



## Importance of Bach Floral Therapy

U. Kalita<sup>1</sup>, A. Deka<sup>2</sup>, U. Barman<sup>3</sup> and A. Das<sup>4</sup>

<sup>1</sup>Second Year student, BVSc& AH,<sup>2</sup> Assistant Professor, Department of Anatomy & Histology,<sup>3</sup>Assistant Professor, Veterinary Clinical Complex and <sup>4</sup> Assistant Professor, Veterinary Clinical Complex, College of Veterinary Science, Assam Agricultural University, Khanapara, Guwahati, Assam

### *Abstract*

Bach Floral Therapy is a holistic and natural form of healing that uses flower essences to address emotional and mental imbalances. The essence of this therapy lies in the belief that negative emotions can be the root cause of physical ailments, and by treating the underlying emotional state, the physical symptoms can be alleviated. This article highlights the significance of Bach Floral Therapy and its potential benefits for mental, emotional and physical wellbeing.

### **Introduction**

Bach Floral Therapy, also known as Bach Flower Remedies, is a complementary therapy that uses the essences of flowers to balance emotional and mental states. It was developed in the 1930s by Dr. Edward Bach, a British physician, who believed that negative emotions and attitudes could lead to physical illness and disease. Bach's system of flower remedies is based on the idea that certain flowers can balance specific emotional states, and by taking the appropriate flower essence, a person can restore their emotional and mental equilibrium.

The Bach Flower Remedies are made from the flowers of wild plants, trees and bushes, and are prepared by infusing the flower heads in spring water and then adding a small amount of brandy as a preservative. There are 38 individual essences in the Bach system, each corresponding to a particular emotional state or personality type. The remedies can be taken orally, either directly under the tongue or in a glass of water, and can also be applied topically to the skin or added to bath water.

Importance of Bach Floral Therapy: Bach Floral Therapy is a gentle, non-invasive and natural form of healing that can be used to treat a wide range of emotional and mental imbalances. The essences work by stimulating the body's own natural healing mechanisms and promoting self-awareness,



insight and emotional growth. This therapy can help to reduce stress and anxiety, improve mood, enhance mental clarity and promote a sense of inner calm and wellbeing.

Moreover, Bach Floral Therapy has also been found to be effective in treating a range of physical ailments, including chronic pain, digestive disorders, skin conditions and immune system dysfunction. The essences can help to alleviate symptoms by addressing the underlying emotional state that may be contributing to the physical problem. For example, the essence of Willow can be used to treat chronic pain that is caused by resentment or bitterness, while the essence of Crab Apple can be used to treat skin conditions that are caused by self-loathing or disgust.

### **Conclusion**

Bach Floral Therapy is a valuable tool for promoting emotional and mental wellbeing, as well as addressing physical ailments that may have an emotional or psychological component. The essences are safe, gentle and non-toxic, and can be used by people of all ages and backgrounds. By promoting self-awareness and emotional growth, Bach Floral Therapy can help individuals to lead healthier, happier and more fulfilling lives.

### **References**

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