

# **AHMEDABAD HOMOEOPATHIC MEDICAL COLLEGE**

TOPIC PRESENTATION BY  
DR.SHREYA PRAJAPATI M.D. PART – 1

SUBJECT  
HOMOEOPATHIC MATERIA MEDICA

# OVERVIEW ABOUT BACH FLOWER REMEDIES AND RESCUE REMEDY



# INTRODUCTION:

## • Discovery of Bach flower Remedies :-

- Bach flower Remedies were introduced by **Dr. Edward Bach.**
- Dr. Edward Bach was born in village called *Moseley*, near *Birmingham, England.*
- Dr. Bach studied medicine at the University College Hospital, London and obtained a *Diploma in Public Health* at Cambridge.<sup>3</sup>



(Sep.24,1886-Nov.27,1936)<sup>3</sup>

- During his medical studies, he observed the patient's individual personalities and their responses to treatment closely, and he noticed that the mental/emotional condition would influence the course of recovery and affect the efficiency of the administered medicines.
- He concluded that the mind and emotions played an important role in the processes of disease and cure and should be taken into consideration during diagnosis and treatment.<sup>2</sup>

- After completion of his medical training and branching into bacteriology, he began to study closely the mental and physical differences of the seven major types of personality that he had identified and observed during his medical training.
- Each type of personality had its own specific intestinal flora, indicating that intestinal flora not only mirror physical health but also have affinity with the type of personality and its major mental/emotional tendencies.
- Bach developed seven vaccines from the bacteria of these intestinal floras and administered them successfully.<sup>2</sup>

- Bach was able to raise his patients' overall Health including Mental/Emotional Health and given name to 'SEVEN BACH NOSODE'.
- During this time of research and successful treatment of patients, Bach became a great admirer of Hahnemann and his principles of homeopathy. Then, all seven Bach nosodes were prepared and administered as oral medicines.
- His goal to search for a system of healing that would prescribe on mental/emotional states only and was directly derived from the beauty and purity of nature.<sup>2</sup>

- This new system was to work gently without possible aggravations or contact with harmful substances.
- So, He started experimented with Plants and the very first remedy was STAR OF BETHELEHAM.
- The Flowerheads and their petals were of special interest to Bach who believed that the highest, purest healing energy was stored in the delicate petals and corresponds with the subtle, higher vibrations of man's consciousness.<sup>2</sup>

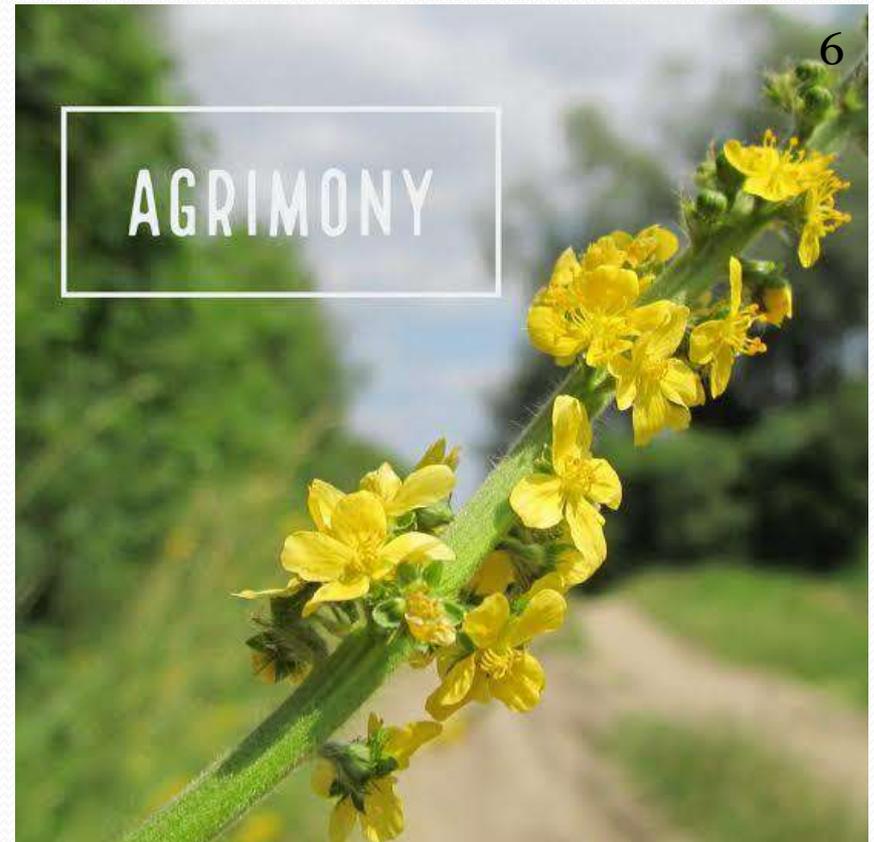
- As the Flowerheads direct, express, and “Head” the plant, so does man’s head cognitive perception, and consciousness direct and express overall organism and personality.
- He experimented with several methods of preparation, always concentrating mostly on flowerheads.
- He prepared 38 remedies from which 20 remedies prepared from Sun Method and 18 remedies prepared from Boiling Method.<sup>2</sup>

# NAME OF BACH FLOWER REMEDIES<sup>1</sup>

- Agrimony
- Aspen
- Beech
- Centaury
- Cerato
- Cherry Plum
- Chestbudnut
- Chicory
- Clematis
- Crab Apple
- Elm
- Gentian
- Gorse
- Heather
- Holly
- Honeysuckle
- Hornbeam
- Impatiens
- 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 Oat
- Wild Rose
- Willow

# AGRIMONY

- FULL NAME :  
Agrimonia eupatoria
- PREPARATION:  
Sun method, Use of  
flowerstalks.
- FLOWERIND PERIOD:  
June through August.<sup>2</sup>



- **Key Words:**

Mental torture or worry hidden from others.

- Agrimony may appear cheerful, care free and are amusing companions with a good sense of humour. But this mask often hides a worried and perhaps tortured state of mind.
- They are peace loving people distressed by quarrels and arguments and they make light of their own difficulties.<sup>1</sup>

- Agrimony like company in order to forget their own worries and to escape from them.
- Very restless people.
- Agrimony Child: Who quickly forget their worries, throw them off easily and quickly resume their normal cheerful outlook.<sup>1</sup>
- Agrimony is a tonic for lawyers and brokers. Also, for those who turn to alcohol to 'suppress' their emotion and hide worries.<sup>7</sup>

- Agrimony is a beautiful remedy to help all such people to come forth with their inner most feelings and to share their 'darkness' within, to open up to the wonderful 'daylight' and to know longer be the light that shines only on the outside but, from 'the within'.
- Simultaneously, IGNATIA in homoeopathy is another remedy for people with this kind of 'silent grief' within.<sup>4</sup>
- *Negative Aspect:*  
Mental torture and worry hidden from others, restlessness.
- *Positive Aspect:*  
Who can truly laugh at all their worries. The true optimist and peace-maker, the care free.<sup>1</sup>

# ASPEN

- FULL NAME:  
Populus Tremula
- PREPARATION:  
Boiling Method, Use of twigs  
with leaf buds to male and  
female flowers.
- FLOWERING PERIOD:  
February to April.<sup>2</sup>



- **Keywords:**

Vague fears of unknown origin, apprehension.

- Aspen fear is more of mind that may come day or night.
- Dr. Bach wrote: “Fear of such thing as an operation, a visit to the dentist, a thunderstorm, a fire or an accident are physical fears. They come over you like a cloud, bringing fear, terror, even panic, without the list reason. Frequently with trembling and seating from abject fear of something utterly unknown. Aspen can abolish this kind of fear.”<sup>1</sup>

- *Negative Aspect* :  
Apprehension and Vague Fears of the Unknown.
- *Positive Aspect* :  
Ability to face all unaccountable things with courage and calmness.<sup>1</sup>

# Cherry plum

- PREPARATION:  
Boiling Method, Use of twigs with flower.
- FLOWERING PERIOD:  
February to April.<sup>2</sup>



- **Keywords:**

Fear of loss of control over emotions; desperation.<sup>1</sup>

- Cherry Plum state can be a very extreme and uncomfortable one in which the personality experiences powerful and irrational fears.
- This remedy often feel that they are loosing control of their mind, going insane.<sup>5</sup>
- Desire to stretch and twist which he cannot resist, running about, striking against something or hitting themselves on head during mental or physical suffering.<sup>1</sup>

- Dr. Bach said: “Fear of the mind being over strained, of reason giving way, of doing fearful and dreaded things, not wished and known wrong, yet there comes the thought and impulse to do them.”<sup>5</sup>
- *NEGATIVE ASPECT*: Fear of loss of control over emotions.<sup>1</sup>
- *POSITIVE ASPECT*: This remedy helps you to restore the qualities of balance, calmness and positive control of the mind.<sup>5</sup>

# Gentian

- FULL NAME:  
Gentian amarella, Autumn gentian.
- PREPARATION:  
Sun Method, Use of Flowerheads.
- FLOWERING PERIOD: From August to early October.<sup>2</sup>



- **Keywords:**

Sadness, Depression, Discouragement, Uncertainty.

- They are people who are discouraged when things go wrong or difficulties confront them.
- They refuse to believe that their own lack of faith and understanding keep them from overcoming difficulties and feel to be insurmountable. So, they attract such condition by their negative outlook.
- This remedy is valuable one in illness when a setback may depress and discourage the patient and for children who get discouraged also at their lack of success in their school work or examination.<sup>1</sup>

- *Negative Aspect:*

Doubt, Discouragement.

- *Positive Aspect:*

There is no obstacle too great or task too big to be undertaken with confidence.

Certainty; faith; optimism under all circumstances.<sup>1</sup>

# Gorse

- FULL NAME:  
Ulex Europacus whin. The common furze.
- PREPARATION:  
Sun Method, Use of Flowerheads with stalks.
- FLOWERING PERIOD:  
March through June, mostly.<sup>2</sup>



- **Keywords:**

Hopelessness

- These patients tend to give up the struggle, feeling without hope.
- Those patients who feel hopeless after the failure of many treatments therefore continue to suffer and bear the pain for rest of their lives.
- Dr. Bach said: “They are generally sallow and darkish in complexion, often with dark lines beneath the eyes. They look as though they needed sunshine in their lives to drive away the clouds.”<sup>1</sup>

- *Negative Aspect:*

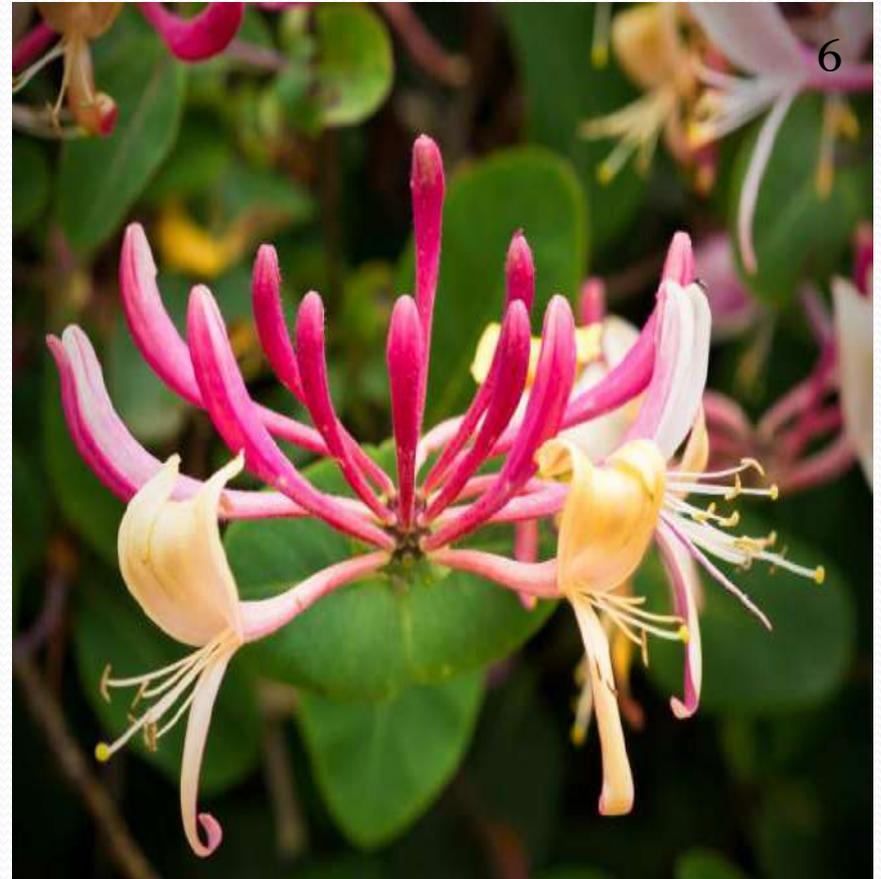
Hopelessness

- *Positive Aspect:*

Who have a positive faith and hope, and a certainty which in the end can overcome all difficulties.<sup>1</sup>

# Honeysuckle

- FULL NAME:  
Lonicera Cuprifolium.
- PREPARATION:  
Boiling Method, Use of  
flower heads with leaves.
- FLOWERING PERIOD:  
June to August.<sup>2</sup>



- **Keywords:**

Dwelling too much on memories of the past.

- Dr. Bach said: “This is the remedy to remove from the mind the regrets and sorrow of the past, to break the all influence, all wishes, all desires of the past and to bring us back into the present.”
- The individual loses all interest in the present and make no effort to overcome existing difficulties.
- The body is left contend with the difficulties of the present while the mind lives in the past, so there is a state of stagnation or slowing down of the life forces.<sup>1</sup>

- *Negative Aspect:*

Dwelling too much on the event and memories of the past.

- *Positive Aspect:*

The lesson learnt from the past experiences, can live joyously in the present.<sup>1</sup>

# Oak

- FULL NAME: Quercus robur.
- PREPARATION:  
Sun Method, Use of whole stalk of red female flowers.
- FLOWERING PERIOD:  
April and May.<sup>2</sup>



- **Keywords:**

Despondency despair, but never cease efforts.

- Oak state of mind struggle on ,never giving up hope, never ceasing there efforts to find a cure or to improve their condition.
- They have a strong sense of determination and responsibility and like their own free will to help others but when despondency and despair are beyond their endurance both mentally and physically and they may suffer from nervous breakdown.<sup>1</sup>

- *Negative Aspect:*

Struggle on , but feel greatly depressed.

- *Positive Aspect:*

Dr. Bach said: “Brave people, fighting against great difficulties without loss of hope or effort.”<sup>1</sup>

# Olive

- FULL NAME:  
Olea europaea
- PREPARATION:  
Sun Method, Use of  
flowering cluster.
- FLOWERING PERIOD:  
May/June , mostly.<sup>2</sup>



- **Keywords:**

Complete exhaustion. Extreme tiredness of mind and body.

- Olive flowers has the power to restore peace to the mind and strength to the body exhausted by suffering.
- Everything they do has become hard work from them, and, because they are so tired ,they can no longer enjoy their work or the things that used to give them pleasure and interest.
- Olive is an excellent remedy to give during convalescence to restore vitality and strength and interest in life.<sup>1</sup>

- *Negative Aspect:*

Exhaustion, lack of interest, depression.

- *Positive Aspect:*

Inner strength which upholds in spite of long suffering.<sup>1</sup>

# Rock rose

- PREPARATION:  
Sun Method, Use of  
Flowerheads.
- FLOWERING PERIOD:  
May through August.<sup>2</sup>



- Keywords:

Terror, panic, extreme fright.

- Whenever terror is experienced, whether the person is in good health or not.
- Situation of the patients is so grave that it affects those around him.
- Children often experience terror after a nightmare.<sup>1</sup>

- *Negative Aspect:*

Terror, panic, extreme fear.

- *Positive Aspect:*

Rock Rose are seen in military or civil heroes, those courageous persons who willing to risk their lives to aid others.

It is a state of mind wherein the self is completely forgotten.<sup>1</sup>

# WALNUT

- FULL NAME:  
Juglans regia
- PREPARATION:  
Boiling Method, Use of  
flowering stems with  
young leaves.
- FLOWERING PERIOD:  
May through August.<sup>2</sup>



- **Keywords:**

The line breaker, frustration

- Walnut is remedy of advancing stages, teething, puberty, change of life.
- The remedy for those who decided to take a great step forward in life, to break old conventions, to leave old limits and restriction and start on new way.
- This often brings with it physical suffering because of the slight regrets, heart breaking, at the severance of oldties, old association, commonly called heredity and circumstances of the present.<sup>1</sup>

- *Negative Aspect:*

Frustration; tendency to be awayed by the ideas of the stronger personalities.

- *Positive Aspect:*

He forsook all his old ideas of healing and set out to find a better way in spite of lack of encouragement and advice to the contrary and strong influences of his former training and experience.<sup>1</sup>

# RESCUE REMEDY

- Bach discovered a unique combination of **FIVE** remedies which *aim at restoring balance and calm to a person in acute emergency situations.*<sup>2</sup>
- For medical emergencies arising from traumatic causes,- serious accidents, burns and scalds, electric shock or poisons where life in danger.<sup>7</sup>
- Rescue remedy is of great value immediately after accidents or similar moments of shock and panic when there is faintness, trembling, or other failing of normal physical functioning.<sup>2</sup>

- Here are the contributions of the five remedies that together give a unique synergistic effect :
- **Rock Rose** to counteract terror and panic
- **Cherry Plum** to balance intense tension and the fear that events and one's own life, including one's mental power, are out of control
- **Clematis** to reduce faintness or coma
- **Impatiens** to counteract inner turmoil, tension and impatience
- **Star of Bethlehem** to reduce shock, trauma, sadness and prevent the trauma's possible long-lasting effects on mind/emotions and body from imprinting.

- Rescue Remedy can also be used as a daily remedy in chronic situations of intense nervousness and tension when the vital force needs to recharge and recuperate.<sup>2</sup>
- PREPARATION: To prepare a rescue remedy, put ten drops from the bottle of each of these five remedies into one phial. Cork tightly and label 'RESCUE REMEDY'.<sup>1</sup>

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**THANK YOU**

