



Received on 14 August 2023; received in revised form, 13 February 2024; accepted, 20 March 2024; published 01 April 2024

BACH FLOWER REMEDIES: NATURAL THERAPEUTIC FOR BALANCING EMOTIONS

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Keywords:

Bach flower remedies, Rescue remedy, Dr. Bach's Philosophy, Emotion wheel, Remedies elucidation

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ABSTRACT: Bach Flower Remedies were identified by Dr. Edward Bach who was a physician and homoeopath. His discovery and life history for these flower therapy to atone and cure emotions is stated. It affirms that factors like depression, anxiety, stress, anger etc. affects emotions and triggers diseases. The 38 flower remedies emphasize on Bach's Philosophy of seven principle of causes and its healing stages. Each remedy is allocated with morphological and taxonomical characteristics along with medicinal properties that link up to its psychological emotional state. The usage and diagnostic features are incorporated. Bach flower remedies have substantial scope as this simple system of naturally curing and managing emotions would be the medicament of the future. These remedies work as relaxant, anti-depressant and many other therapeutic effects. It is an alternative system of medicine that has efficacious outcomes where rescue remedy has fruitful positiveness.

INTRODUCTION:

Emotions can get in the way or get you on the way: This significant quotation is related to our daily life, mind & health. Everything we feel around us in different situation works on basis of emotions that comes through mind. The frame of mind plays a crucial role in maintaining health and recovering from illness. Bach Flower Remedies is simple system of healing to cure and balance emotions and magnify prosperity. They are flower remedies that work by treating the individual's emotional condition rather than the disease or its symptoms.

There are 38 Bach Remedies that gently restore the stability between mind and body by casting out negative emotions such as fear, hatred, worries and indecision which interfere with equilibrium of being as whole. It allows peace and happiness to return to sufferer so that body is free to heal itself. Dr Edward Bach was a British physician and homeopath who discovered the 38 remedies in 1930s as a form of complementary and alternative medicine.

He came across 38 remedies, each for specific emotional and mental condition, along with a combination of five of the remedies designed for tough and demanding situations which he termed Rescue Remedy. 37 of the remedies are based on single wild flowers and tree blossoms. The exception Rock Water is created from the water of natural spring with healing characteristics ¹. According to Bach, remedies project through life force energy (energy directly supplied to brain) or

	<p style="text-align: center;">DOI: 10.13040/IJPSR.0975-8232.15(4).1025-35</p>
	<p style="text-align: center;">This article can be accessed online on www.ijpsr.com</p>
<p>DOI link: https://doi.org/10.13040/IJPSR.0975-8232.15(4).1025-35</p>	

vibrations emitted through flowers. These vibrations interact on a low-key energy level to rebalance the consciousness and unconsciousness and hence melt down old behavioral patterns². The motive of the remedies is to support patient's battle against illness by tackling the emotional factors like anxiety, trauma, stress, depression that are thought to obstruct physical healing. The remedies are totally safe and are non-addictive and have no side effects. They are mild in action and can be consumed by people of all ages from infants to elder people. They are favorable for flora and fauna².

Remedies are dispensed in homeopathic dosages; also, it is an oral therapy that comes under alternative system of medicine and has been focused in pharmacy field under pharmacognosy subject (branch of knowledge concerned with medicinal drugs obtained from plants or other natural sources). Remedies are used globally by psychotherapists, private individuals, medical and complementary health practitioners, Counsellors, vets, dentists, and healers³.

It is mandatory to note that they are not incorporated as a substitute for medication and hence one is advised to consult their medical practitioner. Natural is simple so Bach chose herbs as it heals our fears, anxieties, worries, faults, greed, failings, dislikes *etc.* Hence, healing these factors will eventually cure the disease from which one is suffering. Some disease may have different effects on different people; therefore, it is the effects that need therapy because they are guide to real root cause. The Mind being the most sensitive and tender part of the body shows the beginning and course of disease more than the body, so prospective of mind is chosen as the lead for which remedies are important.

Historical Background: Dr. Edward Bach was a physician, pathologist and homoeopath born in 1886 in the village of Mosley near Birmingham in Warwickshire. He wanted to become a doctor, but due to financial conditions hesitated to burden his parents for his training so after leaving school he worked in his father's brass foundry. At the age of 20, he entered Birmingham University and qualified as a doctor at University College Hospital in 1912. Dr Bach during his training became

interested in the impact of illness on his patients rather than illnesses. Particularly, patients reacted quite differently to same condition and prescribing the same therapy didn't always help relax their symptoms. He concluded that the care and support of patient's personality and mood was more important than physical symptoms that influence the duration of an illness. In 1918, he worked at the Royal London Homoeopathic Hospital where he started acquaintance with works of Hahnemann and the homoeopathic approach along with philosophy of care. Dr Bach was anxious with the nature of remedies. Homeopathic and medical treatment being costly was not much affordable by working families so Dr Bach longed to design a system of healing by emotions by using herbs which would be comprehensible and available to everyone. Hence, he invented ideology of patient empowerment as he promoted during his time⁴.

At present era, The Bach Centre located in United Kingdom (Mount Vernon, Oxford shire) is welcomed for visitors. It is the birthplace of 38 flower remedies. Also, it was home and workplace of Dr. Edward Bach. Over the years Bach Centre at mount Vernon in Oxford shire has received thousands of testimonials from patients and practitioners authenticating for effectiveness of remedies⁵.

How does the Remedies Work: These Flowers Remedies are like natural medication. The action of these Remedies is to raise our vibrations and open up our channels for reception of our spiritual self. They cure, not by attacking the disease but by flooding our bodies with beautiful vibrations of our higher nature. The Bach flower remedies representation as shown in **Fig. 1**.



FIG. 1: BACH FLOWER REMEDIES REPRESENTATION

Example: Arthritis, two-person having same complaints, one may be cured to the sickness, while other may be impatient with it so distinct remedies will be given in each case appropriately¹.

Method of Preparation: Bach Flower Remedies are formulated using two ways observing Bach's explicit directions: The Sun Method: Fully fresh and dewy flowers with open heads are placed on plane of pure spring water in glass bowl and is rested for several hours in sunshine.

The Boiling Method: This procedure is used for trees, bushes, leaves and branches that are boiled in water for duration of half an hour. According to Bach, in both methods plant matter is separated, the water keeps back the vibrations / energy of the flower. The liquid named the mother tincture is clarified and mixed with brandy (acts as preservative).

Direction to Use and Dosage: It can be taken orally (two drops) four times a day until relief is obtained. It can be taken by diluting in a glass of water and can be sipped at intervals, one can also add two drops in 30ml water bottle. It can be applied directly to pulse points like temples, wrists and behind the ears. Remedies can be taken singly / in combination of up to seven tinctures⁵.

Storage: Remedies in their concentrated form can be kept or up to 5 years. Training as Bach Flower

Remedies practitioner is offered through Bach Foundation in UK and other countries in Europe. Bach Flower Remedies are available over the counter in some countries and online on websites. The Bach flower remedy kit is available as per shown in Fig. 2.



FIG. 2: BACH FLOWER REMEDIES KIT

Dr Bach's Philosophy: Bach's 38 remedies address each of seven psychological causes of illness: Fear, Uncertainty, Insufficient interest in present circumstances, Loneliness, Despondency/ despair, over sensitivity to influences and ideas and Over-care for welfare of others.

The effect caused by different emotions are summarized in Emotional Wheel as shown in Fig. 3.

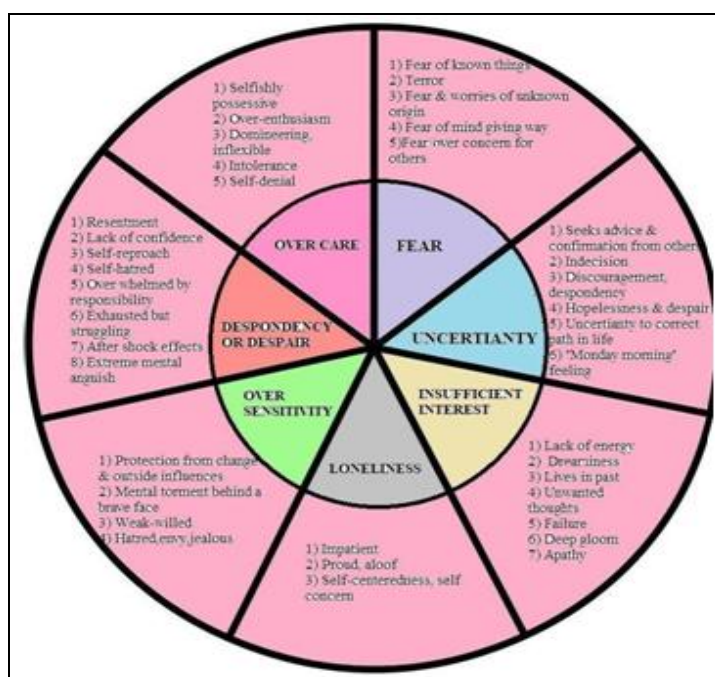


FIG. 3: EMOTION WHEEL

These are seven areas of dispute that disturbs our health, so he labelled healing stages of diseases as well: -Peace, Hope, Joy, Faith, Certainty, Wisdom

and Love ⁶. The name of 38 Bach Flower Remedies and Rescue Remedy are as shown in **Table 1** ¹.

TABLE 1: NAME OF 38 REMEDIES

Bach Flower Remedies				Rescue Remedy combination			
1	Agrimony	14	Heather	27	Rock water	1	Cherry plum
2	Aspen	15	Holly	28	Scleranthus	2	Clematis
3	Beech	16	Honeysuckle	29	Star of Bethlehem	3	Impatiens
4	Centaury	17	Hornbeam	30	Sweet chest nut	4	Rock rose
5	Cerato	18	Impatiens	31	Vervain	5	Star of Bethlehem
6	Cherry plum	19	Larch	32	Vine		
7	Chest nutbud	20	Mimulus	33	Walnut		
8	Chicory	21	Mustard	34	Water violet		
9	Clematis	22	Oak	35	White chest nut		
10	Crab apple	23	Olive	36	Wild oat		
11	Elm	24	Pine	37	Wild rose		
12	Gentian	25	Red chestnut	38	Willow		
13	Gorse	26	Rock rose				

Clarifying your choice, finding the root cause are essential for taking the remedy of particular problem and hence it will show the effect.

The remedies, if picked wrongly will not be harmful; if inappropriate remedy is picked, it will simply not show any effects. These remedies show no reaction and have no side effects.





Drops can be taken undiluted and for daily ups and downs or fluctuating moods, few drops can be taken in cup of water, tea, fruit juice /any other drinks frequently until the symptoms dwindle.











Extra Instruction for Consuming Remedies: Rescue Remedy is a remedy that is to be taken in case of emergencies, difficult/stressful situations, or sudden shocking experiences.




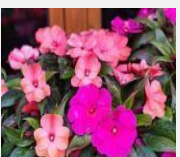






Dosage for it: Four drops in water sipped at intervals/four drops directly on the tongue ⁵.











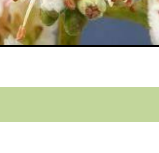
Remedies Elucidation: The 38 Bach Flower Remedies Elucidation include Flower Name, Scientific Name, Family, Genus, Characteristics Medicinal Properties and Morphological Image are as shown in **Table 2**.




TABLE 2: BACH FLOWER REMEDIES ELUCIDATION

Sr. no.	Name	Scientific name family genus	Characteristics	Medicinal Properties	Image	Ref. no.
1	Agrimony	<i>Agrimonia eupatoria</i> Rosaceae Agrimonia	Perennial herb, yellow flowers, bitter and astringent	Anti- inflammatory		7
2	Aspen	<i>Populus tremula</i> Salicaceae Populus	Shiny white grey Color, has White pith Flecks and Deciduous tree	Nervine		8
3	Beech	<i>Fagus sylvatica</i> Fagaceae Fagus	Pale red- brown wood, yellow green flower, parallel veined leaves	Antioxidant		9
4	Centaury	<i>Centaureum umbellatum</i> Gentianaceae Centaurium	Small, tubular, pink flowers (5 petals), branched inflorescence	Neuroprotective, Anti-inflammatory, Antioxidant		10,1 1

5	Cerato	<i>Ceratostigma willmottianum</i> Plumbaginaceae Ceratostigma	Rich dark blue flowers	Anti- Inflammatory (Treatment of traumatic injury)		12
6	Cherry Plum	<i>Prunus cerasifera</i> Rosaceae Prunus	Small shrubby tree, spiny branches, slightly reddish	Used in Homeopathy, recommended against compulsive behavior and depression as a stimulant for developing and balancing negativity, antioxidant		13
7	ChestnutBud	<i>Aesculus hippocastanum</i> Sapindaceae Aesculus	Flowers: White with yellow to pink blotch at base of petals	Radical scavengers, potent cell protective effects, antioxidant		14
8	Chicory	<i>Cichorium intybus</i> Asteraceae Cichorium	Flowers are Light blue (Marginal flower) Centre is darker	Anti- neurotoxic effect		15
9	Clematis	<i>Clematis vitalba</i> <i>Ranunculanae</i> <i>Clematis</i> L.	Different species have different color, shape, and size. Here, dark pink-purple with white finger stamens.	Used in homeopathic medicament to treat inattention and shock and in day-dreaming. (Flower essence)		16
10	Crab Apple	<i>Malus pumila</i> Rosaceae Malus	White and pink (underside) flowers. Five petals opening, radial symmetry.	Antioxidant, mitigate Effects of dangerous disease and preserve good health.		17
11	Elm	<i>Ulmus procera</i> Ulmaceae Ulmus	Deciduous tree with large leaves having entire margins, barks is used for medical purpose.	Tonic, resolvent.		18
12	Gentian	<i>Gentiana amarella</i> Gentianaceae Gentiana	Terminal/Axillary inflorescence dark blue flowers, usually cymose.	Anti-neuralgia.		19
13	Gorse	<i>Ulex europaeus</i> Fabaceae Ulex	Shrubs, Bright yellow flowers, 2cm long, 10 stamens, 12 ovules.	Release of Allelochemicals that act as bioactive compound.		20, 21
14	Heather	<i>Calluna vulgaris</i> Ericaceae Calluna	Herbaceous plant, purple flowers with single, long inflorescence bunches and multiple stemmed ascending branches.	Neurotropic, Antioxidant		22

15	Holly	<i>Ilex aquifolium</i> Aquifoliaceae Ilex	Jagged leaves (dark green glossy), red fruits, inconspicuous flowers.	Terpenoids property acts as a cure to neuropharmacological effects and treats them.		23
16	Honeysuckle	<i>Lonicera caprifolium</i> Caprifoliaceae Lonicera	Sessile inflorescences, 4/5 lobed upper fused leaves, very fragrant, lip Corolla Cream-Pink colored flower with tinged.	Minimize effects of neurodegeneration diseases.		24, 25
17	Hornbeam	<i>Cornus betulus</i> Betulaceae Cornus	White/Cream/ Grey flowers. Branches are droop.	Cure from mental and physical fatigue and stress.		26, 27
18	Impatiens	<i>Impatiens glandulifera</i> Balsaminaceae Impatiens	White and red flowers, zygomorphic, forming sac that ends in straight spur.	Propensity to nervousness and restiveness.		28, 29
19	Larch	<i>Larix decidua</i> Pinaceae Larix	Conifers, female cone (bright red color), short needle like leaves.	Show antioxidant activity that boost neurological effects		30, 31
20	Mimulus	<i>Mimulus guttatus</i> Phrymaceae Mimulus	Solitary yellow flowers, two rippled open corollas (fused petals).	Anthocyanins and other nutrients facilitate antioxidant stress relief effects		32, 33
21	Mustard	<i>Sinapis arvensis</i> Brassicaceae Sinapis	Yellow cluster flowers on long branches, silique shaped pods.	Acts as antidepressant.		34, 35
22	Oak	<i>Quercus robur</i> Fagaceae Quercus	Brown flowers, canopy with smooth outline.	Shows neurogenerative effect		36, 37
23	Olive	<i>Olea europaea</i> Oleaceae Olea	Creamy white, small subsessile flowers with reedy branches and opposite branchlets.	Has bioactive constituents that works as anti-hypertension, anti-inflammatory etc.		38
24	Pine	<i>Pinus sylvestris</i> Pinaceae Pinus	Two needled pines in whorls. Stem: Thin papery and bright orange and reddish brown.	Stimulant, treats exhaustion, Sleeplessness, despondency, self-guilt.		39

25	Red chestnut	<i>Aesculus carnea</i> Hippocastanaceae Aesculus	Flesh pink/red flowers depending on cultivar.	Neuropathy, used in treatment of neurodegenerative disease.		40
26	Rock Rose	<i>Helianthemum nummularium</i> Cistaceae Helianthemum	Five petaled dimorphic plant, bisexual flowers.	Antinociceptive,herbal medicine for fearful and stressful situation.		41
27	Rock Water	<i>Aqua petra</i> _ Aqua	Life elixir, water enriched from mountains revives flow of energy.	Improve physical, mental, spiritual health (Mineral Water).		42
28	Scleranthus	<i>Scleranthus annus</i> Caryophyllaceae Scleranthus	Bracts paired bisexual flower, terminal cymes in dense clusters.	Antioxidant- Potential, modulate enzyme activity.		43
29	Star of Bethlehem	<i>Ornithogalum umbellatum</i> Liliaceae Ornithogalum	White star shaped flower, green spotted in between, bulbous plant, oblong leaves.	Herbal medicine sedative, treating nervous breakdown, suicidal behavior.		44
30	Sweet Chest nut	<i>Castanea sativa</i> Fagaceae Castanea	Oblong- lanceolate toothed leaves, creamy white spuds, and spicy cupules.	Neuroprotective activity.		45,4 6
31	Vervain	<i>Verbena officinalis</i> Verbenaceae Verbena	Pale lavender flowers in terminal spikes with sparsely hairy stem.	Anticonvulsant, Neuroprotective,antioxidant.		47
32	Vine	<i>Vitis vinifera</i> Vitaceae Vitis	Small greenish to white flower gathered in clustered inflorescences.	Anticholinergic, antihypertensive		48
33	Walnut	<i>Juglans regia</i> JuglandaceaeJuglans	Male and female nut species, flowers along with 900-1.8 million pollen grains on it.	Blood purifier, protective effect on human health, reduces risk of degenerative disease.		49,5 0
34	Water Violet	<i>Hottonia palustris</i> Primulaceae Hottonia	Five petaled pale lilac/pink/white flower with yellow eyes in whorls, feathers like leaves.	Due to chemical compound in them they are used in folk medicine and Bach essence for 'aloofness'.		51, 52
35	White Chest nut	<i>Aesculus hippocastanum</i> SapindaceaeAesculus	Flowers: White with yellow to pink blotch at base of petals.	Radical scavengers, potent cell protective effects, antioxidant.		53

36	Wild Oat	<i>Bromus ramosus</i> PoaceaeBromus	Leaf sheaths with auricles and veined lower long glumes, hairy brome.	Used in treatments of uncertainty emotions.		54
37	Wild Rose	<i>Rosa canina</i> Rosaceae Rosa	5 petaled white/light pink flower in gathered. Corymb inflorescence with bracts.	Antioxidative, reduction of reactive proteins.		55, 56
38	Willow	<i>Salix vitellina</i> Salicaceae Salix	Egg yolk color branches with reddish spots with white long straight hairs on flower bract.	Anodyne, tonic.		57

Rescue Remedy: Dr Bach created an emergency blend that he termed Rescue Remedy. It comprises of five flower remedies: Impatiens, Cherry Plum, Star of Bethlehem, Clematis and Rock Rose. It is used in emergency when one receives sudden bad news, bereavement and in fear, terror or confused state. This remedy will help to face the circumstances with a better frame of mind. Rescue Remedy is an excellent remedy to intake when one

feels anxious and overly bothered; it will aid to recover and restore balance ¹.

Diagnostic Chart: The 38 Bach Flower Remedies have been used for the treatment of specific emotions to counter act the negative symptoms and turn into positive symptoms improved summarized in Diagnostic chart Batch Flower Remedies in **Table 3**.

TABLE 3: DIAGNOSTIC CHART FOR BACH FLOWER REMEDIES

Sr. no.	Flower remedies	Purpose	Negativity	Positivity
1.	Agrimony	Unmasking	Mental torment behind a brave face	Inner Peace
2.	Aspen	Reassurance	Fear or worries of unknown origin	Psychic gifts
3.	Beech	Tolerance	Intolerance	Compassion and unity
4.	Centaury	Assertive	Weak willed and subservient	Purpose
5.	Cerato	conviction	Seeks advice and confirmation from others	Certainty
6.	Cherry plum	Rational	Fear of mind giving way	Composure (calmness)
7.	Chestnut bud	Life lessons	Failure to learn from past mistakes	Learning
8.	Chicory	Selfless	Selfishly possessive	Unconditionality
9.	Clematis	Grounded	Dreaminess, lack of interest in present	Grounding
10.	Crab Apple	Cleansing	Self-hatred, sense of uncleanness	Self-acceptance
11.	Elm	Coping	Overwhelmed by responsibility	Coping well
12.	Gentian	Upliftment	Despondency, discouraged	Faith
13.	Gorse	Hope	Hopelessness and despair	Hope
14.	Heather	Empathy	Self-centeredness, self-concern	Empathy
15.	Holly	Kind-hearted	Hatred, envy, and jealousy	Love
16.	Honeysuckle	Live today	Lives in the past	Empathy
17.	Hornbeam	Vitality	Monday morning feeling	Love
18.	Impatiens	Patience	Impatience	Patience
19.	Larch	Confidence	Lack of confidence	Boost self-esteem
20.	Mimulus	Courage	Fear of known things	To face with courage without any fear
21.	Mustard	Joy	Deep gloom with no origin	Happiness
22.	Oak	Strength	Exhausted but struggles on	Resilience
23.	Olive	Energizing	Lack of energy	Renewal
24.	Pine	Self-worth	Guilty and self-reapproach	Self-respect
25.	Red chestnut	Care without fear	Fear or over concern for others	Detachment

26.	Rock rose	Security	Terror	Fearlessness
27.	Rock water	Flow of life	Self-repression, self- denial	Flexibility
28.	Scleranthus	Resolution	Indecision	Balance
29.	Star of Bethlehem	Comforting	After-effects of shock	Comfort
30.	Sweet chestnut	Peace of mind	Extreme mental anguish	Light
31.	Vervain	Relaxing	Over-enthusiasm	Relaxation
32.	Vine	Leadership	Domineering, inflexible	Respect for others
33.	Walnut	Transition	Transition	Protection
34.	Water violet	Friendly	Proud, aloof	Intimacy
35.	White chestnut	Clear thinking	Unwanted thoughts, mental arguments	Inner quiet
36.	Wild oat	Certainty	Uncertainty as to correct path in life	Fulfillment
37.	Wild rose	Zest	Resignation, apathy	Enthusiasm
38.	Willow	Acceptance	Resentment	Forgiveness

Scientific Case Study: For instance, Bach flower remedies role play in pain control.

For Example: To check the potential of Bach flower remedies as psychological method of pain relief.

Through retrospective case study analysis to demonstrate clients suffering with stressful/painful conditions responding to Bach flower remedies therapy. To look up placebo effect from physical pain to emotional outlook and client-practitioner link and trust in the therapy. A major factor in pain conduction is relief on stress, anxiety and disruptive thoughts, also pain has an emotional sensory dimension, including chronic pain. Bach Flower Remedies work on state of mind and take no notice of disease. Hence, the investigation of validity of Bach flower remedies is a help to pain relief and uncontrolled pain.

The total 41 subjects suffering from pain out of total 384 subjects. Remedies were selected based on mood, mental state, temperament, personality and emotional outlook.

1. By nature, if eager to please and finding difficulty in refusing other's demand, centaury was given to develop the strength of character.
2. For worrying, white chestnut was given.
3. For lack of confidence, larch was given.

Two drops of each remedy were diluted in water and was given in oral dosage at regular intervals of time.

The outcome of the above remedies is that out of 384 subjects, 41 suffered pain, where 46% felt relieved from pain, 49% physical outcome was

unknown, 88% of all subjects reported refinement in their emotional outlook. The findings suggest that people suffering physical pain, responded positively and also clients showed affirmative response due to belief in therapy and ethical attitude of therapist (placebo response).

As Bach Flower Remedies alleviate emotional symptoms such as hopelessness, worry, fatigue, guilty, impatience, anger. Bach's own medical research led to conviction that main root cause of disease is emotional state.

Many other case studies and clinical trials are performed for hypertension, depression and other psychological problems⁵⁸.

CONCLUSION: The effect of the remedies is to transform negative thoughts and behavior into positive ones. They are natural flower extracts that balance the way we think and feel. They are alternative and complementary medicine of healing. Demand for remedies is still growing and Dr. Bach's legacy is still carried and continued till date. Choosing Bach Flower Remedies, influence how we think, feel, and behave in our day-to-day life. It builds relationship and take charge of our work-life balance. Also, it, nurtures the right skills and resources to stay equipped to manage life's inevitable ups and down. The future potential of Bach flower remedies is quite high as it is safe, non-toxic, and natural way to cure disease by promoting good and healthy welfare and assets of life. Every psychological problem and disease are co-related to emotional condition. Summing up in the nutshell, Bach flower remedies are finest restorative that suits up the frame.

ACKNOWLEDGEMENT: I would like to express my special thanks and gratitude to my

mentor Mrs. Zarna Dedania for her guidance and support in completing this review.

Funding: No external funding was received for the work.

CONFLICTS OF INTEREST: No conflict of interest.

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How to cite this article:

Patel A and Dedania Z: Bach flower remedies: natural therapeutic for balancing emotions. Int J Pharm Sci & Res 2024; 15(4): 1025-35. doi: 10.13040/IJPSR.0975-8232.15(4).1025-35.

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