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Bach Flower Therapy: A Bird's Eye view

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Abstract

Human being is comprised of mind, body and soul. But soul is the real self of man and every soul in earth is a spark of almighty, the creator. Soul is invisible, immortal and dynamic. The imbalance between soul, mind and body can be corrected with Bach flower remedies. Every flower can be considered as an outlet of the life force of a plant, in other words the soul or spirit of a plant. Bach remedies are an extract of the healing property of a plant. Hence it cannot be measured or analyzed like a chemical or a drug. But flower remedies can be used to treat the inner turmoil of a person which is responsible for various psychosomatic ailments.

Keywords: Flower essence, homoeopathy, soul healing, psychosomatic, Edward bach

Introduction

Dr. Edward Bach (1886 – 1936)

Bach flower remedies were discovered by Dr. Edward Bach, MBBS. He was a Physician, Homoeopath and Bacteriologist. He stayed in mount Vernon near thames valley. He dedicated his entire life to discover soul healing flower remedies from nonpoisonous wild flowers. His wide knowledge of plants, his sensitivity and love of nature helped him to discover these 38 flower remedies.

Concept of disease

1. According to Dr. Bach diseases are nothing but a conflict between mind and soul. Sufferings are the expression of mistakes or the lessons that we failed to grasp in life. Diseases can never be eradicated until those lessons are learnt.
2. As long as our soul and personality is in harmony all we experience is joy, peace and health.
3. Conflict arises when our personality deviates from the path laid down by soul. This conflict is the root cause of all diseases and miseries.
4. All worldly things are united. Everything in universe is a part of creator. Hence we are supposed to love everything either a pebble or a person, grass or a giant animal. All are part of creator it cannot be separated from one another.
5. Origin of disease depends 2 things (i) dissociation between soul and personality (ii) behaving cruel or doing wrong to others, because it is a behavior against unity.
6. Health is all about understanding and correcting our faults. Diseases are the pointers of our mistakes. Disease is beneficial. As long as we obey the divine will, all we experience is joy and happiness. Disease arises from the moment we deviate from the path of our soul.
7. Diseases are not only the faults of this life, it also can be the errors of other life. That way we are not sure about the mistakes done by us in the other life, hence we need an instrument to liberate us from such impressions. Bach flower remedies are one among the instruments.
8. In short errors are of 2 category – (i) fail to know or to obey the purpose of soul (ii) any action against Unity.

Concept of Cure

Body parts are not randomly affected but by definite law of cause and effect. Heart diseases occur when there is lack of love to humanity. Brain affections are a part of lack of control in personality. Primary diseases of Man are – Pride, cruelty, hate, self-love, ignorance, greed and instability. Development of universal love cures most of the disease.

In this process we should realise that everyone is the son of creator, we should not discriminate people based on their

profile. Cure happens not by fighting the wrong, but by bringing the right things in flood.

Table 1: Concept of Disease and Cure in Batch Flower Therapy

| Negative emotion | Physical disease | Opposite/Positive emotion for cure |
|-----------------------|---|---|
| Pride | Stiffness, rigidity | We are useless without divine spark, light of our soul. |
| Cruelty | Pain | Gentleness |
| Hatred | Loneliness, hysteria | Love |
| Self-love | Neurosis, neurasthenia | Care and attention to others |
| Uncontrollable temper | Mental and nervous storm | Sympathy |
| Ignorance | Impaired vision and hearing | Not afraid of experience, open mindedness. |
| Instability | In coordination at the body level. | Self-determination, doing things with confidence, to avoid wavy nature. |
| Greed | Slave of his body, feeding senses all the time. | Hope |

How does it work?

Flowers have positive quality that heals the negative quality within us. The vibration and resonance of flowers can be matched with the man during illness. Taking the flower essence cause some vibratory changes in the body. It creates synchronization within cells of the body. The healing energies of flower remedies lift our vibrations and unblock the channels within our mind. It helps to approach the life with positivity, inner strength and harmony.

Advantages of Bach flower Therapy

1. Flower remedies are prepared from natural sources and they are harmless.
2. The principles of prescription is very easy. It doesn't demand elaborate case study as that of homoeopathy.
3. More than one drug can be given at a time.
4. Dispensing method is very easy.
5. Bach remedies maintain the equilibrium of mind and body.
6. Each of the 38 remedies are correlated with specific negative state of mind, personality trait, mood or temperament.

Case taking and prescription

No standard list of questions or format is used for case taking. Most important thing is to put the patient at ease and to make him feel that we wish to help them sincerely.

1. It is important to observe the manner of talking. For example - hurried, nervous, slow or hesitant etc.
2. Nature of voice – authoritative, whispering, insecure, uncertain, fear or worry.
3. Past history must be enquired. Ex – physical/emotional shock, constant worry etc.
4. Predominant mental state must be included in the choice of remedy.

Utility in Pregnancy and childbirth

Flower remedies are very helpful in treating nervous, apprehensive state of young mothers. Few examples are:-

1. Becoming tense in mind and body – Mimulus
2. When fear is marked & intense – Rock rose
3. To calm the mind & body – Vervain, Impatiens
4. Few days before parturition – Rescue remedy helps in gentle labor and rapid recovery from parturition.

Utility in Children/Paediatrics

As a rule children do not conceal their emotions. Their emotions are reflected in their behavior. Flower remedies have great scope in treating ADHD (Attention Deficit and Hyperactive Disorder) and behavior disorders.

1. Screams for attention – Impatiens
2. Happy all the time, rarely troubles the mother – Agrimony
3. Nervous, frighten end babies & children – Mimulus
4. "Old souls" who live in their own world, sleeps too much, not even interested in feeding – Clematis
5. Fretful desire to be carries all the time – Chicory

Posology

1. Flower remedies are prepared as per homoeopathic centesimal scale potentization. They are available in liquid form and in single potency 30.
2. Dispensing method is very easy because they are tasteless. 4 drops of remedy can be mixed with milk, fruit juice or plain water.
3. For breast feeding babies, the mother has to take the medicines.
4. In acute diseases the dose is every quarter or half hour until there is improvement.
5. Flower remedies have no harm as such but overdosing may not increase their effectiveness.

Table 2: Difference between Homoeopathy and Bach flower Therapy

| S. No | Bach flower Therapy | Homoeopathy |
|-------|--|--|
| 1. | Taken from flowers only | Taken from various sources like plant, animal, mineral etc. |
| 2. | Invented by Dr. Edward Bach | Invented by Dr. Samuel Hahnemann |
| 3. | Dynamic action focusing to bridge mind and soul. | Dynamic action focusing the vital force |
| 4. | Method of preparation is centesimal scale. | Decimal, centesimal and millesimal scale. |
| 5. | Single potency is available 30c | Various potencies available from 1x to 0/1 |
| 6. | Human proving of remedies. | Drug proving conducted in healthy human beings. |
| 7. | Available in liquid form only. | Both liquids and triturations are available. |
| 8. | More than one remedy can be given at a time. Combination is allowed. | Simple and single remedy at a time. |
| 9. | Prescription is based on current mental state, no definite law for second prescription. | There is definite rule for prescription, follow-up and cure. |
| 10. | There is no scale available to understand the improvement other than the feedback given by patients. | Changes can be measured with biochemical and radiological studies. |
| 11. | Number of remedies are less. only 38 remedies are available. | More than 3000 remedies are available. |
| 12. | Highly beneficial in psychological disorders. | Beneficial in psychological, psychosomatic and physical ailments. |
| 13. | Frequent repetition is allowed. | No repetition is allowed until there is an improvement. |

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