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Bach flower rescue remedy a emergency tool for acute emotional imbalance

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Abstract

Dr. Edward Bach, a licensed homeopathic and allopathic practitioner, eventually grew tired of the complexity of homeopathy and looked for a simpler, more intuitive way of healing. He spent more than six years studying how plants adapt and live in harsh environmental circumstances by observing nature. As a result, Bach Flower Remedies was developed. This system uses 38 floral essences, each of which is associated with a particular psychological or emotional condition. The Rescue Remedy, sometimes referred to as Sanjeevani, is the most well-known of these and is a life-saving combination of five particular essences: Rock Rose, Star of Bethlehem, Clematis, Cherry Plum, and Impatiens. During traumas, shocks, fears, anxieties, and other severe emotional disruptions, these treatments aid in regaining emotional equilibrium. According to research, Rescue Remedy works well for plants, animals, and even people. It can be used internally, externally, and in both acute and chronic situations to promote mental clarity, emotional stability, and physical rehabilitation.

Keywords: Rescue remedy, bach flower remedies, sanjeevani, rock rose, star of bethlehem, clematis, cherry plum, impatiens, emergencies, emotional disorders, physical rehabilitation, people, animals, and plants

Introduction

Dr. Edward Bach became a licensed allopathic physician before earning his degree in homeopathy and working as a homeopath for a few years. After that, He thought the system was overly complex. The drug-image of hundreds of homoeopathic remedies, as well as the need to recall the symptoms and indications of each medicine, made it difficult for him. It's not easy to match them to the patient's illness symptoms and then determine the appropriate potency for each case. Then, to link the medication to his prior accidents and incidents, the potential effects of the many medicines he used, and miasma. The effect that was implanted on his system makes it even harder and time-consuming to choose the correct treatment. For six long years, Dr. Bach wandered. About, gathering data on how the different plants and flowers in remote locations protected themselves from the capriciousness of the world. Despite fluctuations in the environment, nature continued to thrive with rains, storms, tempests, sunshine, clouds, lightning, and more. He gathered a number of plants and flowers and Bach Flower Remedies, which are 38 different treatments that address 38 potential shifts in a person's attitude, were created.

The combination of remedies that Dr. Bach created for SANJEEVANI is fantastic and powerful; it can rescue even a man on the verge of death. Dr. Bach prepared the formula. This mixture, which combines five medications, is called Rescue Remedy. It brings together the dying man's divided life force and brings him back to life. Because this great drug is as effective in saving one's life as Sanjeevani was proven to be, I have taken the Hindi version of it from the Ramayana. Be saving Lakshmana's life. This moniker perfectly captures the true value and beneficial attributes of Rescue Remedy ^[2].

Constituent Flower Essences and Their Indicators

Rock rose: - The Remedy of emergency for cases where there even appears no hope. When there is an accident, a sudden ailment, or when the if the patient is extremely afraid or terrified, or if the illness is severe enough to scare others. If the patient is not The remedy may be used to intentionally moisten the lips ^[4]. After a nightmare, children are frequently terrified; four drops of rock rose can be used whenever the child is experiencing extreme fear.

It should be sipped often in a small amount of water; this will provide immediate relief and relaxation to the patient. The benefits of rock rose are seen in those brave men and women who are willing to put their lives on the line to help others, whether they are military or civilian heroes. It is a mindset where the individual is courageous, has a great deal of bravery, and is able to keep a cool head even in the worst circumstances. Self is utterly forgotten^[3].

Case that was treated: A middle-aged man who had been hospitalized with a severely paralyzed intestine after undergoing treatment. Because of his immense fear, which was compounded by the panic and dread of his wife, he underwent a significant abdominal surgery and was given a sip of rock. This saved his life, as he had a bowel movement half an hour after the initial dose and peristaltic action was restored every 10 minutes. After that, he was given until he had fully recovered, other treatments that were in line with his mood.

Star of Bethehlhem – [Ornithogalum umbellatum] Symptoms of psychological or bodily trauma. Star of Bethehlhem is associated with the soul potential of re-awakening and re-orientation. When a person suffers a severe shock, their entire system—body, mind, brain, and entire nervous system—is shaken, resulting in a sense of numbness. He starts to lose his mind. The individual has the inner fortitude and composure necessary to take in the positive star of Bethehlhem state. Maintain composure and equilibrium in an emergency, which can be surprising^[1]. In others, however, the effects of shock are repressed. They seem composed and unaffected at the moment, but the effects of the trauma may not manifest for weeks, months, or even years afterward in the form of a breakdown, skin ailment, or cardiac issue. Any kind of bodily ailment for which there is no clear explanation. Once more, star Bethlehem is helpful in providing solace and relief from full physical recovery and all bottled-up feelings^[3].

The case was treated by Mrs. J.B., who wrote, "I am experiencing a time of inexpressible sorrow." The person I loved the most in the world is dying from This woman was given cancer and the Star of Bethlehem, as well as chicory, since it was believed that her affection and anguish may be a little obsessive, and Later, she said that this would not have helped either her or her friend. It's fantastic, I was able to cry, and the emotions of emptiness disappeared.

Clematis [Clematis vitalba. Traveller's joy. Old man's bread] – Has a tendency to live more in castles in the sky than in reality, and is also disinterested, inattentive, and prone to daydreaming. Forgetful. A distant gaze that seldom misses anything. The present is not where a bad clematis kind lives. He never addresses any problem in reality. He doesn't seek for answers; rather, he just succumbs to irrational and fictitious notions of a bright future. Because of his, he may experience a loss. He has a high level of faith in the future of his ideas, so he doesn't care about his unrealistic way of life. Since they don't care much about life, they tend to do very little or nothing to improve when they are ill. It could be that they are seeking to rekindle a relationship with a loved one who is the outcome is either death or a life that fails to fulfill their expectations. They would rather pass away with a loved one than be separated from them [suicide pacts]. The positive People who are curious about everything and have a sensitive, receptive

mind to inspiration demonstrate this aspect of the therapy. The list comprises healers, writers, artists, inspired politicians, practical idealists, and people who are in command of their daily lives because they understand the bigger significance behind it.

Treated Case - Hon. Mr. Justice D spent several years in Africa. However, his physicians were unable to determine the underlying cause due to the lack of visible physical evidence. His extreme tiredness and disinterest in his work. He also told me that he had always suffered from recurrent episodes of depression and that he was now at a loss. Olive and mustard were the suggested remedies in March 1952 for his unexplained depression, while clematis was recommended for his apathy. These were taken over a period of more than two months, during which time he reported on the sadness and despair that he couldn't explain. I was reluctant to attribute the improvement to your remedies because I don't want to place my faith in anything I experience in that "feeling is far" state. 'Know nothing about' the trim, although it was an improvement over what it had been in the past. The treatments were continued for two more days. Throughout these months, he was in perfect health and was able to share the full restoration of his passion and enthusiasm for his work^[3].

Cherry Plum [Prunus cerasifera] – It aids in controlling overwhelming emotions and bodily, mental, and emotional impulses brought on by fear and anxiety. In addition, it promotes a positive mindset. Easily triggered, impulsive, prone to acting on impulse, and illogical. Intolerable physical or emotional pain when The patient may even think about killing himself or hurting others, and he or she may act on such thoughts impulsively^[2]. A heart patient was instructed to follow a salt-free diet, while a chain smoker with a bad throat was advised against it. In order to prevent throat cancer, he smokes. None of the aforementioned patients were able to follow the doctors' advice because their minds were completely aware of the repercussions of eating sweets. Had lost all control over their conduct. People who see suicide as a way out of their despair and severe depression are the target of the treatment. For instance, 'I just recently lost my husband, and ever since I've been suffering from terrible depression, anxiety about the future, and, worst of all,' is one example. My desire to end it all with an overdose or something else is so overpowering that I fear I would go insane to the point of killing myself. The prisoner of war, who is currently undergoing, for example, is shown to possess the admirable traits of patience, fortitude, and courage in the face of physical and psychological abuse, but still able to keep his head.

The treated instance was a three-and-a-half-year-old boy who was not expected to live and who was the twin of a much stronger sibling. He was the twin of a three-and-a-half-year-old boy who was not predicted to live and who was the twin of a far more powerful sibling. His strength gradually improved. He was still prone to outbursts of screaming when he would throw himself on the ground, slam his head, and throw things around. Contracting a cold. He was prescribed cherry plum for the brainstorming sessions and Scleranthus to help him handle his emotions more effectively. He employed these remedies. Frequently taking medicine for four months. He ate well, stopped throwing up, and generally felt better. He was a different

child, according to his mother. And I was really happy. In every way, I felt more content and at peace.³

Impatiens [Impatiens glandulifera] - People with this condition experience intense psychological tension, which often results in muscle stress and pain. Additionally, they frequently dash across the street without pausing to check for traffic, accidents, or hurry. Not seeing any obstacles in their path. As a result, one may fall, twist their ankle, or break a bone. Additionally, avoid doing things that might make them feel worse, like slamming the door when they're in a bad mood. Burning oneself by taking the boiling kettle off the stove too quickly and removing one's fingers from the way. The tension and irritability of the situation lead to abrupt changes. This therapy can be used to treat a wide range of physical pain and tension disorders, such as cramps, spastic diseases, sudden, extreme pain, mental stress, and any other condition that the patients may be experiencing. Those with this kind of temperament. Eating when you're furious, impatient, or irritable can cause indigestion and other symptoms that impair digestion. People with these characteristics are compassionate, kind, and patient. They are bright, determined, perceptive, and skilled. They possess skills that are above average, but they are also able to comprehend and accept others. People who are quick in mind and body and who want everything to be done fast and without hesitation ^[3], but who move more slowly than them.

Treated case – Miss C., aged 69 years, was always inclined to be in a hurry, fell down some steps and sprained one ankle very badly and other slightly. The badly sprained one was bruised, swollen and stiff. Impatiens was given for the impatient nature both internally and a compress. The patient had a good night and no discomfort. Next day the ankles were much better. Treatment was continued until the ankle showed no sign of the accident ^[3].

Clinical application and scope

Rescue remedy is indicated in a variety of acute emotional states

1. Emergency - When one receives some unexpected news such as the news of the death of some near and dear one, cancer, heart attack, kidney failure, some other serious diseases, or kidnapping. Rescue remedy remove the dread of terror and help in maintaining mental equilibrium. At such critical moments, making mental right decisions becomes very difficult. Rescue remedies help in removing the dilemma and making right decisions.
2. Rescue remedies are very effective in removing the stress caused when one is awaiting an important piece of information or going to take an examination or to face an interview or to deliver a speech.
3. Officers and employees engaged in controlling emergency caused by natural calamities have to work for very long periods in tiring and exhausting conditions. Consequently they get irritable, restless and are exhausted physically and mentally. Rescue remedies help not only these people but also the other affected people in removing their restlessness, their mental condition being so improved that they get to their work with renewed energy.
4. Rescue remedies are very effective in cases of long and chronic diseases, mental strain and hair loss because of

some shock or nervousness.

5. Rescue remedies provide great relief in cases of serious burns, migraine, the pain and restlessness caused by diseases like cancer.

Rescue Remedy in Other Difficult Situations

1. It is very useful in cases of emotional and psychological strain and tension. It is also useful for both the mother and child during pregnancy and before or after the birth of the child. It has been observed that there are many apprehensions in the mind of an expectant mother. Rescue remedy removes physical and mental strain, fear and nervousness. Rescue remedy helps in the delivery of the baby in the natural way; no cesarian operation is needed. A newly born baby, on coming into world, is very restless. Rescue remedy removes this restlessness and helps in his balanced mental development. During pregnancy, a mother passes through the phases of fear, apprehension and sometimes, the new born baby is not found normal physically and mentally. In all such cases, rescue remedy provides quick relief both to the mother and child.
2. Businessmen, industrialists, administrative officers and factory managers very often get tension due to various reasons. Rescue remedy provides great relief from this strain and tension.

Rescue Remedies for Animals - Sometimes pets like cats and dogs meet with an accident and hurt and injured. They are scared when they are to be operated for some reason or when their teeth are to be extricated. Rescue remedy provide relief to them also.

Rescue Remedy for Plants and Trees - Rescue remedy has proved to be life- saving and life-giving for plants and trees also, as it has proved in the case of animals. On being planted, some plants and trees being to wither, they do not grow in a proper way. They are also affected when they are transplanted from one place to another. In all these conditions, Rescue remedy has proved very useful in giving them a new life. If Rescue remedy is given mixed with water, even the dying and drying trees begin to thrive. Thus Rescue remedy is useful for all human beings, plants, trees and animals ^[2].

Preparations - To prepare the Rescue Remedy, put ten drops from the bottle of each of these five remedies into one dram phial. Cork tightly and label Rescue Remedy ^[3].

Dosage and administration - In minor accidents and emergencies, put three drops from the bottle of rescue remedy into a cup of cold water. Let the patient sip this frequently. As the patient improves, reduce the frequency of doses, giving them every quarter of an hour, then every half hour and later every hour. The painful area can also be bathed with three drops of Rescue Remedy in half a pint of hot or cold water.

If the patient is unconscious, then his lips, gums, behind the ears and wrists should be moistened with the remedy. If no water is readily available, a few drops straight from the bottle should be poured on to the patient's palm for him to drink, or the lips and gums moistened with the undiluted remedy ^[3].

External use of Rescue Remedy - Rescue Cream - Rescue cream is prepared by mixing Rescue remedy and crab apple with a natural homoeopathic cream. This cream relieves pain in cases of cuts, burns, sprain and insect-bite, etc. It saves the wound from pus-formation.

Rescue Lotion - If cream is not available, Rescue lotion can be prepared by mixing Rescue remedy and crab apple with water. It is also equally effective [2].

Conclusion

Dr. Bach's *Rescue Remedy* is a simple yet powerful tool that addresses the emotional and psychological aspects of health, often overlooked in conventional medicine. By targeting specific emotional states, it helps individuals—humans, animals, and even plants—regain balance during crises or stress. Its gentle, non-toxic, and holistic approach makes it widely accessible and applicable in a variety of emergency and everyday situations. *Sanjeevani* (Rescue Remedy) reflects the essence of natural healing, offering a safe and effective means of emotional first aid rooted in the wisdom of nature.

Conflict of Interest

Not available

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Not available

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