil. The oil can be massage into the affected areas before or during a therapeutic massage.

Warnings: For external use only. Avoid contact with the eyes. Do not apply to wounds or damaged skin. Do not bandage. Not to be used on children under 2 of age. Wash hands thoroughly after use. Keep away from flame. Do not use during pregnancy.

**St. John’s wort Cream or Infused Oil**

Indications: It is antidepressant, antispasmodic, astringent, analgesic, sedative, relieves pain, and antiviral. Externally, it is used to relieve cramp and nerve pain, as well sciatic pain.

Ingredients:
Volatile oil, hyperricin, and flavonoids.

Directions: The infused oil can be mixed with other herbs and or used by itself and added to the massage oil. The oil or the cream can be massaged into the affected areas before or during a therapeutic massage.

Warnings: For external use only. Avoid contact with the eyes. Do not apply to wounds or damaged skin. Do not bandage. Not to be used on children under 2 of age. Wash hands thoroughly after use. Keep away from flame. Do not use during pregnancy.
Eucalyptus

Indications:
For pain relief, the essential oil can help to relieve rheumatic joint characterized by aching pains and stiffness, as well as neuralgia. Eucalyptus also stimulates local blood flow.

Ingredients:
Volatile oil, flavonoids, tannins, and resin.

Directions:
The essential oil can be mixed with other herbs and or used by itself and added to the massage oil. The oil can be massage into the affected areas before or during a therapeutic massage.

Warnings:
For external use only. Avoid contact with the eyes.
Do not apply to wounds or damaged skin. Do not bandage
Not to be used on children under 2 of age
Wash hands thoroughly after use.
Keep away from flame.
Do not use during pregnancy.