



STUDY REMEDY RELATIONSHIP BETWEEN BACH FLOWER REMEDIES & CONSTITUTIONAL MEDICINE

Physiology

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ABSTRACT

Background: Homeopathy has been popular for its unique nature of considering mind in treatment of disease. Awareness of mental symptoms has brought patients to homeopathy to treat their basic nature. After giving constitutional medicine we can't prescribe another homeopathic medicine for patient's mental ailments coming across when first prescription is already working. Emotions plays important role in psychophysical system of our body. Disturbance in emotions either bring physical symptoms or aggravate presenting symptoms of disease. In such cases my mind turns to acute remedies which has got action on emotions only i.e. BACH FLOWER REMEDIES. **Method:** Case sample 30 among which 10 patients will be given only Bach Flower remedy, 10 with Homeopathic constitutional medicine, 10 patients with homeopathic constitutional medicine followed by Bach Flower remedy. **Result:** Patients who were treated with Bach flower remedy + Constitutional medicine showed remarkable improvement than other 2 groups who received either constitutional or bach flower remedy. **Conclusion:** Bach flower remedy can be used as alternative or complimentary medicine with homeopathic constitutional medicine. Bach flower remedies & homeopathic constitutional medicine can be related as similar medicine on ground of mental symptoms.

KEYWORDS

Remedy relationship , Homeopathic constitutional medicine & Bach flower remedy.

INTRODUCTION:

Homeopathy is well known for ailments caused by emotional disturbance. With the change of time people are becoming more cautious not only about physical health but mental health also.

Homeopathy deals with mind & body during case taking and also gives important during selection of medicine. Awareness about homeopathy has brought good chance to prove homeopathic physician in the today's competition in the field of medicine.

Many a time patients comes to homeopathy just to treat his or her behavioral problem or mental indisposition.

I realized that understanding of basic emotions and there expressions are more helping in perceiving mental symptoms of patient. Further more studies made me think of emotional imbalance and its physical expression. At the same time I read about Bach flower remedies.

Walking on the path shown by Dr. Samuel Hahnemann, I got motivated to work on this topic.

About Bach Flower Remedies...

Dr. Edward Bach -pronounced as 'Batch'-(1886 - 1936) M.B.B.S., M.R.C.S., L.R.C.P., D.P.H. (Camb.) -An allopathic Doctor of British origin, was a renowned physician and pathologist (-bacteriologist).

Dr. Edward Bach observed that:

- Your mental make-up and overall attitude towards life are equally important as your symptoms of diseases or ill-health conditions. In fact, they are closely linked.
- Although invisible through naked eyes, our behavioral negativities OR emotional imbalances are real and we can perceive their effects on our lives in the form of pains or pleasures associated with them.
- It's not that person's fault if he or she is emotionally imbalanced. Their innate nature and existing hostile circumstances are equally responsible.
- Emotional imbalance is not a sign of weakness. "Emotional imbalance" at times is natural.

He found that following are the basic negative emotions, which are principally responsible to bring about the emotional imbalance. Those basic negative emotions are:

- Fear
- Uncertainty
- Insufficient interest in the present situation
- Over-sensitiveness towards ourselves or surroundings
- Hopelessness or depression (Melancholy)
- Despondency and despair
- Over-concern for others.

Preparation

The remedies contain a very small amount of flower material in a 50:50 solution of water and brandy. Because the remedies are extremely dilute they do not have a characteristic scent or taste of the plant.

Edward Bach thought that dew collected from the flowers of plants contains some of the properties of the plant, and that it was more potent on flowers grown in the sun. As it was impractical to collect dew in quantity, he decided to pick flowers and steep them in a bowl of water under sunlight. If this was impractical due to lack of sunlight or other reasons, he decided the flowers may be boiled.

The result of this process Bach termed the "mother tincture", which is then further diluted before sale or use.

Bach was satisfied with the method, because of its simplicity, and because it involved a process of combination of the four elements:

"The earth to nurture the plant, the air from which it feeds, the sun or fire to enable it to impart its power, and water to collect and be enriched with its beneficent magnetic healing"

Each of the 38+1 remedies discovered by Dr Bach is directed at a particular characteristic or emotional state

1. Agrimony - mental torture behind a cheerful face
2. Aspen - fear of unknown things
3. Beech - intolerance
4. Centaury - the inability to say 'no'
5. Cerato - lack of trust in one's own decisions
6. Cherry Plum - fear of the mind giving way
7. Chestnut Bud - failure to learn from mistakes
8. Chicory - selfish, possessive love
9. Clematis - dreaming of the future without working in the present
10. Crab Apple - the cleansing remedy, also for self-hatred
11. Elm - overwhelmed by responsibility
12. Gentian - discouragement after a setback
13. Gorse - hopelessness and despair
14. Heather - self-centeredness and self-concern
15. Holly - hatred, envy and jealousy
16. Honeysuckle - living in the past
17. Hornbeam - tiredness at the thought of doing something
18. Impatiens - impatience
19. Larch - lack of confidence
20. Mimulus - fear of known things
21. Mustard - deep gloom for no reason
22. Oak - the plodder who keeps going past the point of exhaustion
23. Olive - exhaustion following mental or physical effort
24. Pine - guilt

25. Red Chestnut - over-concern for the welfare of loved ones
26. Rock Rose - terror and fright
27. Rock Water - self-denial, rigidity and self-repression
28. Scleranthus - inability to choose between alternatives
29. Star of Bethlehem – shock
30. Sweet Chestnut - Extreme mental anguish, when everything has been tried and there is no light left
31. Vervain - over-enthusiasm
32. Vine - dominance and inflexibility
33. Walnut - protection from change and unwanted influences
34. Water Violet - pride and aloofness
35. White Chestnut - unwanted thoughts and mental arguments
36. Wild Oat - uncertainty over one's direction in life
37. Wild Rose - drifting, resignation, apathy
38. Willow - self-pity and resentment
39. Rescue – effect after shock or set back

MATERIAL & METHODS

Case sample 30 among which 10 patients will be given only Bach Flower remedy, 10 with Homeopathic constitutional medicine, 10 patients with homeopathic constitutional medicine followed by Bach Flower remedy. All the cases shall be documented with regular follow up records.

Inclusion Criteria:

Bach flower remedy will be given on mental symptoms
Constitutional medicine will be given on totality of symptoms
Mental & physical symptoms will be considered during follow up.

Excluding Criteria:

Sever pathological cases

RESULT CRITERIA:

Remarkable improvement → mental & physical generals & particular symptoms all are improved

Marked improvement → some of the mental & physical generals & particular symptoms are improved

Satisfactory improvement → only mental & /or physical generals & /or particular symptoms are improved

OBSERVATION & RESULTS

Treatment→ Improvement ↓	Bach flower remedy	Bach flower remedy + Constitutional medicine	Constitutional medicine
Remarkable improvement	4	9	4
Marked improvement	4	0	6
Satisfactory improvement	2	1	0

DISCUSSION & CONCLUSION

1) Homeopathic constitutional medicine when given on totality of symptoms; accompanied by Bach flower remedy given on marked mental symptom gives remarkable result mentally and physically.

2) As Bach flower remedies are short acting, when the effect of emotional imbalance have caused physical symptoms, only Bach flower remedy is not helping to cure. It needs more deep acting medicine to remove effect of prolonged emotional imbalance.

3) Bach flower remedies act wonderfully in one sided mental diseases.

4) In homeopathic system of medicine, mind is given prime importance. Some emotions are effect of external environment. When person gets adapted with his or her external environment, he or she won't be getting any problem. If person is not accepting external environment due to any reason, he gets emotionally imbalance. Medicine can help in either accepting or adapting with external world but can't change external world.

5) Homeopathic constitutional medicine given on totality of symptoms which includes physical & mental symptoms, constitution, and etc. Mental ailment causing physical symptoms are treated with correct selected constitutional medicine.

External environment may cause obstacle to cure as being maintaining

cause or exciting cause. In such situation Bach flower medicine help to remove that cause & allow constitutional medicine to act thoroughly with exosting action of given potency.

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