



Bach Flower Therapy

Dr. Ashlesha Pawar

BHMS, PG Scholar, Foster development's homoeopathic medical college and hospital, Aurangabad, MH, India.

ABSTRACT:

Bach flower remedies were discovered by Dr. Bach physician, homoeopath, and consultant, Bacteriologist. Bach believed that illness was the result of a conflict between the purposes of the soul and the personality's actions and outlook. This internal war, according to Bach leads to negative moods and to energy blocking thought to cause a lack of harmony. Thus leads to physical diseases.

Introduction:

Bach flower remedies are said to be specially useful in the treatment of psychological and psychosomatic disorders, various mental states and physical problems arising from them. Bach flower remedies are used in drop doses, they are tasteless, depend on the essence of plants for their gentle healing effects for mental emotional difficulties. These remedies are powerful yet gentle healing tools that can catalyse the resolution of deep emotional imbalance, as can homoeopathy.

Bach never accepted that like cures like. His goal was to discover a safe, Effective system of medicine that even the simplest person could use to help themselves.

Bach discover 38 non-poisonous wild flower remedies.

Method of preparation:

20 remedies prepared by sun method of preparation of petals, remaining 18 were prepared by boiling the whole plants, bush or tree including the flower heads.

How do the remedies act:

The Bach flower remedies contain the life force in the plants, we know that no physical part of the plant remains once preparation is complete and therefore no physical part of the plant is ingested.

Dose and repetition:

In acute diseases single dose give the desire results in few seconds.

In chronic diseases one to three doses per day sufficient, we may gradually increased the duration between the dose, we may repeat until complete cure is obtained.

Used for:

- Prevention
- Stop illness at onset
- Help during illness
- Character traits that bring unhappiness

Advantages of Bach flower remedies:

- No side effects without any complications.
- Easily available and easy to prepare
- One can select more than one drug for the same patient and these can be given at the same time

Remedies-

• Agrimony • aspen • beech • centaury • cerato • Cherryplum • chestnut bud • chicory • clematis • carb apple • elm • gentian • gorse • heather • holly
• honey suckle • hornbeam • impatiencia • larch • mimulus • mustard • oak • olive • pine • red chestnut • rock rose • rock water • scleranthus • star of
bethlehem • sweet chestnut • vervain • vine • walnut • water violet • white chestnut • wild pat • wild Rose • willow