

THE HOMOEOPATHIC HERITAGE

Bringing Classical and Contemporary Homoeopathy Together

ISSN: 9070-6038

Vol. 50, No. 11, February 2025

The HOMOEOPATHIC HERITAGE Turns

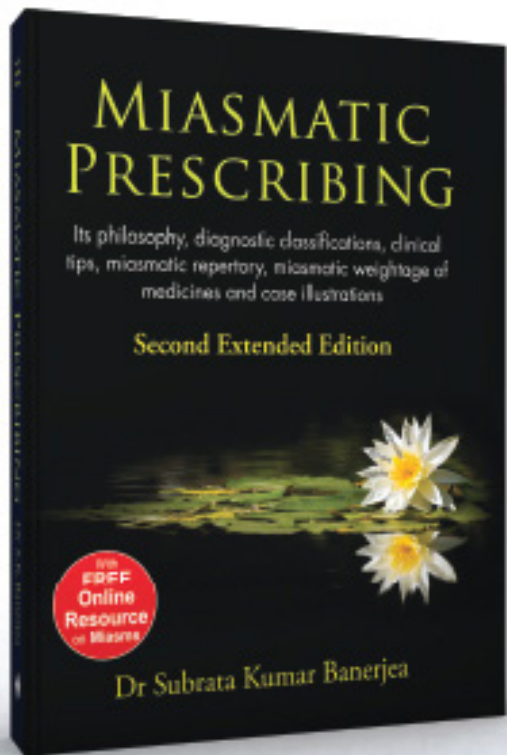
50 years

MOUNT VERNON

PEER REVIEWED

Scope, Significance & Practical Utility of Bach Flower Remedies

- Homoeopathy In Tinea Corporis
- Management of Epilepsy through Individualized Prescription of Homoeopathic Medicine Cuprum Metallicum: A Case Report



MIASMATIC PRESCRIBING

Second Extended Edition

A bridge between theory and practical utility of knowledge of miasm, I am highly recommending this book to homeopathic practitioners as a ready material to enhance one's acumen of miasmatic prescribing



Dr Shruti J Vankar



Dr Preeti Jha

It's a must-read for anyone who wants to integrate miasmatic understanding into their homeopathic repertoire, from students to experienced practitioners.

The book addresses the fundamentally complex issue of the important principles of miasmatic prescribing



Dr. Rajiv Rui Viegas Peres

THE HOMOEOPATHIC HERITAGE

Vol. 50, No.11, February 2025
Pages: 88

CHIEF EDITOR

Dr Farokh J. Master

MANAGING EDITOR

Dr Rashi Prakash

LANGUAGE EDITOR

Dayna Lynn Davis

CHIEF ASSOCIATE EDITOR

Dr Yogesh Niturkar

ASSOCIATE EDITORS

Dr Abha

Dr Amit Sahani

Dr Anit Acharya

Dr Anum Zaheer

Dr Geeta Rani Arora

Dr Hitarth Mehta

Dr Kavitha Kukunoor

Dr Krutik Shah

Dr Manpreet Kaur

Dr Niharika Jain

Dr Poorav Desai

Dr Preeti Jha

Dr Shilpi Rastogi

Dr Shweta Singh

Dr Yashika Arora Malhotra

REVIEWERS

Dr Ashish Indani

Dr Clare Relton

Dr Chaturbhujaya Nayak

Dr Eswara Das

Francis Treuherz

Dr Kamal Sethi

Dr Meeta Gupta

Dr Monika Kathuria

Dr Queenita Fernandes

Dr Raj Kumar Manchanda

Dr Robert Mathie

Dr Sandeep Sathye

Dr Yashveer

INTERNATIONAL ADVISORS

Dr Ajit Kulkarni

Dr Bipin Jain

Chaim Rosenthal

Frederik Schroyens

Grant Bentley

Jan Scholten

Jeremy Sherr

Dr Kamlesh Mehta

Luc De Schepper

Dr L.M. Khan

Miranda Castro

Dr M.K. Sahani

Dr P. K. Sudhir

Dr Rajat Chattopadhyay

Richard Moskowitz

Roberto Petrucci

Dr Sanjay Sehgal

Dr Subhas Singh

Dr Subrata Kumar Banerjea

Dr Tarkeshwar Jain

Todd Rowe

Torako Yui

Dr Uttareshwar R. Pachegaonkar

Dr Yogesh Sehgal

EDITORIAL LEGACY: MENTORS

Dr D. P. Rastogi

Dr H. L. Chitkara

Dr Praful Vijayakar

Dr Robin Murphy

Dr S. P. Koppikar

BUSINESS CONSULTANT

Manish Jain

Published by: Mr Kuldeep Jain on behalf of
M/s. B. Jain Publishers (P) Ltd.

Printed at M/s Narain Printers & Binders,
D-6, Sector-63, NOIDA, UP-201307

Published from 1921/10, Chuna Mandi,
New Delhi - 110055

Ph.: 91-11-4567 1000

Email: hheditor@bjain.com

Corporate Office: 0120-4933333

Disclaimer: The Publishers are not liable for manuscripts not sent on the Publisher's demand. In principle, only those papers will be accepted which have not been published previously, domestically or abroad. Furthermore, manuscripts may not be offered to other publications at the same time as they are under consideration for this journal. The article selected can be used in other language editions of the journal. Unsolicited manuscripts will not be returned.

Note: The views and opinions expressed by the authors of articles published in this journal are not necessarily those of the editors and publishers.

CONTENTS

EDITORIAL

Dr Rashi Prakash

5

FROM THE EDITORS' DESK

Scope, Significance and Practical Utility of Bach Flower Remedies: An Excerpt from the book 'Specifics in Bach Flower Remedies'

Dr D. S. Vohr

7

STALWARTS' EXPEDITION

Dr. Erastus Ely Case: The Clinician

Prof. (Dr.) Subhas Singh, Dr. Rumsha Tamkeen2, Dr. Vaishnavi Achrekar, Dr. Vignesh K2, Dr. Binay Pratap Singh

8

IN ITALICS

The Function of Allersodes in Homoeopathy: An Extensive Analysis of Their Mechanism, Uses, and Effectiveness in Allergic Disorders

Dr. Sunil Singh, Dr. Rohit Tiwari

11

EARNST COLLOQUY

Earnst Colloquy with Dr Anil Singhal

14

OPINION PIECE

Blooming Health: Unlocking the Benefits of Bach Flower Remedies

Dr. Vaishali Shinde

17

Blooming Mental Wellness through Homeopathy

Dr. Sristi Chakraborty, Dr. Shayantan Kumar Das

22

Floral Harmony: Unveiling the significance & utility of Bach Flower remedies in Homeopathy

Dr. Shreya K. Mehta, Dr. Saunil Malvania

27

Exploring The Effects Of Intermittent Fasting And The Role Of Homoeopathy

Dr. Christina Lahlriatpuii, Dr. Chingngaihlam, Dr. Palash Maikap

32

Psychoneuroimmunology and Flower Essences: Bridging Mind and body

Dr Raxit Vishpara

37

Scope, Significance, and Practical Utility of Bach Flower Remedies

Dr. Ruchi Biswas, Dr. Rinku Bishwas

41

Scope, Significance And Practical Utility Of Bach Flower Remedies

Dr. Praveen Kumar, Dr. Shashi Bhushan Singh

45

Study Of Clinical Experiences About Use Of Urtica Urens By Stalwarts

Dr. Shruti J. Vankar, Dr. Hemlata R. Pandey, Dr.

Kajal M. Barad

49

Homoeopathy In Tinea Corporis

Dr. Abhijit Mural

53

Exploring the Healing Power of Bach Flower Remedies

Dr. Neeharika Soni, Dr. S.K. Shrivastava

58

CASELET

Scope, Significance And Practical Utility Of Bach Flower Remedies

Dr. Darshita patel

63

Practical Utility of Bach Flower Remedies along with Homeopathy in Day-to-Day Practice

Miss Vaishnavi Balaso Katkar, Dr. Ashwin S. Kulkarni, Dr. Lata K. Mallannavar

68

Management of Epilepsy through Individualized Prescription of Homoeopathic Medicine Cuprum Metallicum: A Case Report

PEER REVIEWED

Dr. Pranjal Kumar

72

A Case of Intertrigo treated with Individualised Homoeopathic Remedy: A Case Report

Dr. Subhajit Dey, Dr. (Prof) Kumar Ravindra Singh

77

CLINICAL UPDATE

Chronic Kidney Disease: The Disease Spectrum & Homoeopathic Approach

Prof (Dr) Rajat Chattopadhyay, Dr Ritika Bose

82

BOOK REVIEW

Boericke's New Manual of Homoeopathic Materia Medica & Repertory with Relationship of Remedies

Mihir Visapara

86

Dear Readers,

A lot of literature exists on the internet and in books on what is Bach Flower Therapy, who founded it, the symptoms and indications of the 38 remedies used in this therapy and on the sources, documented cases and success stories of its practitioners.

Dr Edward Bach, the founder of the system went on to educate people in Britain and other countries on the utility and efficacy of the Flower Essences as he wanted this system to be rather simple and the remedies readily accessible to the ailing masses.

This issue of The Homoeopathic Heritage titled 'Scope, Significance & Practical Utility of Bach Flower Remedies' is a tribute to this not-so-commonly practiced therapy and Dr Edward Bach. We hope that the release of this issue will awaken a wave of curiosity as well as will to know more about the Bach Flower Therapy and practice the same in tandem with Homeopathy as and where required.

The cover of the issue shows you the photograph of Dr Edward Bach's Cottage by the river Thames-Mount Vernon.



When you google 'Bach Flower Therapy', a pool of articles emerge, some suggesting that Bach Flower Remedies was a complementary therapy developed by Edward Bach in 1938, some others being research studies on Bach Flower remedies' effects on ADHD, insomnia and other issues while some other articles totally rejecting their efficacy.

A lot of literature already exists on the internet and in books on what is Bach Flower Therapy, who founded it, the symptoms and indications of the 38 remedies used in this therapy and also on the sources, documented cases and success stories of its practitioners.

A striking parallelism exists between the fundamental principles of Homeopathy and those of the Bach Flower Therapy particularly the ones pertaining to 'let likes be cured by likes', simple single remedy, minimalism in the quantity of crude drug and dose administered, and the concept of vital force. What is different is the method of preparation.

Dr Edward Bach, the founder of the system, was a British physician who lived in Britain in a 19th century cottage called Mount Vernon. This method of preparation comes straight and unedited from the Bach Centre, Mount Vernon, Britain-

"The remedies are made using one of two methods-

Dr. Bach devised the sun method for certain plants – mostly the more delicate flowers. The sun method involves floating the flower heads in pure water for three hours, in direct sunlight. And for other remedies – mostly the woodier plants and those that bloom when the sun is weak – he created the boiling method in which a remedy maker boils the flowering parts of the plant for half an hour in pure water. In both cases the heat transfers energy in the flowers to the water. The energised water is then filtered and an equal quantity of brandy is added to it as a preservative. This creates the mother tincture. Mother tincture is then further diluted at a ratio of two drops to every 30 ml to make the stock bottles that you see in shops. Making remedies is a simple process and doesn't require special preparation or special abilities. All that is needed is willingness and understanding, along with sunshine and water, and the right plant on the right day. If you decide to make a remedy for yourself, Dr. Bach taught us not to handle the flowers as the remedy should be influenced only by the flowers themselves. Choose a sunny, cloud-free morning. Fill a small fine glass bowl with pure spring water and then gently and simply snip the flowers directly onto the water's surface, or cover the palm of your hand with a broad leaf so you can then tip the flowers onto the water without touching them. Stay calm and take your time. Enjoy the experience, and remember to take a moment to thank the plant or tree when you have finished."

The instructions for preparing the Bach Flower remedies were never patented according to the Bach Centre But they were published for the first time in the earlier editions of The Twelve Healers & Other Remedies and later in Nora and Victor’s book ‘The Bach Remedies, Illustrations and Preparations’.

Dr Edward Bach went on to educate people in Britain and other countries on the utility and efficacy of the Flower Essences as he wanted this system to be rather simple and the remedies readily accessible to the ailing masses.

His words (As Dr. Bach explained to Nora Weeks) to his disciples were-

“I want to make it as simple as this: I am hungry, I will go and pull a lettuce from the garden for my tea; I am frightened and ill, I will take a dose of Mimulus. It really is as simple as that”.

A Quick Word On Issue Content

This issue of The Homoeopathic Heritage titled ‘Scope, Significance & Practical Utility of Bach Flower Remedies’ is a tribute to the not so commonly practiced Bach Flower Therapy and its founder Dr Edward Bach. Even though this issue does not feature too many articles, indicating the scarce literature and willing adoption of the system by homeopaths, we hope that the release of this issue will awaken a wave of curiosity as well

as will to know more about the Bach Flower Therapy and practice the same in tandem with Homeopathy as and where required.

This issue carries many caselets and opinion pieces from teachers and young homeopaths on the Bach Flower system, its foundations, principles, remedies and a few cases too. An article on another gem named Dr Erastus Elly Case from the pen of Prof. (Dr) Subhas Singh, Director, National Institute of Homoeopathy, Kolkata graces the Stalwarts’ Expedition section while a clinical update on Chronic Kidney Disease comes from the desk of Dr Rajat Chattopadhyay, Principal, The Calcutta Homoeopathic Medical College and Hospital. The column called In Italics features a captivating piece introducing the readers to Allersodes by Prof (Dr) Sunil Singh, Principal, Arpit Homoeopathic Medical College & Hospital Rajkot, Gujarat. Lastly, we are proud to present to our readers, an earnest colloquy with Prof (Dr) Anil Singhal, Author, Boger’s Legacy.

The cover of the issue shows you the photograph of Dr Edward Bach’s Cottage by the river Thames-Mount Vernon.

Happy Reading!

Dr Rashi Prakash

Managing Editor, BJain Publishers

rashi@bjainbooks.com

hheditor@bjain.com

Note: The Homoeopathic Heritage is a peer-reviewed journal since January 2013. All articles are peer-reviewed by the in-house editorial team. Articles selected from each issue are sent for peer-review by an external board of reviewers and marked with a ‘peer-reviewed’ stamp. For inclusion of articles in the peer-review section, kindly send your articles 3-4 months in advance of the said month at hheditor@bjain.com.

Call for papers for the upcoming issues:

| Unbolt Yourself | | |
|-----------------|---|--------------|
| Issue | Topic | Date |
| April 2025 | Efficient Utilization of Nosodes in Homeopathy | Feb 15, 2025 |
| May 2025 | Efficacy & Scope of Biochemic Remedies in Homoeopathic Practice | Mar 15, 2025 |
| June 2025 | Importance of Dreams in Homeopathic Case Taking & Prescribing | Apr 15, 2025 |

Scope, Significance and Practical Utility of Bach Flower Remedies: An Excerpt from the book 'Specifics in Bach Flower Remedies'

Dr D. S. Vohr

Combinations usually under the name of specifics for certain ailments are a plenty in the market in twelve tissues, in homoeopathy and in ayurveda.

In allopathy too, several medicines are prescribed to be taken together or separately to cure different ailments in a patient. In Bach Flower Therapy too more than one remedy is prescribed to cover the different changes of mood in a patient. The Bach Flower remedies are equally effective whether they are given in one combination or separately. It is more convenient and economical to administer the remedies in combination than separately.

Thus, for example, in every chronic disease, more than one of these elements are very common:

- Repetition of trouble and repeated thoughts
- Chronicity or heredity whose effects are very difficult to dislodge.
- Fear and/or apprehension
- Desire to get rid of or cleanse the system of unpleasant feelings
- Depression, negative thoughts
- Jealousy, hatred and ill feeling
- Impatience and irritability
- Unbearable pain, physical or mental
- Weakness, physical or mental

- Loss of self confidence

Whereas some of these remedies in combination are common in most of the chronic cases, it is sometimes necessary to add one or more remedies to the basic combination for complete prescription of a particular case.

Thus, for example white chestnut + Walnut is the basic combination for most of the chronic diseases, be it chronic cough and cold or depression or some skin disease, if the patient has fear then his prescription would be White Chestnut + Walnut + Mimulus.

Although the name of the disease does not matter in homoeopathy or Bach flower therapy, most of the patients that come to us are those who failed to get any relief from their long treatment at the hands of allopathic doctors. They are very conversant with the name of the disease, their clinical tests, and even the names of the drugs prescribed. They can understand or describe their trouble by the name of the disease.

It is with a view to reach such people that we are prescribing on the basis of the name of the disease. We have quite a number of combinations which we use in our daily practice. We have benefitted from this practice and do hope that others will benefit from it.

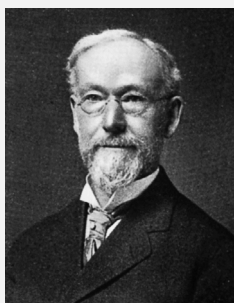


Dr. Erastus Ely Case: The Clinician

Prof. (Dr.) Subhas Singh¹, Dr. Rumsha Tamkeen², Dr. Vaishnavi Achrekar²,
Dr. Vignesh K², Dr. Binay Pratap Singh²,

¹Director, National Institute of Homoeopathy, Kolkata

²PGT, National Institute of Homoeopathy, Kolkata



Dr. E.E. Case was a famous Homoeopathic clinician of USA and was known to be a person of studious and retiring disposition. He was equally admired and respected by his patients as well as his colleagues. He was known to be a serious and respectful

individual. He based most of his practice in his office in the Sage- Allen Building which had beautiful landscape of river and distant hills. He was always surrounded here by his books, his files of records, his medicine cabinets and his pictures. He was known to influence many young Homoeopaths to follow classical methods of Hahnemann.

Personal Life

Dr. Case was born on 28th May, 1847 in Canton, Connecticut. His parents were Norton and Eliza Case, very little is known about their background.

He was married to Sarah Maria Griswold on 14th October, 1874. She died very young at the age of 36 years on 14th October, 1883. They had four children out of this marriage namely Herbert Monroe Case, Helen Eliza Case, Clarence Norton Case and Duane Herschel Case.

On 24th February, 1886, Dr. Case had his second marriage to Ruth Emorette Holcomb and had two children with her viz. Everette Erastus Case and Jennie M. Case.

He served for many years as a Deacon and member of Fourth Congregational Church, in Hartford. Later he was also a member of Windsor Congregational Church.

Education

He completed his schooling from public schools of his native town and Williston Seminary from which he graduated in 1868. He graduated from the Yale college as a BA graduate in the year 1872 when he was 25 years old. Later he attended the New York Homoeopathic Medical College and completed his M. D. in the year 1874.

Practise and Profession:

He started his practice in Hartford, Connecticut immediately after graduating till his death. He practices spanned over 40 years which is an achievement.

He was the President of Connecticut Homoeopathic Medical Society during 1889-1890.

He was appointed as the President of the International Hahnemannian Association in the year 1901-1902, after he served the position of Secretary in the same association.

Dr. Case also used to share his clinical experiences in form of Case series from time to time, which were concise, well-constructed and systematically worked out. He was known to be an acute observer, an able diagnostician, and an accurate prescriber. He had many remarkable cures in cases

which were considered incurable.

The International Hahnemannian Association requested him, in 1915, to collect and publish all his previous articles. Dr. Case in spite of his busy practice took out time and put together his work viz. *Some Clinical experiences of Dr. E.E. Case in 1916*

He was also a member of American Institute of Homoeopathy.

He was also a teacher along with Dr. W.A. Dewey to Bertrand de Nevreze, who later along with others founded the French Homoeopathic Odontology.

His major work: Some Clinical experiences of Dr. E. E. Case, 1916

The book is a guide for novices and busy practitioners alike as Dr. Case has listed his experience in the most elaborate yet simple way which is easy to understand. The beginning chapter which deals with the topic- '*How Shall we select and administer the Homoeopathic remedy?*' has given multiple rules to deal with any clinical situation we may face in our clinics. The helpful part about these rules is that Dr. Case has mentioned his own cases as an experience to demonstrate the applicability of some of these rules.

The rules mentioned for are as follows:

Choice of remedy

1. Other things being equal, give the preference to a Mental symptom rather than to bodily one.
2. If there is no peculiar mental symptom, use the most peculiar bodily one.
3. A common symptom, by concomitance, may become characteristic.
4. In subsequent prescriptions, when the same remedy is not indicated, follow the latest symptoms which have appeared.

Potency selection

5. Give the higher potencies to those accustomed to the low or to allopathic treatment.

6. To those accustomed to high potencies, give still higher, or much lower; that is, change the potency for the patient.

7. After improvement stops change the potency if the same remedy is indicated.

Repetition of the Dose

8. In cases with a well-marked exacerbation give a dose at the time of, or immediately after an attack.

9. Repeat the dose until an effect is produced, then stop.

10. Never repeat a remedy so long as improvement continues, even if it is slow.

In discussion with Dr. Boger as mentioned in his article '*Is there a Law of Dose?*', Dr. Case is quoted saying '*As the switch acts upon the railroad train, so does the remedy put the vital force upon the right track. Then so long as it continues moving in the right direction a repetition of the remedy, or a change of remedy, does harm*'

Hobbies: Genealogy, gardening, and music

It was a very well-known fact that Dr. Case was very thorough in his works and his profession. He often subjected to his hobby of Genealogy as a method to take his time off his professional space. It was said he occupied nearly 20 years of his leisure time in compiling a Genealogy of the Case family. He had almost written about 18,000 letters during the period he devoted for the compilation of his ancestry. The dedication to this work was so much as he had a desk designated in his office only for this work of Genealogy.

He was also quiet interested in gardening activities. He often retreated to his country home which he enjoyed thoroughly by means of cultivation of his garden, taking care of bees and culturing fruits especially grapes.

He also enjoyed music in form of playing violin. However, in his later years he could not pursue this hobby.

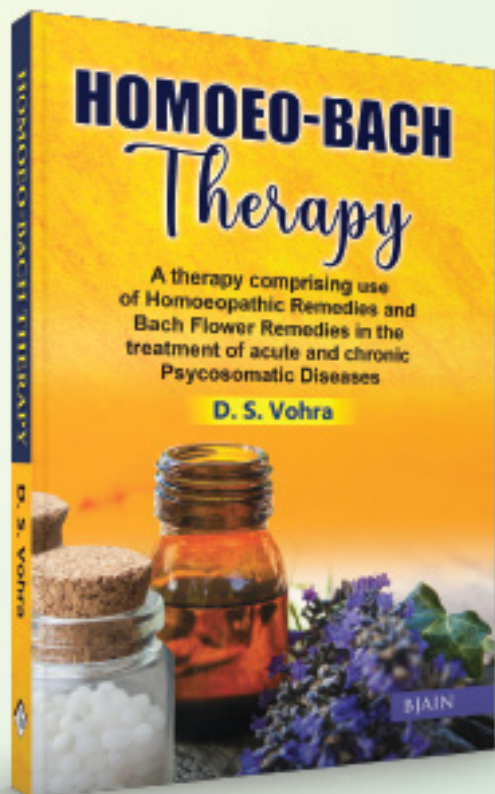
Death

In 1916 he had an automobile accident which had

left him with reduced vitality and had caused injury to his heart. This had already left him defenceless and hence suffered when he was affected with illness in the last days of his life.

He passed away on 27th of October in 1918 due to Influenza and Pneumonia. He was 71-year-old when he passed away.

Dr. Stuart Close wrote his Obituary in the *Homoeopathic Recorder* published in 1918. He mentioned him to be an 'old puritan spirit' with respect to the principles and practise of Homoeopathy. And that '..No man ever applied those principles more conscientiously nor more successfully than did Dr. Case.'



Homoeo Bach Therapy

ISBN-: 9788131907580

Enumerates common conditions and Bach flower remedies for the same

More than 200 cases examples elucidate the reader on the precise usage of the remedies in the clinic

Alphabetically arranged disease index for quick reference

Some combinations of homoeopathic remedies suggested as useful for everyday practice

The Function of Allersodes in Homoeopathy: An Extensive Analysis of Their Mechanism, Uses, and Effectiveness in Allergic Disorders



¹Dr. Sunil Singh

¹Principal & Professor (Dept. of Homeopathic Materia Medica)
Arpit Homoeopathic Medical College & Hospital Rajkot, Gujarat



²Dr. Rohit Tiwari

²Assistant Professor Department of Homoeopathic Pharmacy
Arpit Homoeopathic Medical College & Hospital Rajkot, Gujarat

Abstract

Allergies represent a significant health concern worldwide, affecting millions of individuals with symptoms ranging from mild rhinitis to severe anaphylaxis. While conventional treatments often involve antihistamines, corticosteroids, and immunotherapy, homeopathy offers a holistic alternative through remedies known as **allersodes**, which are designed to address the underlying hypersensitivity of the immune system. This article provides a critical review of the role of allersodes in homeopathy, exploring their preparation, mechanism of action, clinical applications, and the scientific evidence supporting their use in treating allergic conditions.

Introduction

The global rise in allergic diseases, including asthma, rhinitis, and eczema, has been accompanied by an increased demand for alternative therapeutic options. Homeopathy, a system of medicine founded by Samuel Hahnemann in the late 18th century, offers individualized treatment based on the principle of "like cures like" through highly diluted substances. In the context of allergies, homeopaths use **allersodes**, a category of remedies made from allergens such as pollen, dust mites,

pet dander, and food proteins. These remedies are believed to help recalibrate the immune system's hypersensitivity by introducing a highly diluted version of the allergen, thereby modulating the body's immune response. Despite its widespread use, scientific validation of homeopathy remains controversial. This review aims to provide a comprehensive understanding of allersodes, including their preparation, purported mechanisms, clinical applications, and the evidence regarding their efficacy.

Methodology

A thorough literature search was undertaken using databases such as Pub Med, Google Scholar, and Cochrane Library, using the phrases "allersodes," "homeopathy in allergies," "allergic rhinitis treatment homeopathy," and "immunotherapy homeopathy." Peer-reviewed publications, clinical trials, observational studies, and case reports published in English were all eligible for inclusion. Only studies that evaluated the use of allersodes in the treatment of allergic disorders were considered for inclusion. Articles that discussed broad homeopathy but did not particularly mention the use of allersodes were omitted.

Preparation and Mechanism of Action of Allersodes

In homeopathic practice, allersodes are prepared through a process called potentization, which involves serial dilution of the allergen followed by vigorous shaking (succussion). The starting material is typically an allergenic substance such as pollen, animal dander, dust mites, or certain foods. After potentization, the remedy is diluted to such a degree that no molecular traces of the original substance remain. Homeopaths believe that the energetic imprint of the allergen, rather than the substance itself, is retained in the final preparation.

The mechanism by which allersodes are believed to work is rooted in the concept of vibrational medicine. According to homeopathic theory, the body's vital force (or energy) becomes imbalanced in response to allergens, leading to hypersensitivity and allergic reactions. By administering the homeopathically prepared remedy, the immune system is thought to be "re-educated" to respond appropriately to the allergen, gradually reducing the overreaction and thus alleviating symptoms. This process is considered analogous to the desensitization achieved through conventional allergy immunotherapy, but it is proposed to be less invasive and more individualized.

Clinical Applications of Allersodes

Allersodes are commonly prescribed in the treatment of various allergic conditions, including:

- 1. Seasonal Allergic Rhinitis (Hay Fever):** Symptoms such as sneezing, nasal congestion, itching, and watery eyes triggered by pollen are frequently treated with allersodes made from specific types of pollen, such as ragweed, birch, or timothy grass [1].
- 2. Perennial Allergic Rhinitis:** For individuals with year-round allergies caused by dust mites, mold, or pet dander, allersodes derived from these allergens may be used to reduce symptoms [2].
- 3. Asthma:** Allersodes are also used in the treatment of allergic asthma, where exposure to specific allergens triggers broncho constriction,

wheezing, and shortness of breath [3].

- 4. Eczema and Skin Allergies:** For individuals with atopic dermatitis or allergic rashes, allersodes prepared from common allergens like milk, eggs, or pollen may help reduce skin irritation and inflammation [4].
- 5. Food Allergies:** Food-related sensitivities or mild allergic reactions to substances such as nuts, eggs, or gluten may be addressed through allersodes tailored to these specific allergens [5].
- 6. Insect Sting Allergies:** In some cases, allersodes made from venomous substances, such as bee or wasp venom, are used to reduce the hypersensitivity reaction to insect stings [6].

Evidence and Efficacy of Allersodes in Allergies

The scientific evidence regarding the efficacy of allersodes remains a contentious issue within the field of homeopathy. Several studies and reviews have investigated the potential benefits of homeopathic treatments for allergies, with mixed results.

- 1. Clinical Trials and Observational Studies:** A number of small-scale clinical trials and observational studies have suggested that homeopathic remedies, including allersodes, may have a beneficial effect in treating allergic rhinitis and asthma. For example, a double-blind, placebo-controlled trial published in the *Journal of Alternative and Complementary Medicine* (2006) showed a significant improvement in allergy symptoms in individuals treated with homeopathic remedies, including those prepared from pollen and dust mite allergens [7]. However, many of these studies have been criticized for their small sample sizes, lack of rigorous methodology, and potential biases.
- 2. Systematic Reviews:** Systematic reviews examining the effectiveness of homeopathy in treating allergic conditions have yielded mixed results. A Cochrane review (2010) on homeopathic treatments for allergic rhinitis concluded that there is insufficient evidence to support the use of homeopathy as a reliable treatment [8]. On the other hand, a meta-analysis published in *Homeopathy* (2012) found a

modest but statistically significant effect of homeopathic treatments for allergic rhinitis, although the authors noted that more high-quality trials were needed [9].

3. **Placebo Effect and Criticism:** One of the primary criticisms of homeopathic treatments, including allersodes, is the potential role of the placebo effect. Given the highly diluted nature of homeopathic remedies, skeptics argue that any observed improvement in symptoms may be attributable to the placebo effect rather than the action of the remedy itself. This criticism is further supported by the lack of consistent, large-scale studies that provide robust evidence for homeopathic efficacy [10].
4. **Immunological Mechanisms:** From an immunological standpoint, there is no clear scientific explanation for how homeopathic remedies could induce a specific immunomodulatory effect. Unlike conventional allergy treatments, which target IgE-mediated responses or inflammation, homeopathy does not have a well-defined mechanism of action. Further research in immunology and homeopathy is necessary to understand whether homeopathically prepared allersodes can have a measurable impact on immune function [11].

Discussion and Conclusion

Allersodes represent an intriguing approach to managing allergic conditions through homeopathic treatment, focusing on desensitization and immune modulation. While clinical evidence suggests that some patients may experience relief from allergy symptoms when treated with allersodes, the lack of consistent, high-quality scientific studies makes it difficult to draw definitive conclusions regarding their efficacy.

The potential of allersodes lies in their holistic approach, considering the individual's constitution,

lifestyle, and sensitivity to allergens, rather than simply addressing symptoms. However, more rigorous research, including randomized controlled trials with larger sample sizes, is essential to better understand the mechanisms by which allersodes may work and their potential role in integrative allergy management.

For now, individuals interested in homeopathic treatments should be advised to consult with qualified healthcare providers, as allersodes may be best used as part of a comprehensive treatment plan that includes conventional medical therapies when appropriate.

REFERENCES

1. Vickers A, Zollman C. ABC of Complementary Medicine: Homeopathy. *BMJ*. 1999;319(7219):557-560.
2. Cucherat M, Haugh M, Gooch M, et al. Evidence of the efficacy of homeopathy: A meta-analysis of clinical trials. *Eur J Clin Pharmacol*. 2000;56(1):27-33.
3. Reilly D, Taylor MA, McSharry C, et al. Is homeopathy a placebo response? Controlled trial of homeopathic potency in the treatment of seasonal allergic rhinitis. *Lancet*. 2000;355(9199):834-838.
4. Kleijnen J, Knipschild P, ter Riet G. Clinical trials of homeopathy. *BMJ*. 1991;302(6772):316-323.
5. Cohen RS, Weiner MS. Homeopathy in allergy treatment: A clinical review. *Altern Med Rev*. 2001;6(5):411-420.
6. Baker GB, O'Neill M. Homeopathy in the treatment of insect sting allergies: A critical review. *J Altern Complement Med*. 2005;11(4):595-603.
7. Reilly D, Taylor MA, McSharry C, et al. The use of homeopathic remedies in the treatment of allergic rhinitis: A randomized controlled trial. *J Altern Complement Med*. 2006;12(1):93-97.
8. Cucherat M, Haugh M, Gooch M, et al. Homeopathy for allergic rhinitis: A systematic review. *Cochrane Database Syst Rev*. 2010;3:CD007500.
9. Mathie RT, Cerny C, Harker R, et al. Homeopathy for allergic rhinitis: A systematic review and meta-analysis. *Homeopathy*. 2012;101(2):100-110.
10. Ernst E. The placebo effect in homeopathy: A critical review. *Homeopathy*. 2004;93(3):111-116.
11. Fisher P, Walach H. Homeopathy and the concept of evidence-based medicine. *Complement Ther Clin Pract*. 2006;12(3):179-185.

Earnest Colloquy with Dr Anil Singhal

Author, Boger's Legacy



A Little About Dr Anil Singhal

Dr. Anil Singhal is a respected homeopathic physician, educator, and author with over 35 years of experience. Born on September 5, 1964, Dr. Singhal has dedicated his career to advancing the field of homeopathy through a unique blend of clinical practice, academic scholarship, and innovative research. His extensive experience has been instrumental in shaping the education of future homeopaths and in enhancing the understanding and application of homeopathic principles globally. Dr. Singhal's work is deeply rooted in his commitment to improving patient care and advancing homeopathic education, making him a prominent figure in the homeopathic community.

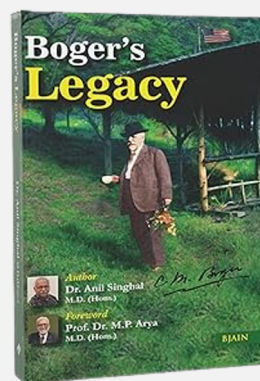
Dr Rashi: We have just release your book- *Boger's Legacy*. When was the first time and how did you identify that Dr Boger's life and works were your calling?

Dr Anil Singhal: The publication of *Boger's Legacy* marks a significant milestone in my career and in the field of homeopathy. This book is more than a scholarly endeavour; it is my tribute to the enduring contributions of Dr. Cyrus Maxwell Boger, an icon in homeopathy.

As a student, practitioner, and teacher of homeopathy, my journey with this book spans decades of reflection, research, and a profound commitment to bridging the past and present of our discipline.

The Journey Behind *Boger's Legacy*

The story of *Boger's Legacy* began more than 20



years ago, during my post-graduate studies in homeopathy at Dr. MPK Homeopathic College in Jaipur. At the time, my thesis focused on Dr. Boger's work, particularly his *Boenninghausen's Characteristics and Repertory* (BCCR) and *Synoptic Key of the Materia Medica*. While I completed my thesis in 2004, much of the material,

insights, and historical references I gathered remained unpublished.

The lockdowns during the COVID-19 pandemic offered the time and space to revisit this unfinished work. The silence of those days allowed me to reflect on the transience of life and the importance of preserving and sharing knowledge. Inspired by Dr. Boger's words to Dr. LD Dhawle—

"I would like to finish these ... before it becomes too late to do anything more" —I resolved to bring this work to fruition.

This project was more than an act of personal fulfilment. It was a call to action, born out of the realization that Dr. Boger's contributions, though foundational, remained scattered and underappreciated in contemporary homeopathic literature. My goal was to consolidate, expand upon, and modernize his work, making it accessible and relevant for today's practitioners and students.

The Making of *Boger's Legacy*

Boger's Legacy is the result of meticulous research,

reflection, and collaboration. Divided into five comprehensive chapters, it traces Dr. Boger's life, his collaboration with Dr. Boenninghausen, the evolution of his repertoires, and the enduring significance of his methodologies.

1. **Boger's Journey: The Making of a Homeopathy Legend**

A biographical exploration of Dr. Boger's life, this chapter highlights his transition from pharmacy to homeopathy and his resilience in overcoming personal and professional challenges.

2. **Boenninghausen's Repertory: The Foundation of Boger's Legacy**

Here, I delve into the profound influence of Dr. Boenninghausen on Boger's work and how Boger refined and expanded upon his mentor's methodologies to create the BBCR.

3. **The Synoptic Key: The Apex of Boger's Legacy**

This chapter examines the Synoptic Key, a masterpiece of synthesis that demonstrates Boger's ability to integrate complexity into practicality. I also explore the evolution of this work through its editions and propose modern enhancements.

4. **Augmenting the Synoptic Key's Repertory: Proposing New Additions**

Recognizing the limitations of existing editions, I propose updates to the repertory portion of the *Synoptic Key*, integrating clinically validated remedies and expanding its utility for contemporary practice.

5. **Homeopathy Timeline of Boger's Legacy**

A chronological account situates Boger's work within the broader context of homeopathic history, offering readers a timeline that connects his contributions to the evolution of the field.

The book also includes rare archival materials, photographs, and notes, enriching readers'

understanding of Boger's legacy and offering a unique perspective on his contributions.

Dr Rashi: What was your motivation behind writing 'Boger's Legacy'? As the author of this book, how do you think this work would benefit the practitioners of today and the budding homeopaths of tomorrow?

Dr Anil Singhal: As I said, this work was more than an act of personal fulfilment My goal was to consolidate, expand upon, and modernize his work, making it accessible and relevant for today's practitioners and students. This very aim, kept me motivated to continue working on this book. Additionally, in the pursuit of unveiling the intricacies of Dr C. M. Boger's work, I was fortunate enough to receive the encouragement and support of numerous esteemed individuals who contributed significantly to the successful completion of my aim.

The primary goals or driving factors were-

1. **To Preserve and Expand Dr. Boger's Work**

Dr. Boger's writings, though pivotal, are often viewed as isolated texts rather than parts of an interconnected system of thought. I aimed to present his work in a cohesive, accessible format, ensuring it remains a cornerstone of homeopathic practice and education.

2. **To Address the Knowing-Doing Gap**

Many practitioners are familiar with Boger's methodologies but struggle to apply them effectively in clinical practice. *Boger's Legacy* bridges this gap by offering practical insights, case studies, and proposed enhancements to his repertoires.

3. **To Inspire Future Generations**

The book is not just a retrospective of Boger's achievements; it is an invitation to future homeopaths to engage with, critique, and build upon his work. As I wrote on the final page: "The next chapter is yours to write."

4. **To Pay Tribute to Mentors and Collaborators**

This book is also a personal acknowledgment

of the mentors, colleagues, and peers who shaped my journey, including the late Dr. Jugal Kishore and Prof. Dr. MP Arya. Their guidance and encouragement were instrumental in bringing this project to life.

As for the second part of your question, How *Boger's Legacy* Benefits Homeopaths, here's what I think..

1. I'd call this book a 'Comprehensive Resource'

With its detailed exploration of Boger's life, methodologies, and innovations, the book serves as both a historical record and a practical guide. It is invaluable for students seeking a foundation in homeopathy and for seasoned practitioners looking to refine their knowledge and wisdom.

2. Enhanced Clinical Utility

The proposed updates to the *Synoptic Key* ensure its relevance for modern practice, offering expanded repertories and remedies validated through clinical experience.

3. Access to Rare Archival Materials

By including rare documents, unpublished writings, and photographs, the book offers readers a deeper connection to Boger's life and work, enriching their appreciation of his contributions.

4. A Catalyst for Research and Innovation

The book invites readers to explore uncharted territories in homeopathy, encouraging them to validate, expand, and innovate upon Boger's methodologies.

5. A Bridge Between Past and Present

By situating Boger's work within the broader timeline of homeopathic history, the book contextualizes his contributions and demonstrates their enduring relevance.

A Collaborative Legacy

While *Boger's Legacy* is a culmination of my research and reflections, it is not mine alone. It belongs to the global homeopathic community, which has preserved, shared, and expanded upon Boger's work over generations.

Feedback from readers, whether constructive or critical, is an essential part of this journey. It is my hope that this work will continue to inspire, educate, and empower practitioners for years to come.

Dr Rashi: What's your message to the readers of 'Boger's Legacy'?

Dr Anil Singhal: My Message: The Legacy Continues...

Boger's Legacy is not just a book; it is a bridge that connects the past's golden wisdom with the future's boundless possibilities. It is a tribute to Dr. Boger's genius, an acknowledgment of the mentors who guided me, and an offering to the homeopathic community.

As I hand this legacy to you, I invite you to engage with it—not just as readers but as contributors to the ever-evolving story of homeopathy. Together, we can ensure that the knowledge and inspiration encapsulated in this book continue to heal, guide, and illuminate for generations to come.

Let this be the beginning of your journey with *Boger's Legacy*. The next chapter awaits your contribution.

INTERNATIONAL ACADEMY OF CLASSICAL HOMEOPATHY

UNSURPASSED OPPORTUNITY FOR A PRODUCTIVE LEARNING EXPERIENCE

E-Learning Course in Classical Homeopathy
by Prof. George Withoukas

+30 (0)4380) 82042

@academyofclassical.com

"Blooming Health: Unlocking the Benefits of Bach Flower Remedies"

Dr. Vaishali Shinde

Assistant Professor (Dept. of Repertory), Late Mrs. Housabai
Homoeopathic Medical College, Nimshirgaon

Keywords

Flower essences, emotional healing, stress relief, natural therapy, mental health, holistic healing, anxiety treatment, vibrational healing, emotional balance, alternative therapy

Abstract

Bach Flower Remedies are a system of 38 flower-based treatments developed by Dr. Edward Bach in the 1930s, designed to address emotional and psychological imbalances. Based on the principle that emotional disturbances can contribute to physical health issues, these remedies are used to promote emotional healing and mental well-being. This article explores the indications for use, the scope of Bach Flower Remedies, and their application in modern holistic healing. While their effectiveness is often supported by anecdotal evidence, Bach Flower Remedies are increasingly recognized as a gentle and complementary form of emotional support, suitable for addressing stress, anxiety, depression, and life transitions.

Introduction

Bach Flower Remedies are a natural, holistic form of therapy that utilizes the healing properties of flowers to address emotional and psychological imbalances. Developed by Dr. Edward Bach, a British physician, in the 1930s, this system of 38 flower essences is designed to help individuals restore emotional harmony and promote overall well-being. The remedies are based on the belief that negative emotions—such as fear, anxiety,

sadness, or stress—can disrupt both mental and physical health. By using flower essences, Bach Flower Remedies aim to realign the emotional state, allowing the body's natural healing processes to function more effectively.

The key concept behind Bach Flower Remedies is the idea of "vibrational healing," where each flower essence resonates with specific emotional states, helping to shift negative emotions and promote healing from within. This approach places an emphasis on emotional balance as a vital aspect of overall health, making these remedies particularly effective for people facing stress, anxiety, emotional trauma, or personal challenges. As a safe, gentle, and non-invasive form of therapy, Bach Flower Remedies are increasingly being used in modern holistic practices to complement other forms of treatment, such as psychotherapy, counseling, or conventional medicine.

In this article, we will explore the **indications** for using Bach Flower Remedies, their **scope** of application, and how these remedies can be incorporated into daily life to promote emotional health. We will also delve into their effectiveness, addressing both their benefits and the controversies surrounding their use. Whether you're new to flower essences or looking to deepen your understanding, this guide will provide insights into how these remedies can help enhance your emotional and mental well-being.

What Are Bach Flower Remedies?

Bach Flower Remedies are a collection of 38

flower-based treatments, each corresponding to a specific emotional or psychological state. The remedies are made by infusing flowers in water and preserving the mixture with brandy or another form of alcohol. The idea behind these remedies is that different flowers hold unique vibrational frequencies that resonate with the emotional states of individuals.

Some well-known remedies include:

- **Rescue Remedy** – A combination of five essences, commonly used in times of acute stress or emergencies.
- **Agrimony** – For individuals who mask their inner pain with a cheerful exterior.
- **Mimulus** – For specific, identifiable fears.
- **Larch** – For those with a lack of self-confidence.
- **Rock Rose** – For extreme fear or panic.
- **Rescue-** For acute stress, emergencies, trauma, or shock.
- **Agrimony-** Hiding pain behind a cheerful exterior, inner turmoil masked by a calm demeanor.
- **Mimulus** - Specific fears (e.g., fear of speaking, animals, or the dark).
- **Larch-** Lack of self-confidence, fear of failure, lack of belief in one's abilities.
- **Rock Rose-** Extreme fear, panic, or terror in emergencies.
- **Cherry Plum-** Fear of losing control, anxiety leading to breakdowns or emotional explosions.
- **Impatiens-** Impatience, frustration, irritability, or quick temper.
- **Clematis-** Daydreaming, lack of concentration, escaping from reality.
- **Walnut-** Difficulty with transitions, major life changes, or new beginnings.
- **Chestnut Bud-** Repeating mistakes, failure to learn from past experiences.

- **Olive-** Exhaustion, both physical and mental, after a period of stress or illness.
- **Sweet Chestnut-** Deep despair, extreme mental anguish, feeling of being at the end of one's emotional rope.

These remedies are often used to help balance emotional states and provide support in times of distress, anxiety, or personal growth.

Indications for Use

Bach Flower Remedies are most commonly used for emotional and psychological challenges. Below are the primary indications for their use:

1. **Anxiety and Stress:** Bach Flower Remedies, particularly *Rescue Remedy*, are frequently used to alleviate anxiety and stress. Other remedies like *Cherry Plum* or *Aspen* help address specific fears or generalized anxiety.
2. **Emotional Trauma and Shock:** Following a traumatic event, remedies such as *Star of Bethlehem* are commonly used to help individuals process and heal from shock or emotional distress.
3. **Low Self-Esteem and Lack of Confidence:** For those struggling with feelings of inadequacy, remedies like *Larch* (for a lack of self-belief) or *Centaury* (for difficulty asserting oneself) can support emotional healing.
4. **Depression and Sadness:** While Bach Flower Remedies should not replace professional treatment for severe depression, remedies like *Mustard* (for deep, unexplained sadness) or *Gentian* (for mild depression caused by setbacks) can help support emotional balance.
5. **Fears and Phobias:** Specific fears or phobias can be addressed with remedies such as *Mimulus* (for known fears) or *Rock Rose* (for extreme panic).
6. **Insomnia:** For those who have trouble sleeping due to overactive thoughts or emotional unrest, remedies like *White Chestnut* (for repetitive thoughts) or *Vervain* (for mental overactivity) may be helpful.

Scope of Bach Flower Remedies

Bach Flower Remedies are primarily used to address emotional and mental health, but their scope extends into various areas of holistic healing:

- 1. Emotional Healing:** Bach Flower Remedies are widely regarded for their ability to support emotional healing by restoring balance to negative emotional states such as fear, sadness, frustration, and anxiety.
- 2. Stress Management:** As stress continues to be a major issue in modern life, Bach Flower Remedies offer a natural, non-invasive option for managing stress and promoting emotional well-being.
- 3. Mental Clarity and Focus:** Some remedies, such as *Hornbeam* (for mental fatigue) or *Clematis* (for mental disconnection), are used to help enhance mental clarity and improve focus.
- 4. Support during Life Transitions:** Bach Flower Remedies, including *Walnut* (for protection during transitions) and *Honeysuckle* (for nostalgia), are useful in helping individuals cope with major life changes, such as career shifts or relationship changes.
- 5. Complementary to Other Therapies:** Bach Flower Remedies can be used alongside traditional medical treatments or psychotherapy. They do not replace conventional care but serve as a gentle, complementary form of emotional support.

How Do Bach Flower Remedies Work?

The mechanism of action behind Bach Flower Remedies remains a subject of debate. While there is no conclusive scientific evidence to prove their effectiveness, many practitioners and users believe the remedies work by influencing the vibrational energy of emotions. According to Dr. Bach's philosophy, each flower essence holds a specific frequency that can help restore emotional balance in the individual.

The remedies are believed to help individuals address emotional imbalances that may be contributing to physical health issues, encouraging a

more holistic approach to healing. While modern research is limited, anecdotal evidence supports the idea that these remedies can help improve emotional well-being and overall quality of life.

Criticism and Controversy

While Bach Flower Remedies have gained a following, they are not without their critics. Skeptics argue that the remedies' effects are likely due to the placebo effect, where individuals experience improvement because they believe the remedies will work. This critique highlights the challenge of scientifically proving the efficacy of Bach Flower Remedies.

However, many people find value in using these remedies as part of a holistic approach to emotional well-being. Despite the lack of rigorous scientific evidence, the growing popularity of Bach Flower Remedies reflects their widespread acceptance in the field of alternative medicine.

CONCLUSION

Bach Flower Remedies provide a natural, non-invasive way to address emotional and psychological imbalances. Developed by Dr. Edward Bach in the 1930s, these remedies focus on restoring emotional balance by using the vibrational energy of flowers. While they are primarily used for emotional and mental well-being, their applications extend to stress management, mental clarity, and support during life transitions.

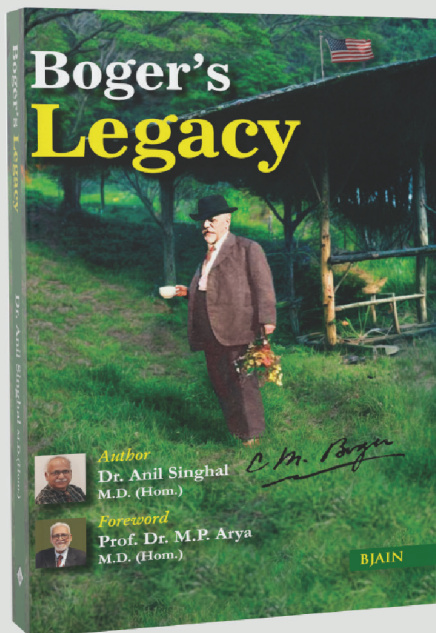
Though scientific evidence supporting their effectiveness is limited, Bach Flower Remedies have garnered widespread popularity, particularly as a complementary treatment to other forms of therapy. With their gentle nature and wide range of uses, these remedies continue to offer a holistic solution for those seeking emotional healing and balance in a busy, demanding world.

For those interested in using Bach Flower Remedies, consulting a qualified practitioner or healthcare provider is recommended, especially for individuals with severe emotional or psychological issues. When used appropriately, Bach Flower Remedies can play a valuable role in enhancing emotional well-being and promoting holistic

healing.

REFERENCES

1. Bach E. *The Twelve Healers and Other Remedies*. London: C.W. Daniel Company; 1936.
2. Bach E. *Heal Thyself: An Explanation of the Real Cause and Cure of Disease*. London: C.W. Daniel Company; 1931.
3. Ernst E. Bach Flower Remedies: A systematic review of randomised clinical trials. *Swiss Med Wkly*. 2010; 140(47-48):643–6.
4. Walach H, Buchheld N, Buttenmüller V, Kleinknecht N, Schüpbach HH. Efficacy of Bach Flower Remedies in treating attention-deficit hyperactivity disorder (ADHD): A randomized controlled trial. *Eur J Pediatr*. 2001; 160(12):711–6.
5. Murray MT, Pizzorno JE. *The Encyclopedia of Natural Medicine*. 3rd Ed. New York: Atria Books; 2012.
6. Mills' S, Bone K. *Principles and Practice of Phytotherapy*. Edinburgh: Elsevier Health Sciences; 2000.
7. Scheffer M. *Bach Flower Therapy: Theory and Practice*. Rochester: Healing Arts Press; 1988.
8. Barnard JB. *Bach Flower Remedies: Form and Function*. London: SteinerBooks; 2004.
9. The Bach Centre. Bach Flower Remedies: The official home of Dr. Edward Bach's original remedies [Internet]. Oxfordshire: The Bach Centre; [cited 2024 Dec 14]. Available from: <https://www.bachcentre.com>.
10. National Center for Complementary and Integrative Health (NCCIH). Flower essences: Overview and evidence [Internet]. Bethesda: NCCIH; [cited 2024 Dec 14]. Available from: <https://nccih.nih.gov>.



Boger's Legacy



Dr Anil Singhal

Depiction of the lesser known yet pivotal aspects of Dr C. M. Boger's Life and work with inputs from direct acquaintances of Dr Boger

Meticulous charting of the evolution of two great works of Boger- The Synoptic Key and BBCR

A multifaceted representation and detailed exploration of the intricate interplay between The Synoptic Key and BBCR

A detailed analysis of the structural plan and the philosophical underpinnings of The Synoptic Key and BBCR

A thorough presentation of the author's viewpoint on the deficiencies in the 6th edition of the Synoptic Key

Boger's Legacy



Dr Subhas Singh

Your remarkable work on Dr. C. M. Boger is a deep delving into all facets of life of this multilinguistic stalwart, connecting readers to Boger as a person, evolution of his work, his contribution in refining Dr. Boenninghausen's approach and also throwing light on Boger's relentless dedication in advancing Homoeopathic principles. This work paves way to the treasure trove in understanding Boger's ideas and methodologies, taking readers through rare and ample resources and researches on Boger till date. As the name suggests, the Legacy enlightening readers & researchers to expedite those gaps deciphering different editions of Boger Boenninghausen's Characteristics and Repertory (BBCR) & Boger's Synoptic Key (BSK) with special mention on less explored posthumous edition of BBCR II and BSK VI. Augmenting Synoptic Key's repertory is a thoughtful endeavour to update and expand the repertory portion of BSK VI, which is quite inspiring for Homoeopathic fraternity to initiate such in-depth works' on goldmines of knowledge our pioneers have endowed us with. Besides the masterly way in which the Legacy has been framed & vast coverage each topic has done especially because of in-depth study from authenticated and referenced sources, the language of the book in which you have discussed is an added attraction of the book. I appreciate all the hard work which must have been undertaken by you & congratulate you. I am sure this book will be appreciated by the homoeopathic fraternity and it will find its place in the book case of every serious-minded Homoeopathic doctor, teachers and students

Boger's Legacy is a superlative effort to rejuvenate the legacy of Dr. C.M. Boger through fine analysis of his life, living, work, and writings

The tenacity to approach different sources in India and abroad in collecting authentic information, and orienting the reader to the missionary zeal of Dr. Boger and his values in pursuing the cause of homeopathy and the homeopath.

The analysis of different editions and the evolution of insight of Dr. C.M. Boger is a treat to read.

The addition to BSK from BBCR will lay down the path for future research and application in Homeopathy.

How the author is following the legacy and values of the master is well demonstrated in his writing

Overall, this is a great collection focused on Dr. Boger and an analysis of his teachings.



Dr Bipin S. Jain

Blooming Mental Wellness through Homeopathy

Dr. Sristi Chakraborty¹, Dr. Shayantan Kumar Das¹

¹PG Scholar, Department of Homoeopathic Materia Medica, Dr. MPK Homoeopathic Medical College, Hospital and Research Centre, Homoeopathy University, Jaipur(Rajasthan)

Keywords:

Bach flower remedies, compare, flowers, homoeopathy, mental health

Abstract

For centuries, flowers have been a crucial part in our lives providing emotional support, psychological upliftment and numerous medicinal values particularly in homoeopathy. Bach flower remedies, made from extracts of wild flowers is a relatively newer concept in homoeopathy though found effective in treating emotional problems, a prominent, growing issue of modern society yet their acceptance is not widespread among homoeopaths. This review will provide a comprehensive overview of the current mental health scenario in India with management by Bach flower remedies and its analogous homoeopathic remedy.

Introduction

“Mental health is an integral part of health; it is more than the absence of mental illness. It is the foundation for well-being and effective functioning of individuals.” WHO along with government worldwide recognises the increasing burden of poor mental health leading to a negative health and economic impacts for both individuals and the society. It's prevalence in India is steadily escalating with increasing suicidal rates and psychiatry disorders. WHO estimates that the burden of mental health problems in India is 2443 disability-adjusted life years (DALYs) per 10,000 population. According to various behavioural research conducted, nature provides us with flowers, the

presence of which improves and triggers happy emotions by elevating positive feelings. Flowers are appreciated for its aesthetic value, plays a fundamental role in society over centuries adding charm and distinction to any environment. Samuel Hahnemann has described the healing power of various natural resources where plants hold a significant role in homoeopathic chest. Homoeopathy has witnessed the curative powers of various flowers like *Calendula officinalis*, *Eupatorium perfoliatum*, etc. but remedies from watered-down extracts of wild flowers was 1st introduced by a renowned British researcher, bacteriologist and a homoeopath, Dr. Edward Bach in late 1920s and early 1930s. He did not treat the body alone as he considered body, mind and spirit as one. He intuitively knew that, among the flowers and trees, he would find the healing properties that he was seeking for. One morning while walking through a meadow, his highly developed sense of intuition made him realise that the dew on the plants, heated by the sun, held all the healing properties of the flowers. As he continued his work, he developed the 38 different flower essences that have come to be known as the Bach flower essences.^{1,2,3,4,5,6,7}

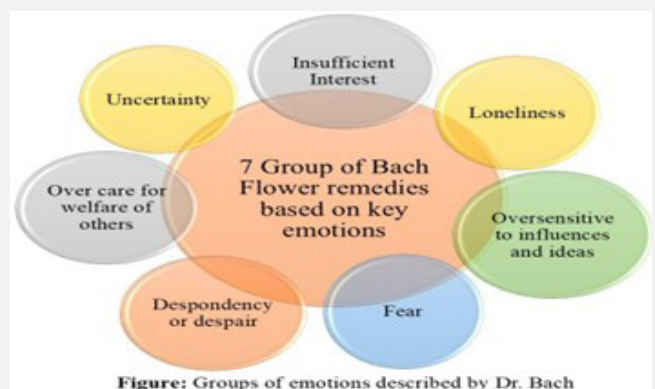


Figure: Groups of emotions described by Dr. Bach

| KEY EMOTIONS | REMEDIES |
|--|--|
| ✓ Fear | • Rock rose, Mimulus, Cherry plum, Aspen, Red chestnut |
| ✓ Uncertainty | • Cerato, Sceleranthus, Gentian, Gorse, Hornbeam, Wild Oat |
| ✓ Insufficient interest in their present circumstances | • Clematis, Honeysuckle, Wild Rose, Olive, White chestnut, Mustard, Chestnut bud |
| ✓ Loneliness | • Water violet, Impatiens, Heather |
| ✓ Oversensitivity to influence and ideas | • Agrimony, Centaury, Walnut, Holly |
| ✓ Despondency or despair | • Larch, Pine, Elm, Sweet chestnut, Star of Bethlehem, Willow, Oak, Crab apple |
| ✓ Over care for welfare of others | • Chicory, Vervain, Vine, Beech, Rock water |

Table: Key Emotions with related Bach flower medicines

Bach flower Remedies^{8,9,10,11,12,13}

- Agrimonia**(*Agrimonia eupatoria*) – Hides mental torture or worries from others by putting a brave front, desires company in order to escape worries. Peace loving people distressed by quarrels and arguments. Compare: *Natrum muriaticum*, *Staphysagria*
- Aspen**(*Populus tremula*) – Vague unknown fears, apprehensions, foreboding that may come day or night with anxiety and panic attack. Compare: *Calcarea carbonicum*
- Beech**(*Fagus sylvatica*) – Extreme criticism and intolerance, wants order and discipline everywhere, fault-finding, prejudiced, always judging instead of seeking the good qualities within everyone. Compare: *Arsenicum album*, *Lycopodium clavatum*, *Nux vomica*, *Sulphur*
- Centaury**(*Centaureum umbellatum*) – Lacks the ability to refuse, thus helps others with good motive and draining themselves by overworking, ending in resentment; they are passively used. Compare: *Coffea*
- Cerato**(*Ceratostigma willmottiana*) – Lacks self-confidence in decision making, leading to constant dependency on others' advice, later realising it to be wrong. Compare: *Calcarea carbonicum*, *Pulsatilla*, *Silicea*
- Cherry plum**(*Prunus cerasifera*) – Fears losing self-control of mind and could hurt themselves or others by abusive behaviour or temper. Compare: *Belladonna*, *Hyoscyamus*
- Chestnut bud**(*Aesculus hippocastanum*) – Tendency to repeat errors; inability to learn from past experiences due to inattention, hurry, lack of observation or indifference. Compare: *Bartya carbonicum*, *Calcarea group*, *Tuberculinum*
- Chicory**(*Cichorium intybus*) – Over-possessiveness, domineering people to one closest to them by controlling and directing their lives, self-love, self-pity. They want attention, company and appreciation, easily hurt when feels rejected. Compare: *Dulcamara*, *Lachesis*, *Sepia*
- Clematis**(*Clematis vitalba*) Traveller's joy, Old Man's Beard – Excessive day dreamer with lack of concentration, those who escapes reality by living in their fantasy world. Highly artistic but lacks expressiveness, desire to stay alone. Compare: *Cannabis indica*, *Sulphur*
- Crab apple**(*Majus pumila*) – Obsessed with order and cleanliness, thinks themselves unclean or dissatisfied with their body image, self-dislike, despondency, despair. Compare: *Arsenicum album*, *Carcinosinum*
- Elm**(*Ulmus procera*) – Brings confidence; when bending under additional duties and/or increased level of responsibility with feeling that it goes beyond one occasional feeling of inadequacy, despondency, exhaustion. They are capable, efficient, intuitional and often holds position of importance. Compare: *Lycopodium clavatum*
- Gentian**(*Gentian amarella*) Autumn gentian – Discouragement and uncertainty feeling. Despondency after failure and before the next step, sadness, depression from known cause.
- Gorse**(*Ulex Europaeus*) The common furze – Hopeless feeling and pessimism as if nothing more can be done, needs sunshine in their lives. Compare: *Aurum metallicum*
- Heather**(*Calluna vulgaris*) – Obsessed with themselves, hypochondriacs, self-centred, narcissistic, poor-listeners, unhappy and fears solitude. They enjoy making their ailments 'mountains out of mole-hills'
- Holly**(*Ilex aquifolium*) – Helps in releasing aggression towards others, hatred, jealousy, suspicion, malice, anger, envy, by opening true loving nature and forgiveness. Compare:

Lachesis, Nux vomica

16. **Honeysuckle**(*Lonicera caprifolium*) – Lives and mourns for times past times; nostalgia. Young children who experience separation or homesickness. Compare: *Capsicum annum, Ignatia amara, Natrum muriaticum*
17. **Hornbeam**(*Carpinus betulus*) – Monday morning feeling, the need to get-up-and-go but once started its fine. More of mental tiredness and weariness than physical. Uncertainty or doubt about his sufficient strength and ability to face life and work.
18. **Impatiens**(*Impatiens glandulifera*) – For impatient, hasty, active, irritable people who move, speak, and often eat quickly, with extreme mental tension, very quick in mind and action, makes instant decision, likes to work alone as slowness of others may hinder them. They are intelligent and intuitive. Compare: *Argentum nitricum, Hepar sulphuris, Tarentula hispanica*
19. **Larch**(*Larix decidua*) – Low self-esteem and lack of self-confidence, inferiority complex. Expects failure therefore feels success can never be achieved. Compare: *Anacardium orientale, Staphysagria*
20. **Mimulus**(*Mimulus guttatus*) The Monkey flower – Phobia; fear and anxieties of known cause, shy and timidity for being judged or rejected. Quiet and retiring people, hides their fears. Compare: *Aconitum napellus, Calcarea carbonicum, Silicea*
21. **Mustard**(*Sinapis arvensis*) Charlock, Wild mustard – For sudden depression and dark moods with no apparent reason in the circumstances where attack occurs, depression of unknown cause enveloping the sufferer like a black cloud, shutting out all the pleasure and joy of life. Compare: *Cimicifuga racemosa*
22. **Oak**(*Quercus robust*) The Common Oak – For strong, capable people struggling to overcome the limits of their strength, workaholics, despondency, despair, but never cease efforts, have strong sense of determination and responsibility. Compare: *Aurum metallicum, Kali group, Nux vomica*
23. **Olive**(*Olea europaea*) – For fatigue after exertion, complete exhaustion, extreme tiredness of mind and body, suffered a long time from worrying and adverse conditions or from long and serious illness, lack of zest, people who are full of lives and much to do with little leisure for relaxation and enjoyment, who tire easily and feel they have no strength left to carry on. Compare: *Carbo vegetabilis, Gelsemium, Kali phosphoricum, Phosphoric acid*
24. **Pine**(*Pinus sylvestris*) Scots Pine – For perfectionist, over-conscious people, setting high standard leading to overwork and strain in order to do better and improve their work and character, despondency, never contented with their own achievements and blame themselves for their faults; suffers from “guilt-complex”. Compare: *Staphysagria*
25. **Red chestnut**(*Aesculus carnea*) – For anxiety, fear and worry that something bad could happen to loved one or someone close. Imagining the worst situation for closed one. Compare: *Phosphorus*
26. **Rock rose**(*Helianthemum nummularium*) – For calming the aftershocks of terror, extreme fear and panic attacks. Compare: *Aconitum napellus, Arsenicum album*
27. **Rock water** – Only remedy made from water, the remaining 37remedies are prepared from wild flowers. Excessive self-control and mental rigidity, as hard as rock; perfectionist, self-repression, self-denial, the martyr. Strong opinion about religion, politics or reform and who allow their minds and largely their lives to be ruled by their theories. Are hard masters, strict in their way of living, have formed high ideals.
28. **Scleranthus**(*Scleranthus annuus*) The Annual Nawel – For inability to choose between alternatives, indecisive, uncertainty, hesitancy, imbalance, talk erratically and jumps topic. Compare: *Pulsatilla*
29. **Star of Bethlehem**(*Ornithogalum umbellatum*) – For shock and grief after a personal loss or trauma either death or separation, after-effects of shock whether mental or physical.

Compare: *Ignatia amara*, *Kali phosphoricum*, *Natrum muriaticum*

30. **Sweet Chestnut**(*Castanea sativa*) The Spanish Chestnut, The Edible Chestnut – For depressed broken heart, despair when there is no escape, extreme mental anguish, hopelessness and despair, brave, strong characters.
31. **Vervain**(*Verbena officinalis*) – For idealists, overpowered by their excessive enthusiasm, over-sensitive to the injustice in the world; always ready to swim against the tide, to right wrongs, strain, tension, over-enthusiasm, full of business life, is one long rush, force themselves to do things beyond their physical strength through an effort of will, live “on their nerves” resulting in physical exhaustion, illness and breakdowns, usually quick in movement and speech, wiry in body, are “keyed-up” people who must go on, cannot rest mind or body, cannot relax. Compare: *Causticum*
32. **Vine**(*Vitis vinifera*) – For dominant people who tends to rule others and control with an iron fist, ambitious, wants power, authority, are tyrants and dictatorial. Compare: *Lycopodium clavatum*, *Platina*, *Sulphur*
33. **Walnut**(*Juglans regia*) – The link breaker, remedy of advancing stages, teething, puberty, change of life, have determination and strength of purpose. Requires time to adjust.
34. **Water violet**(*Hottonia palustris*) – For withdrawn, aloof, self-sufficient people who may seem proud and even arrogant; incapable to have intimacy and keep autonomy at the same time. Compare: *Platina*, *Sepia*
35. **White Chestnut**(*Aesculus hippocastanum*, The Horse Chestnut) – For concern; haunting unwanted persistent thoughts that would be happy to get rid of, mental arguments and conversations leading to concentration and sleep difficulties.
36. **Wild Oat**(*Bromus ramosus*) Hairy or Wood Broome-grass – For uncertainty in the meaning of one’s existence, lack of overall direction, despondency, dissatisfaction. Known as Pathfinder, discovering answers. Compare:

Magnesium group

37. **Wild Rose**(*Rosa canina*) Dog Rose – For laziness, resignation for everything that is happening, apathy. They accept their circumstances as irreversible.
38. **Willow**(*Salix vitellina*) Yellow willow or Golden osier – For self-pity, offensiveness and placing blame on others, resentment, bitterness, are unfortunate people who do not hope or expect that anything good may come to them because they believe it is fate to suffer and no one else experience such pain, such distress as them. They think their prayers are never answered and efforts are never rewarded, they take without giving, accept help of every kind as their right and without gratitude so that they alienate others who would help them and show them kindness.

Rescue remedy – Emergency formula or first-aid remedy for acute stress. It is a combination of 5 remedies:

- Star of Bethlehem
- Rock Rose
- Clematis
- Cherry Plum
- Impatiens

DISCUSSION AND CONCLUSION

Increase in high-tech, fast paced lifestyle combined with social and cultural beliefs surrounding mental illness has made mental health issues even more challenging not only for the individual but for the whole nation. Though Dr. Bach like Master Hahnemann believed that a negative state of mind was the root cause of any illness and treating them helped the body to heal itself and the concept of homoeopathy was kept intact by Dr. Bach, yet Bach flower remedies are rarely prescribed by homoeopaths. This article aimed in upholding the essence of Bach flower remedies and also offering an analogy with the core mentals of homoeopathic medicines which lacked in previous published articles^{14,15} to facilitate better understanding, comparison and prescription by homoeopaths.

REFERENCES

1. Babu NG. Introduction to Materia Medica. Noida, India: B. Jain Publishers (P) Ltd; 2021.
2. Meghrajani VR, Marathe M, Sharma R, Potdukhe A, Wanjari MB, Taksande AB. A Comprehensive Analysis of Mental Health Problems in India and the Role of Mental Asylums. Cureus [Internet]. 2023 Jul 27;15(7). Available from: <https://www.cureus.com/articles/164740-a-comprehensive-analysis-of-mental-health-problems-in-india-and-the-role-of-mental-asylums.pdf>
3. World Health Organization. Mental health [Internet]. www.who.int. 2022. Available from: <https://www.who.int/data/gho/data/themes/theme-details/GHO/mental-health>
4. World Health Organization. WHO highlights urgent need to transform mental health and mental health care [Internet]. World Health Organisation. 2022. Available from: <https://www.who.int/news/item/17-06-2022-who-highlights-urgent-need-to-transform-mental-health-and-mental-health-care>
5. Mental health [Internet]. www.who.int. Available from: <https://www.who.int/india/health-topics/mental-health>
6. Sagar R, Dandona R, Gururaj G, Dhaliwal RS, Singh A, Ferrari A, et al. The burden of mental disorders across the states of India: the Global Burden of Disease Study 1990–2017. The Lancet Psychiatry [Internet]. 2020 Feb;7(2):148–61. Available from: [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(19\)30475-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(19)30475-4/fulltext)
7. Thaler K, Kaminski A, Chapman A, Langley T, Gartlehner G. Bach Flower Remedies for psychological problems and pain: a systematic review. BMC Complementary and Alternative Medicine [Internet]. 2009 May 26;9(1). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2695424/>
8. Krishnarmoorthy V. Beginner's guide to Bach Flower Remedies: with repertory. New Delhi, India: B. Jain Publishers (P) Ltd; 2002.
9. Bach E. The twelve healers and other remedies. White Press; 2018.
10. Bach E, Wheeler FJ. The Bach Flower Remedies. McGraw Hill Professional; 1998.
11. Hasnas R. Pocket guide to Bach flower essences. Freedom, Ca: Crossing Press; 1997.
12. Vithoulkas G. The Essence of Materia Medica 21st impression 2nd edn. Noida: B. Jain Publishers(P) Ltd.; 1988
13. Allen HC. Keynotes and Characteristics with Comparisons of some of the Leading remedies of the Materia Medica with Bowel Nosodes. 8th ed. Delhi: B Jain Publishers(P)Ltd.; 2002.
14. Patel A, Dedania Z. Bach flower remedies: natural therapeutic for balancing emotions. IJPSR. 2024 [cited 2024 Dec 15]. Available from: <https://ijpsr.com/bft-article/bach-flower-remedies-natural-therapeutic-for-balancing-emotions/>
15. Ali M. Bach Flower Remedies [Internet]. Homeopathy Resource by Homeobook.com. 2012. Available from: <https://www.homeobook.com/bach-flower-remedies/>

INCREDIBLE STORIES UNFORGETTABLE JOURNEY



**Dr Jineshwar Annasaheb
Yaligouda**

Very glad and proud to be a family member of Homoeopathic Heritage. Very nice work in the field of Homoeopathy done by Heritage since 50 years. Most relevant and ideal Homoeopathic national and international journal of india. Your work in the field of Homoeopathy is excellent and budding doctors are enthusiastic to read Heritage and update their knowledge and implement in their practice. Research promoting journal is Homoeopathic Heritage it's needed for the family physicians and society.

Floral Harmony: Unveiling the significance & utility of Bach Flower remedies in Homeopathy

Dr. Shreya K. Mehta¹, Dr. Saunil Malvania²

¹PG Scholar, Department of Organon of Medicine, Rajkot homeopathic medical college, Parul University.

²MD Homeopathy, Professor, Department of Organon of Medicine, Rajkot homeopathic medical college, Parul University.

Keywords

Bach Flower Remedies, Dr. Edward Bach, flower essences, emotional healing, natural remedies, Rescue Remedy, Sun Method, Boiling Method, holistic treatment.

Abstract

Bach Flower Remedies, developed by Dr. Edward Bach between 1931 and 1935, are a natural healing approach using essences from flowers and select plant parts native to the English countryside. Designed to treat emotional and mental states rather than physical symptoms, these 38 remedies include essences prepared by either the Sun or Boiling Method, infused into brandy for preservation. Dr. Bach, who initially trained in conventional and homeopathic medicine, created this system to address human emotions, advocating for "treating the person, not the symptoms." The remedies, which are safe for all ages and species, are commonly combined for personalized treatment and include a unique blend, Rescue Remedy, intended for acute stress or crisis. Bach Flower Remedies are thus distinguished by their simplicity, focus on emotional healing, and absence of adverse effects.

Introduction

Bach Flower Remedies are Flower Essences (with one exception of Rock Water, which is a specific natural spring water, but is clubbed with the others) derived from the flowers and some other parts of wild plants and trees of English countryside.

Introduced between 1931 and 1935 by Dr. Edward Bach of England, the remedies or essences are 38 in number and have proved themselves over the years all over the world. They are called Bach Flower Remedies in England and Bach Flower Essences in USA.

Born in 1886, Dr. Edward Bach had his early training in conventional medicine but became disillusioned with it. Along the way, he studied bacteriology and Dr. Samuel Hahnemann's homeopathic theories, which held that the body could be healed by treating the mind. Dr. Bach promoted the idea of "treating the person, not the symptoms" and sought to categorise human emotions into distinct groups for easier treatment. In order to restore health, he first created nosodes from intestinal bacteria, but he eventually looked for natural alternatives because he disliked utilising disease products. His flower remedy approach began when he moved to the country and realised that some wildflower essences were just as good at healing unpleasant emotions as his nosodes.^[1]

How is it prepared?

Bach Flower Remedies are prepared using two primary methods: the *Sun Method* and the *Boiling Method*, with each remedy exclusively prepared by one of these methods, based on the nature of the flower. In the *Sun Method*, fresh flowers are placed in water and exposed to sunlight for about an hour, allowing the essence of the flower to infuse into the water. This energized water is then diluted with 40% brandy to create a mother tincture. Stock remedies are produced by further

diluting this tincture with 27% grape alcohol.^[1]

In the *Boiling Method*, flowers and twigs of certain plants are boiled, and the distilled essence is processed similarly to the sun-infused water. The final treatment bottle is prepared by adding two drops of the stock remedy to a 30 ml bottle of mineral water. Multiple Bach Flower Remedies can be mixed in one treatment bottle, allowing for an individualized blend of up to 6 or 7 remedies at a time.^[1]

Differences Between Bach Flower and Homeopathic Remedies

Bach Flower Remedies differ significantly from homeopathic remedies^[1]:

- They are not potentized; instead, they remain as fixed dilutions.
- They are selected purely based on emotional and mental symptoms, with no consideration for physical symptoms or specific modalities, which are key in homeopathy.
- The remedies are safe for children, pets, and plants, with no adverse effects from incorrect selection or overuse.

With only 38 remedies in the system, it is common to blend remedies as needed. For instance, *Rescue Remedy* is considered one remedy within a mix. Remedies can be taken directly from the treatment bottle or mixed into food, tea, coffee, or other drinks. This flexibility and focus on emotional healing make Bach Flower Remedies distinct from both homeopathic and other traditional treatments.

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. ^[2]

Table 1

DIAGNOSTIC CHART FOR BACH FLOWER REMEDIES^[4]

| S. 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 |
| 4 | Centauray | assertive | Weak willed & subservient | Purpose |
| 5 | Cerato | Conviction | Seeks advice & confirmation from others | Certainty |
| 6 | Cherry plum | Rational | Fear of mind giving away | Composure |
| 7 | Chestnut bud | Life lessons | Failure to learn from past mistakes | Learning |
| 8 | Chicory | Selfless | Selfishly possessive | Unconditional |
| 9 | Clematis | Grounded | Dreaminess, lack of interest in present | Grounding |
| 10 | Crab apple | Cleansing | Self-hatred, sense of uncleanliness | Self-acceptance |
| 11 | Elm | Coping | Overwhelmed by responsibility | Coping well |
| 12 | Gentian | Upliftment | Despondency, discouraged | Faith |
| 13 | Gorse | Hope | Hopeless & despair | Hope |
| 14 | Heather | Empathy | Self-centeredness, self-concern | Empathy |
| 15 | Holly | Kind-hearted | Hatred, envy, jealousy | love |
| 16 | Honeysuckle | Live today | Lives in past | Empathy |
| 17 | Hornbeam | Vitality | Monday morning feeling | Love |
| 18 | Impatiens | Patience | Impatience | Patience |
| 19 | Mimulus | Courage | Fear of unknown thing | To face with courage |
| 20 | Mustard | Joy | Deep gloom with no origin | Happiness |

| | | | | |
|----|--------------|-------------------|---------------------------------|--------------|
| 21 | Oak | Strength | Exhausted but struggles on | Resilience |
| 22 | Olive | Energizing | Lack of energy | Renewal |
| 23 | Pine | Self-worth | Guilty & self-reproach | Self-respect |
| 24 | Red chestnut | Care without fear | Fear or over concern for others | Detachment |

Bach flower remedies^[3]:

1. AGRIMONY

Those who suffer considerable inner torture which they try to dissemble behind a facade of cheerfulness. Often used as a remedy for alcoholism.

2. ASPEN

Apprehension – the feeling that something dreadful is going to happen without knowing why. Unexplainable anxiety, presentiments. Anxiety for no known reason.

3. BEECH

Critical and intolerant of others. Arrogant.

4. CENTAURY

Weakness of will; those who let themselves be exploited or imposed upon – become subservient; difficulty in saying “no”. Human doormat.

5. CERATO

Those who doubt their own judgment and intuition, seek advice of others. Often influenced and misguided.

6. CHERRY PLUM

Uncontrolled – irrational thoughts. Fear of losing control and doing something terrible, fear of “going crazy”. Uncontrolled bursts of temper. Impulsive suicide.

7. CHESTNUT BUD

Refusal to learn by experience; continually repeating the same mistakes.

8. CHICORY

The overly-possessive, demands respect or attention (selfishness), likes others to conform to their standards. Makes martyr of oneself. Interferes

and manipulates.

9. CLEMATIS

Indifferent, inattentive, daydreaming, absent-minded. Mental escapist from reality.

10. CRAB APPLE

“The Cleanser Flower”. Feels unclean or ashamed of ailments. Self disgust/hatred. House proud.

11. ELM

Temporarily overcomes by inadequacy or responsibility, though normally very capable.

12. GENTIAN

Despondent. Easily discouraged and rejected. Skeptical, pessimistic. Depression, where the cause is known.

13. GORSE

Desperate, without hope: “Oh, what’s the use”. Defeatism.

14. HEATHER

People who are obsessed with their own troubles and experiences. Talkative ‘bores’ – poor listeners.

15. HOLLY

For those who are jealous, envious, revengeful and suspicious. Those who hate

Rescue Remedies:

16. HONEYSUCKLE

For those with nostalgia and who constantly dwell in the past. Home-sickness.

17. HORNBEAM

“Monday morning” feeling but once started, task usually fulfilled. Mentally tired. Procrastination.

18. IMPATIENS

Impatience, irritability. Reacts in an exaggerated manner.

19. LARCH

Despondency due to lack of self-confidence; expectation of failure, so fails to make the attempt. Feels inferior, yet has the ability.

20. MIMULUS

Fear of *known* things, fear of the world. Shyness, timidity, bashfulness.

21. MUSTARD

“Dark cloud” of depression that descends for no known reason which can lift just as suddenly, making one downcast, saddened and low.

22. OAK

Brave determined types. Struggles on in illness and against adversity despite setbacks. Plodders, never resting.

23. OLIVE

Drained of energy – everything an effort. Physically fatigued.

24. PINE

Feelings of guilt. Blames oneself for the mistakes of others. Feels unworthy.

25. RED CHESTNUT

Excessive care of, and concern for, others, especially those held dear.

26. ROCK ROSE

Alarmed, panicky, full of trepidation.

27. ROCK WATER

For those who are hard on themselves – often overwork. Rigid minded, self denying. Ascetic.

28. SCLERANTHUS

Uncertainty/indecision/vacillation. Fluctuating moods.

29. STAR OF BETHLEHEM

For all the effects of serious news, or fright following an accident, etc.. For release from trauma, not matter how old it is.

30. SWEET CHESTNUT

Absolute dejection. Feels one has reached the limits for what one can stand.

31. VERVAIN

Over-enthusiasm, over effort; straining. Fanatical and highly strung. Incensed and frustrated by

injustices.

32. VINE

Dominating/inflexible/ambitious/tyrannical/autocratic. Arrogant pride. Considered to be good leaders.

33. WALNUT

Protection remedy against powerful influences, and helps adjustment to any transition or change, e.g. puberty, menopause, divorce, new surroundings. Contrary to CENTAURY the person knows what he wants, but is easily influenced by other people to do something else.

34. WATER VIOLET

Proud, reserved, sedate types, sometimes “superior”. Little emotional involvement, but reliable/dependable.

35. WHITE CHESTNUT

Persistent unwanted thoughts. Pre-occupation with some worry or episode. Mental arguments. Constant inner dialog.

36. WILD OAT

Helps determine one’s intended path of life.

37. WILD ROSE

Resignation, apathy. Drifters who accept their lot, making little or no effort for improvement – lacks ambition.

38. WILLOW

Resentment and bitterness with “not fair” and “poor me” attitude.

Rescue remedy - A combination of Cherry Plum, Clematis, Impatiens, Rock Rose, Star of Bethlehem. All purpose emergency composite for effects of anguish, examinations, going to the dentist etc. Comforting, calming and reassuring to those distressed by startling experiences.

CONCLUSION

Bach Flower Remedies are used in homeopathic practice as a complementary treatment, primarily to address emotional and psychological issues that may hinder physical healing. They are chosen

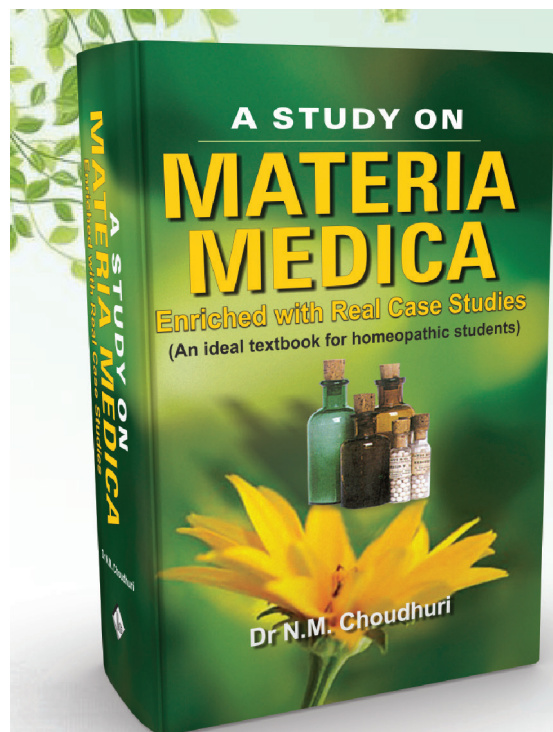
based on a patient's mental and emotional state rather than specific physical symptoms, making them effective in cases of stress, anxiety, grief, or other emotional disturbances. By supporting mental and emotional balance, these remedies enhance overall well-being, often preparing the patient for a more comprehensive homeopathic treatment and fostering a holistic healing process.

REFERENCES

1. Hpthy. An Introduction to Bach Flower Remedies. India.

S.V.Swamy. February 15, 2004. <https://hpathy.com/bach-flower-remedies/introduction-bach-flower-remedies/>

2. Ana Klikovac: Bach Flower Remedies for a Happy and Balanced Life. 1st edition. B. Jain Publishers & Distributors, 2021.
3. Hpthy. Bach Flower Materia Medica – Basics. India. Dr. Manish Bhatia. October 1, 2009. <https://hpathy.com/bach-flower-remedies/bach-flower-materia-medica-basics/>
4. Aditi Patel and Zarna Dedania. Bach flower remedies: Natural therapeutics for balancing emotions. IJPSR. 2024 April, 1. Vol. 15(4): 1025-1035.



Dr N. M choudhury



A Study on MATERIA MEDICA

ISBN-: 9788131902103



"A Study on Materia Medica" is a sublime work of author with his gathered experience of years. Every medicine of the book starts with 'NOTES' (a unique presentation)- representing the jist of drug from its source to its indications, pathology, modalities, physical mental and general symptoms. easing its comprehension and generating the interest of the readers. Alphabetical arrangement of medicines from Abies Canadensis to Zizia, simple language and narrative storylike style of drug.

Reader's Perspective

Dr Vibha

Exploring The Effects Of Intermittent Fasting And The Role Of Homoeopathy

Dr. Christina Lalhriatpuii¹, Dr. Chingngaihlam¹, Dr. Palash Maikap¹

¹PGT, Dept. of Materia Medica, National Institute of Homoeopathy, Kolkata

Keywords

Homoeopathy, intermittent fasting, autophagy, non-communicable diseases.

Abstract

The resurgence of night eating and drinking habits in modern lifestyles has contributed to the increasing prevalence of Non-Communicable Diseases (NCDs). In response, Intermittent Fasting (IF) has gained attention for its potential to induce weight loss and promote physiological improvements. This article examines the benefits and drawbacks of intermittent fasting and the potential role of Homeopathy in enhancing the benefits of IF, with the ultimate goal of mitigating the NCD epidemic as well as how homoeopathy can be used to address any negative consequences of fasting.

Introduction

For millennia, people have fasted for moral, religious, or medical reasons. Over the past ten years, research on fasting's effects on health and illness has grown in interest and focus.

Gaining insights into the crucial significance of fasting will lead to hitherto unexplored therapy options. Homoeopathic materia medica is blessed with numerous medicines that may be of use in conjunction with intermittent fasting for a healthier lifestyle. This article explores the effects of intermittent fasting, including its advantages and disadvantages as well as its present uses in medicine.

Fasting

Fasting is a practice that involves a restriction of food or drink intake for any period.

Types Of Fasting ^{[1],[2]}:

INTERMITTENT FASTING (IF) is an eating pattern that alternates between a period of eating and fasting, typically 12 hrs or longer usually not more than 24 hrs.

Depending on the time of fasting, it is divided into: Time restricted, alternate-day fasting, modified alternate-day fasting, and periodic fasting.

PROLONGED FASTING(PF)- consists in fasting for an extended period, from 4 to 7 days. During consecutive fasting days usually, only water is permitted.

Health-Promoting Mechanisms Associated With Fasting:^{[3],[4]}

CIRCADIAN BIOLOGY

The circadian rhythm theory suggests that physiological processes are regulated to optimize energy homeostasis. Desynchronization of the body's internal clock, such as through irregular meal schedules, increases the risk of cardiometabolic diseases. Time-restricted feeding regimens that impose a diurnal rhythm of food intake, synchronized with the 24-hour light-dark cycle, can re-program molecular mechanisms of energy metabolism, leading to improved circadian oscillations and body weight regulation.

GUT MICROBIOTA AND THE GUT-BRAIN AXIS

A diverse gut microbiome is linked to improved metabolic health. Diet and dietary timing, including eating close to bedtime, can disrupt microbiota balance.

OXIDATIVE STRESS REDUCTION

When the reactive oxygen species (ROS) level exceeds antioxidant availability oxidative stress results. The Oxidative Stress Hypothesis states that decreased energy intake such as in intermittent fasting cause mitochondria to produce fewer free radicals.

KETOGENIC STATE

Intermittent fasting induces a ketogenic state through 'metabolic switching', enhancing fat metabolism and weight management. It may be more beneficial than a ketogenic diet, which can be high in animal fats and increase cardiovascular risk.

AUTOPHAGY AND FASTING^[5]

Under normal conditions, insulin inhibits autophagy by activating the mechanistic target of rapamycin complex 1 (mTORC1). However, during fasting or nutritional restriction, decreased intracellular ATP and glucose levels trigger an increase in AMP, leading to allosteric activation of AMP-activated protein kinase (AMPK). Activated AMPK inhibits mTORC1 and protein synthesis, thereby conserving energy by regulating anabolic and catabolic processes. Nutritional restriction appears to be a promising strategy for modulating autophagy and enhancing therapeutic efficacy while protecting normal cells.

Intermittent Fasting In Diseases

Several systemic reviews have shown intermittent fasting to be useful in reducing weight therefore reducing comorbidities such as hyperlipidemia, diabetes mellitus, obesity, systolic and diastolic blood pressures.^{[6],[7],[8],[9]}

Recent evidence indicates that fasting may be a valuable adjunct in cancer therapy by creating an environment that restricts cancer cell adaptability,

survival, and proliferation. Glucose starvation would not allow the cancer cells to survive in the nutrient-deficient hazardous environment, limiting the growth and sensitising cancer cells to the damaging effects of chemotherapy and promoting apoptosis. Thus, incorporating fasting with other treatments is a promising approach.^{[10],[11]}

Research has explored fasting as a complementary therapy for mental health disorders, including depression and anxiety. By boosting Brain-derived neurotrophic factor (BDNF) and serotonin, fasting may promote neuronal growth, improve mood, and enhance cognitive function.^{[12],[13]}

Several studies using animal models have indicated that intermittent fasting could reduce the accumulation of A β plaques in Alzheimer's disease and slow down cognitive decline.^[14]

Intermittent fasting (IF) has been shown to have a profound impact on overall health, with findings from both human and animal studies indicating that IF improves physiological function, enhances physical and mental performance, and slows the aging process, thereby delaying the onset of age-related diseases.^[15]

Drawbacks Of Intermittent Fasting^[16]

While there are potential benefits for cardiometabolic conditions common in cancer survivors such as obesity, diabetes mellitus, and cardiovascular disease. However, there is no sufficient evidence that positively claims the prevention of recurrence or the development of secondary cancers.

Type 2 Diabetes patients taking high-dose medications and fasting may risk hypoglycemia. Type 1 Diabetes patients can benefit from fasting with proper insulin adjustments, but risk diabetic ketoacidosis if counter-regulatory mechanisms fail.

Studies done during Ramadan showed worsening symptoms of ulcerative colitis, peptic ulceration and upper gastrointestinal bleed.

Human studies on intermittent fasting usually last only a few weeks or months, which is relatively short compared to animal studies. As a result, we often don't have sufficient data on the long-term effects of intermittent fasting on human health.

Contraindications Of Fasting ^[17]

Children and adolescents must be excluded from any type of fasting model, as it could be psychologically and physiologically dangerous.

Pregnant or breastfeeding women.

Elderly people over 75 years old. These groups need precise energy and nutritional requirements, and it would not be appropriate to eliminate essential nutrients, even if for a short period.

Generally, fasting is not permitted in underweight.

Fasting better not be practised in fever, diarrhoea, eating disorders, severe liver, and kidney diseases.

Recommendations During Fasting Days ^[1]

It is recommended to avoid strenuous and physical activities, both planned and spontaneous. Fasting could be intended as a holistic approach and physical activity such as yoga is permitted.

Euthermia should be maintained during fasting. Cold temperatures can have adverse cardiovascular effects, including vasoconstriction, increased blood pressure, and elevated heart rate. Conversely, exposure to high temperatures, such as those experienced in a sauna, can lead to hypotension, increased sweating rates, and mineral salt depletion, potentially resulting in dehydration and syncope.

During feeding time, eat a balanced diet, personalized and rich in plant-based foods and water. The best approach is a Mediterranean-based plan about a week before fasting. Avoid processed and hypercaloric meals because the metabolic response from binging to fasting would be violent.

Plenty of water should be taken depending on the body's requirements.

Homoeopathic Approach ^[18]

Master Hahnemann in § 4 Organon of medicine, mentioned that a physician is a “...preserver of health if he knows the things that derange health and cause disease, and how to remove them from persons in

health.”

Excess in food which can be one of the reasons of obvious causes (§93) may act as an obstacle to recovery, therefore, here, intermittent fasting could be of help in those cases. In indisposition (§150), a slight alteration in diet and regimen may suffice to dispel trivial symptoms. Therefore, apart from medicinal treatment, intermittent fasting could help maintain a healthier lifestyle if done with proper caution.

Repertorial Approach

These rubrics can be considered in cases where patients come to us for complaints after fasting.

SYNTHESIS REPERTORY ^[19]

- MIND-ANXIETY-fasting;when- Iod
- MIND-SADNESS-canine hunger,with- Ign, Nat-m.
- MIND-FEAR-fasting,of- Kreos
- CHEST-PAIN-fasting agg-Iod.
- VERTIGO-fasting agg-Lac ac.
- HEAD-PAIN-fasting agg-hunger is not appeased at once; if- cact, cist, elaps, Lyc, Sang, sulph
- VISION-FASTING agg-Calc.
- STOMACH-FASTING- agg- Bar c, Bry, Calc, Carb-an, Hell, Kreos, Nux-v, plat, Staph, Sulph,
- STOMACH-NAUSEA- fasting agg-Acon, alum, anac, au-m, bar-c, bry, Calc, fuma-ac, graph, kola, kreos, lac-ac, lach, Lyc,mag-m, meph, nux-v, puls, sep, sil, spig, sulph-ac, teu-cr.
- STOMACH-PAIN- fasting agg- Bar-c, Calc, carb-an, caust, Cocc, dulc, fago, gran, Graph, hura, Ign, Lach, lob, nit-ac, Petr, psor, puls, thod, seneg, sep, zinc.
- STOMACH-HEARTBURN- fasting agg-grat, nux-v, sep
- STOMACH-VOMITING-fasting;when-nat-m.

- HOMOEOPATHIC MEDICAL REPERTORY- Robin Murphy ^[20]
- CLINICAL-TREMBLING- hungry, when-*alum, crot-h*, iod, lyc, olnd, *phos*, stann, *sulph, zinc*.
- HEART-PALPITATIONS-eating, amel- ign, nat-c, sep, sulph.
- WEAKNESS-HUNGER, weakness, from-*alf, alum, crot-h, IOD*, lach, *lyc*, merc, nat-c, *PHOS.*, sep, *spig.* sul-i, *spig*, *SULPH*, ter, *zinc*
- FAINTING-DEHYDRATION, from-*carb-v*, CHIN, IP, PHOS AC, TRIL, *verat*

Therapeutics ^{[21],[22],[23]}

- **KALIUM BICHROMICUM**- Gastric symptoms are relieved after eating. *Round ulcer of stomach.*
- **LYCOPODIUM CLAVATUM**- Immediately after a light meal, abdomen is bloated, full. Pressing headache on vertex; worse from 4 to 8 pm, and from lying down or stooping, if not eating regularly (Cact)
- **PROTEUS**- 1st sign-haematemesis, melaena. Stomach pain while fasting. Duodenal ulcers.
- **KOLA**- Gives power to endure prolonged physical exertion without taking food and without feeling fatigued. Lessens the craving for liquor.
- **ANACARDIUM ORIENTALE**- Headache: *relieved entirely when eating* (Psor.); Stomach: sensation of fasting "all gone," comes one only when stomach is empty and is *> by eating* (Chel., Iod.);
- **LITHIUM CARBONICUM**- *Headache ceases while eating.* Dizzy states with ringing in ears. *Chronic rheumatism connected with heart lesions*
- **CAROBONEUM SULPH**- Vision *>* in the twilight.-Vision *>* by eating, *<* when fasting, could often read after a meal.
- **CACTUS**- There is *<* after eating (weight at stomach); and also *<* from missing a meal or fasting (prosopalgia and other neuralgias)

CONCLUSION


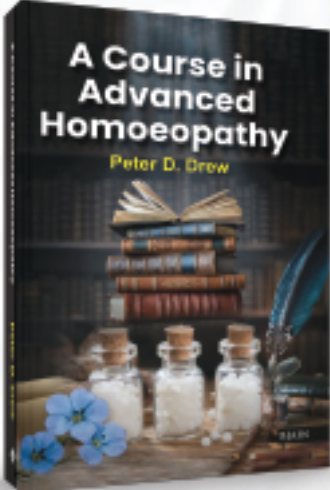
Intermittent fasting has shown promising results in various studies, suggesting benefits such as weight loss, improved metabolic health etc. However, like a double-edged sword, it may also pose challenges if it is not balanced properly.

It is crucial to tailor it to individual needs and health circumstances. Individuals incorporating intermittent fasting (IF) into their lifestyle may consider integrating the therapeutic principles of homeopathy to augment and optimize the benefits of IF as well as help in tackling the complaints arising from the bad effects of intermittent fasting. More research is needed to fully understand the long-term effects and suitability for different populations.


REFERENCES

1. Attinà A, Leggeri C, Paroni R, Pivari F, Dei Cas M, Mingione A, et al. Fasting: How to guide. *Nutrients* [Internet]. 2021;13(5):1570. Available from: <http://dx.doi.org/10.3390/nu13051570>
2. Sanvictores T, Casale J, Huecker MR. *Physiology, Fasting*. StatPearls Publishing; 2023.
3. Gudden J, Arias Vasquez A, Bloemendaal M. The effects of intermittent fasting on brain and cognitive function. *Nutrients* [Internet]. 2021;13(9):3166. Available from: <http://dx.doi.org/10.3390/nu13093166>
4. Patterson RE, Sears DD. Metabolic effects of intermittent fasting. *Annu Rev Nutr* [Internet]. 2017;37(1):371-93. Available from: <http://dx.doi.org/10.1146/annurev-nutr-071816-064634>
5. Shabkhizan R, Haiaty S, Moslehian MS, Bazmani A, Sadegh-soltani F, Saghaei Bagheri H, et al. The beneficial and adverse effects of autophagic response to caloric restriction and fasting. *Adv Nutr* [Internet]. 2023;14(5):1211-25. Available from: <http://dx.doi.org/10.1016/j.advnut.2023.07.006>
6. Obermayer A, Tripolt NJ, Pferschy PN, Kojzar H, Aziz F, Müller A, et al. Efficacy and safety of intermittent fasting in people with insulin-treated type 2 diabetes (INTERFAST-2)-A randomized controlled trial. *Diabetes Care* [Internet]. 2023;46(2):463-8. Available from: <http://dx.doi.org/10.2337/dc22-1622>
7. Zubrzycki A, Cierpka-Kmiec K, Kmiec Z, Wronska A. The role of low-calorie diets and intermittent fasting in the treatment of obesity and type-2 diabetes. *J Physiol Pharmacol* [Internet]. 2018;69(5). Available from: <http://dx.doi.org/10.26402/jpp.2018.5.02>
8. Patikorn C, Roubal K, Veettil SK, Chandran V, Pham T, Lee YY, et al. Intermittent fasting and obesity-related health outcomes: An umbrella review of meta-analyses of randomized clinical trials: An umbrella review of meta-analyses of randomized clinical trials. *JAMA Netw Open* [Internet]. 2021;4(12):e2139558. Available from: <http://dx.doi.org/10.1001/jamanetworkopen.2021.39558>
9. Kord-Varkaneh H, Nazary-Vannani A, Mokhtari Z, Salehi-Sahlabadi A, Rahmani J, Clark CCT, et al. The influence of fasting and energy restricting diets on Blood Pressure in humans: A systematic review and meta-analysis. *High Blood Press Cardiovasc Prev* [Internet]. 2020;27(4):271-80. Available from: <http://dx.doi.org/10.1007/s40292-020-00391-0>
10. Tiwari S, Sapkota N, Han Z. Effect of fasting on cancer: A

- narrative review of scientific evidence. *Cancer Sci* [Internet]. 2022;113(10):3291–302. Available from: <http://dx.doi.org/10.1111/cas.15492>
11. Longo VD, Mattson MP. Fasting: Molecular mechanisms and clinical applications. *Cell Metab* [Internet]. 2014;19(2):181–92. Available from: <http://dx.doi.org/10.1016/j.cmet.2013.12.008>
 12. Hosseini E, Ammar A, Josephson JK, Gibson DL, Askari G, Bragazzi NL, et al. Fasting diets: what are the impacts on eating behaviours, sleep, mood, and well-being? *Front Nutr* [Internet]. 2024;10. Available from: <http://dx.doi.org/10.3389/fnut.2023.1256101>
 13. Wang Y, Wu R. The effect of fasting on human metabolism and psychological health. *Dis Markers* [Internet]. 2022;2022:5653739. Available from: <http://dx.doi.org/10.1155/2022/5653739>
 14. Mindikoglu AL, Abdulsada MM, Jain A, Choi JM, Jalal PK, Devaraj S, et al. Intermittent fasting from dawn to sunset for 30 consecutive days is associated with anticancer proteomic signature and upregulates key regulatory proteins of glucose and lipid metabolism, circadian clock, DNA repair, cytoskeleton remodeling, immune system and cognitive function in healthy subjects. *J Proteomics* [Internet]. 2020;217(103645):103645. Available from: <http://dx.doi.org/10.1016/j.jprot.2020.103645>
 15. Strilbytska O, Klishch S, Storey KB, Koliada A, Lushchak O. Intermittent fasting and longevity: From animal models to implication for humans. *Ageing Res Rev* [Internet]. 2024;96(102274):102274. Available from: <http://dx.doi.org/10.1016/j.arr.2024.102274>
 16. Clifton KK, Ma CX, Fontana L, Peterson LL. Intermittent fasting in the prevention and treatment of cancer. *CA Cancer J Clin* [Internet]. 2021;71(6):527–46. Available from: <http://dx.doi.org/10.3322/caac.21694>
 17. Vasim I, Majeed CN, DeBoer MD. Intermittent fasting and metabolic health. *Nutrients* [Internet]. 2022;14(3):631. Available from: <http://dx.doi.org/10.3390/nu14030631>
 18. Hahnemann S. *Organon of medicine*. 5th and 6th ed. New Delhi, India. B. Jain publishers (P) Ltd; 2005.
 19. Schroyens F. *Synthesis repertorium homeopathicum syntheticum*. In: *Synthesis repertorium homeopathicum syntheticum* 1993.
 20. Murphy R. *Homeopathic medical repertory*. New Delhi, India: Leads Press; 2008.
 21. Boericke W. *New manual of homoeopathic materia medica & repertory with relationship of remedies: Including Indian drugs, nosodes uncommon, rare remedies, mother tinctures, relationship, sides of the body, drug affinities & list of abbreviations: 3rd edition*. New Delhi, India: B Jain; 2022.
 22. Clarke JH. *Dictionary of practical materia medica: 3-Volume set*. New Delhi, India: B Jain; 2023
 23. Allen HC. *Allen's keynotes and characteristics with comparisons*. New Delhi, India: B Jain; 2008.



A Course *in* Advanced Homoeopathy



ISBN-: 9788131928691

Peter Drew

The initial chapters introduce key topics such as the nature of homoeopathy, the concepts of sickness and health, homoeopathic medicines, and potency

Advice on types of prescriptions and the role of miasms in treatment, followed by detailed discussions on case taking and case analysis.

Various additional topics, including organopathy, tautopathy, homeoprophylaxis, vaccination and Bach flower medicines have been added in the end

Principles of prescribing and the analysis of follow-up consultations to make informed prescriptions

Psychoneuroimmunology and Flower Essences: Bridging Mind and body

Dr Raxit Vishpara

PG scholar, Department of Practice of Medicine, Rajkot Homoeopathic Medical College, Parul University

Keywords

Flower essences, Dr. Edward Bach, psychoneuroimmunology, emotional well-being, mind-body connection, spirituality, therapeutic harmony.

Abstract

Flower essences represent an enigmatic yet effective therapeutic approach, rooted in Dr. Edward Bach's holistic vision of healing. By addressing emotional imbalances, these remedies aim to restore psychological and spiritual harmony, often leading to improved physical health. Integrating insights from psychoneuroimmunology, they highlight the profound interplay between emotions, thoughts, and bodily functions. Flower essences' efficacy, supported by research and testimonials, transcends conventional medicine, bridging science and spirituality. This therapy prioritizes emotional well-being as a foundation for overall health, offering an accessible and compassionate healing modality. Dr. Bach's legacy continues to inspire holistic practices worldwide.

Introduction

Flower essences possess a mysterious quality that eludes precise measurement, despite numerous theories and models attempting to explain their effectiveness. Remarkably, they do work. Both formal and informal studies indicate that flower essences outperform placebos across various contexts.

The primary goal of flower essence therapy is to restore balance to the psyche by infusing the mind

and emotions with the positive virtues of flowers. This process often enables the body, mind, and spirit to realign and achieve harmony. While their effects are most pronounced at psychological and spiritual levels, many individuals also report improvements in physical symptoms when using flower essences.

It is perhaps the very mystery of how they work that underscores their power. This inherent potency has extended their use far beyond traditional healing practices. ^{[1][2]}

Dr. Edward Bach: A Visionary in Holistic Healing^{[3][4]}

Dr. Edward Bach, a pioneering physician, pathologist, and homeopath, was born in 1886 in the village of Mosley near Birmingham, Warwickshire. Although he aspired to become a doctor from a young age, financial constraints initially deterred him from pursuing medical training. To avoid burdening his parents, he worked at his father's brass foundry after leaving school. However, at the age of 20, he enrolled at Birmingham University and later graduated as a doctor from University College Hospital in 1912.^[5]

During his medical training, Dr. Bach developed a deep interest in how illnesses affected his patients rather than focusing solely on the illnesses themselves. He observed that individuals responded differently to the same condition and that identical treatments did not always alleviate their symptoms. This led him to conclude that addressing a patient's personality, mood, and emotional

state was more critical than simply treating their physical symptoms.

In 1918, Dr. Bach began working at the Royal London Homeopathic Hospital, where he became acquainted with the works of Samuel Hahnemann, the founder of homeopathy. Inspired by Hahnemann's philosophy of care, Dr. Bach grew increasingly concerned about the accessibility of medical and homeopathic treatments, which were often too expensive for working-class families. This concern drove him to develop a simple and affordable system of healing based on emotions, using natural remedies derived from herbs and flowers. Dr. Bach's approach emphasized patient empowerment, encouraging individuals to take an active role in their own healing.^[6]

Today, the Bach Centre, located in Mount Vernon, Oxfordshire, UK, stands as a testament to his legacy. This historic site, once Dr. Bach's home and workplace, is the birthplace of his renowned 38 flower remedies. Over the years, the centre has welcomed countless visitors and received thousands of testimonials from patients and practitioners attesting to the effectiveness of Dr. Bach's remedies. His visionary approach continues to inspire holistic healing practices worldwide.

Psychosomatic Medicine, Stress, and Personality^[7]

In the past century, mainstream medicine has been heavily shaped by mechanistic and military models of healing. However, a significant counter-movement has emerged, emphasizing the role of the mind and emotions in health and recovery.

Homeopathic medicine, pioneered over two centuries ago by German physician Samuel Hahnemann, became a prominent approach in 19th-century medical practice. This system focuses on treating the individual rather than the disease, integrating mental and emotional factors with physical symptoms. Although conventional medicine largely dismisses homeopathy as "unscientific," its philosophy has influenced modern medical thought. For instance, Canadian physician Sir William Osler, a prominent figure in the late 19th century, highlighted the importance of patients' emotions and attitudes in illness and recovery. Osler famously remarked, "*It is better to know the*

patient that has the disease than the disease the patient has."

The rise of psychiatry and the clinical application of hypnotism further underscored the profound influence of unconscious mental processes on bodily functions. This connection became even more evident during World War I, as many soldiers returned from combat suffering from "shell shock," a condition now recognized as a response to extreme stress.

During this same period, Dr. Edward Bach developed his theories on the relationship between emotions, attitudes, and disease. In the 1930s, his work culminated in the creation of the Bach flower essence system, which emphasized emotional well-being as a cornerstone of health.

Psychoneuroimmunology (PNI)^[7]

In the 1980s, medical science began to recognize the mind-body connection more seriously, exploring its underlying biochemical mechanisms. The term "Psychoneuroimmunology" (PNI) gained prominence with the publication of Robert Ader's book *Psychoneuroimmunology* in 1981. PNI refers to the mind's capacity, through the nervous system, to influence the immune system, which governs disease resistance. Research has established direct connections between the nervous system and the thymus gland, a key player in immune function as it produces T-cells. Additionally, studies have identified various biochemical messengers, such as hormones that transmit emotional responses and neuropeptides like endorphins, known for their pain-relieving and euphoric effects.

Understanding PNI and other mind-body research requires a nuanced perspective. PNI does not suggest that the mind is solely a physiological phenomenon or that it can be entirely controlled chemically. Such interpretations conflate the brain—a physical organ—with the mind or soul, which represent non-physical aspects of the self. The mind operates through the brain and body, influencing their functions while also being affected by their conditions. This reciprocal relationship highlights the complexity and dynamism of the mind-body connection, far beyond the reductionist notion that the mind is merely a biochemical mechanism.

A reductionist view of PNI diminishes its deeper implications, reducing humans to sophisticated biological machines or bio-computers. Instead, the real significance of PNI lies in its ability to measure the physical impact of intangible elements like beliefs, attitudes, and emotions. This is comparable to physicists studying invisible subatomic particles by analyzing their trails in cloud chambers. The biochemical pathways uncovered by PNI research serve as evidence of higher soul qualities originating beyond the physical realm.

When understood holistically, PNI underscores a broader view of human existence, illustrating how thoughts and emotions directly influence physical well-being. This perspective enriches our understanding of the intricate relationship between the mind, body, and soul.

Dr. Bach's philosophy revolves around 38 remedies designed to address seven psychological causes of illness: fear, uncertainty, insufficient interest in present circumstances, loneliness, despondency or despair, oversensitivity to influences and ideas, and over-care for the welfare of others. These emotional conflicts disrupt health, prompting him to identify seven stages of healing that guide the restoration of balance and well-being: peace, hope, joy, faith, certainty, wisdom, and love.^[8]

Indication^[9]

Remedies Categorized by Emotional States

- **For Those Who Have Fear:**
Aspen, Cherry Plum, Mimulus, Red Chestnut, Rock Rose.
- **For Those Who Suffer Uncertainty:**
Cerato, Gentian, Gorse, Hornbeam, Scleranthus, Wild Oat.
- **For Insufficient Interest in Present Circumstances:**
Chestnut Bud, Clematis, Honeysuckle, Mustard, Olive, White Chestnut, Wild Rose.
- **For Despondency or Despair:**
Crab Apple, Elm, Larch, Oak, Pine, Star of

Bethlehem, Sweet Chestnut, Willow.

- **For Over-care for the Welfare of Others:**
Beech, Chicory, Rock Water, Vervain, Vine.
- **For Loneliness:**
Heather, Impatiens, Water Violet.
- **For Those Over-sensitive to Influences and Ideas:**
Agrimony, Centaury, Holly, Walnut.

CONCLUSION

In conclusion, flower essences represent a profound yet enigmatic form of healing that transcends the boundaries of traditional medicine. Rooted in the visionary work of Dr. Edward Bach, these remedies prioritize emotional well-being, viewing it as the cornerstone of overall health. The efficacy of flower essences, supported by studies and anecdotal evidence, highlights their potential to harmonize the mind, body, and spirit by addressing deep-seated emotional imbalances.

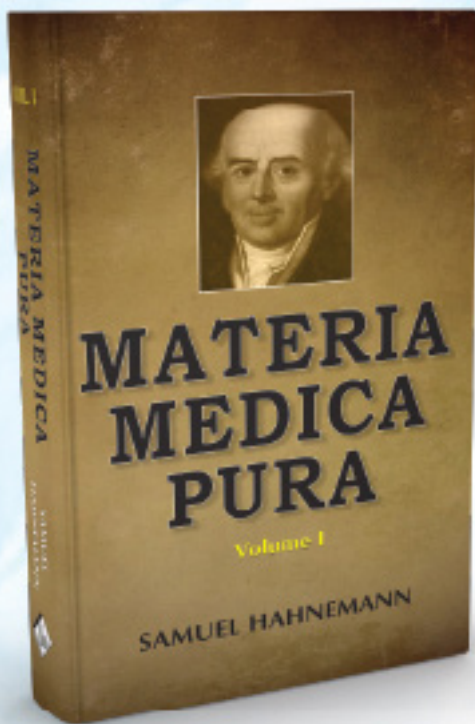
The integration of principles such as psychoneuroimmunology and holistic healing underscores the relevance of these remedies in modern medicine. By recognizing the intricate connections between emotions, thoughts, and physical health, flower essence therapy invites a broader understanding of wellness. It bridges the gap between science and spirituality, offering a compassionate, accessible approach that empowers individuals in their healing journey.

Ultimately, the enduring legacy of Dr. Bach's remedies lies in their capacity to foster balance and harmony, reminding us of the profound interplay between nature and human well-being. As both a complement to and an alternative for conventional treatments, flower essences inspire a more holistic and empathetic perspective on health.

REFERENCES

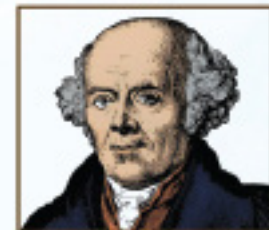
1. Pearson N, Penczak C. Flower Essences from the Witch's Garden : Plant Spirits in Magickal Herbalism. New York: Inner Traditions International, Limited; 2022.
2. Mantle F: Bach flower remedies. Complement Ther Nurs Midwifery 1997, 3:142-144.

3. Patel A, Dedania Z. Bach flower remedies: Natural therapeutic for balancing emotions [Internet]. Available from: https://ijpsr.com/?action=download_pdf&postid=102660
4. Chancellor PM. Illustrated handbook of the Bach flower remedies an authoritative guide to natural healing with flower essences. Vermilion: London; 2005.
5. Hoo and Misha: New Age Hierophagy? Spiritual Transformation through the Consumption of Bach Flower Remedies and Other Vibrational Essences. Correspondences Journal for the Study of Esotericism 2022; 307–339. 5.
6. Jeremy Harwood: Secrets of Bach Flower Remedies. Ivy Press Publishers, First Edition 2018.
7. Kaminski P, Katz R. Flower Essence Repertory A Comprehensive Guide to [Internet]. Available from: <https://www.flowersociety.org/Repertory/Repertory.pdf>
8. Edward Bach: The Twelve Healers and Other Remedies. C.W. Daniel Publishers, Revised Edition 2018
9. Andrew C, Supervisor D, Dr, Maharaj M. AN ANALYSIS OF SELECTED BACH FLOWER REMEDIES AND THEIR RELATIONSHIP TO EXISTING HOMOEOPATHIC MATERIA MEDICA [Internet]. Available from: <https://openscholar.dut.ac.za/bitstream/10321/4019/1/ANDREW%2C%20C.J.%202020.pdf>



Materia Medica Pura

(Set of 2 Volumes)



Dr S Hahnemann

ISBN-: 9788151902158

The symptoms are written in the very own language of the patient without any modification

Serve to narrow down the correct interpretation of the symptoms.

Vast and exhaustive literary work of Dr Hahnemann.

The medicines are arranged in alphabetical order

Scope, Significance, and Practical Utility of Bach Flower Remedies

Dr. Ruchi Biswas¹, Dr. Rinku Bishwas²

¹Professor and HOD Department of Forensic Medicine and Toxicology, SriGanganagar Homoeopathic Medical College, Hospital and Research Institute Tania University, SriGanganagar(Raj.).

²Professor and HOD Department of Pathology and Microbiology, SriGanganagar Homoeopathic Medical College, Hospital and Research Institute Tania University, SriGanganagar(Raj.).

Keywords

Bach Flower Remedies, Holistic health, Emotional well-being, Stress management, Preventive healthcare, Complementary therapy

Abstract

The world of alternative medicine has long recognized the profound healing potential of remedies derived from natural sources. Among these, the Bach Flower Remedies stand out as a unique system of emotional and psychological healing. Developed by Dr. Edward Bach in the 1930s, these remedies have carved a niche for themselves in holistic medicine, complementing other therapeutic modalities, including homeopathy. This article delves into the scope, significance, and practical utility of Bach Flower Remedies, particularly in the context of homoeopathy.

Historical Background

Dr. Edward Bach, a visionary English physician and homoeopath, developed the Bach Flower Remedies to address the emotional and mental states of patients. He believed that unresolved emotional conflicts were the root cause of physical illnesses. This philosophy aligns with the holistic principles of homoeopathy, which views the individual as a complex interplay of mind, body, and spirit.

Dr. Bach identified 38 flower essences, each associated with a specific negative emotional state,

such as fear, uncertainty, or loneliness. These remedies were intended to restore harmony and balance, thus enabling the body's natural healing processes.

Scope of Bach Flower Remedies

The Bach Flower system is not limited to specific diseases or age groups. Its versatility makes it a valuable tool in addressing a wide array of emotional and psychological disturbances.

1. Emotional and Psychological Healing

- The remedies target emotions such as anxiety, depression, anger, and guilt.
- They are particularly useful in managing stress-related disorders and enhancing emotional resilience.

2. Complementary Therapy

- Bach Flower Remedies can be seamlessly integrated with homoeopathic treatments, enhancing their therapeutic efficacy.
- They are safe to use alongside conventional medicine, making them a versatile choice for holistic practitioners.

3. Preventive Care

- By addressing emotional imbalances early, these remedies help prevent the onset of

physical illnesses.

4. Universal Applicability

- The remedies are suitable for all age groups, from infants to the elderly.
- They can also be used for animals, reflecting their universal nature.

Significance of Bach Flower Remedies

The significance of Bach Flower Remedies lies in their ability to address the emotional root causes of diseases, a concept that resonates deeply with homoeopaths.

1. Individualized Treatment

- Like homoeopathy, Bach Flower therapy emphasizes individualization. The practitioner selects remedies based on the patient's unique emotional and psychological profile.

2. Non-invasive and Safe

- The remedies are prepared using a gentle method of sun infusion or boiling, ensuring that their natural healing properties are preserved.
- They are non-toxic, non-addictive, and devoid of side effects, making them ideal for sensitive individuals.

3. Holistic Approach

- The remedies address the patient's emotional state rather than the disease itself, promoting overall well-being.

4. Empowering Patients

- Bach Flower therapy encourages self-awareness and self-healing. Patients are guided to identify their own emotional states and take charge of their healing journey.

Practical Utility in Clinical Practice

The practical utility of Bach Flower Remedies in

clinical practice is immense. Here are some scenarios where these remedies can be effectively employed

1. Managing Stress and Anxiety

- Remedies such as Rescue Remedy (a combination of five flower essences) are highly effective in acute stress situations, such as exams, public speaking, or emergencies.
- Specific remedies like Mimulus (for known fears) and Aspen (for unknown fears) can be used to address anxiety disorders.

2. Enhancing Recovery in Chronic Illness

- Chronic illnesses often have an emotional component. Remedies like Mustard (for unexplained sadness) or Gentian (for discouragement) can support patients undergoing long-term treatments.

3. Supporting Grief and Loss

- Remedies like Star of Bethlehem help individuals cope with trauma and loss, providing emotional relief during bereavement.

4. Children and Adolescents

- Bach Flower Remedies are particularly beneficial for children struggling with issues like exam stress, separation anxiety, or social pressures.
- Remedies such as Walnut (for adaptability) and Larch (for self-confidence) can help young individuals navigate life transitions.

5. Animal Care

- Animals, too, experience stress, fear, and emotional imbalances. Remedies like Rock Rose (for extreme fear) and Walnut can be used to calm anxious pets.

Integrating Bach Flower Remedies with Homoeopathy

The integration of Bach Flower Remedies with homoeopathy offers a synergistic approach to

healing. While homoeopathy addresses the constitutional and physical aspects of a patient, Bach Flower Remedies provide emotional and psychological support. This dual approach ensures comprehensive care.

1. Case Taking

- Homoeopaths can incorporate questions about the patient's emotional state to identify suitable Bach Flower Remedies during the consultation process.

2. Combination Therapy

- Bach Flower Remedies can be administered alongside homoeopathic remedies without any interference, enhancing the overall treatment outcome.

3. Follow-Up Care

- During follow-ups, changes in emotional states can be monitored, and remedies adjusted accordingly.

Research and Evidence-Based Practice

Though largely anecdotal, the therapeutic efficacy of Bach Flower Remedies is supported by numerous case reports and observational studies. Modern research is beginning to explore their potential through scientific methods, providing an evidence base for their use.

1. Clinical Studies

- Studies have shown the benefits of Rescue Remedy in reducing stress and anxiety levels in specific populations.

2. Qualitative Research

- Patient testimonials and qualitative research highlight the profound impact of these remedies on emotional well-being.

3. Future Directions

- Further randomized controlled trials and meta-analyses are needed to establish their role in integrative medicine

Limitations and Challenges

While Bach Flower Remedies have significant

potential, they are not without limitations :

1. Lack of Awareness

- Many practitioners and patients are unaware of the remedies and their applications.

2. Subjectivity in Selection

- Selecting the correct remedy requires skill and experience, as it involves understanding subtle emotional nuances.

3. Limited Research

- The scientific evidence supporting Bach Flower Remedies is still in its nascent stages, necessitating further research.

4. Misuse and Misinterpretation

- Over-the-counter availability can lead to misuse or superficial treatment without addressing the root emotional cause.

CONCLUSION

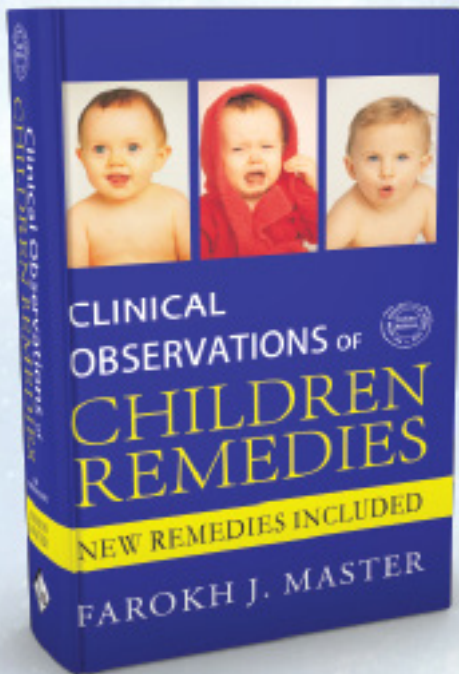
Bach Flower Remedies represent a profound yet simple approach to healing, focusing on the emotional and psychological dimensions of health. Their integration with homoeopathy offers a holistic pathway to well-being, emphasizing the interconnectedness of mind, body, and spirit. For homoeopaths and students, understanding and utilizing these remedies can enhance clinical outcomes and patient satisfaction.

As awareness grows and research expands, the scope of Bach Flower Remedies in holistic medicine is set to broaden, reaffirming their place as a valuable tool in the armamentarium of alternative healing. Practitioners are encouraged to explore and incorporate these remedies, not only as a therapeutic modality but as a means to deepen their understanding of the human psyche and its profound influence on health.

REFERENCES

1. Bach Flower Remedies: The Essence Within: An Illustrated Guide to the Bach Flower Remedies, Julian Barnard, Edward Bach, Winter press 2010
2. The 38 Flower Remedies: An Introduction and Guide to the 38 Flower Remedies

3. Homoeo-Bach Therapy (Homoeopathic and Bach Flower Remedies), D. S. Vohra
4. Dr. Bach's Floral Remedies A Holistic Approach, by Dr Sunita Chandran
5. Bach Flower Remedies For a Happy and Balanced Life, Ana Klikovac
6. National Library of Medicine, Bach flower remedies: a systematic review of randomised clinical trials, 2010 Aug 24;140:w13079, doi: 10.4414/smw.2010.13079.
7. National Library of Medicine, Flower remedies": a systematic review of the clinical evidence, 2002 Dec 30;114(23-24):963-6.
8. Howard J., Do Bach flower remedies have a role to play in pain control? A critical analysis investigating therapeutic value beyond the placebo effect, and the potential of Bach flower remedies as a psychological method of pain relief, 2007 Aug;13(3):174-83, doi: 10.1016/j.ctcp.2007.03.001.
9. A randomised, double-blind, placebo-controlled trial of a Bach Flower Remedy, December 2001, Complementary Therapies in Nursing and Midwifery 7(4):215-21, DOI:10.1054/ctnm.2001.0525
10. Bach flower remedies: A systematic review of randomised clinical trials, DOI:10.4414/smw.2010.13079, Source PubMed
11. Healing With Bach(R) Flower Essences: Testing a Complementary Therapy, January 2007, Complementary health practice review 12(1):3-14, DOI:10.1177/1533210107300705



ISBN :- 9788131909232



Clinical Observations Of Children's Remedies



Dr Farokh J Master

Part 1 covers all the aspects starting from behaviour, case taking, observation, physical examination of the children.

Part 2 contains Powerpoint presentation and skills in treating Newborns

Part 3 deals with the medicines part. 79 remedies are discussed in detail in this book. Each remedy is divided under two main heads; identifying features and other important symptoms which in turn are divided into mental and physical symptoms.

Scope, Significance And Practical Utility Of Bach Flower Remedies

Dr. Praveen Kumar¹, Dr. Shashi Bhushan Singh²

¹PG Scholar, Department Of Organon of Medicine and Homeopathic Philosophy

²HOD (Department of Obs/Gynae), R.B.T.S Govt Homoeopathic Medical College and Hospital Muzaffarpur, Bihar

Keywords

Homoeopathy, Bach flower remedies, emotional, indication

Abstract

The simple and natural method of healing through the personality, by means of the essence of wild flowers, this method of treatment and the thirty-eight remedies which comprise its pharmacopoeia were discovered by Edward Bach, a renowned physician. They are prescribed, not directly for the physical complaint, but rather according to sufferer's state of mind, according to his mood of fear, worry, anger or depression. Therefore, it is the patient himself, not the disease, who needs the treatment. It is an absolute exemplar of the old dictum that 'there is no disease, only sick people'! when peace and harmony return to the mind, health and strength will return to the body which follows the principle of homoeopathy.

Introduction

The Bach therapy of flower remedies methods of treatment and the thirty-eight remedies which compromise its pharmacopoeia were discovered by Edward Bach, a renowned physician, who practiced for over 20 years in London as a Harley

street consultant and as a bacteriologist. The remedies used in this method of treatment are all prepared from the flowers of wild plants, bushes, or trees. None of them is harmful or habit forming. The purpose of the remedies is to support the patient's fight against illness by addressing the emotional factors like depression, anxiety and trauma that are thought to impede physical healing.

They can also be used preventively, at times of anxiety and stress, and are particularly helpful for the many people who feel generally tired and unwell without a specific medical diagnosis. The remedies may be taken on their own or in conjunction with medical or other treatments; they will not conflict with any medication. The remedies are completely safe, have no unwanted side effects and are non-addictive. They are gentle in action and can safely be taken by people of all ages from new-born babies to elderly people. They are also beneficial for animals and plants.

Dr Bach discovered 38 remedies, each for a specific emotional and mental state, plus a combination of five of the remedies designed for difficult and demanding situations, which he called rescue remedy. 37 of 38 are based on single wild flowers and tree blossoms. The exception, rock water, is made from the water of a natural spring with healing properties

| Ordinal number | BACH FLOWER REMEDIES | Indication for application | LATIN NAME OF PLANT, AS STATED IN DR. BACH'S WRITINGS | Modern Name |
|----------------|----------------------|---|---|-------------|
| 1 | Agrimony | hiding worries and problems behind a happy face | Agrimonia Eupatoria | |
| 2 | Aspen | unknown fear | Populus Tremula | |

| | | | | |
|----|--------------------|--|---------------------------|----------------------------|
| 3 | Beech | Beech | intolerance | Fagus Sylvatica |
| 4 | Centauray | inability to say no | Erythraea Centaurium | Centaurium umbellatum |
| 5 | Cerato | lack of confidence in their own decisions | Ceratostigma Willmottiana | Ceratostigma willmottianum |
| 6 | Cherry Plum | fear of losing control and reason | Prunus Cerasifera | |
| 7 | Chestnut Bud | constant repetition of the same mistakes | Aesculus Hippocastanum | |
| 8 | Chicory | selfish and possessive love | Cichorium Intybus | |
| 9 | Clematis | excessive daydreaming about the future | Clematis Vitalba | |
| 10 | Crab Apple | for cleaning, self-loathing | Pyrus Malus | Malus sylvestris |
| 11 | Elm | overburdened with responsibilities | Ulmus Campestris | Ulmus procera |
| 12 | Gentian | discouragement after failure | Gentiana Amarella | |
| 13 | Gorse | loss of hope, despair | Ulex Europaeus | |
| 14 | Heather | excessive focus on oneself | Calluna Vulgaris | |
| 15 | Holly | hatred, envy and jealousy | Ilex Aquifolium | |
| 16 | Honeysuckle | excessive thinking about the past | Lonicera Caprifolium | |
| 17 | Hornbeam | tired of the thought of a job | Carpinus Betulus | |
| 18 | Impatiens | impatience | Impatiens Royleii | Impatiens glandulifera |
| 19 | Larch | lack of self-confidence | Larix Europaea | Larix decidua |
| 20 | Mimulus | everyday fears, of familiar things | Mimulus Luteus | Mimulus guttatus |
| 21 | Mustard | depression that occurs for no reason | Sinapis Arvensis | |
| 22 | Oak | excessive work beyond the limits of endurance | Quercus Pedunculata | Quercus robur |
| 23 | Olive | fatigue after mental or physical exertion | Olea Europaea | |
| 24 | Pine | guilt | Pinus Sylvestris | |
| 25 | Red Chestnut | excessive concern for the welfare of loved ones | Aesculus Carnea | |
| 26 | Rock Rose | panic and terror | Helianthemum Vulgare | Helianthemum nummularium |
| 27 | Rock Water | self-imposed restrictions, rigid attitudes, self-punishment | | |
| 28 | Scleranthus | inability to make a decision | Scleranthus Annuus | |
| 29 | Star of benthelhem | shock | Ornithogalum Umbellatum | |
| 30 | Sweet Chestnut | a pronounced mental agony, there seems to be no way out | Castanea Vulgaris | Castanea sativa |
| 31 | Vervain | excessive enthusiasm | Verbena Officinalis | |
| 32 | Vine | domination over others and inflexibility | Vitis Vinifera | |
| 33 | Walnut | protection from the unwanted influence of others, and help to adapt in times of change | Juglans Regia | |
| 34 | Water Violet | isolation and loneliness | Hottonia Palustris | |
| 35 | White Chestnut | unwanted thoughts that spin in your head and cause mental torture | Aesculus Hippocastanum | |
| 36 | Wild Oat | uncertainty when choosing a life direction | Bromus Asper | Bromus ramosus |
| 37 | Wild Rose | surrender, reconciliation with destiny, apathy | Rosa Canina | |
| 38 | Willow | self-pity, resentment, resentment of others | Salix Vitellina | |

In order to facilitate navigation through the Bach flower remedies system, Dr. Bach classified 38 remedies into seven groups, which apply to the following conditions and problems:

1. For loneliness
2. For fear
3. For despondency or despair

4. For insufficient interest in present circumstances
5. For over-care for welfare of others
6. For those over-sensitive to influences and ideas
7. For uncertainty

Significance of Bach flowers in the treatment of patients

Prescribing For Pregnancy And Childbirth

The Remedies are prescribed during the period of pregnancy, labour, and birth, just as they are at any other time, for it is the mood and the outlook, not the condition, which is treated. Actually, the Remedies are particularly useful during these periods. Both pregnancy and childbirth are natural and normal conditions, but they are times when the moods and the states of mind seem to fluctuate more than usual. Since the moods are generally distinctly defined, they can be treated by the prospective mother herself, or by her adviser. A quiet, happy frame of mind is one of the greatest contributing factors toward painless and easy birth, and a today many mothers attend classes to learn how to relax. These lessons will be infinitely easier, and relaxation assured if the prospective mother is helped to control her moods and emotional swings by use of the Remedies. Some young mothers are nervous and apprehensive as their term approaches. They become tense in mind and in body, even though they were calm and happy up to this point. MIMULUS has proven to be a great help under those conditions; if the fear is very great, ROCK ROSE will help. As an aid to calm the mind, and relax the body, VERVAIN and IMPATIENS may be given. Experience has shown that the RESCUE REMEDY which is described in Chapter 40 has proven to be of great assistance. It is best to start giving it a few days before parturition; mothers to whom the RESCUE REMEDY was given, usually had an easy and gentle birth, and made very rapid recoveries.

Prescribing For Children

Children as a rule do not conceal their emotions. Their behavior in general reflects their feelings.

Some babies are fretful, and are only pacified when they are nursed; these are the CHICORY babies who desire that those for whom they care and who care for them are near them always. Other babies are really impatient, and scream for attention; these, of course, are the IMPATIENS babies. Some babies are happy and gurgling all of the time and they give no trouble unless there really is something definitely wrong; these are the AGRIMONY babies. There is the nervous type of baby, who seems to be frightened of almost everything; this is the MIMULUS infant. Again, other babies seem to be "old" souls who live in a world of their own; they appear to take no notice of anything or anyone; these are the CLEMATIS babies. The CLEMATIS baby almost seems to sleep too much and at times lacks interest even in feeding.

Practical Utility of Bach Flowers

A physician who has used the Bach Remedies for many years gave us this account of how he used the Remedies during a confinement:

Case 1:

"Mrs. W., age 33 years, feared that during this, her first pregnancy, she would die at the birth of the child. MIMULUS and ROCK ROSE were prescribed, and these Remedies eliminated the fear and terror. The birth of the child was unusually easy and rapid. Except for some difficulty with the placenta, the condition of the mother and the child was excellent. On the ninth day after the birth, the mother's temperature began to rise, and the following day it rose to 105°F. The patient was restless, and said that she was going to die, and she was very much afraid of death. Her condition was most alarming, and at the request of her family, a specialist was called in consultation. The specialist could not find any physical reason for the high temperature, and he ordered an antistreptococic serum. The next morning her temperature was 104°F and she was still very ill. She remarked: 'If I could get these nervous panics out of my mind, my temperature would go down.' ASPEN was then given, a sip every half an hour to begin with, and when the temperature began to drop, every hour. The temperature began to fall, and at 9 p.m. it was normal, 98.6°F and her pulse was a steady 74. The lochia which had ceased with the rise in

temperature returned again, and the patient was once again normal in every way. ASPEN was continued for a long interval, because the patient said that she still had the nervous panics several times a day. She made a complete recovery. She has remained well and without the nervous panics ever since."

Case 2:

Girl, age 12. She was very sensitive about spots on her forehead and chin. She was a pretty girl and was very affectionate with her family, but reserved toward strangers. At school she lacked the ability to concentrate. She was dreaming most of the time, and she ignored completely whatever did not interest her. CLEMATIS Was prescribed for her day- dreams and lack of concentration; CRAB APPLE to cleanse her system of the spots she considered to be so disfiguring. She was also told to add a few drops of CRAB APPLE to some milk and to bathe her face with it every evening. Within three months the spots had disappeared, and once again she became a bright and alert young lady.

CONCLUSION

The action of these remedies is to raise our vibrations and open up our channels for the reception of the spiritual self; to flood our natures with the particular virtue we need, and wash out from us that is causing harm. They cure, not by attacking the disease, but by flooding our bodies with the beautiful vibrations in our higher nature, in the presence of which, disease melts away as snow in the sunshine.

REFERENCES

1. Bach, E., Free Thyself (1932)
2. Bach, E., Heal Thyself (1931)
3. Bach, E., Let Us Be Ourselves, The Bach Centre (2014)
4. Bach, E., The Story of the Travellers and Other Remedy Stories (1933, 1934, 1935)
5. Bach, E., The Twelve Healers and Other Remedies (1933)
6. Bach, E., The Wallingford Lectures (1936)
7. Chancellor, Philip M. *Illustrated handbook of the Bach flower remedies*. Random House, 2013.
8. Sankaran, R., *The Sensation in Homeopathy*, 2nd edition, Homeopathic Medical Publishers (2004)
9. Weeks, N., *The Medical Discoveries of Edward Bach Physician*, The C.W. Daniel Company Limited (1975)



BEYOND BOUNDARIES WITH HOMEOPATHY 360

WEBINAR SERIES

In Collaboration With H.H.F



Streaming live



Free Registration



Speaker
Dr Ria Pai
Mentor H.H.F

Speaker
Dr Archana Gadiya
Mentor H.H.F

Study Of Clinical Experiences About Use Of Urtica Urens By Stalwarts

Dr. Shruti J. Vankar¹, Dr. Hemlata R. Pandey², Dr. Kajal M. Barad³

¹Professor & H.O.D., Dept. of Organon of Medicine & Homoeopathic Philosophy & fundamentals of psychology, Noble Homoeopathic College & Research Institute, Noble University, Junagadh, Gujarat

²Assistant Professor, Dept. of Organon of Medicine & Homoeopathic Philosophy & fundamentals of psychology, Noble Homoeopathic College & Research Institute, Noble University, Junagadh, Gujarat

³Assistant Professor, Dept. of Organon of Medicine & Homoeopathic Philosophy & fundamentals of psychology, Noble Homoeopathic College & Research Institute, Noble University, Junagadh, Gujarat

Keywords

Homoeopathy, Dr. Hahnemann, Provings, Similia Similibus Curentur, Stinging Nettles, Urtica Urens, Burns, Ague and malarialism, Gout, Nettle Rash, Lactation, Uraemia, Uric Acid Diathesis.

Abstract

Since the discovery of homoeopathy by our great master Dr. Hahnemann, the number of homoeopathic medicines is increasing day by day. There are a number of books of materia medica to understand the clinical utility of such medicines by different ways of study. Here in this article, we will understand the indications of homoeopathic medicine URTICA URENS in a descriptive way from the vast clinical experience of different stalwarts of homoeopathy.

Introduction

Homoeopathy is the medicine of vital stimulation : its aim, not physiological action, but vital reaction. And the amount of stimulus required to provoke reaction, in an organism rendered hypersensitive by disease, is seldom material.

In order to make such therapy possible, it was imperative that innumerable drugs should be fully tested as to their subversive powers, and their pathogenesis registered. Such " Provings", carefully conducted and faithfully recorded, form the Materia Media Pura of Hahnemann ; who thus made the Law similia similibus curentur practical, and, in long years of patient investigation,

established also its corollaries.

Time has added, and adds, invaluable drugs to our wealth of available data. But not one jot or tittle has had to be superseded, for this reason: that Hahnemann dealt with, and taught us to deal with facts-" facts simply expressed in the changeless language of nature " — and facts are for all time.

let's study one of the drug Urtica urens from such proving as a clinical experiences of our stalwarts,

The dictionary calls the Urtica urens as "neglected weeds with stinging hairs". And yet, no home in town or country should be without stinging-nettle tincture, *Urtica urens*, if only because of its magic power over BURNS, for almost instant relief of pain, and rapid healing. (This applies, of course, to fairly superficial burns- "burns of the first and second degrees".)

Someone, doing a chemical experiment, exploded a small tube of boiling sulphuric acid (oil of vitriol) into face and eyes. It was quickly washed away, but there were extensive superficial burns, and a corneal ulcer.

Good old RUDDOCK, in the Domestic Homoeopathy, advised: a soft rag, moistened with a few drops of Urtica in water quickly wiped the pain out, and healed in a couple of days-so far as the skin was concerned.

One remembers as hotel boy, hurried into hospital, having severely scalded his face. He had to be admitted on account of shock, and Urtica was

quickly applied. Next morning it was difficult to see where the scalds and been, except on edges of lips, etc., when had not been well covered. Otherwise there was no vesication, and no inflammation.

A doctor who could not believe the fairy tales told him regarding this power of *Urtica*, was advised to “burn his finger and try”. He did accidentally burn it a few hours later, and was convinced. The pain went in a few minutes, and it soon healed.

One could multiply, indefinitely, instances of the soothing and healing power of stinging nettles in burns.

One remembers with a shiver the burnt and scalded children of student days; and their shrieks, day after day, when we were instructed to get the dressings off-stuck to intensely painful wounds. But when one uses *Urtica* (pace asepsis!) there is no need by removing the dressings, to constantly interfere with healing. Be glad that they do “stick”: and merely water them well, from time to time, with *Urtica* lotion, to cleanse and keep them almost. They will drop off, as healing takes place. I have seen a small ulcer with a surface of pus, heal quickly under the little scab of pus when kept moist with *Urtica*.

Old burns, also! that have never healed. One small boy came up with terrible scars and contractions on thigh, and with considerable areas still ulcerated. These began to heal rapidly when compresses of *Urtica* were applied. And a cottage woman, one remembers, where an old burn just above the wrist had refused to heal, did heal promptly under the magic touch of a stinging nettle compress.

Burnett says, *Urtica* has been well proved; and has never been proved, for finer symptoms, in the potencies. But several provings are recorded.

One, a most dramatic one, in “a woman who drank two cupfuls of a hot infusion of two ounces of the herb”. The result was a most intense urticaria, “with burning, itching, numbness, swelling, oedema and vesication. Face, arms, chest and shoulders were affected-the whole upper part of the body down to the navel. The itching was so intense that the vesicles were scratched off, and exuded a large amount of serum. The look of the

patient was monstrous: eyelids completely closed; upper lip, nose and ears frightfully swollen”. But the most astonishing thing was that in this woman, who had had no children for 3 years, and who had nursed none of her children, the breasts swelled up and discharged, first serum, then perfect milk; and a very copious secretion of milk lasted for eight days”.

Other provers got nettle-rash” especially on fingers and hands”.

We will quote two cases of nettle-rash, showing, *inter alia*, that the potency is of less importance than the remedy.

The first, After a prolonged course of Camembert cheese, there came occasional urticarial swellings of palms; but only when hot with walking. Camembert was suspected and let alone. Again Camembert, as a test, with the same result. Then Camembert was left finally alone. (This was in the early days of the Boer War, about 1900.)

Years later (some years after the Great War) in a strange place in the country one afternoon, a cup of tea with goat’s milk was drunk. A few hours later, after getting home, terrific irritation began, first in one place, then in another, then every where, till the victim was obliged to retire and tear off her clothes, in agonies of itching from scalp to heels, and she was forced to rub, till black and blue. She had been inclined to laugh at nettle-rash-till then! Happily *Urtica* was remembered, and a few drops of the strong tincture in water, sipped, brought speedy relief, and it was all gone by night, never to return since, i.e. in some ten years.

A second case. “She looked as if she had fallen, stripped, into a bed of nettles: not an inch free from weals. She got *Urtica Urens* 10M., one dose, and was clear next morning.”²

[Compare: *Bombyx*; *Rhus*; *Apis*; *Chloral*; *Astac*; *Puls* (urticaria); *Boletus luridus* and *Anacard* (urticaria tuberosa)]¹

LACTATION. *Urtica* has been used to promote the secretion of milk, and also to suppress it, in women who are weaning. In a case quoted in Clarke’s Dictionary, a woman with a lump in her breast was seen six weeks after childbirth, with stinging pain in the lump and in various parts of the

body, and with entire absence of milk. Nothing helped of *Urtica* was given, “when in three days the breasts filled with milk, and the pains were relieved. The breasts had now to be supported and account of their fullness”.² [Compare: *Medusa*, *Nat mur*, *Lac can*; *Ricin*]¹

DELTOID RHEUMATISM. Another notable feature of the provings of *Urtica* was a very severe right deltoid rheumatism, and *Urtica* has proved curative in this distressing condition.

AGUE-MALARIA. In a charming and characteristic little story, he gives an account of his “first acquaintance with the nettle as a medicine”. “Twenty years ago I was treating a lady for intermittent fever of the mild English type, when one day my patient came tripping somewhat jauntily into my consulting room and informed me that she was quite cured of her fever, and wished to consult me in regard to another matter. I at once turned to my notes of her case, and inquired more closely into the matter of the cure, in order to duly credit my prescribed remedy with the cured, and the more so as ague is not always easily disposed of therapeutically. ‘Oh!’ said the lady, ‘I did not take your medicine at all, for when I got home I had such a severe attack of fever that my charwoman begged me to allow her to make me some nettle-tea, as that was a sure cure of fever. I consented, and she at once went into our garden, where here are plenty of nettles growing in a heap of rubbish and brickbats, and got some nettles, of which she made me a tea, and I drank it. It made me very hot. The fever left me, and I have not had it since.’”

Burnett adds, “Honour to the charwoman of nettle-tea fame”

Burnett continues, “The thing escaped my mind of years, but one day being in difficulty about a case of ague, I treated it with a tincture of nettles and cured it straight away, and my next case also, and my next, and almost every case ever since, with very nearly uniform success.

Some of my cases of ague cured with nettle tincture were the most severe ones, invalided home from India and Burmah. And quite lately a patient in Siam, to whom I had sent a big bottle of nettle tincture, wrote to me, ‘The tincture you sent us has very greatly mitigated the fever we get here.

Please order us another bottle.’”

Burnett says, “It is distinctly curious to note the remarkable effects of *Natrum muriaticum* and *Urtica urens* in gout as well as in ague and malarialism.”

GOUT. *Urtica urens* was one of Burnett’s great remedies, not only for malaria and ague-cake (he found in it a powerful “splenic”, but also” for its gravel-expelling power” and for gout.

He says, “Patients under the influence of small material doses of *Urtica* will often pass quantities of gravel”; (one of his patients” used to point to a spot under her spleen as her gravel pit”) and he says, “when I observed others who, being under the influence of *Urtica urens*, passed grit and gravel pretty freely for the first time in their lives, I came to the conclusion that *Urtica* possesses the power of eliminating urates from the economy. And it slowly became clear to my mind that *Urtica* might be the very remedy I had long been in quest of, viz., a quickly-acting, easily-obtained homoeopathic remedy for the ATTACKS of gout, or some of them; for of course we, of experience, never expect uniform results, any more than we expect all the trees of the forest to be of the same height”.

And he says, “in acute gout, it cuts short the attack in a safe manner. His usual way was to give five drops of the mother tincture in a wineglass full of quite warm water, say every two or three hours; and a few hours later he would hear, “Oh! the pain is gone, and I have passed a lot of gravel.” Acute gout was more common in his day, than with us: but I remember one case in a lady, whose foot was red and swollen and intensely painful, and who was in the habit of getting gouty attacks, *Urtica urens* cured very promptly.

For his success in curing acute gout, Dr. Burnett came to be known as “Dr. URTICA” in London West-end Clubland.² [Compare: *Lycop* and *Hedera* (*uric acid conditions*)]¹

Then again, *FOR SUPPRESSION OF URINE, AND URAEMIA.* One remembers a small boy, dying of tubercular meningitis, where the urine was suppressed, and the body had a highly urinous odour. A few drops of the strong tincture of

stinging nettles caused the passage of urine, and the odour disappeared, and life was protected, prolonged. The same restoration of the urinary function was seen in a case of uraemia in the hospital a few years ago.

Burnett's little book is crowded with brilliant cases, told in his inimitable style; we are here giving only the results of his experiences. As said, he used *Urtica* "in small material doses", repeated pretty frequently (since they were acute illness) for some days.

In the course of his so using the remedy he got, as we have seen some pretty severe provings in some of his patients, which show the homoeopathicity of the drug: as able to cause, as well as to cure.

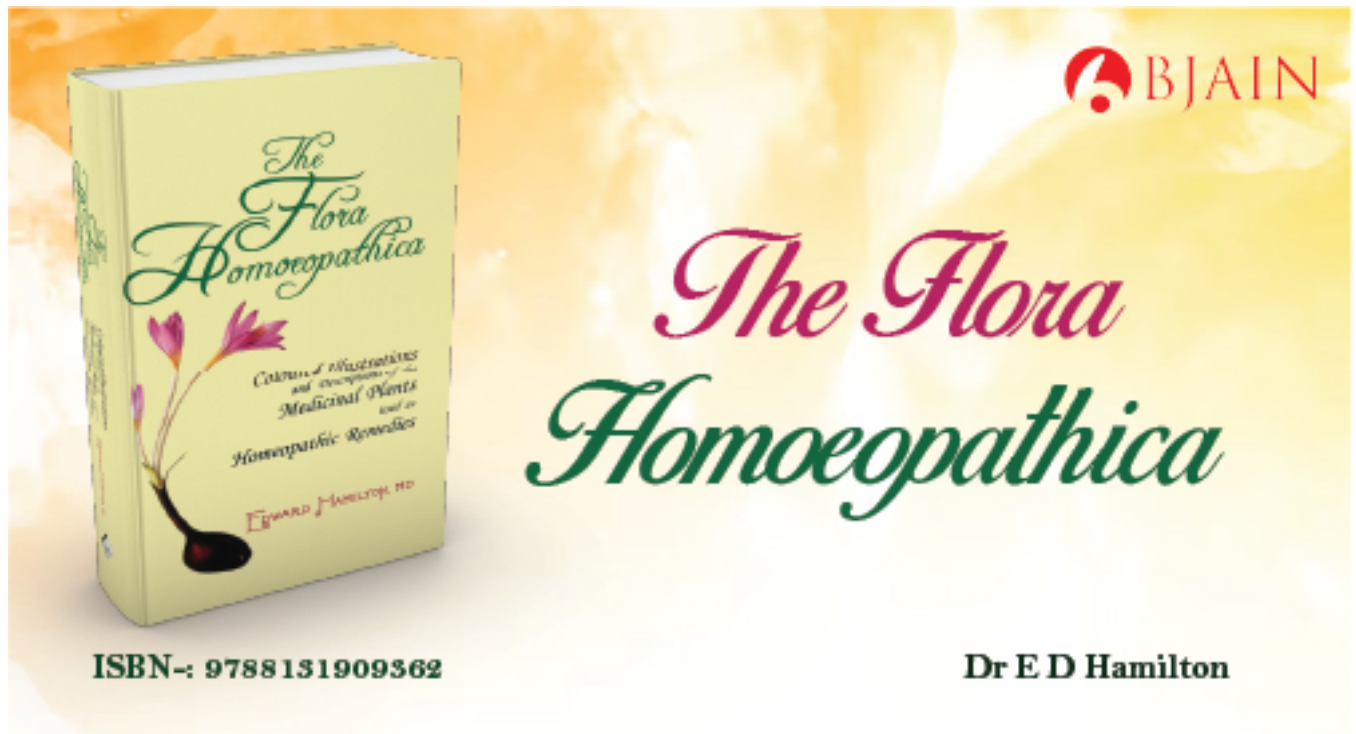
Urtica is said to be used for bee stings.²

CONCLUSION

from above wonderful journey through the clinical experiences of different stalwarts we can conclude that when *Urtica urens* used in the tincture and lower potencies it can be useful in different clinical conditions like burns, bee stings, agalactia, acute gout, nettle rash, uric acid diathesis, malaria, suppression of urine and uraemia etc.

REFERENCES

1. Boericke W. Boericke's new manual of homoeopathic materia medica with repertory : including Indian drugs, nosodes, uncommon rare remedies, mother tinctures, relationships, sides of the body, drug affinities, & list of abbreviations. New Delhi: B. Jain Publishers; 2007.
2. Margaret Lucy Tyler. Homoeopathic Drug Pictures. B. Jain Publishers; 1990.



ISBN-: 9788131909362

Dr E D Hamilton

Illustrations and descriptions of 66 medicinal plants used as homeopathic remedies

Information about the symptomatology of poisonings and records of cases where the plant was used

Magnificent hand coloured illustrations.

Its a two in one, both a botany book and a materia medica.

Homoeopathy In Tinea Corporis

Dr. Abhijit Mural

BHMS MD(HMM) PhD(scholar), DKMMHMC and Research Centre, Chatrapati Sambhaji Nager

HOD Associate Professor. Department of HMM, Government Homoeopathic Medical College and Hospital Jalgaon, Maharashtra India

PEER REVIEWED

Keywords

Tinea corporis, Ringworm, constitutional approach, homoeopathic medicines.

Abstract

Tinea Corporis is a superficial fungal skin infection of the body caused by dermatophytes. Tinea corporis refers to all dermatophytoses of glabrous skin except the palms, soles, and groin. It is specifically defined by the location of the lesion that may involve the trunk, neck, arms, legs. Tinea Corporis can be found worldwide. Homoeopathy is most effective in treatment of Tinea Corporis. Homoeopathy is a system of medicine which treats the patient as a whole based on the totality of symptoms instead of their disease. It is based on the law of similia similibus curenter and law of Nature. Through individualization with constitutional remedy we can treat both acute as well as the chronic phase of disease, to prevent further recurrence and complications of the disease.

Introduction

Tinea corporis refers to all dermatophytoses of glabrous skin except the palms, soles, and groin. In practice is a very common fungus affection. Ringworm, or tinea, is the name given to inflammatory rashes caused by dermatophytes. Dermatophyte infections are also called ringworm or tinea. Dermatophytoses refer to superficial fungal infection of keratinized tissues caused by keratinophilic dermatophytes. Dermatophytes are classified in three genera, epidermophyton, microsporum, and trichophyton. These fungi can infect skin, hair and nails. The important clinical

patterns are: tinea capitis (infect scalp), tinea corporis (infect whole body), tinea pedis (infect soles of the foot), tinea cruris (infect groin area), tinea unguium (infect nails), and tinea barbae (infect face and beard). Homoeopathy can be extremely effective in treating chronic and long term health problems. This paper aspires to know the efficacy of homoeopathic medicines in treatment of tinea corporis.

Aetiology

Although any dermatophyte can cause tinea corporis, the most common cause is *T. rubrum*. *T. mentagrophytes*, *M. canis*, and *T. tonsurans* are also common pathogens. *T. rubrum* and *T. verrucosum* are the most likely candidates in cases with additional follicular involvement. Tinea imbricata is caused by *T. concentricum*.

Predisposing factors

Tinea corporis may be transmitted by direct contact with other infected Individuals or by infected animals. All forms of ringworm are contagious, directly from one person to or indirectly by clothing, hats, combs, brushes, towels or other utensils. Risk factors for infection includes exposure to infected animals persons Soil, athlete, veterinarians' animal handlers.

Age Incidence

Tinea corporis affects persons of all age groups but prevalence is highest in Pre-adolescent, Tinea corporis is more common in children. Sex - Tinea corporis occurs in both men and women. Women of child bearing age are more likely to develop

tinea corporis as a result of their frequency of contact with infected children.

Epidemiology

Tinea corporis is exceedingly common worldwide. Dermatophytes are the most prevalent agents of superficial fungal infections. Excessive heat, high relative humidity, and fitted clothing have correlations to more severe and frequent disease. Specific populations can also be more predisposed to tinea corporis; for example, children. Tinea capitis and tinea corporis are the most common dermatophytic infections in prepubertal children. Children are also more likely to contact zoophilic infections. Zoophilic infections get transmitted via contact with animals such as cats and dogs. Another vulnerable population includes patients with compromised immune systems. The immunocompromised patients also have an increased prevalence in developing Majocchi granuloma, a type of tinea corporis folliculitis that invades the deep dermal layers in contrast to the more superficial traditional tinea corporis.

Pathogenesis

Dermatophytes grow on the keratinised layers of the skin (endothrix), in which spores occur wholly within the hair and ectothrix, in which the spores are wholly without the hair; endo ectothrix, in which the spores are found both within and without. In tinea corporis the fungus is situated in and under the corneous layer giving rise to papules, pustules and desquamation, and do not ordinarily penetrate the living tissues. Fungal products may be responsible for inciting local inflammation.

Clinical features

Marked itching is a characteristic symptom. The many variants of tinea corporis, the classic presentation is an annular lesion with scale across the entire erythematous border. The border is often vesicular and advances centrifugally. There may be one or more lesions which are more or less circular, sharply demarcated from the surrounding skin; their size varies, say, from that of a one-rupee coin to the palm of the hand. Confluent patches produce figurate areas. The affected areas show

vesicles, pustules or scaling; these vary from case to case depending upon the virulence of the fungus and the sensitivity of the individual. Inflammation in the form of vesicles and pustules is most marked at the periphery of the lesion. There is tendency to clearing at the centre; if the central clearing is complete, ringed lesions are formed due to centrifugal spread. The exposed parts of the skin particularly the non-hairy (glabrous) skin, are the site of choice. The disease is usually chronic, and the course extends over months to year.



Differential Diagnosis

Other common diseases that may present similarly include nummular eczema, erythema annulare centrifugum, tinea versicolor, cutaneous candidiasis, subacute cutaneous lupus erythematosus, pityriasis rosea, contact dermatitis, atopic dermatitis, seborrheic dermatitis, psoriasis. Some of the severe diseases that must be ruled out are secondary syphilis, mycosis fungoides, or parapsoriasis.

Complications

Complications are uncommon in dermatophytid infections. One such complication includes Majocchi granuloma, is a rare condition in which the dermatophyte invades via a follicle and advances deeper into the dermis or subcutaneous

tissue. Minor skin trauma such as shaving can predispose patients to Majocchi granuloma. Lesions involve the hair follicles and appear as erythematous nodules or papules. These may even progress to abscesses.

Prognosis: Prognosis is usually good with proper treatment and patient compliance.

Homoeopathic management

1. Arsenic album

- Intense itching, burning, eruption, papular, dry, rough, scaly: worse cold and scratching.
- Burning pain relieved by heat except head.
- Anxiety and fear of death. Restless disposition. Extremely chilly individual.

2. Sepia

- Ringworm agg. every spring
- Ring shaped patches on the skin appearing in isolated spots. Although the ringworm lesion for using sepia can be noticed on any part of the body, the common location is the bends of the knee and elbow.
- Dry ringworm on face. Relief from warmth of bed or hot applications. Itching not relieved by scratching and is apt to change to burning.
- Weak person with yellow, earthy complexion, moth-spots, cachectic yellow face with yellow saddle across the nose, with Male Type of Pelvis in Women.
- Chilly patient and excessively nervous. Miasm - Anti-psoric and anti-sycotic

3. Bacillinum

- Bacillinum is an indicated remedy for fungal Infections such as ringworms of the scalp, groin, and other Areas of the body. It produces ringworm and pityriasis Vesicularis all over the skin.
- Symptoms may worsen at Night, while

lying down in bed, in the early morning, or in Cold air. Symptoms may improve with warmth.

4. Natrum Mur

- Often useful in herpes circinatus.
- It covers all three Miasms. Suited to anaemic, chlorotic and emaciated people, emaciation is most marked about the neck, which is very thin and shrunken.
- Herpes about anus and on the borders of hair at the nape of neck. Eczema: raw, red, inflamed, especially in the edges of hair; < from eating too much salt, at sea shore.
- Symptom worse in heat of summer. Feel better in open air.

5. Tellurium metallicum

- Predominant Miasm-Psora.
- Herpes circinatus in intersecting rings over the whole body. Body thickly covered with elevated rings of herpes circinatus. Itching of hands and feet. Herpetic spots; ringworm. Ringshaped lesions, offensive odours from affected parts. Ringworm worse on lower extremities
- Ringworm at any part of the body, red, elevated rings very distinctly marked with minute itching vesicles especially on lower extremities, worse at night, after going to bed; vesicle filled with a watery excoriating fluid smelling like fish – brine.

6. Sulphur

- Predominant Miasm-Psora.
- Persons who are lean, stooped-shouldered and walk and sit stooped. Orifice of the body is very red, lips bright red.
- Skin: itching, voluptuous; scratching & quite; feels good to scratch. Scratching causes burning; < from heat of bed, washing, at night.

7. Chrysophanicum Acidum

- It has been used in the lower triturations internally in Ringworm, and other skin affections, also as a local application in ringworm.

8. Mezerium

- Red rash, itching violently < in bed, from touch; burning and change of place after scratching.
- It is especially suited to light haired, irresolute person.

9. Graphite

- It is best suited to fatty, flabby, chilly and costive people.
- Extreme hesitation, unable to make up her mind about anything. Chilly. Skin inclined to crack.
- Fissures deep, bleeding or oozing out a sticky fluid.
- Eruptions upon the ears, between fingers and toes and on various parts of the body, from which oozes a watery, transparent, sticky fluid.
- Warmth of bed aggravates itching.

10. Tuberculinum

- It is indicated in people with light complexion and blue eyes, suffering from a tubercular diathesis. Loses flesh while eating well.
- Itching intense, at night when undressing, from bathing; immense quantities of white bran-like scales; oozing behind the ears, in the hair, in folds of skin with rawness and soreness; fiery red skin. Ringworm.

11. Dulcamara

- Pruritus always worse in cold, wet weather. Precipitating causes are suppressed sweats, exposure to cold, working while standing in cold water. Humid eruptions on cheek.
- Thick, brown, herpetic crusts on the face,

forehead, temples and chin with reddish borders, bleeding when scratched.

- Agg. in cold wet weather. Better by external warmth.

12. Petroleum

- Predominant Miasm- Psora and Syphilis.
- skin symptoms are worse in winter, better in summer. eruption itches violently. He cannot rest until he scratches the skin off, when the part becomes moist, bloody, raw and inflamed

13. Baryta Mur

- Pricking in the skin. Burning and pricking in excoriated places.
- Small itchy eruptions on the head, nape of neck, abdomen, and thighs.

CONCLUSION

Homoeopathy is most effective in treatment of tinea corporis. it is also safer in treatment of all types of skin disorders. the modern system of medicine adopts the usage of antifungal or fungicides, externally or internally. but the side effects of this treatment outweigh benefits and is only a palliation. in our homoeopathic management as we are treating the disease of the organism as a whole with our medicines through individualizing the patient. we can successfully treat both acute as well as chronic phase of disease homoeopathic system is having excellent scope in treating the disease as well as preventing the individual from further complication. therefore, opens the new arena of efficacy of homoeopathy by completely eradicates the disease along with its root cause.

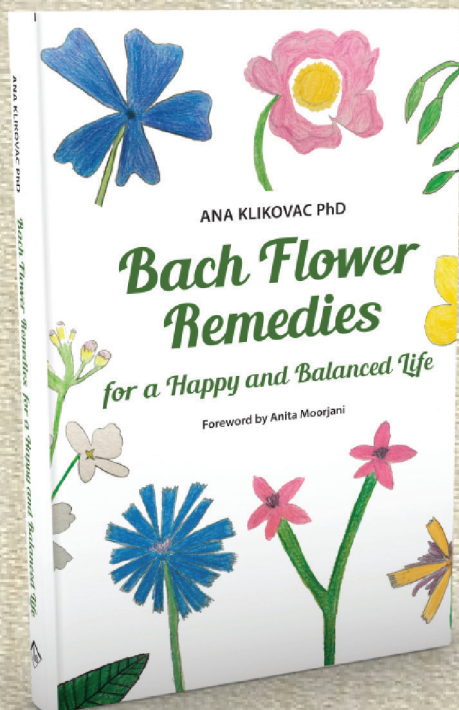
REFERENCES

- wolff Klaus, Fitzpatrick's DERMATOLOGY IN GENERAL MEDICINE
- Infectious Diseases, Jonathan Cohen William G Powderly
- Bhel. P. N, Aggarwal. A, Srivastava Govind Practice of Dermatology.
- Golwalla A. F, Golwalla S.A, Golwalla's Medicine for students
- Boericke. William. Pocket Manual of Homoeopathic Materia

Medica and Repertory

- Allen H. C. Allen's Keynotes
- Clark J. H. A Dictionary of Practical Materia Medica
- Dubey S. K. Book Of Materia Medica
- Bhanja. K. C. The Homoeopathic Prescriber
- Das A. K, A Treatise on Organon of Medicine

- Davidson Stanly, Davidson's Principles and Practice of Medicine. 23rd edition reprinted.
- <https://www.ncbi.nlm.nih.gov/books>.
- https://en.wikipedia.org/wiki/Tinea_corporis
- <https://www.mayoclinic.org/diseases-conditions/ringworm-body/symptoms-causes>



Bach Flower Remedies

for A Happy and Balanced Life

ISBN :- 9788131921555



Ana Klikovac

Who is the founder of Bach Therapy, Dr Edward Bach?

Grasp the basic principles of the therapeutic system

Understand the clinical applicability of each Bach Flower Remedy

What are Dr Edward's instructions to those who wish to learn this therapy

Exploring the Healing Power of Bach Flower Remedies

Dr. Neeharika Soni¹, Dr. S.K. Shrivastava²

¹PG Scholar, Department of Organon of Medicine, R.B.T.S. Govt. H.M.C. & Hospital, Muzaffarpur, Bihar

²HOD, Department of Organon of Medicine, R.B.T.S. Govt. H.M.C. & Hospital, Muzaffarpur, Bihar

Keywords

Bach flower remedies, Bach flower therapy, Flower essence therapy, Alternative and Complimentary therapy, Homoeopathy

Abstract

Bach flower remedies are an alternative or complementary treatment designed to address emotional issues and pain. They are made using diluted extracts from the flowers of wild plants. Homeopathy is based on the principle that the body can heal itself, utilizing tiny amounts of natural substances such as plants and minerals to treat both the body and mind. While the concept behind Bach flower remedies is similar to homeopathy, they focus less on physical symptoms and more on emotional well-being, using fewer ingredients in their preparation.

Introduction

Throughout history, flowering trees, shrubs, and herbs have been used for healing across the globe. Various parts of these plants have been utilized in this practice. Many healing systems using flower essences have existed, most rooted in ancient healing traditions. The first modern therapeutic system based on flower essences was developed by the renowned physician and homeopath Dr. Edward Bach in England during the 1930s.

Origin of Bach Flower Remedies

Bach was a visionary healer who understood the

soul-spiritual aspects of healing long before this perspective became widely accepted. He was trained in conventional medicine, he recognized that the physical symptoms he treated were closely linked to his patients' emotional and mental states. Seeking a natural, non-toxic approach to address deeper levels of human experience, Bach, although well-known as an exceptional bacteriologist and homeopathic doctor, chose to leave his medical practice. He dedicated himself to developing a new healing method based on the fresh blossoms of plants.¹

He developed 38 remedies, each targeting a specific emotional or mental condition, including a combination of five remedies called "Rescue Remedy," designed for challenging and stressful situations. Out of these 38 remedies, 37 remedies are made from individual wild flowers and tree blossoms, except Rock Water, which is created from water sourced from a natural spring with healing properties.²

Bach Flower Remedies is a simple healing system designed to restore emotional balance and enhance well-being. These remedies focus on addressing the individual's emotional state rather than the disease or its symptoms. They work gently to restore harmony between the mind and body by eliminating negative emotions such as fear, hatred, worry, and indecision, which disrupt the overall balance of the individual. By doing so, they help bring peace and happiness back to the person, allowing the body to heal itself.

Table 1: Discovery of Bach Flower Remedies

| Year | Name of Remedy | Prepared by |
|---------------------------|--|--|
| 1928 Sept | Impatiens Mimulus Clematis | Sun Method |
| 1930 Aug Sept | Agrimony Chicory Vervain Centuary Cerato Scleranthus | Sun Method |
| 1931 June Sept | Water violet Gentian | Sun Method |
| 1932 | Rock rose | Sun Method |
| 1933 April May Sept | Gorse Oak Heather | Sun Method |
| 1934 | Rock water Wild Oat Olive Vine | Sun Method |
| 1935 | Cherry plum Elm Aspen Beech Chestnut Bud Hornbeam Larch Walnut Star of Bethlehem Holly Crab Apple Willow Red Chestnut White Chestnut Pine Mustard Honeysuckle Sweet Chestnut Wild Rose | Boiling Method except White Chestnut |

Table 2: Classification of Bach Flower Remedies

| Fear | Uncertainty | Insufficient interest in present circumstances | Loneliness | Over-Sensitive to influences And ideas | Despondency or despair | Over-care for welfare of others |
|-------------|-------------|--|--------------|--|------------------------|---------------------------------|
| Rose rose | Cerato | Clematis | Water violet | Agrimony | Larch | Chicory |
| Cherry plum | Scleranthus | Wild rose | Impatiens | Walnut | Pine | Vervain |

Source of Bach Flower Remedies

All the remedies given can be found growing naturally in the British Isles, except for Vine, Olive, and Cerato. However, some of these are native to other regions, including parts of southern and middle Europe, as well as northern India and Tibet.³

Methods of Preparation

There are two methods used to prepare these remedies:

1. **THE SUN METHOD:** Fully fresh and dewy flowers with open heads are placed in pure spring water in a glass bowl and is rested in sunshine for three or four hours, or less time if the blooms begins to fade. Afterward, the blossoms are gently removed, and the water is poured into bottles, filling them halfway. The bottles are then topped off with brandy to preserve the remedy. These bottles serve as stock bottles and are not used directly for administering doses. A few drops are taken from the stock bottles and transferred to another bottle, from which the patient is treated, ensuring a large supply is available in the stock bottles.

2. **THE BOILING METHOD:** The specimens were boiled for thirty minutes in clean, pure water. The water was then strained, poured into bottles until half full, and once cooled, brandy was added to fill the bottles and preserve the mixture, as done previously.³

Classification of Remedies as per Seven Basic Psychological Aspects

Bach's 38 remedies target seven psychological causes of illness: Fear, uncertainty, lack of interest in current situations, loneliness, despondency/despair, over-sensitivity to external influences and ideas, and over-concern for the welfare of others. The classification of these 38 Bach Flower Remedies is shown in the Table-2.⁴

| | | | | | | |
|--------------|----------|----------------|---------|----------|-------------------|------------|
| Aspen | Gorse | Olive | Heather | Centuary | Elm | Vine |
| Mimulus | Gentian | Honeysuckle | | Holly | Sweet chestnut | Beech |
| Red Chestnut | Hornbeam | White chestnut | | | Star of Bethlehem | Rock water |
| | Wild oat | Mustard | | | Willow | |
| | | Chesnut bud | | | Oak | |
| | | | | | Crab apple | |

After the discovery of these 38 remedies, Dr. Bach then prepared an emergency blend, known as **The Rescue Remedy**, which comprises of the essences of five herbs: Rock Rose, Star of Bethlehem, Clematis, Impatiens and Cherry Plum. This mix was specifically designed to address fear psychosis of a person.²

Dosage and Side Effects

The remedies are completely safe, non-addictive, and free from side effects. They have a gentle action and can be used by individuals of all ages, from infants to the elderly.

Identifying the root cause is crucial for selecting the right remedy for a particular issue, as this ensures its effectiveness. If the wrong remedy is chosen, it will not be harmful; it simply won't produce any effects. These remedies have no adverse reactions or side effects.

The remedy can be taken orally, with two drops four times a day until relief is obtained. It can also be diluted in a glass of water and sipped at intervals, or two drops can be added to a 30ml water bottle. It can also be applied directly to pulse points such as the temples, wrists, and behind the ears. The remedies can be used individually or in combinations of up to seven tinctures.⁵

Additional Instructions for Using Remedies: Rescue Remedy is designed to be taken in emergencies, stressful situations or after sudden shocks. The recommended dosage is four drops in water, sipped at intervals, or four drops directly on the tongue.

Storage: The remedies in their concentrated form can be stored for up to 5 years.

| S.no. | Flower Name | Scientific name | Particular effect |
|-------|-------------|---------------------|-----------------------|
| 1 | Agrimony | Agrimonia eupatoria | Mental torture, worry |

| | | | |
|----|--------------|----------------------------|--|
| 2 | Aspen | Populus tremula | Anxiety, apprehension |
| 3 | Beech | Fagus sylvatica | Intolerance, criticism, passing judgements |
| 4 | Centaury | Centaurium umbellatum | Weak willed, weak servitors |
| 5 | Cerato | Ceratostigma willmottianum | Lack of confidence, follow other's advice |
| 6 | Cherry Plum | Prunus cerasifera | Desperation, dread of losing something |
| 7 | Chestnut Bud | Aesculus hippocastanum | Don't learn by mistakes keep repeating them |
| 8 | Chicory | Cichorium intybus | Possessiveness, self-love, self-pity |
| 9 | Clematis | Clematis vitalba | Indifference, dreaminess, inattention, unconsciousness |
| 10 | Crab Apple | Malus pumila | Despair, despondency |
| 11 | Elm | Ulmus procera | Exhaustion from over striving for perfection |
| 12 | Gentian | Gentiana amarella | Despondent, easily depressed, easily discouraged |
| 13 | Gorse | Ulex europaeus | Hopelessness and despair |
| 14 | Heather | Calluna vulgaris | Self centered, self-concern |
| 15 | Holly | Ilex aquifolium | Hatred, jealousy, envy and suspicion, unconsciously suffer from insecurity |
| 16 | Honeysuckle | Lonicera caprifolium | Nostalgia, homesickness |
| 17 | Hornbeam | Cornus betulus | Tiredness, weariness |
| 18 | Impatiens | Impatiens glandulifera | Irritability, extreme mental tension |
| 19 | Larch | Larix decidua | Lack of self-confidence, anticipation of failure |
| 20 | Mimulus | Mimulus guttatus | Fear of known things |
| 21 | Mustard | Sinapis arvensis | Deep gloom with no origin |

| | | | |
|----|-------------------|--------------------------|--|
| 22 | Oak | Quercus robur | Despondency, despair |
| 23 | Olive | Olea europaea | Exhaustion, mental fatigue |
| 24 | Pine | Pinus sylvestris | Self-reproach, Guilt feelings and Despondency |
| 25 | Red chestnut | Aesculus carnea | Obsessed by care of others |
| 26 | Rock Rose | Helianthemum nummularium | Terror, panic, extreme fright |
| 27 | Rock Water | Aqua petra | Rigid mindness, self-denying, self-dominating |
| 28 | Scleranthus | Scleranthus annuus | Indecision |
| 29 | Star of Bethlehem | Ornithogalum umbellatum | After effects of shock, mental or physical |
| 30 | Sweet Chestnut | Castanea sativa | Extreme mental anguish, Hopelessness and Despair. |
| 31 | Vervain | Verbena officinalis | Strain, stress |
| 32 | Vine | Vitis vinifera | Dominating, ambitious |
| 33 | Walnut | Juglans regia | Altering mental state, have strong ideas but are easily diverted by others |
| 34 | Water Violet | Hottonia palustris | Pride and Aloofness |
| 35 | White Chestnut | Aesculus hippocastanum | Persistent unwanted thoughts and Mental arguments and conversations |
| 36 | Wild Oat | Bromus ramosus | Uncertainty, Despondency and Dissatisfaction |
| 37 | Wild Rose | Rosa canina | Resignation, apathy |
| 38 | Willow | Salix vitellina | Resentment |

Utility of Bach Flower Remedies

Flower remedies can be used for a variety of situations, such as when an animal is stressed or a tree appears unwell. Trust your intuition when moving around your home—perhaps you always feel fatigued in the kitchen or experience sadness in a particular part of the garden. You can sprinkle some essences in these areas to restore harmony.

- Children - These remedies can be safely used for children. In this case, gently massage 2-4 drops on their forehead. Avoid giving the

drops directly to the child, especially those containing alcohol.

- Animals - Consider giving essences to your animals when they are in need. Add 4 drops to their food in the morning and evening.
- Plants - Remember to care for your plants, trees, and garden as well. If a tree or plant appears a bit wilted, add a few drops to the soil around them or to the watering can (a few drops for a plant, and a dropper full for a tree or bush).
- House or other spots - Place a bottle in the area you want to harmonize or sprinkle a few drops there.

Bach Flower Remedies and Homoeopathy

Bach Flower Remedies and homeopathic remedies both fall under the broader category of "energetic" or "vibrational" healing substances. However, these two healing approaches are distinct and should not be confused. In a talk to his homeopathic colleagues, Dr. Bach clarified that flower essences differ from homeopathy because they do not follow the Law of Similars, which is the principal of homeopathy—where substances are selected to produce symptoms that match the patient's condition. Instead, flower remedies work by introducing positive archetypes that encourage conscious choices and self-awareness in the mental and emotional realms. As Dr. Bach emphasized, the process of selecting flower essences, along with their therapeutic objectives and outcomes, is specifically aimed at nurturing the soul life of the client.¹

CONCLUSION

Bach Flower Remedies provide a gentle and natural way to heal emotional and mental imbalances. Created by Dr. Edward Bach, these remedies aim to restore harmony between the mind and body by addressing the underlying causes of emotional distress, rather than just treating physical symptoms. Safe and non-addictive, they can be used by people of all ages, including children and pets, to improve emotional well-being. Whether for personal healing, managing stress, or supporting plants and animals, Bach Flower Remedies helps

in achieving balance and promoting self-awareness in everyday life.

REFERENCES

1. Kaminski P, Katz R. Healing Herbs Flower Essences of Dr. Edward Bach. Flower Essence Services; 1990 Jan 1.
2. Klikovac A. Bach Flower Remedies for a Happy and Balanced Life. B. Jain Publishers & Distributors, First Edition, 2021 Jan 7.
3. Barnard J. Patterns of Life Force. Bach Educational Programme, UK. 1987.
4. Bach E. The twelve healers and other remedies. Read Books Ltd, 2018 Feb 9.
5. Harwood J. Secrets of Bach Flower Remedies. Ivy Press Publishers; First Edition, 2018 March 1.



A Rich Homeopathic Legacy Brought Alive



T F Allen



Volume
— I & XII —

ISBN-: 9788131911754

The
Encyclopedia
Of Pure
Materia Medica

Scope, Significance And Practical Utility Of Bach Flower Remedies

Dr. Darshita patel

MD part 2, Dr. v.h dave homoeopathic medical college , Anand

Keywords

Bach Flower Remedies, natural healing, emotional well-being, Rescue Remedy, holistic care, Dr. Edward Bach, alternative medicine, emotional balance, chronic depression, self-healing

Abstract

This article explores the scope, significance, and practical utility of Bach Flower Remedies, a natural healing system developed by Dr. Edward Bach. These remedies act on emotional factors such as depression, anxiety, and trauma to support physical and mental well-being. Through a detailed case study of chronic depression in a pregnant woman, the article illustrates the effectiveness of the Rescue Remedy in emotional crises and fostering hope, and clarity.

Introduction

Dr. Edward Bach was a Physician and Homoeopath, who spent his life searching for the purest methods of healing in between the year 1928-36.

He believed that attitude of mind plays a vital role in maintaining health and recovering from illness. When he died in 1936 he had developed a complete system of 38 flower remedies, each prepared from the flowers of wild plants, trees or bushes. They work by treating the individual rather than the disease or its symptoms. ^[1]

The purpose of the remedies is to support the patient's fight against illness by addressing the emotional factors like depression, anxiety and trauma that are thought to impede physical healing.

The remedies may be taken on their own or in conjunction with medical or other treatments; they will not conflict with any medication. The remedies are completely safe, have no side effects and are non-addictive. They are gentle in action and can safely be taken by people of all ages from new-born babies to elderly people.

Dr Bach discovered 38 remedies, each for a specific emotional and mental state, plus a combination of five of the remedies designed for difficult and demanding situations, which he called Rescue Remedy.

37 of the 38 are based on single wild flowers and tree blossoms. The exception, Rock Water, is made from the water of a natural spring with healing properties.⁽¹⁾

Dr. Bach's Philosophy

Disease is 'entirely the result of a conflict between our spiritual and mortal selves.' Health and happiness result from being in harmony with our own nature, and doing the work for which we are individually suited.

Dr Bach divided the 38 remedies into seven groups, representing fundamental conflicts which prevent us from being true to ourselves:

1. Fear
2. Uncertainty
3. Insufficient interest in present circumstances
4. Loneliness
5. Over-sensitivity to influences and ideas

6. Despondency or despair

7. Over-care for the welfare of others

For example, fear may take the form of terror, (requiring Rock Rose), definable, everyday fears (Mimulus), fear of losing one's mind (Cherry Plum), inexplicable fears (Aspen), or fears for other people (Red Chestnut).

Just as Dr Bach identified the seven areas of conflict which interfere with our health, so he defined the stages in the healing of disease, ... Peace, Hope, Joy, Faith, Certainty, Wisdom, Love.⁽¹⁾

Scope

1. Fear

- Rock Rose: For terror and panic.
- Mimulus: For identifiable fears.
- Cherry Plum: For fear of losing control.
- Aspen: For vague, unknown fears.
- Red Chestnut: For fear for others' well-being.

2. Uncertainty

- Cerato: For lack of trust in one's judgment.
- Scleranthus: For indecision between two choices.
- Gentian: For discouragement after setbacks.
- Gorse: For feelings of hopelessness.
- Hornbeam: For mental exhaustion.
- Wild Oat: For uncertainty about one's path in life.

3. Insufficient Interest in Present Circumstances

- Clematis: For dreaminess and lack of focus.
- Honeysuckle: For living in the past.
- Wild Rose: For apathy and resignation.
- Olive: For exhaustion after effort.
- White Chestnut: For unwanted thoughts.
- Mustard: For sudden gloom without a cause.
- Chestnut Bud: For repeating mistakes.

4. Loneliness

- Water Violet: For aloofness and pride.
- Impatiens: For impatience.
- Heather: For self-centeredness and neediness.

5. Over-sensitivity to Influences and Ideas

- Agrimony: For masking problems with cheerfulness.
- Centaury: For difficulty in saying no.
- Walnut: For protection from change and outside influences.
- Holly: For feelings of jealousy and anger.

6. Despondency or Despair

- Larch: For lack of confidence.
- Pine: For guilt and self-blame.
- Elm: For feeling overwhelmed by responsibility.
- Sweet Chestnut: For extreme mental anguish.
- Star of Bethlehem: For shock and trauma.
- Willow: For resentment and bitterness.
- Oak: For over-striving beyond one's limits.
- Crab Apple: For self-cleansing and self-acceptance.

7. Over-care for the Welfare of Others

- Chicory: For over-possessiveness.
- Vervain: For over-enthusiasm.
- Vine: For dominance and inflexibility.
- Beech: For intolerance.
- Rock Water: For self-denial and rigidity.⁽¹⁾

How do they work?

These flower remedies, like homoeopathic medicine, take effect by treating the individual, not the disease or the symptoms of the disease. They work specifically on the emotional condition of the person concerned. Thus two people with the same complaint, e.g. arthritis, may benefit from quite different remedies. One may be resigned to the illness, while the other may be impatient with it, so different remedies will be appropriate

in each case.

The effect of taking the remedies is not to suppress negative attitudes but to transform them into positive ones, stimulating one's own potential for self-healing and freeing the physical system to engage fully in fighting disease and stress.⁽¹⁾

Shelf Life: Up to five years.⁽¹⁾

Directions for use

Once the remedy or combination of remedies has been chosen, take 2 drops in a cup of water and sip at intervals, or 2 drops of each chosen remedy in a 30ml bottle of mineral water and from this take four drops 4 times a day until relief is obtained. It is quite safe to take these as often as needed. Hold the dose in the mouth for a few moments before swallowing.⁽¹⁾

In the case of Rescue Remedy the dosage instructions are slightly different and are as follows: four drops in water sipped at intervals or four drops directly on the tongue.⁽¹⁾

Rescue Remedy

THE RESCUE REMEDY is a composite Remedy which Dr. Bach formulated for use in emergencies. It is not "the 39th Remedy" nor is it a Remedy in itself, properly speaking; it is composed of five Remedies.

Dr. Bach himself, and many of his adherents, both lay and professional, made it a practice to carry a small bottle of the Rescue Remedy with them at all times. The Rescue Remedy could well save a life during an emergency when seconds count, and before qualified medical help arrives. To paraphrase a safety slogan current in the United States: "Always have the Rescue Remedy at hand. The life you save may be your own!"⁽³⁾

For demanding and stressful situations

Rescue Remedy is the remedy to be used in emergencies. If you have received sudden bad news, a family upset or a bereavement; if you are fearful, confused, or even in terror, Rescue Remedy will help you face the situation in a better frame of mind.⁽¹⁾

It can also be taken before a stressful event; for example, while waiting for important news; prior to sitting an exam or taking a driving test; before a difficult meeting or interview; before going on stage or giving a speech; before going to the dentist or into hospital. Rescue Remedy will help to reduce your fear and nervousness.⁽¹⁾

It is an excellent remedy whenever you feel uptight or unduly bothered, and can usually restore balance.⁽¹⁾

Formula

- STAR OF BETHLEHEM, for shock.
- ROCK ROSE, for terror and panic.
- IMPATIENS, for mental stress and tension.
- CHERRY PLUM, for desperation.
- CLEMATIS, for the bemused, faraway, out-of-the-body⁽³⁾

Dosage for Rescue Remedy

Dilute four drops in a small glass of water and sip at frequent intervals until relief is obtained. If there is no water or other liquid to hand, the patient can be given drops direct from the stock bottle directly on the tongue. (N.B. This should be done with caution: since all the remedies are preserved in brandy, this entails a direct intake of alcohol, which may not be acceptable to everyone for religious or other reasons.)⁽¹⁾

External application

Rescue Remedy can be diluted and used as a lotion. A couple of undiluted drops can be used direct from the bottle unless the skin is severely broken.⁽¹⁾

Rescue Cream containing a blend of six flower remedies including 'Crab apple'⁽²⁾, this general skin salve moisturises rough, dry skin to restore it to its natural good condition. It can be used on the hands, face or body.⁽¹⁾

CASE REPORT

Case of Chronic Depression in a Pregnant Woman: A Journey to Recovery with Rescue Remedy

Patient Details

- Age: 38 years
- Gender: Female
- Profession: Government school teacher
- Marital Status: Married for 17 years
- Children: A 15-year-old daughter and pregnant through IVF (3 months)
- Diagnosis: Chronic Depression

Presenting Complaints and History

The patient presented with chronic depression, feelings of hopelessness, and emotional turmoil. Despite undergoing 7–8 psychotherapy sessions, she reported no improvement. Her situation was further complicated by her current pregnancy and external pressures, which heightened her distress. She conceived through IVF due to pressure from her in-laws to have a male child. She also wanted a sibling for her daughter but now feels unable to continue the pregnancy due to her emotional state.

She Married for 17 years but is unhappy in her relationship. Feels emotionally neglected by her husband, who refuses to acknowledge her need for separation. Her husband's indifference and passive behavior toward her emotional struggles have deepened her resentment. Despite multiple attempts to initiate divorce, she could not proceed due to lack of support and confidence. She Feels misunderstood by everyone, including her husband, in-laws, and father (whom she hasn't spoken to in 17 years). Suffers from intense feelings of anger and irritation, particularly toward her husband, often triggered by his mere presence.

She works as a government school teacher, balancing her professional responsibilities amidst personal struggles. Feels overwhelmed and unmotivated, affecting her ability to function efficiently at work.

She admitted to attempting suicide 2–3 times in the past, which highlights the depth of her despair.

Treatment and Outcome

The patient was prescribed Rescue Remedy, a

Bach Flower remedy known for its calming and balancing effects in acute emotional crises.

Dosage: 4 drops of Rescue Remedy were prescribed, taken 4–5 times daily, along with guidance on relaxation techniques.

Results

After two weeks of consistent use, the patient reported the following improvements:

She felt calmer and more in control of her emotions. The intensity of her anger toward her husband decreased significantly. She was able to focus better on her work and think more clearly about her situation. Her previously disturbed sleep patterns improved, contributing to her overall well-being. For the first time in years, she expressed a sense of hope for her future and began considering healthier ways to manage her life.

The patient stated, "I feel like I can breathe again."

Why Rescue Remedy Was Prescribed ?

Rescue Remedy was chosen for this case due to its ability to address acute emotional distress.

- Impatience: For her intense anger and frustration, especially toward her husband.
- Star of Bethlehem: For her emotional trauma from an unhappy marriage, family pressures, and past suicidal attempts.
- Rock Rose: For her panic and terror about the future, particularly regarding the pregnancy and her marital situation.
- Clematis: For her detachment and hopelessness, evident in her lack of focus and apathy.
- Cherry Plum: For her fear of losing control, shown by her impulsive emotional breakdowns and suicidal thoughts.

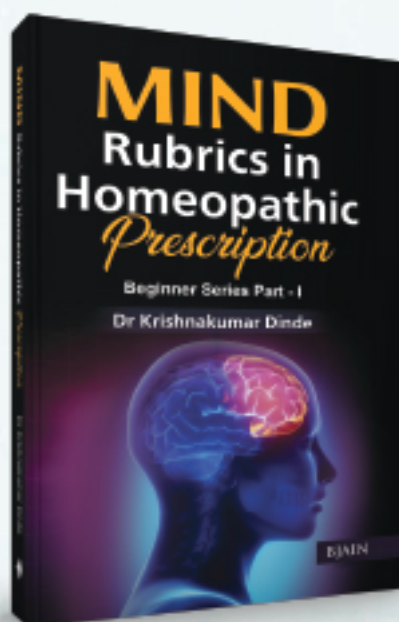
CONCLUSION

Bach Flower Remedies, rooted in the philosophy of addressing emotional imbalances to support overall well-being, provide a gentle and effective approach to healing. Rescue Remedy, as a combination formula, is particularly suited for acute emotional crises. The case presented

demonstrates its transformative power in alleviating anger, trauma, fear, detachment, and a sense of losing control. Through its use, the patient regained emotional stability, hope, and clarity, highlighting the profound role of Bach Flower Remedies in holistic care.

REFERENCES

1. The 38 Flower Remedies: The Original Bach Flower Remedies. An Introduction and Guide to the 38 Flower Remedies. London: Wigmore Publications Ltd.; 2002
2. Bach Edward The Twelve Healers and Other Remedies. Electronic edition. The Bach Centre; 2009. p. 24.
3. Chancellor PM. Handbook of the Bach Flower Remedies. New Canaan, Connecticut: Keats Publishing, Inc.; 1980. p. 237.



ISBN :- 9788131927731



Mind Rubrics *in* Homeopathic Prescription



Dr K K Dinde

The book is written in a narrative style reproduced as interacted between patient, doctor & attendants.

In this present edition, there are six sections viz. (I) Glimpse (II) Adaptation (III) Rubrics (IV) Metaphor, (V) Remedies & (VI) Differentiation of remedies under the rubrics. , each section giving a unique learning experience.

Rubrics are arranged as per the ailments from (cause), Emotions, Intellect & Behaviour pattern as interpreted by the author.

This book comprises of some remedies and their comparison regarding their similarity and differentiation along with the core of the remedy for a better comprehension and application in clinical practice

This present work is a humble effort to make the subject clearer & better acceptable as well as of greater use for the Homoeopaths

Practical Utility of Bach Flower Remedies along with Homeopathy in Day-to-Day Practice

Miss Vaishnavi Balaso Katkar¹, Dr. Ashwin S. Kulkarni², Dr. Lata K. Mallannavar³

¹IV BHMS, Late. Mrs. Housabai Homoeopathic Medical College and Hospital, Nimshirgaon, Maharashtra

²MD (HOM), PhD Scholar, Assistant Professor, Dept. of Practice of Medicine, Late Mrs. Housabai Homoeopathic Medical College and Hospital, Nimshirgaon, Maharashtra

³MD (HOM), HOD and Associate Professor, Dept. of Practice of Medicine, Late. Mrs. Housabai Homoeopathic Medical College and Hospital, Nimshirgaon, Maharashtra

Keywords

BFR, combination, complementary system, homeopathy

Abstract

Bach flower remedies (BFR) were discovered by Dr. Edward Bach, who used them for managing acute stress, anxiety, and trauma. These remedies are usually non-addictive and non-toxic. BFRs are prepared from plants, trees, or bushes. There are 38 BFRs in total.

The major advantage of BFR is that these can be used in combinations as needed. It is the complementary system of medicine, i.e., it doesn't disturb the action of other medications if given alongside. These remedies will help to reduce all unwanted mental aggravations of the symptoms without causing any harm to the patient. BFR helps to treat patients with a variety of clinical diagnoses and also with varied mental states. The said article deals with a few cases displaying the utility of BFR along with homeopathy in various conditions and how they have helped the patients.

Introduction

Dr. Edward Bach was a physician and homeopath who found out about these 38 flower remedies. The purpose of these remedies is to support patients in to fight against illness by addressing emotional factors like anxiety, depression, and

trauma. These remedies are safe, have no unwanted side effects, and are non-addictive. They are particularly helpful for many people who feel generally tired and unwell without a specific medical diagnosis also ⁽¹⁾.

Nowadays in females and males, the problem of infertility is increasing day by day, which can lead to a higher rate of depression, anxiety, and suicidal thoughts. In these emotional outburst conditions, BFR-like *Aspen*, *Gentian*, *Agrimony*, *Holly*, and *Impatiens* have miraculous results. ^{(2), (3)}

In students, stress during exams and presentations leads to anxiety, which ultimately affects their performance. In these conditions, BFR, like *Hornbeam*, *Clematis*, *Chestnut*, *Larch*, *Elm*, and *Rescue remedy*, represents a nontoxic approach in the management of situational anxiety experienced by patients with a high degree of stress. ⁽⁴⁾

BFR doesn't lose its power of action if taken along with other medications. ⁽⁵⁾ It is safe to take it with other medicines. An advantage of this system is that BFR can be given in combinations also, e.g., if a patient complains of many symptoms at a time, like fear of unknown things, fear of illness, and feeling of inferiority, for these complaints we can give BFR like *Aspen*, *Mimulus*, and *Larch* for respective complaints in combination. (1) Let's explore the variety of cases successfully managed with BFR along with homeopathy. The patients were dispensed BFR in 30 potencies—15-20 drops in half a cup of water. The dosage, frequency, and

day varied as per case.

Case 1:

A female of age 37 years, Mrs. A.S.A., visited OPD. She is diagnosed with uterine fibroids & under regular Homoeopathic treatment for that. She was presented with complaints of fear and anxiety of unknown origin. The feeling of failure was also present. She felt she couldn't proceed in life. She was always engaged in her world. There were constant clashes at her home. She also told me that she recently divorced from her husband.

For these complaints, she was prescribed with *Aspen*, *Heather* & *Chestnut Bud*. The chief indication for *Aspen* was her fear and anxiety of unknown origin. The indication for *Chestnut Bud* was a feeling of being stuck in life; you can't proceed ahead. *Heather* was prescribed for the feeling of getting in her world, i.e., self-absorption. All these medicines helped to reduce her symptoms effectively with BFR.

Case 2:

A 39-year-old female, Dr. P.A.Y., was presented with a complaint of feelings of betrayal from her husband, strong disappointment in her career, and hopelessness with fear of poverty. Patient is under regular Homoeopathic treatment for endometrial polyp. For the presenting complaints, she was prescribed BFR—*Gentian*, *Gorse*, *And Mimulus*. Here, *Gentian* helped to reduce the feeling of betrayal from her husband, and also, this remedy is indicated for doubt and despair and being faced with insurmountable obstacles.⁽⁶⁾ *Mimulus* helped to reduce the fear of poverty. *Gorse* was indicated for hopelessness, especially after chronic illness, which also reduced in this case.⁽⁶⁾ Thus, BFR eventually helped to reduce all the symptoms in this scenario.

Case 3:

A 36-year-old male patient, Mr. Y.R.S., was presented with complaints of startling due to fear, recurrent panic attacks, anxiety felt in the chest, and an inability to handle money issues at work. The patient is under regular Homoeopathic treatment for acid-peptic disorder. For this presenting

complaint, he was prescribed *Rescue remedy*. These are a combination of five remedies useful in acute, sudden outbursts of emotions with a high degree of anxiety.⁽¹⁾ Remedies include *Impatiens*, *Cherry Plum*, *Clematis*, *Rock Rose*, & *Star of Bethlehem*.

The indications include: *Impatiens*—it is markedly seen in the desire to get things done quickly. Quick and quick to act. It is a great calmer remedy. *Cherry plum* is indicated for loss of self-control and also treats negative emotions that manifest in panic attacks and fear. Likewise, in other conditions, like deep depression, people suffer from suicidal thoughts and loss of self-control.⁽⁶⁾ *Clematis* is indicated for persons with a lack of interest in the present, dreamy people who cannot handle the present situation well.⁽⁶⁾ *Rock rose* is indicated for recurrent panic attacks with sudden anxiety and fear. *Star of Bethlehem* is indicated for turmoil aftershock with fear and anxiety. Also, in other conditions, like when a person is involved in a road traffic accident, it leads to panic attacks and fear, which are sudden in onset.⁽⁶⁾ In this case, BFR eventually helped to cure all the mental aggravations of the patient.

Case 4:

Mr. P.N.P. – A 30-year-old patient is under regular treatment for essential hypertension and visited OPD for his complaints that he cannot make decisions during anxiety, he has the anxiety to face any difficult situation or exam, and he gets heavy perspiration during anxiety. For this complaint, he was prescribed *Rescue remedy*, which is a blend of 5 remedies. *Impatiens*, *cherry plum*, *clematis*, *rock rose*, and *star of Bethlehem*⁽¹⁾.

Impatiens is indicated for calming the mind in hurried situations. *Cherry plum* helps to reduce panic attacks. *Clematis* helps the patient to manage himself in stress. *Rock Rose* is indicated for sudden anxiety and fear with physical manifestations like perspiration and palpitations. *Star of Bethlehem* helps to reduce sudden mental shock, which leads to anxiety and fear. Thus, *Rescue Remedy*, which is a combination of remedies, has helped to reduce all the mental symptoms in this scenario.

Case 5:

A 45-year-old lady, Mrs. AVD, was troubled with mental symptoms. She has been diagnosed with hemorrhoids and is under regular homeopathic management. She presented with complaints of sudden episodes of anger due to prolonged suppressed feelings, throwing things in anger, fear of poverty, and fear of loss in business. For these complaints, she was prescribed *Mimulus & Cherry Plum*. *Mimulus* was indicated for fear of poverty with fear of loss in business, which again ultimately develops fear of poverty. *Cherry plum* was indicated for loss of self-control and uncontrollable anger.⁽⁶⁾ Here, BFR helped to reduce the number of patients presenting complaints in very little time.

Case 6:

A female of age 20 years, Miss S.S.D., presented with complaints of palpitations due to which she cannot attend exams and dryness of mouth during exams with anticipatory anxiety. She was prescribed a Bach flower rescue remedy. The patient is under regular treatment for anemia. *Rescue remedy* is a blend of 5 remedies and is indicated for sudden mental shock, acute stress with a high degree of anxiety, sudden palpitations, and fear. Thus, *Rescue Remedy* rapidly helped to reduce all the mental aggravations of the patient.

Case 7:

A female of 48 years, Mrs. T.V.K., diagnosed with diabetes type 2 and hypothyroidism, is under regular homeopathic care and presented with complaints of no interest in living, lack of interest in everything, and persistent fear of death due to diabetes. For these complaints, she was prescribed *Clematis and Mimulus*. *Clematis* is indicated for loss of interest in everything that is in present life. *Mimulus* is indicated for fear in the form of death, illness, and poverty. Here, BFR helped to reduce this unwanted mental aggravation of the patient without causing aggravations to her chronic illnesses.

Case 8:

A 45-year-old female, Mrs. S.S.T., being treated homeopathically for bilateral breast fibroadenoma, visited for her complaints of sudden episodes

of rage due to prolonged suppressed feelings; she couldn't see any good in others; she was constantly cursing and swearing at others. There was fear of poverty and money loss. For these complaints, she was prescribed BFR *Mimulus* and *Cherry Plum*. *Mimulus* is indicated for fear of poverty and money loss. *Cherry plum* is indicated for deeper negative thoughts, so people may go into depression. Vice versa, they curse and find fault in others, and at an extreme level, they injure others.⁽⁶⁾ In this case, BFR cured all the troubling mental states without aggravating the chronic illness.

CONCLUSION

In day-to-day clinical practice, BFR can be safely given along with conventional or homeopathic medicines. Many cases with different clinical diagnoses and a variety of mental symptoms can be treated effectively with BFR without causing any harm. As per the analysis, BFR can be given in combination, and this is the advantage of this system.

Acknowledgement

The authors would like to sincerely thank Dr. Shrikant S. Kulkarni, LCEH, who has been practicing homeopathy for 40 years, for generously sharing his invaluable experiences with BFR. The journey has been truly inspiring and deeply appreciated.

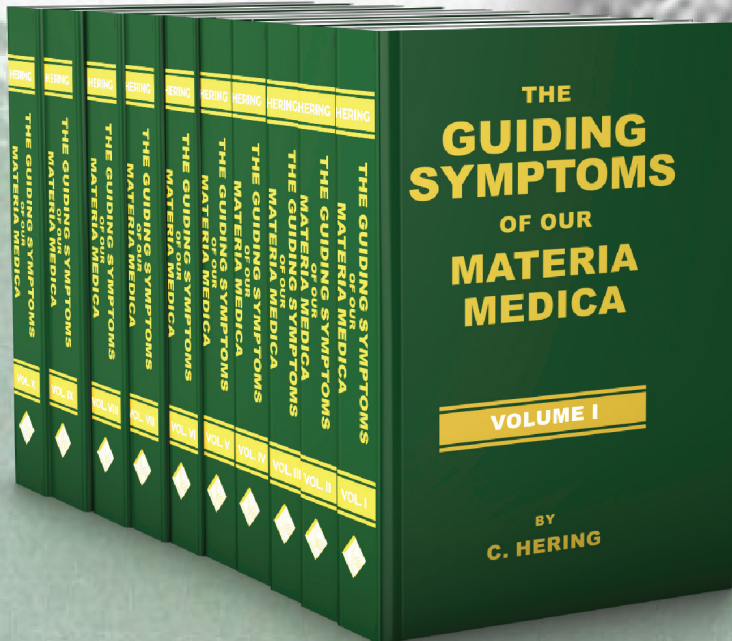
Conflict of interest: The authors declare no conflict of interest.

REFERENCES

1. Judy Howard. The original Bach Flower Remedies: The 38 flower remedies. London: Wigmore Publications Ltd.; Pg. 4-52.
2. Dr. Rajeev Saxena. Sex and Bach Flower therapy. New Delhi: Indian books and periodicals publishers; Nov. 2003. Pg. 83.
3. Mindful Remedies. Natural flower treatment for infertility [Internet]. UK: Lucy Edward; Available from: <https://mindfulremedies.co.uk/blogs/mindful/natural-fertility-treatment-bach-flower-remedies>
4. Mindful Remedies. 10 Bach Flower Remedies to Help with Exams and Studying [Internet]. UK: Lucy Edward; Available from: <https://mindfulremedies.co.uk/blogs/mindful/bach-flower-remedies-to-help-with-exams-studying>
5. Robert Halberstein, Lydia DeSantis, Alicia Sirkin, Vivian Padron, Maria Ojeda. Healing with Bach Flower Essences: Testing a Complementary Therapy. CHPR. 2007 Jan 1; 12: 5,12.
6. Jeremy Harwood. Natural Health Secrets of Bach Flower Remedies. United States of America: Dorling Kindersley Publishing, Inc.; 2000. Pg. 48, 13, 75, 128, 56, 92, 176.

The
**Guiding Symptoms
of
Our Materia Medica**

(10 Volume Set)



Dr C. Hering

Evaluation of symptoms in four grades following Boenninghausen's Therapeutic Pocket Book

The author has given references for the relationship of drugs and also the hints for comparative study.

Mention of various pathological conditions or diseases in which a particular symptom was cured by a particular drug.

The reliability of the symptoms is doubly insured by repeated observations and confirmation on the sick in certain conditions of illness. Hering gave us the 'matured' Materia Medica!

Management of Epilepsy through Individualized Prescription of Homoeopathic Medicine *Cuprum Metallicum*: A Case Report

Dr. Pranjal Kumar

PEER REVIEWED

PGT, Dept. of Homoeopathic Repertory and Case taking

R.B.T.S. Govt. Homoeopathic Medical College and Hospital Muzaffarpur, Bihar

Keywords

Epilepsy, Individualised Homoeopathy, Modified Naranjo criteria, *Cuprum met*

Abstract

Epilepsy can be defined as a seizure disorder that usually occurs unpredictably in the absence of any consistent provoking factors. It is a serious public health concern having a negative impact on jobs, careers, relationships, families or academic life and quality of life. Homoeopathy is successfully used for treating conditions like epilepsy. Hence, well-documented case reports demonstrating its usefulness are required. Here, we present a case of epilepsy that was managed with individualised homoeopathic medicine.

Case Summary

A 20-year-old girl presented with complaints of epileptic attacks with consciousness for the last 11 months. The patient was treated with *Cuprum met* in increasing potencies (200C, 1M) for 9 months, with significant improvement and no epileptic attacks in the last 5 months. The causal attribution of homoeopathic medicines was assessed through Modified Naranjo Criteria for Homoeopathy (MONARCH). The MONARCH score was 9, which suggested a 'definite' causal relationship between the medicine and the outcome. This report suggests that a correctly chosen homoeopathic medicine can be beneficial in the treatment of epilepsy.

Introduction

Over 50 million individuals worldwide and over 10 million in India suffer from epilepsy, which is an emergency problem. In the Indian population, its prevalence is at 1%, which is nearly three times as many people live in rural areas as in metropolitan areas.

A brain disorder known as epilepsy is characterized by either: (1) at least two unprovoked (or reflex) seizures that happen more than 24 hours apart; (2) one unprovoked seizure or reflex seizure and a probability of additional seizures that is comparable to the overall recurrence risk (at least 60%) following two unprovoked seizures. (3) the identification of epilepsy syndrome.

The WHO estimates that there are 50 million people living with epilepsy (PWE) worldwide, making it a universal global neurological problem. There are around 10-12 million people with epilepsy reside in India. The incidence of status epilepticus has a bimodal age distribution with peaks during infancy and also in elderly age group. As per study in 2010 on epilepsy, from Kolkata, estimated an age-standardized incidence rate of 27.3/100,000 per year. The incidence rate ranges approximately between 7 to 40 cases per 100,000 persons/year in recent times. Around 30% Women with Epilepsy report an increased propensity for seizures during menstruation, a phenomenon referred to as catamenial epilepsy. A study observed that the risk of seizure was increased during the ovulatory than the anovulatory phase.

Trauma, illness, toxins, or genetic factors are among the aetiology of epilepsy. These variables can be compounded or activated by various stimuli, such as mental factors (stress, fear, and grief) or fever and imaging (MRI) is also utilized. Dizziness, memory loss, liver problems, nephrolithiasis, and weight gain are among the documented adverse effects of the medications most frequently used in traditional immunization. The development of epilepsy is significantly influenced by genetic factors. A physical examination and clinical history are used to diagnose epilepsy. Internal electroencephalography (EEG) can identify epilepsy, but a normal EEG cannot rule it out. To identify any abnormalities in the structure of the brain, magnetic resonance medicine. As a result, many patients look for alternative therapies.

There isn't a specific treatment for epilepsy in homeopathy. Each patient's unique medicine is chosen after taking into account their social, emotional, mental, and physical histories. The patient receives holistic treatment that affects both their physical and mental well-being. The instance is being presented to illustrate how individualized homeopathic medicine can be used to treat epilepsy.

Case Report

A 20-year-old female visited the OPD at R.B.T.S. Govt. Homoeopathic Medical College & Hospital with Reg no- 42499 with the complaints of epilepsy from Jan 2023. The attack only appears in the night and lasted 5-10 mins. After the attack there was body ache, headache and excessive sweating all over the body. The patient remains conscious and irritable during the attack.

Her father talked about her that she is very angry and irritable in nature. Sometimes she throws things in anger. Patient also said the she feels very irritable during attack of convulsion.

PAST HISTORY- N/S

FAMILY HISTORY- N/S

PHYSICAL GENERALS

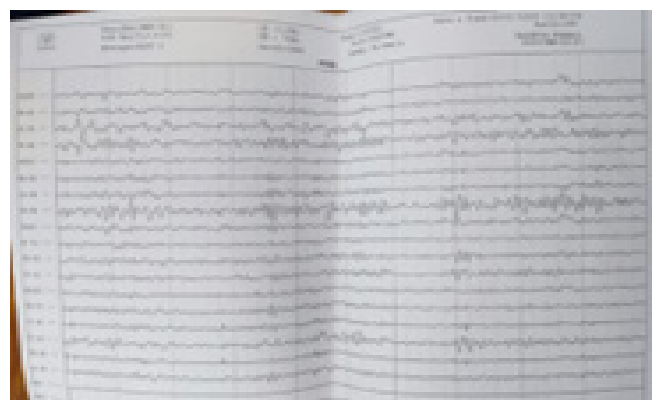
- Thirst- 5-6 lit (thirsty)
- Appetite- Good

- Desire- Spicy
- Aversion- n/s
- Tongue- clear
- Stool- Constipated, hard stool
- Urine- Normal
- Thermal- Hot patient
- Perspiration- Profuse
- Sleep- Disturbed due to overthinking
- Dream- n/s

MENSTRUAL HISTORY

- LMP- 24-9-23
- Cycle – 30-40 days irregular cycle
- Duration- 2-3 day
- Colour & odour- Red, no clot and offensiveness present

CLINICAL INVESTIGATION



Diagnosis

The case was diagnosed by the clinical history of the patient, symptomatology and ILAE criteria. The patient complained of jerky, involuntary

movements of the arm and legs 1-2 times a day without any provocation. After the attack, she felt tired, head ache and sleepy. Perspiration after convulsion. All these symptoms corresponded to the ILAE diagnosis criteria of epilepsy. CT scan and EEG report is normal.

Analysis Of Symptoms

- Irritability during convulsion
- Violent anger, throw things in anger
- Perspiration convulsion after
- Sleeplessness due to overthinking
- Menses too late
- Consciousness during convulsion
- Convulsion in night

Repertorial Sheet-

The screenshot shows a repertorial software interface with a grid of symptoms and remedies. The symptoms listed include Convulsion, Irritability, Violent anger, Perspiration, Sleeplessness, Menses too late, Consciousness during convulsion, and Convulsion in night. The remedies listed include Nuxvom, Cuprmet, Sepia, Sulph, and others. The grid shows numerical scores for each symptom-remedy combination, with Nuxvom having the highest score of 20 for Convulsion.

Repertorial Result

- Nux vom- 20/9
- Cupr met- 18/9
- Sepia- 25/8
- Sulph- 21/8

Repertorial Analysis & Remedy Selection

After repertorisation *Nux vom* got highest (20/9) marks and on the second position was *Cupr met* (18/9) marks. After analysing the totality of symptoms together with materia media, *Cupr met* was selected as the best simillimum for the concerned case.

Prescription

On (3-10-23)-1- Cup. Met. 200/ 2dose/OD

- 2- Rubrum 200/1drm/ 4 globule BD
- 3- Sac lac 200/1drm/4 globule BD

Follow Up

| Date | Response | Rx |
|----------|--|--|
| 6-11-23 | Amel. in complaint, no convulsive attack | SL30/1drm/BD |
| 22-11-23 | Amel. in complaint, no convulsive attack | SL30/1drm/BD |
| 29-2-24 | 1 Convulsive attack in night for 2-3 min | Cup. Met 1M/ 1 dose / OD SL30/1drm/BD |
| 3-4-24 | Amel. in complaint, no convulsive attack | SL30/1drm/BD |
| 27-4-24 | Amel. in complaint, no convulsive attack | SL30/1drm/BD |
| 31-5-24 | Amel. in complaint, no convulsive attack | SL30/1drm/BD |
| 16-7-24 | Amel. in complaint, no convulsive attack | SL30/1drm/BD |

Assessment Of The Case According To Modified Naranjo Criteria For Homeopathy Inventory

| The Modified Naranjo Criteria for Homeopathy Inventory consists of 10 Domains | Yes | No | Not sure or N/A |
|--|-----|----|-----------------|
| 1. Was there an improvement in the main symptom or condition for which the homeopathic medicine was prescribed? | +2 | | |
| 2. Did the clinical improvement occur within a plausible timeframe relative to the drug intake? | +1 | | |
| 3. Was there an initial aggravation of symptoms? | | 0 | |
| 4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)? | +1 | | |
| 5. Did overall well-being improve? (suggest using validated scale) | +1 | | |
| 6A Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease? | | 0 | |
| 6B Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms: -from organs of more importance to those of less importance? -from deeper to more superficial aspects of the individual? -from the top downwards? | +1 | | |

| | | | |
|---|----|----|---|
| 7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvement? | +1 | | |
| 8. Are there alternate causes (other than the medicine) that—with a high probability—could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions) | | +1 | |
| 9. Was the health improvement confirmed by any objective evidence? (e.g., laboratory test, clinical observation, etc.) | | | 0 |
| 10. Did repeat dosing, if conducted, create similar clinical improvement? | +1 | | |

Discussion

Numerous neurological conditions that cause disruptions in neural activity, resulting in extreme agitation and convulsions, are included in epilepsy. MRI or EEG alterations are seen in individuals with epilepsy. A normal EEG does not, however, preclude the possibility of a seizure. Even someone who experiences seizures once a week may have a normal EEG; almost half of all EEGs performed on people with seizures are considered as normal.

This is so that no abnormal brain waves are seen during the test procedure in the absence of seizures, as the EEG only displays brain activity during the test. An irregular electrical activity occurs during a seizure. Most people's brains quickly return to normal after a seizure has ended.

Owing to the prolonged, expensive and ambiguous treatment, an increasing number of patients turn towards homoeopathy for safe and cost-effective treatment. The present case shows the classical symptoms of epilepsy were treated with the help of individualised homoeopathic medicine *Cuprum met*, in increasing potencies (200C, 1M), according to the response of the patient over 9 months. No adverse event was encountered during the period of treatment. *Cuprum met* was found to be homoeopathically the most indicated remedy for this particular case.

Cuprum met, which was chosen based on the picture produced by the entirety of the symptoms

after consulting with materia medica, entirely cured the case. The homoeopathic principles—such as the individual's susceptibility and the criteria for the second prescription in Kent's philosophy—were followed in the potency selection and dosage repetition.

The MONARCH was used for the assessment of the causal relationship, which yielded a score of '+9', which shows there is a possible causal relationship between the result observed and the prescribed medication.

CONCLUSION

This case illustrates the positive role of individualised homoeopathic medicine in the management of epilepsy. However, a randomised controlled trials with a large sample size is suggested for further understanding in this regard.

Acknowledgement: The authors gratefully acknowledge the patient for her active cooperation and participation.

Declaration Of Patients' Consent

Written, informed consent was obtained from the patient for publication of the case report, while he enjoyed free will to quit the consultation in case of any disappointment or adverse events during treatment. The patient was made to understand that her name and initials will not be included in the manuscript and due efforts will be made to conceal her identity, but anonymity cannot be guaranteed.

Financial Support And Sponsorship

Nil.

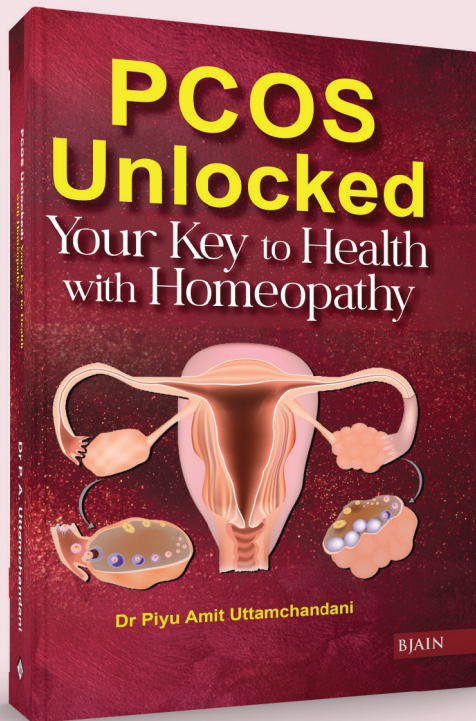
Conflicts Of Interest

None declared

REFERENCES

1. Singh PK, Khadim AI. Management of Epilepsy through Individualized Prescription of Homoeopathic Medicine Stramonium: A Case Report. *Indian Journal of Research in Homoeopathy*. 2023;17(2):103-10.
2. Dhinakaran R, Mishra D. ILAE classification of seizures and epilepsies: An update for the pediatrician. *India Pediatr* 2019; 56:60-2.

3. Ghosh S, Sinha JK, Khan T, Devaraju KS, Singh P, Vaibhav K, et al. Pharmacological and therapeutic approaches in the treatment of epilepsy. *Biomedicines* 2021; 9:470
4. Lamba CD, Gupta VK, Haselen RV, Rutten L, Mahajan N, Molla AM, et al. Evaluation of the modified Naranjo criteria for assessing causal attribution of clinical outcome to homeopathic intervention as presented in case reports. *Homeopathy* 2020; 109:191-7
5. Boericke W. *Pocket Manual of Homoeopathic Materia Medica and Repertory*. 9th ed. New Delhi: B. Jain Publishers Pvt Ltd.; 2013
6. Hahnemann S. *Organon of Medicine*. 5th and 6th ed. New Delhi: B Jain Publishers Pvt Ltd.; 2015.
7. Close S. *The Genius of Homoeopathy*. New Delhi: Indian Books and Periodicals Publishers; 2001.
8. Kent JT. *Lectures on Homoeopathic Philosophy*. New Delhi: B. Jain Publishers Pvt Ltd.; 2009



 BJAIN

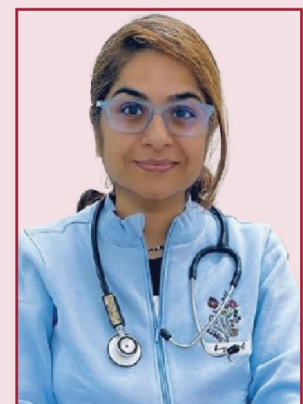
PCOS Unlocked



Your key to Health with Homeopathy

ISBN :- 9788131973417

- A series of scientific studies of Homeopathy in PCOS
- This book summarises the most relevant and recent research related to PCOS
- In-depth exploration of the diagnostic criteria
- Clinical tips by the author from her own experience are given towards the end of the book.



**Dr Piyu Amit
Uttamchandani**

A Case of Intertrigo treated with Individualised Homoeopathic Remedy: A Case Report

Dr. Subhajit Dey¹, Dr. (Prof) Kumar Ravindra Singh²

¹P.G. Scholar, Department of Homoeopathic Pharmacy, R.B.T.S Govt. H.M.C & Hospital, Muzaffarpur, Bihar

²Professor, Department of Homoeopathic Pharmacy, R.B.T.S Govt. H.M.C & Hospital, Muzaffarpur, Bihar

Keywords

Intertrigo, Homoeopathy, Rhus Tox

Abstract

Intertrigo is inflammation of skin folds with surrounding satellite lesion. It is a common skin condition affecting the opposing cutaneous or muco-cutaneous surface. Most commonly found in the groin, axillae, inflammatory folds etc. A case of a 6-years-old male suffering from itchy skin lesions on the left axilla (armpit) for one month has been presented here. After thorough case taking and evaluation, Rhus tox 200 was prescribed followed by placebo for one month. At the end of the treatment, marked improvement was seen. The final outcome and possible casual attribution of the changes were assessed by the “Modified Naranjo Criteria”. This case report demonstrates improvement of Intertrigo and other presenting complaints of the patient with individualized homoeopathic treatment.

Abbreviations- MONARCH- Modified Naranjo Criteria for Homoeopathy.

Introduction

Intertrigo is defined as superficial inflammatory dermatitis occurring on two closely opposed surfaces as a result of moisture, friction or lack of ventilation. Body secretions like sweat, urine and feces, often aggravate inflammation of the skin. It is more prevalent in hot and humid climates. It is

more common in young and old persons Secondary to weak immunity, immorality etc., although it can occur at any age.⁽¹⁾

Predisposing factors for Intertrigo are obesity, moisture, wearing occlusive clothes, diabetes etc. Any skin fold (especially in obese individuals) can be affected. The most common sites are axillae, groins, infra-mammary area (in women), between fingers and toes etc.⁽²⁾

Excessive friction and inflammation may lead to bacterial and fungal infection such as candida, group A beta-hemolytic streptococcus etc. Candida Intertrigo is most commonly diagnosed clinically, based on the satellite lesions.⁽¹⁾

Intertrigo is clinically characterised primarily by erythematous itchy skin lesion on folds of skin initially presented as red plaques. Patients may experience itching, burning, and pain in the affected areas. The erythema may progress to more intense inflammation with erosion and secondary infection where pustules may form. Lesion may be satellite in candida infection, but in streptococcal Intertrigo, foul odor is prominent with the absence of satellite lesion.⁽³⁾

The diagnosis of Intertrigo is commonly made clinically, based on the characteristic appearance, past history and distribution of satellite lesion. Additionally, a potassium hydroxide preparation, wood lamp examination or culture of skin scrapings can diagnose the condition like Candida or other infections.⁽¹⁾

Conventional treatment including tropical azoles (clotrimazole, micronazole, and ketoconazole) are effective.⁽²⁾ Tropical antifungal agents may be useful in Intertrigo complicated with fungal infection.⁽¹⁾

Although drug resistance and further complications may be seen. Homoeopathic treatment plays a pivotal role in treating the disease from the root. A case report suggests the role of individualised homoeopathic treatment in erythema Intertrigo.⁽⁴⁾

Case Report

A 6-year-old male visited the Out Patient Department (OPD) of R.B.T.S Homoeopathic Medical College and Hospital on August 20, 2024, complaining of itchy skin eruption on the left axillary region for the past one month with intense burning and itching.

History of Present Complaints

The skin eruptions have appeared for 1 month, on the left axillary region (armpit). Initially, there was a small red lesion with slight itching. But after a few days, the burning sensation appeared with intense itching. The complaints were aggravated more at night; cold, washing with water. Itches are aggravated after scratching the affected part. His mother reported that his itches increased on rainy days.

The patient’s mother also added that he is not generally well in the rainy season. Symptoms in milder form like body ache, loss of appetite, hard stool, irritability increased in the rainy season. But no skin symptoms have been reported since before.

Past History - No major illness

Family History

- Father - Healthy
- Mother- HTN, Diabetic Mellitus type 2.

Physical Generals

| | |
|----------|-------------------|
| Appetite | Good, 3 meals/day |
| Diet | Mixed |
| Desire | Spicy, oily food |

| | |
|------------------|--|
| Aversion | Nothing specific |
| Thermal Reaction | Chilly, |
| Thirst | Increased, intense thirst cold water |
| Stools | clear, satisfactory |
| Urine | Clear, no peculiar odor. |
| Perspiration | Moderate all over the body, no odor, no stains |
| Sleep | Normal |

Mental Generals: He is very restless, touching different objects on the table, can’t remain in one position, but answers all the questions when asked. His parents said that he was irritable at night due to the itch.

Diagnosis: The case was diagnosed as Intertrigo on the basis of history and clinical presentation. The diagnosis comes under a specific code, EK02.20, in ICD 11, under the heading of Intertriginous dermatitis due to friction, sweating or contact with body fluid, which depicts Intertrigo.⁽⁵⁾

Case Analysis

Analysis and Evaluation [Table 1] was done after detailed case taking and a case totality was constructed. The symptoms were compiled for repertorisation as follows:

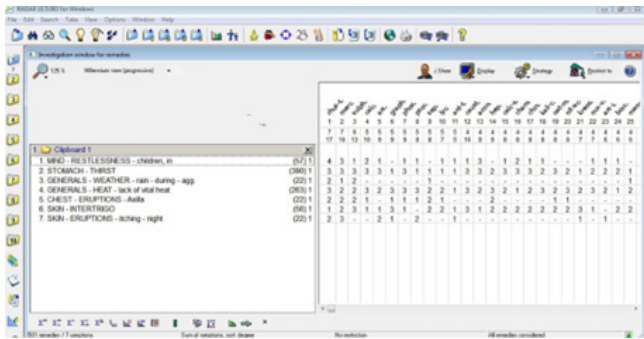
1. Restlessness
2. Intense thirst
3. T/R- Chilly patients
4. Aggravation from rainy weather in general
5. Itch eruption on the left axillary region < night.

In this case, repertorisation was carried out by the software RADER OPUS 9, using Synthetic Repertory. After repertorisation, the top ranked medicines were Rhus tox. (17/7) Merc sol (16/7) Sulphur (13/6) Calc Carb (10/5). [Fig 1]

Table 1 - Analysis and evaluation

| Characteristic Mental General | Characteristic Physical General | Particular |
|-------------------------------|---|--|
| Restlessness | Intense Thirst T/R - Chilly pt. Aggravation from rainy weather in general | Itch eruption on the left axillary region < night. |

Fig 1: Repertorial sheet



Therapeutical Intervention and Follow-Up

Considering the totality of symptoms, repertorial analysis and consultation with materia medica, Rhus tox was selected as an individualised Homoeopathic medicine for this case. The particular symptoms like skin eruption, erysipelas with burning sensation which aggravates at night, rainy weather, supported by generalities like intense thirst, chilly patient, rainy weather aggravation in general indicate Rhus Toxicodendron.⁽⁶⁾

Baseline prescription: Rhus tox 200/ 4 dose, followed by placebo was prescribed for 7 days. Advice for a regular healthy diet, avoid any medicinal soap and maintain hygiene.

Follow-ups were done after a 7-day interval. After the first prescription, the patient responded favorably and the skin eruption was much reduced. The itching is also reduced along with marked improvement in general. Follow up is summarized in Table-2.

Table 2 - Follow-up record

| Date | Observation | Prescription | Justification |
|-----------------------------|---|--|--|
| First Visit (20/08/2024) | Baseline symptoms (presented subjective and objective symptoms/sings) Fig- 02 | 1. Rhus tox 200 / 4 dose 2. Placebo | On the basis of totality of symptoms and consulting with repertory and materia medica, most simillimum was selected. |

| | | | |
|------------------------------|--|---------------------------|---|
| Second Visit (28/08/2024) | Itching and burning was better. The eruption was slightly reduced. | Placebo | The patient was improving hence no medicines was selected. |
| Third Visit (04/09/2024) | Itching and burning sensation relived, no future improvement in eruptions. (Fig - 03) No new complains reported. | Rhus tox 200/ 2 dose / OD | The case comes to standstill condition hence more dose of same medicine was prescribed. |
| Fourth Visit (18/09/2024) | Burning and itching sensation was completely relived. The eruption also subsided with no scars. (Fig - 3) | Placebo | Complete restoration of health hence no medicine was prescribed. |
| Fifth visit (24/09/2024) | No new symptoms, no aggravation | Nil | No relapse of the disease hence no medicines are prescribed. |

Fig.2 - First Visit



Fig.3 - Third Visit



Fig. 4 -Fourth visit



The picture of the patient’s affected area was taken at different times during his visit after taking due consent. Figure 1 shows the condition of the patient before treatment was initiated. During treatment after 15 days, the condition was shown in figure 2. After 30 days, figure 3 was taken, which shows complete resolution with no scars.

Improvement of the patient started immediately after taking the medicine. Improvement of the subject in terms of relief in overall signs and symptoms such as itching and burning disappear completely, marked improvement in general well-being, as well as objective as evident by subsided lesions.

The improvement of the patient is attributed by the Modified Naranjo Criteria (Table 3). The score after treatment was 09, clearly indicating the positive causal effect of the individualized homeopathic medicine, Rhus tox.

Table 3 - Modified NARANJO CRITERIA in Homoeopathy (MONARCH)

| Domains | Answer of the patient | Score |
|---|-----------------------|-------|
| 1. Was there an improvement in the main symptoms or condition for which the homeopathic medicine was prescribed? | Yes | +2 |
| 2. Did the clinical improvement occur within a plausible time-frame relative to the drug intake? | Yes | +1 |
| 3. Was there an initial aggravation of symptoms? | No | 0 |
| 4. Did the effect encompass more than the main symptom or condition (i.e., were other symptoms ultimately improved or changed)? | Yes | +1 |
| 5. Did overall well-being improve? (Suggest using validated scale or mentioned about changes in physical, emotional and behavioural elements) | Yes | +1 |
| 6(A). Direction of cure: did some symptoms improve in the opposite order of the development of symptoms of the disease? | Not sure | 0 |

| | | |
|--|----------|------------|
| 6(B). Direction of cure: did at least two of the following aspects apply to the order of improvement of symptoms of the disease? | Not sure | 0 |
| 7. Did “old symptoms” (defined as non-seasonal and non-cyclical symptoms that were previously thought to have resolved) reappear temporarily during the course of improvements? | Not sure | 0 |
| 8. Are there alternate causes (other than the medicine) that with a high probability- could have caused the improvement? (Consider known course of disease, other forms of treatment, and other clinically relevant interventions) | No | +1 |
| 9. Was the health improvement confirmed by any objective evidence? (E.g., laboratory test, clinical observation, etc.) | Yes | +2 |
| 10. Did repeat dosing, if conducted, create similar clinical improvement? | Yes | +1 |
| Note: Maximum score= +13, Minimum Score = -6 | | Total - 09 |

Discussion- Intertrigo is a common inflammatory skin condition caused by skin-to-skin friction which is intensified by heat or moisture. Few previous studies show promising results for Intertrigo treating with homoeopathy. (4) Many homoeopathic medicines are indicated for Intertrigo and other types of dermatitis, but selection of medicines relies on the individuality of the patient. In this case also, a case totality was constructed, a detailed case taking, analysis and evaluation of symptoms. After repertorisation, a couple of medicines were suggested, but most indicated medicine (i.e., Rhus Tox 200) was selected on the basis of symptoms similarity. During follow-up visits, the clinical presentation was thoroughly assessed, and the appropriate intervention was administered accordingly.

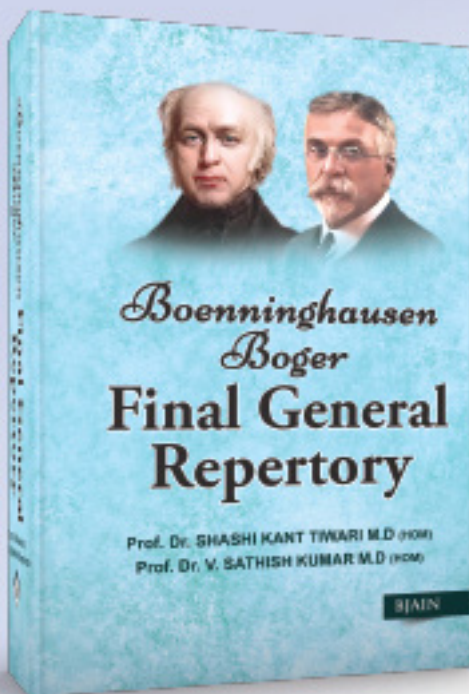
After administering the first prescription, the patient responded very well and his itchy skin eruption resolved within one month. There are also marked improvements seen in the mental sphere. The Patient was overall better and no new complaints were reported at the end of the treatment. No recurrence of his existing complaints was observed till date.

CONCLUSION

This case demonstrates the positive outcomes of individualized homeopathic treatment for Intertrigo. However, more studies are wanted with larger sample sizes to strengthen the efficacy of Homoeopathy in the treatment of Intertrigo.

REFERENCES

1. Kalra MG, Higgins KE, Kinney BS. Intertrigo and secondary skin infections. American family physician. 2014 Apr 1;89(7):569-73.
2. Khanna N. Illustrated Synopsis of Dermatology & Sexually Transmitted Diseases-E-book. Elsevier Health Sciences; 2015 .
3. Janniger CK, Schwartz RA, Szepietowski JC, Reich A. Intertrigo and common secondary skin infections. American family physician. 2005 Sep 1;72(5):833-8.
4. Kolomiets N, Kozymenko T, Lakshmana A. Management of Pediatric Erythema Intertrigo with Classical Homeopathy: A Case Report.
5. International Classification of Diseases, Eleventh Revision (ICD-11), World Health Organization (WHO) 2019/2021 <https://icd.who.int/browse11>. Licensed under Creative Commons Attribution-NoDerivatives 3.0 IGO licence (CC BY-ND 3.0 IGO)
6. Boericke W. Pocket Manual of Homoeopathic Materia Medica & Repertory: Comprising of the Characteristic and Guiding Symptoms of All Remedies (clinical and Pahtogenetic [sic]) Including Indian Drugs/B. Jain Publishers (P) Ltd; 2002.



Boenninghausen Boger Final General Repertory



Dr S K Tiwari

ISBN :- 9788131932421

Treatise comprises of 12 books related to these great stalwarts: Boenninghausen & Boger

The utmost care is taken in changing the typography while merging the rubrics from different sources into BBFGR.

The rubrics are also placed at appropriate chapters and sub chapters making it easy for the students and practitioners.

All the new information given in BBFGR has citations above the rubrics and medicines which can be verified anytime in case of any doubt.

Chronic Kidney Disease: The Disease Spectrum & Homoeopathic Approach

Prof (Dr) Rajat Chattopadhyay¹, Dr Ritika Bose²



¹BHMS (Cal), MD (NIH), PhD (Homoeopathy) (WBUHS), MBA (Health Care) Principal & Administrator, The Calcutta Homoeopathic Medical College & Hospital (Govt. of WB)

²PGT, Dept. of Practice of Medicine, The Calcutta Homoeopathic Medical College & Hospital (Govt. of WB)

Keywords

Chronic kidney disease, Homoeopathy.

Abstract

Chronic kidney disease has become one of the most common multisystemic disease of this decades. Renal tissue destruction leads to decreased kidney function which ultimately tends to cause cardiological, gastroenterological, haematological, neurological etc systemic symptoms. Homoeopathy through its holistic mode of treatment can treat the cases with a rapid, gentle way.

Introduction

Chronic kidney disease (CKD) encompasses a spectrum of pathophysiologic processes associated with abnormal kidney function and a progressive decline in glomerular filtration rate (GFR).^[1] Among the non-communicable diseases, chronic kidney disease (CKD) now affects more than 500 million people worldwide, with 80% of those affected living in low to middle income countries. In India, the prevalence of CKD has increased substantially in the past two decades with significant cause of mortality and morbidity despite several medical advancements.^[2]

CKD usually leads to a progressive decline in kidney function even if the inciting cause can be identified and treated or removed. Destruction of nephrons leads to compensatory hypertrophy and supranormal GFR of the remaining nephrons in order to maintain overall homeostasis. As a

result, the serum creatinine may remain relatively normal even in the face of significant loss of renal mass and is, therefore, an insensitive marker for early renal damage and scarring.^[3]

CAUSES OF CHRONIC KIDNEY DISEASE:-^[3]

• Glomerular Diseases

I. Primary glomerular diseases

Focal segmental glomerulosclerosis

Membranoproliferative glomerulonephritis

IgA nephropathy

Membranous nephropathy

Alport syndrome (hereditary nephritis)

II. Secondary glomerular diseases

Diabetic nephropathy

Renal amyloidosis

Postinfectious glomerulonephritis

HIV-associated nephropathy

Collagen-vascular diseases (eg, SLE)

HCV-associated membranoproliferative glomerulonephritis

• Tubulointerstitial Nephritis

Drug hypersensitivity

Heavy metals

Analgesic nephropathy

Reflux/chronic pyelonephritis

Sickle cell nephropathy

Idiopathic

• **Cystic Diseases**

Polycystic kidney disease
Medullary cystic disease

• **Obstructive Nephropathies**

Prostatic disease
Nephrolithiasis
Retroperitoneal fibrosis/ tumor
Congenital/reflux

• **Vascular Diseases**

Hypertensive nephrosclerosis
Renal artery stenosis

Pathophysiology

CKD is a stage of diminished renal reserve or renal insufficiency, where decreased renal function interferes with the natural renal ability to maintain fluid and electrolyte balance. The main causes of renal injury are based on immunologic reactions (initiated by immune complexes or immune cells), tissue hypoxia and ischaemia, exogenic agents like drugs, endogenous substances like glucose or paraproteins and others, and genetic defects.^[4] On the course of pathological changes kidneys, natural ability to concentrate urine declines early and as a result ability to excrete excess phosphate, acid, and potassium also decrease. In advanced condition (GFR ≤ 15 mL/min/1.73 m²), the ability to effectively dilute or concentrate urine is lost. In this condition urine osmolality is usually fixed at about 300 to 320 mOsm/kg, close to that of plasma (275 to 295 mOsm/kg), and urinary volume does not respond readily in accordance to variations in water intake. ^[5]

STAGES OF CKD[3]

| STAGES | DESCRIPTION | GFR (mL/min/1.73 m3) |
|----------|--|----------------------|
| Stage 1 | Kidney damage with normal or increased GFR | ≥ 90 |
| Stage 2 | Kidney damage with mildly decreased GFR | 60-89 |
| Stage 3a | Mildly-moderate decreased GFR | 45-59 |

| | | |
|----------|---------------------------------|-------|
| Stage 3b | Moderate-severely decreased GFR | 30-44 |
| Stage 4 | Severely decreased GFR | 15-29 |
| Stage 5 | End-stage renal disease | <15 |

Clinical Features^[6]

Stage 1-4 CKD usually does not show much symptoms . Few systemic symptoms can be seen among which Hypertension is the most common physical finding. In case of advance stage when GFR is less than 5-10 mL/min/1.73 m³ , multi-systemic symptoms are observed.

- Symptoms of Uremia: Fatigue, anorexia, metallic taste in mouth.
- Neurological symptoms: Irritability, impaired memory, restless legs.
- Gastrointestinal symptoms: Anorexia, nausea, vomiting, diarrhoea.
- Skin manifestations: Dry skin, pruritus.
- Fatigue, increased somnolence.
- Malnutrition.
- Erectile dysfunction, decreased libido.

Laboratory Diagnosis

CKD is usually defined by abnormal GFR persisting for at least 3 months ^[3] . Recommended laboratory tests are-

- Blood test for eGFR.
- Urine test for Albumin.
- Urine albumin to creatinine ratio.
- Imaging: Ultrasonography of kidney to exclude any morphological change.
- Biopsy.

Complications

- A. Cardiovascular complication.
 1. Hypertension.
 2. Coronary artery disease
 3. Heart failure.
 4. Atrial fibrillation.
- B. Disorders of Mineral metabolism.

C. Hematological complications:

1. Anaemia.
2. Coagulopathy.

D. Neurological complications.

1. Uremic encephalopathy.
2. Erectile dysfunction.
3. Restless leg syndrome.

E. Endocrine disorders.

Management

- Dietary management.
 1. Protein restriction.
 2. Salt & water restriction.
 3. Potassium restriction.
- Slowing Progression of the disease. ^[3]
 1. Treatment for Hypertension and Hyperglycaemia.
 2. Obese patients should be encouraged to lose weight.
 3. Management of traditional cardio vascular risk.
 4. Proper follow up.
- Medication as per the symptoms of the patient. (Drugs with potential nephrotoxicity e.g. NSAIDs should be avoided.)
- Treatment for End Stage Renal Disease:
 1. Dialysis. (when GFR is near 10mL/min/1.73m³) Hemodialysis or Peritoneal Dialysis as per requirement.
 2. Kidney transplantation.
 3. Medicinal Management (for very elderly persons).

Homoeopathic Approach

CKD affecting the multiple systems of the body affects in general well-being, physical, psychological, sexual and cognitive functioning of the suffering person. Homoeopathy being the medical science of Holistic concept plays its marvelous therapeutic effect in this case. Homoeopathy treats the patients as a whole and cures the disease in the shortest, most reliable and most harmless way. But the treatment should always be done after considering the stage of CKD along with its auxiliary managements.

Therapeutic Approach: ^[7,8,9,10]

1. Apis Mellifica: Urine scanty or suppressed. Urine high colored. Micturition frequent. Burning and soreness when urinating. Weakness. Dropsical swellings.
2. Arsenic Album : Useful in all stages of Chronic kidney disease. Pale skin, excess thirst and diarrhoea. There is dark shade of the urine, albuminous urine. Useful for dyspnoea attacks while lying down during the night.
3. Belladonna: Useful in sudden piercing pain in the region of kidney. Pain comes suddenly and goes suddenly. Fever with burning pain in lumber region.
4. Cantharis : Retention of urine, with cramp-like pains in the bladder. Urgent and ineffectual efforts to make water, with painful emission, drop by drop. Urine, pale yellow, or of a deep red color. Emission of blood, drop by drop. Purulent urine. Burning smarting, on making water. Burning, stinging and tearing in the kidneys. Pressing pain in the kidneys, extending to the bladder, along the ureters, relieved by pressing upon the glans. Exceedingly painful sensibility of the region of the bladder on its being touched.
5. Kali -carb: A great polychrest in case of CKD. Frequent micturition at night, but urine flows only after long pressure. Urine foamy; with thick red sediment. Stitching pain in kidneys, going from buttocks to thighs. Abdomen distended with generalised weakness and anxiety.
6. Lycopodium : Another polychrest medicine for CKD. Pain in back before urinating; ceases after flow; slow in coming, must strain. Retention. Polyuria during the night. Heavy red sediment. Abdomen bloated with dyspepsia. Patient is sensitive in nature, apprehensive. Malnutrition and general weakness.
7. Nitric acid : scanty, dark, offensive. Smells like horse's urine. Cold on passing. Burning and stinging. Urine bloody and albuminous. Alternation of cloudy, phosphatic urine with profuse urinary secretion in old prostatic cases. Bowel constipated. Patient is very much

irritable with putrid breath.

8. Phosphorus: It is one of the most important remedies in Bright's disease; the characteristic symptoms are: lassitude of the whole body, hands and feet icy cold, sleepiness. The patient is indisposed to work, forgetful and has a heavy headache; there is oedema of the upper eyelids, a sickly oedema of the face, want of appetite, pressure and burning in the stomach. Sensitiveness over the region of the right kidney, with suppression of urine. Dull heavy pain in the region of the kidneys. Bladder. Discharge of pure blood from the bladder. Tenesmus of the bladder.
9. Sarsaparilla : A great remedy for urinary system. Urine scanty, slimy, flaky, sandy, bloody. Gravel. Renal colic. Severe pain at conclusion of urination. Urine dribbles while sitting. Bladder distended and tender. Renal colic and dysuria in infants. Pain from right kidney downward. Tenesmus of bladder; urine passes in thin, feeble stream. Pain at meatus.
10. Terebinth : Inflammation of kidney. Bright's disease preceded by dropsy. Strangury, with bloody urine. Scanty, suppressed, odor of violets. Urethritis, with painful excretions. Inflamed kidneys following any acute disease. Constant tenesmus.

Repertorial approach^[11]

KENT : KIDNEYS

- Kidneys
- Kidneys, inflammation, acute parenchymatous (See Albumen)
- Kidneys, pain, walking, while
- Kidneys, pain, contracting
- Kidneys, pain, stitching, morning
- Kidneys, suppuration (See Inflammation)

CONCLUSION

Chronic kidney disease has become one of the emerging diseases of these decades. Homoeopathic medication can manage the cases with proper dietary management. Even in case of End stage renal disease of very old persons where surgical intervention cannot be done, Homoeopathic medicine can be a safer choice of treatment along with proper care and observation.

REFERENCES

1. Wiener C, Jameson JL, Fauci A, Kasper D, Hauser S, Longo D, et al. Harrison's principles of internal medicine 20th ed. McGraw-Hill Education; 2021.
2. Castelino LR, Nayak-Rao S, Shenoy M P. Prevalence of use of complementary and alternative medicine in chronic kidney disease: A cross-sectional single center study from South India. Saudi J Kidney Dis Transpl 2019;30:185-93.
3. Papadakis M, McPhee S, Rabow M. CURRENT medical diagnosis and treatment 2021. 60th ed. Columbus, OH: McGraw-Hill Education; 2020.
4. Matovinović MS. 1. pathophysiology and classification of Kidney Diseases [Internet]. U.S. National Library of Medicine; 2009 [cited 2024 Oct 18]. Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4975264/>
5. Malkina A. Chronic Kidney Disease [Internet]. MSD Manual Professional Edition. [cited 2024 Oct 19]. Available from: <https://www.msmanuals.com/professional/genitourinary-disorders/chronic-kidney-disease/chronic-kidney-disease>
6. Facts about chronic kidney disease [Internet]. National Kidney Foundation. [cited 2024 Oct 19]. Available from: <https://www.kidney.org/kidney-topics/chronic-kidney-disease-ckd>.
7. Boericke W. Boericke's new manual of homoeopathic materia medica with repertory: including Indian drugs, nosodes, uncommon rare remedies, mother tinctures, relationships, sides of the body, drug affinities, & list of abbreviations. New Delhi: B. Jain Publishers; 2007.
8. Clarke JH. Condensed homoeopathic materia medica and repertory: including repertories of ailments from temperaments and clinical relationships. New Delhi: B. Jain Publishers; 2001.
9. Allen TF. Encyclopedia of Pure Materia Medica. B Jain Publishers Pvt Ltd; 2021.
10. Dewey WA. Practical Homoeopathic Therapeutics. 3rd ed. B Jain Publishers Pvt Ltd; 2009.
11. Kent JT. Repertory of Homoeopathic Materia Medica. New Delhi, India: B Jain; 2004

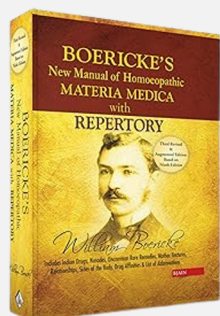


Boericke's New Manual of Homoeopathic Materia Medica & Repertory with Relationship of Remedies

Mihir Visapara

2nd Year BHMS, Rajkot Homoeopathic Medical College

About The Author: William Boericke (1849-1929)



On November 26, 1849, William Boericke, a distinguished and well-known American homeopath, was born in Austria. He attended the Vienna Medical School for a full year before emigrating to the United States. He made Ohio City his home here. He received his degree in homeopathic medicine

from Philadelphia's Hahnemann Medical College in 1880. He began his medical career in San Francisco, where he spent more than fifty years practicing homeopathy. He had a severe heart attack and passed away on April 1st, 1929.

Contributions

Boericke co-founded Hahnemann Hospital and the Pacific Homeopathic Medical College of San Francisco in 1881. He was appointed as the University of California's first professor of homeopathic materia medica and therapeutics. He held this position for 30 years. He released his renowned Homeopathic Materia Medica in 1901. It through nine editions, and in 1906, his brother Oscar E. Boericke contributed a repertory. He wrote a book titled "A comprehends of the principles of homeopathy" as well. He was awarded the honor of translating the sixth edition of Hahnemann's "Organon of Medicine" into English.[1]

Purpose

1. The purpose of this book is to easily understand the medicine.
2. To search medicine easily.
3. To determine dose of medicine.
4. To compare the medicine .
5. To repertorization of remedy easily .
6. To give importance to rare symptoms.

Arrangement of the Book:

There are 1137 pages in this book, The LIST OF REMEDY ABBREVIATIONS, which was 56(Lvi) pages long, was also included in this book. So the total number of pages is 1193.

Index contents

- Materia Medica (pharmaceutical or Latin names)
- Repertory (Mind, head, Eyes, Ear, Nose, Face, Mouth, Tongue, Taste, Gums, Teeth, Throat, Stomach, Abdomen, Urinary system, Male sexual system, Female sexual system, Respiratory system, Circulatory system, Locomotor system, Nervous system, Fever, Skin, Generalities, Modalities)
- Index To the Repertory
- Therapeutic Index

- Some Indian Drugs
- Some Important Nosodes and Sarcodes
- Some important Mother tinctures
- Rare and Uncommon Remedys
- Relationship of Remedys
- The side of the body and Drug Affinities
- List of Abbreviations
- List of Remedys (Common name)

Special Features of the Book

Along with other less significant symptoms that help in the selection of the curative remedy, the book includes the well-known, verified characteristic symptoms of all our medicines. The school's published clinical experience has been updated to include all the new medications and necessities. It has the most trustworthy materia medica facts possible packed into the smallest amount of space in its current compact form.

In an effort to keep up with other developments in the field of homoeopathy in particular and medicine in general, the most recent version of the Boericke was published at the start of the new millennium.

First off, every grammatical problem has been fixed, and the book has been technically updated to reflect contemporary terms. Without altering the wording of the entire book, for instance, pressure deep in the orbits (glaucoma). The text's current terminology, which is only used in brackets, has been correlated with a number of reference works, including the Handbook of Materia Medica by Dr. T. F. Allen, 1001 Small Remedies by Dr. F. Schroyens, and the Dictionary of Practical Materia Medica by Dr. J. H. Clarke.

To maintain a more structured and consistent pattern, the medicines' Mind, Head, Eyes, etc. sequence has been organized in accordance with those in Kent's Repertory throughout the entire book. This edition has also been made easier by footnotes at the bottom of the page. For example, on page 25, under the heading "Throat Deafness," it says :- 1- Hearing- impaired- enlarged- tonsils

(1001 Small Remedies, edited by Dr. F. Schroyens), which elaborates or explains the related symptom in more detail and includes the title of the referenced book.

According to the Synthesis, all drug abbreviations and names in the book and repertory are now things like Thuya – Thuj, Helleb – Hell, etc. Additionally, all spellings have been updated to reflect the 28th edition of Dorland; for example, diarrhea has been changed to diarrhoea and anaesthetic to anesthesia.

The chapters in the repertory section of this book have been rearranged to minimize confusion while maintaining the same rhythm and following Kent's Repertory. The definition of each term and the corresponding page numbers have been added to the index of the repertory, making it more comprehensive and user-friendly.

More details and additional additions have been made available for the previously existent Indian Drugs.

In order to shed additional light on this, comparatively under-studied area of homoeopathy, a special section on several regularly used nosodes has been included to this volume, along with a reorganized Rare and Uncommon Remedies section.

To give the reader a head start in his quest to explore the vast sphere of knowledge that this edition is going to provide, an Index of the Drugs, with both common and Latin names, has been introduced in the beginning of this book under Contents along with the proper listing of all the Chapters.

REFERENCES

1. Dr. G. Nagendra Babu, Comprehensive Study Of Organon An Attempt To Understand The Organon Of Medicine as a Scientific Treatise, 11th Impression:2018, B Jain Publishers (P) Ltd, Page no 519, 520.
2. Boericke William, BOERICKE'S New Manual of Homoeopathic Materia Medica & Repertory with Relationship of Remedies, Third revised and Augmented Education Based on Ninth Edition, B Jain Publishers (P) Ltd

Homeopathy360

You think, We Link...

One Stop Resource Centre For You

STAY UPDATED, STAY AHEAD

Be the Voice of Homeopathy

EVENTS



LIVE WEBINARS



LATEST NEWS



TEACHER'S VIEW



BOOK REVIEW



CAREER & JOBS



ARTICLES



Get your work published!

Submit articles at [homeopathy360](http://homeopathy360.com)
Website: www.homeopathy360.com



Submit Articles at The Homoeopathic Heritage
Website: www.homeopathicheritage.com