

# KNOW Homoeopathy Journal

Bi-Annual, Indexed, Double-Blind, Peer-Reviewed, Research Scholarly, Online Journal in Field of Homoeopathy

KNOW Homoeopathy Journal Vol-4 & Issue-2, 18 October 2024, Published at

<https://www.knowhomoeopathyjournal.com/2024/10/volume-4-issue-2.html>, Pages: 165-171, Title: Uses of bach flower remedy and therapy to Psychosomatic illness, Authored By: Dr. Haobam Vidyalaxmi Devi & Co-Authored: Dr. Megha, Dr. Kishan Kumar Brij (PG Student (M.D part 1st) at Bakson Homoeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh, India.)



VOLUME-4 ISSUE-2  
OCTOBER 2024

## ARTICLE

### Title: Uses of bach flower remedy and therapy to Psychosomatic illness

Authored By: Dr. Haobam Vidyalaxmi Devi & Co-Authored By: Dr. Megha, Dr. Kishan Kumar Brij

PG Student (M.D part 1st) at Bakson Homoeopathic Medical College and Hospital, Greater Noida, Uttar Pradesh, India.

## ABSTRACT

The psyche, which plays a formative role in the organism, spreads any discord to the physical body, disrupting its delicate balance and function. Persistent psychological imbalances, in particular, leave a profound impact on the body. Psychosomatic medicine has evolved from careful observation of the harmful effects of mental and emotional states on the body. These effects have been clearly demonstrated and classified into various groups of diseases based on their physical manifestations.

In parallel with these efforts, English physician Dr. Edward Bach recognized that the mind and emotions are largely responsible for the development of chronic diseases, excluding those arising from accidents, old age, or degenerative conditions. His goal was to identify the different mental and emotional states experienced by individuals and to find remedies that would address these imbalances. These remedies, by uplifting the mind and emotions, would prevent the development of physical symptoms and promote physical healing if symptoms had already appeared. This endeavour, unique in the field of medicine, led Dr. Bach on a fascinating journey of discovery, deeply intertwined with the human soul and the natural world's medicinal resources.

The medical model of psychosomatic disorders offers a treatment guide for applying holistic medicines to these classified diseases. It specifically directs the use of Bach remedies and homeopathic remedies in treating psychosomatic conditions. Years of medical research have involved observing and categorizing the various manifestations of psychosomatic disorders, aiming to link specific physical disorders to definite psychological causes. Through observing patients with these conditions, distinct traits of disease and their psychological counterparts have been identified and clarified.

**Keywords:** *Psychosomatic illness, Homoeopathy, Bach flower*

**How to cite this article:**

Vidyalaxmi H, Megha, Brij K. Uses of bach flower remedy and therapy to Psychosomatic illness, 2024; 4(2):165-171, available at <https://www.knowhomoeopathyjournal.com/2024/10/Uses-of-bach-flower-remedy-and-therapy-to-psychosomatic-illness.html>

© 2024 KNOW Homoeopathy Journal

[Know more about Journal's Copyright Policy](https://www.knowhomoeopathyjournal.com/p/copyright-policy.html)

<https://www.knowhomoeopathyjournal.com/p/copyright-policy.html>



Scan-Quick Response Code

## INTRODUCTION

The study of psychosomatic illness provides insights into the interconnected workings of all aspects of the human being, revealing the factors that underlie all chronic diseases. While many diseases appear to result directly from aging, infection, or stress, and may not seem connected to the psyche, the underlying dynamics of symptomatic expression are always closely linked to a person's mental, emotional, and spiritual tendencies. The inherent predisposition to disease, which is genetically inherited, not only provides a physical blueprint but also determines the mental and emotional tendencies that shape the overall symptomatic expression. For example, an individual prone to anger will age, break down under stress, or succumb to infections differently than someone who is persistently anxious.<sup>[1]</sup>

In psychosomatic disease, premature signs of organic damage may be evident due to the inherent predisposition, which can be further exacerbated by previous infections or overexertion. Nonetheless, the overall disease primarily reflects the physical expression of unresolved and particularly severe mental, emotional, and spiritual conflicts. The study of homeopathy reveals the close interrelationship between mental, emotional, and physical expressions, suggesting that the vital force follows definite laws in expressing psychological imbalances through specific organs or nerve paths.<sup>[1]</sup>

In analysing and categorizing diseases, as outlined by Lūban Plaza et al., seven basic psychological dynamics of psychosomatic

causation can be identified. These dynamics align with Dr. Bach's seven fundamental principles of error in the personality, demonstrating a close correlation between psychological imbalances and their physical manifestations.<sup>[1]</sup>

1. Over ambitiousness (power)
2. Personal carelessness and ignorance (intellectual knowledge)
3. Experience of excessive Demands, over compliance, and suppression of hostility (love).
4. In stability, ambiguous conflict, and emotional Maladjustment (Balance)
5. Need for attention and love (Service)
6. Anxiety fear of rejection, inner uncertainty (Wisdom).
7. Mentally obsessive, perfectionist (spiritual).<sup>[1]</sup>

### GROUP 1: OVER AMBITIOUSNESS (POWER)

In this group psychosomatic illness arises from the urge to drive oneself ambitiously and seek further power and advancement, although the actual present position in life may be well acceptable and sufficient the extra demands create a synchronism in once higher self, mind and emotions, and body.

The physical self cannot keep up with the mental Overdrive and exaggerated pressure that the higher self or sold did not ask for. Yet the accelerated phase of modern life, the competitiveness and hunger for success grip the self in what seems to be the normal, proposed full endeavour of our times in

personal interrelationships, the striving for power may result in an over bearing or overly commanding attitude toward others who may feel subjected to the same force that the over ambitious person applies toward the own self. The power of the heart, the power of love and for givenness, and a sense of fairness create the experience of personal empowerment and achievement on a deeper and more satisfying level.<sup>[1]</sup>

This enrichment of the personality will lead to more responsibilities and higher positions of service within society.<sup>[1]</sup>

### 1.1 CORONARY HEART DISEASE

In coronary heart disease, specifically coronary artery disease, the heart muscles receive an inadequate blood supply due to interruptions in the flow. The main underlying causes include coronary artery spasms, thrombi or emboli, and atherosclerosis, which is the narrowing of arteries caused by deposits of cholesterol and triglycerides. When the heart muscle is insufficiently supplied with blood, it reacts with contractions and malfunctions, resulting in symptoms ranging from mild chest pain to cardiac arrest. Currently, heart attacks are the leading cause of death in the United States. This psychosomatic disease reflects the body's inability to cope with the excessive drive in the personality.<sup>[1]</sup>

**BACH REMEDIES:** *VINE, VERVAIN, IMPATIENS, OAK,* <sup>[2,5,6,9]</sup>

**VINE:** For excessive need to lead, HE, and command the self and others

**VERVAIN:** For over enthusiasm, over ambitiousness inner drive, speed, and heightened fervency and willpower.

**IMPATIENS:** For inner tension and impatience with others

**OAK:** For working stoically in the face of hardship and fatigue.

### 1.2 GASTRIC AND DUODENAL ULCERS (OVER AMBITIOUS PATIENTS)

Excessive striving for power can also originate from a position of inferiority when once present position in life cannot be

tolerated, when there are feelings of humiliation and discontent. Ulcer formation more typically occurs in this group, as compared to the more established over achievers with Gut complaints.<sup>[1]</sup>

This group of gastric and duodenal ulcer shows to predominant types of patients with over ambitiousness. Patients of the first group are marked by an urge to prove their personal worth in the struggle for recognition and tend to duodenal and gastric ulcers patient of the second group r hard working people of lower socio-economic standing who is try for a higher standard of living and develop gastric or duodenal ulcers in the struggle for advancement.<sup>[1]</sup>

**BACH REMEDIES:** *VERVAIN, HOLLY, LARCH, WALNUT, VINE.* <sup>[2,5,7,9]</sup>

**VERVAIN:** for overambitious and excessive drive.

**HOLLY:** for envy

**LARCH:** for feeling of inferiority

**WALNUT:** for being too easily impressed with the other advantages.

**VINE:** still present and overshadowed by frustration and feelings of being thwarted.

### GROUP 2: PERSONAL CARELESSNESS AND IGNORANCE (INTELLECTUAL KNOWLWDGE)

Some disease, such as obesity, certain forms of peptic ulcers, and non-insulin-dependent diabetes, are the results of faulty living and carelessness in regard to health needs.<sup>[1]</sup>

All drug abuse falls under this categories.at the root of this neglect lies disinterest, lack of motivation, lethargy, and depression, and failure to heed the body's innate wisdom and natural tendency to find balance. The error in the personality could also swings to the other extreme and intellectual knowledge could rule the person to the detriment of the intuitive or poetic side.

### 2.1 OBESITY:

In some cases, people have been used to traditional family diets that are conducive to obesity. Usually in adolescent, however, comes a times when personal choices replace family tradition. Often time in these, as well

as in most cases of obesity, advice is not heeded and the wrong food and lack of exercise are perpetuated further. In some cases, a deeper emotional balance lies at the bottom of the conflict, along with the lack of quest of knowledge.<sup>[1]</sup>

**BACH REMEDIES:** *Wild oat, mustard, hornbeam, chestnut bud.* <sup>[2,5,6,8]</sup>

**WILD OAT:** for stimulating interest and motivation and giving the joy of learning.

**MUSTARD:** relieves depression and withdrawal.

**HORNBEM:** stimulates intellectual clarity and invigorates mind and body.

**CHEST BUD:** helps to retain the learned lesson and not repeat mistakes over and over again.

## 2.2 PEPTIC ULCER:

This stomach condition can result from careless eating of the wrong foods and refusal to heed advice. An unwholesome diet will lead to imbalance within the digestive excretion, thus causing unnecessary irritation of the gastrointestinal lining.<sup>[1]</sup>

### BACH REMEDIES:

The Bach's flower remedies also apply to this following condition listed in the 2.1.

## 2.3NON-INSULIN-DEPENDENT DIABETES:

This disease is often caused by excessive sugar intake and other dietary errors; it is frequently in remission in weight loss is accomplished and dietary changes become entrenched. The hormones insulin produce by the beta cells in the pancreas, facilitates the transference of sugar from the blood to other tissues, especially to the muscles which need the valuable energy. The result is an increase in sugar and insulin that the body cannot utilize.<sup>[1]</sup>

### BACH REMEDIES:

The Bach's flower remedies also apply to this following condition listed in the 2.1.

## GROUP 3: EXPERINCE OF EXCESSIVE DEMANDS, OVER COMPLIANCE, AND SUPRESSION OF AGGRESSIVE IMPULSES (LOVE)

This error in the personality lies in the areas of love, especially in regards to overly serving and loving others, with the concomitant loss of personal strength and suppression of aggressive impulses. The urge to be kind and complying, to work hard despite fatigue and to hide inner unkindness, should it arise, is a tremendous and worthy effort; but this overexertion of the will may leave a mark on the body if preserved in over a lengthy period of time. Repressed hostility, in this case, is the unvoiced need to fight for the self and not lose one's identity and one's own rhythm in the attempt to accommodate.<sup>[1]</sup>

This group contain more disease manifestation than others groups, a sign of well-intentioned humanity. To be motivated by good intentions can show as psychological tendencies in any case and pertain to any remedy picture.<sup>[1]</sup>

## 3.1 TENSION HEADACHE, CERVICAL, THORACIC, AND LUMBAR TROUBLES, DYSMENORRHEA.

Excessive demands and the suppression of annoyance or rebellious feelings can lead to tension headaches and undue tension in the cervical, thoracic, and lumbar regions. Inner tension and excessive emotional stress also contribute to dysmenorrhea, a condition characterized by painful or difficult menstruation. Additionally, amenorrhea may arise from this state of inner tension.<sup>[1]</sup>

**BACH REMEDIES:** *IMPATIENTS, CHERRY PLUM, OAK, VERVAIN, ROCK WATER, WILLOW, HOLLY, ELM.* <sup>.2,3,5,7,9</sup>

**IMPATIENTS:** for excessive tension or pain, when there is a fear of losing mental control

**CHERRY PLUM:** is indicated for the tendency to be cheerful and kind on the surface, while holding down vital or aggressive thoughts and impulses.

**OAK:** for those who struggle on despite exhaustion and are resolved not to give up. path of self-discipline.

**VERVAIN:** treats the tendency to urge oneself on with heightened willpower.

**ROCK WATER:** treats the bad effect from negation of needs for the benefit of a strict

**WILLOW:** especially indicated if there is growing chronic resentment.

**HOLLY:** helps to control situational responses of annoyance and irritability, based on increased sensitivity to current vexation.

**ELM:** addresses any feeling of being overwhelmed in face of the excessive demands; physical tension may result from “fortifying” the body in face of duties.

#### **GROUP 4. INSTABILITY, AMBIGUOUS CONFLICT, AND EMOTIONAL MALADJUSTMENT (BALANCE)**

In this group personal error lies in emotional and mental instability. The body as well can convey the instability and indecision by manifesting changeable symptoms. In some cases, the indecision is forced on to the person by inconsistent treatment received from others, and the response is rather passive and subdued.<sup>[1]</sup>

Conversion disorder, certain forms of migraines, respiratory disorders, and skin allergies may be caused by a balancing problem.<sup>[1]</sup>

#### **4.1 PHYSICAL ILLNESS BASED ON CONVERSION DISORDER (HYSTERICAL NEUROSIS, CONVERSION TYPE)**

A conversion reaction is the physical symptomatic expression of an emotional conflict that is not verbalized adequately, usually due to feelings of frustration, guilt, or shame. The physical symptoms themselves vary according to the individuals predisposing to disease.<sup>[1]</sup>

**BACH REMEDIES:** *SCLERANTHUS, CHICORY, HEATHER, CRAB APPLE, PINE, ELM, CHESTNUT BUD, CHERRY PLUM, AGRIMONY, WALNUT.*<sup>[2,3,5,7]</sup>

#### **4.2 MIGRAINES:**

This form of headaches originates in a constriction of cranial blood vessels and then progresses into atony and dilatation of

arteries, accompanied by edema. These headaches can be severe and last for days.<sup>[1]</sup>

**BACH REMEDIES:** *SCLERANTHUS, CHICORY, HEATHER, CRAB APPLE, PINE, ELM, CHESTNUT BUD, CHERRY PLUM, AGRIMONY, WALNUT.*<sup>[2,5,6,9]</sup>

#### **GROUP 5. NEED FOR ATTENTION AND LOVE (SERVICE)**

Individuals in the group tend to be expecting of love, attention, and service rather than being active themselves in loving devotion to others. They feel to be in need of caring and love and do not readily consider others to be equally worthy or expectant of such gifts.

Bronchial asthma, eating disorder, and ulcers may arise from this imbalance.<sup>[1]</sup>

#### **5.1 BRONCHIAL ASTHAMA WITH EXPIRATORY DIFFICULTIES:**

This breathing disorder, characterised, characterized by difficulty in expiring has been found to arise from emotional hurt, self-pity, and a refusal to give, hence the inability to expire, to give of oneself.<sup>[1]</sup>

**BACH REMEDIES:** *CHICORY, MIMULUS, STAR OF BETHLEHEM*<sup>[3,5,6,8]</sup>

#### **GROUP 6. ANXIETY, FEAR OF REJECTION, INNER UNCERTAINTY (WISDOM)**

The error in the personality lies in excessive anxiety and worry about oneself, fueled by internal uncertainty and concerns about being judged or rejected by others. The inner core is uncertain and weakened; self-assurance and self-approval do not come readily but depend on the guidance of others. As a result, inner wisdom cannot unfold, and the creative and vigorous expression of the personality is hampered. This can lead to cardiac neurosis, certain psychosomatic manifestations of ulcers, emotional diarrhoea, and some skin diseases.<sup>[1]</sup>

#### **6.1 CARDIAC NEUROSIS:**

This disorder involves disturbances in cardiac activity that do not stem from physical illness but have a psychosomatic origin. The most common symptoms include palpitations,

tachycardia, hyperkinesis cordis, and angina.<sup>[1]</sup>

**BACH REMEDIES:** *CERATO, GENTIAN, MIMULUS, ROCK ROSE, MUSTARD, AGRIMONY, WHITE CHEST NUT* <sup>[2,3,5,6,9]</sup>

## 6.2 EMOTIONAL DIARRHEA:

In this psychosomatic disorder, excessive hypermotility of the large intestine and diarrhoea come on whenever the patient experiences over strain, performance anxiety, anticipatory fears, or even panic.<sup>[1]</sup>

**BACH REMEDIES:** *MIMULUS, ASPEN, ROCK ROSE, CHERRY PLUM, LARCH, CERATO* <sup>[2,3,4,5,8]</sup>

## GROUP 7. MENTALLY OBSESSIVE, PERFECTIONIST (SPIRITUAL PERFECTION)

In this group, the primary conflict arises from an unfulfilled urge to attain perfection and high standards within one's conscience and towards one's ideals concerning emotional difficulties and problem-solving. Individuals in this group repeatedly and obsessively attempt to master themselves internally or solve external problems that pose difficulties. This error in personality can lead to breathing disturbances, gastrointestinal issues, skin disorders, and sleeplessness.<sup>[1]</sup>

### 7.1 NERVOUS BREATHING SYNDROME “RESPIRATORY CORSET”:

This disorder is characterized by respiratory constriction, resulting in difficulty breathing freely. It commonly accompanies cardiac symptoms and is frequently observed in patients with obsessive-compulsive personality structures. The restricted breathing serves as a manifestation of the mental corset imposed on the patient.<sup>[1]</sup>

**BACH REMEDIES:** *PINE, WHITE CHESTNUT, MIMULUS, CHERRY PLUM, CRAB APPLE, ROCK WATER, OAK, WILLOW, GENTIAN, WILD ROSE, ELM.* <sup>[2,5,6,9]</sup>

## CONCLUSION

The holistic approach advocated by psychosomatic medicine emphasizes the integration of mind, body, and soul in healing processes, utilizing Bach remedies and homeopathic treatments. Through years of research, a clearer understanding of the link between psychological factors and physical disorders has been attained, paving the way for targeted treatment approaches tailored to individual patients' needs. This comprehensive model offers valuable insights and guidance for addressing psychosomatic illnesses, fostering holistic well-being and healing.<sup>[1]</sup>

## ACKNOWLEDGEMENT

I extend my heartfelt gratitude to Prof. (Dr.) Meenakshi Ambwani, Head of the Department of Homoeopathic Pharmacy at Bakson Homoeopathic Medical College and Hospital, Greater Noida, U.P, 201310, for her invaluable support in bringing forth this work.

## REFERENCES

1. Boedler CR. Applying Homoeopathy and Bach Flower Therapy to Psychosomatic Illness, 2nd ed, New Delhi: B. Jain Publishers; 2022; p. 21-128, 269-416.
2. Krishnamoorthy V. Beginner's Guide to Bach Flower Remedies with Repertory. 2nd ed. New Delhi: B. Jain Publishers; 2007; p. 58-111.
3. Vohra DS. Bach Flower Remedies: A Comprehensive Study Part 1 and 2. New Delhi: B Jain Publishers; 2008; p. 30-87.
4. Richardson-Boedler C. Applying Bach Flower Therapy to the Healing Profession of Homoeopathy: Psychology, Psychiatry, Psychosomatic Medicine. 2nd ed. Mumbai: B. Jain Publishers; 1997; p. 265-333.
5. Vohra DS. Homoeo Bach Therapy: A Therapy Comprising Use of Homoeopathic Remedies and Bach Flower Remedies in the Treatment of Acute and Chronic Psychosomatic Diseases, New Delhi: B. Jain Publishers; 2003; p. 13-43.
6. Vohra DS. Specifics in Bach Flower Remedies, New Delhi: B. Jain Publishers; 2019; p. 11-129.

7. Master FJ. Bach Flower Remedies for Everyone, New Delhi: B. Jain Publishers, 2002; p. 9-39.
8. Vohra DS. Bach Flower Remedies: A Comparative Study. 2nd ed. New Delhi: B. Jain Publishers; p. 45-77.
9. Vohra DS. Bach Flower Remedies: A Comparative Study. 2nd ed. New Delhi: B. Jain Publishers; p. 129-185.