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## Bach flower remedies: Balance your emotions

### Dr. Shweta Sharma

#### Abstract

According to Dr. Bach, Disease is caused due to an imbalance between the body and mind. This imbalance can lead to negativity and blocking of energy, which ultimately can give rise to physical ailments. This alternate medicine system throws out negative emotions such as fear, worry, anger, self-doubt, indecision, sadness, impatience and guilt. It gently restores the mind body equilibrium; so that the body is free to heal itself. The remedies are highly diluted with small amount of flower material and do not have any specific taste or smell. There are a total of 38 Bach flower remedies with healing properties; 37 remedies are made from flower and tree blossoms, while one remedy is made from natural spring water.

**Keywords:** Bach flower remedies, Emotions, Imbalanced emotions

#### Introduction

A Qualified allopathic doctor Dr. Edward Bach, later got his degree in Homoeopathy and practised it for a few years.

**History:** Dr. Edward Bach was a saintly person. He spent six years by roaming in the forest and collecting information about various plants & their flowers from the vagaries of nature, rain etc.

**Philosophy by Dr. Bach:** Every life has some divine will no sacrifice is called for, whenever an obstruction in the life of a person disturbs his mental balance, some symptoms of illness appears on his body because the body is only a mirror, reflecting the human mind. Dr. Bach clearly said that, the basic cause of all troubles is the way to live life which produces obstruction, whenever a person doesn't hear his inner voice and act against his conscience then his mental peace is disturbed by physical ailments. As soon as patient's mental state improves, the physical troubles disappear.

Here is a big catch that you can prevent a disease from appearing if you rectify change of mood when it appears in a person. 200 years ago, Dr. Hahnemann, the founder of Homoeopathy has propounded the theory of psora being the origin of all chronic disease.

#### 1. Chicory

**Keynote:** Possessive, over protective, self centered, critical.

#### About plant

- Family- Dandelion.
- It's flowers are usually lavender in color but may be light blue, white or pink.

In positive state, According to Dr. Edward Bach, those who are very mindful of others need, overprotective, full of care for children, relatives, friends, relationship. Always wants company of those for whom they care.

**In negative state**

- Most domineering and demanding.
- Need attention of the family.

**2. Mimulus**

**Keynote:** Fear, blushing, lack of courage, stammering, shyness, timid, sensitive.

**About plant**

- Family: Scrophulariaceae
- It's flower are usually yellow in color.
- It has strong affinity to flowing water.

In positive state, According to Dr. Edward Bach, there is an outgoing quality and a release of congested emotions.

- Fear of illness, pain, accidents.
- Fear of poverty, of dark.
- Fear of misfortune, fear of everyday life.
- Peoples are reserved, remains quite and secretly bear their grief and dread.
- Constantly filled with anxiety.

**Child of Mimulus**

- Baby cries when awake without any reason.
- Tendency to blush easily.
- Stammer or suddenly become speechless.
- There is need for 'Down time' to withdraw to a quiet spot.

**In negative state**

- Hypersensitivity.
- Hypersensitive to bright light, noise or an overabundance of activity or even of food.

**3. Cerato**

**Keynote:** Lack of self esteem, confirmation.

In positive state, According to Dr. Bach,

- There is lack of self confidence, Person who have not sufficient confidence to make their own decisions.
- Always need other's advice.
- Easily influenced by persons who hold strong views.
- Those people asks so much even for minor issues and gather a great deal of information but they don't use it because of lack of self esteem.

**In Negative state**

He doesn't recognize her role of higher self because of lack of self confidence, always wants answers from others.

**4. Centaury**

**Keynote:** Timid, quiet, doormat.

In positive state, According to Dr. Edward Bach

- The people are kind, gentle people, over anxious.

- They are very much anxious about helping others; they become servants than willing helpers.
- Their good nature leads them to do more and neglect their own particular mission in life.

**In negative state**

There is a genuine desire to help the person into a doormat. Tiredness, fatigue. Others take advantage of their good nature. They restore the qualities of inner strength. They must put others need before their own.

**5. Agrimony**

**Keynote:** Addiction, Unhappy, Anxiety, Insomnia.

According to Dr. Edward Bach,

- Persons of agrimony are jovial, cheerful, humrous who love peace.
- They didn't like argument and quarrel, so they give up much.
- They hide their cares behind their humour, considered as very good friends.
- They desires company, indicated for release of inner tension and anxiety.

**6. Clematis**

**Keynote:** Day- dreaming, withdrawing, lack of concentration.

In positive state, According to Dr. Edward Bach

- Dreamy, drowsy, not fully awake, no interest in life, detached from life.
- Always living in future than in the present, always living in hope for happier times.
- Person appears to be a "wanderer between the worlds" and reality holds little interest.
- Person always in the hope of better and happier times.

**In negative state**

- Exaggerated form of romanticism, delusions, eccentricity.
- In negative phase, "polite form of suicide".
- The negative clematis is usually very pale with cold hands and feet.

**7. Gentian**

**Keywords:** Discouraged, Depressed.

In positive state, According to Dr. Edward Bach

- Those who are progressed towards diseased state, easily discouraged.
- The essence of gentian flower brings a return to faith in higher self.

**In negative state**

- Pessimistic, Depressed, Doubt everything & everyone else around them.

- Habitual of worry over something, doesn't feel comfortable without worry.
- The true gentian person always be a sceptic but after treatment will become a "positive sceptic".

### 8. Impatience

**Keyword:** Impatient, Hasty, Hurried.

In positive state, According to Dr. Edward Bach

- Those who are quick in action and thoughts, all things or works to be done without delay.
- In ill state, anxious for a hasty recovery.
- Persons of impatience find difficulty to be patient with people, who are sluggish.
- There is quickness of mind, intelligence and decision making in the service of others as well as themselves.

#### In negative state, there is

- General irritation, inner tension, hastiness.
- They are quick at their work pace, when they supervising others, they feel frustration of watching someone who works slowly.

### 9. Rock rose: Also called rescue remedy.

**Keyword:** Frozen fear, Terror.

- In emergency cases, where there is no hope.
- In cases of accidents or sudden illness with great fear.
- If the patient is not conscious, medicine should be administered by moistened lips of the patient with remedy.
- This is a state of frozen fear that has been aptly described as a "Punch in the stomach".
- In the positive state, individuals are able to mobilize tremendous forces that allow them to grow beyond themselves.
- It is helpful in cases of sun stroke, heat stroke and drug addiction.

### 10. Scleranthus

**Keywords:** Indecision, Imbalance, Uncertainty, Dizziness.

According to Dr. Edward Bach

- Persons are too confused, those who suffers much, being unable to decide between two things.
- Reserved people and bear their difficulty alone, doesn't discuss it with others.

#### In negative state

Person's thoughts and emotions are in a state of turmoil. This turmoil shows up as complaints of inner ear or motion

sickness. After treatment person reestablished the connection with emotions. They will show a great power of concentration and determination.

### 11. Vervain

**Keywords:** Hyperactive, over enthusiasm

According to Description of Dr. Edward Bach

- Person's of vervain have fixed principles and ideas.
- They want to convert all around them to their own views of life.
- Strong will and full of courage when they are convinced of those things they wish to teach.
- Give up their duties with struggle to their illness.

#### In negative vervain

- A person ignores his own body's warning signals, pushing himself until illness overtakes.
- But once person is restored to his positive state, he'll be dedicated to his tasks.

### 12. Water violet

**Keywords:** Proud, anti-social, self-reliant.

According to Dr. Edward Bach

- Persons wants to be alone, timid, clever, talented, gentle, very independent and almost free of the opinions of others.
- Their peace and calmness is a blessing to those around them.
- Superior, capable and calm.
- The phrase "keep a stiff upper lip" applies to it.
- They like to be on their own, stay in the background and let others live as they wish.

After treatment of water violet person they will be able to use his self-confidence for the good of others as well as himself.

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