

CURATIVE POWERS OF BACH REMEDIES: A REVIEW**Vedshree Raole, Atodaria Ekta, Gandhi Kajal and Rajashree Mashru***

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ABSTRACT

Human mind is a complex network of neurons working through the electromagnetic impulses and radiations. These are subtle energies whose balance affects the overall well-being of the person. Plants and their parts contain various bioactive compounds having various effects on physical, emotional and psychological effects on human body. Flower essences are subtle extracts having profound effect on emotional well-being, soul development and mind-body health. Floral remedies including Bach Remedies very popular in the West as a part of complementary medicine are thought to be effective in psychosomatic and related ailments. This review covers the healing powers of Bach and other flower remedies, described by Dr. Bach, The Mother of Sri Aurobindo Society and others, their classification, preparation, clinical trials and their usefulness in healing Thy self.

KEYWORDS: Healing Thy self, Flower essences, Bach flower remedies, The Mother.

INTRODUCTION

Mother Nature has bestowed upon us the bounty of herbals since ages. Traditional healers all over the world have been using this phyto-wealth to tend innumerable diseases and disorders. Plants and their parts contain various bioactive compounds which can be extracted by simple as well as complex chemical techniques which our ancestors used on various internal and external ailments caused by physical, emotional, pschycological problems. Modern science has acknowledged the fact that mind is the governing part of human body through its vast neural network. Modern life and advancements of the society has drastically changed the lifestyle of humans, which has a various implications on the health of the humans leading to various disorders of body like diabetes mellitus, hypertension and depression.^[1] Dr. Dalton

states that feelings of fear, jealousy, hatred, despair and distrust slows all activities and dries the blood. Chronic anxiety is said to be the cause of cancer and ulcers while stress, anxiety and worry result in constipation, ulcers and coherence diseases. The deadly toxins are produced due to anger, despair and perturbation. Dr. Takene says that behind diseases like insanity, paralysis, diseases of liver, hair getting grey at an early age, baldness, miscarriage, urinary diseases, skin diseases, ulcers and decay of teeth at an early age, there are fear and anguish.^[2]

In Indian traditional medicinal system Ayurveda (literally translated as Ayu= Life and Veda= Science) one of the most ancient form of medicine was formed on the similar philosophy that “Good health is the result of harmony between an individual’s physical, emotional and spiritual well-being, as well as lifestyle, diet, and numerous other things”. Ayurveda believes that there is a micro-universe within every individual, composed of five basic elements called Panchamahabhutas namely, earth, water, fire, air and sky. The human body comprises of three basic irreducible components known as the Tridoshas: Vata, Pitta, Kapha that make up the mind and body of the human. The balance of these elements in different proportions suit to different structures and functions of the body and its parts; the tissues of the body are the structural entities while humours are physiological entities, derived from different combinations of Panchamahabhutas. The equilibrium of humours is considered as health and its disturbance or imbalance leads to disease or sickness.^[3,4,5]

In 17th century, Dr Samuel Hahnemann, introduced the concept of Similia Similibus Curentur i.e. let likes be treated by likes, thus introducing the new system of medicine, Homeopathy (Homoios=like and Pathos=treatment).^[6] Homeopathy is a holistic as well as individualistic approach that takes into consideration the whole person and the relation of lifestyle to disease and articulates the concept of vital force which according to Hahnemann is the force that reacts against the forces, and remedies stimulate this failing vital force so that, as Hahnemann said "It (vital force) can again take the reins and conduct the system on way to health. The realisation that disease originated in the plane above the physical was what led these physicians towards developing the remedies from that were obtained directly from the planes of nature. The ancient physicians relied on the herbal wealth for their pharmacological effect on the human body.^[2,5]

Flower essence therapy

The fact that Flowers, apart from its beauty of form, colour, fragrance and texture contained something more – an indefinable, subtle and mysterious quality, all the elements of Nature - air, water, fire, earth and ether. In the words of Liselle Raymond, "in its simplicity, it carries the vibrations of the Akasha the ethereal element itself, - that is all that is most abstract, pure and perfect. It is, above everything else, the form, behind which is the sound, the all-powerful creative Mantra".^[8] This gave rise to new forms of alternate medicine based on flower essence namely aromatherapy, flower essence therapy.

Flower essences are subtle liquid extracts, generally taken in oral form, which are used to address profound issues of emotional well-being, soul development and mind-body health. These work through the various human energy fields that influence the wellbeing of any person as the effect is purely due to the potentized energetic patterns of the flowers rather than any direct biochemical interaction with the person.^[2]

Aromatherapy is a holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit.^[9] Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their aesthetic, psychological and medicinal applications. The treatments are focused on creating balance and harmony taking into consideration the person's state of well-being, occupation, stress, nutrition, state of mind and all aspects of life. Aromatic plants and oils have been used for thousands of years, as incense, perfumes and cosmetics and for their medical and culinary applications. Their ritual use constituted an integral part of the tradition in most early cultures, where their religious and therapeutic roles became inextricably intertwined. Numerous health difficulties with psychologic overtones respond positively to a few drops of the flower essences placed sublingually on the lips or placed in water for drinking. Examples of mind-body problems that respond to the vibrational energies emitted by flower essences are attention deficit disorder, stress, anxiety, depression, despair, fear, phobias, environmental sensitivity, chronic fatigue syndrome, relationship conflicts, eating disorders, addictions, and many other problems that are related to the psyche and the soul.

In this review we have established the relation between psychosomatic disorders and the effect of alternate flower therapy on such disorders. Mind is the most conscious element of body. Our distorted and evil thoughts and feelings affect first of all our mind. Mind is very sensitive and delicate. These are the attitudes of mind that first of all exhibit the symptoms of

diseases.^[2] There is a mental aspect to every physical disease; how we react to any disease or disorder varies individually. The mental and emotional states are capable of significantly influencing the course of any physical illness.^[2,12,14,15]

Psychiatry traditionally distinguishes the disorders in which mental factors play a significant role in the development, expression, or resolution of a physical illness, and somatoform disorders, disorders in which mental factors are the sole cause of a physical illness.^[10,11]

Psychosomatic means mind (psyche) and body (soma). A psychosomatic disorder is a disease which involves both mind and body. Some physical diseases are thought to be particularly prone to be made worse by mental factors such as stress and anxiety. Your current mental state can affect how bad a physical disease is at any given time such as Migraine, diabetes, ulcer, blood pressure, constipation, asthma, depression and the tendency of committing suicide etc. are caused mainly by the negative thoughts that are deeply rooted in our conscience. The term psychosomatic disorder is mainly related to "a physical disease that is thought to be caused, or made worse, by mental factors".^[10,11]

Bach Flower Remedies

During the early 19th century Dr. Edward Bach British physician, bacteriologist, pathologist, immunologist, and homeopath, rediscovered the subtle power of flower essence which he further developed into a 38 flower remedy for various mental disorders. Dr. Edward Bach's philosophy may be summarized using his own words: "Health is our heritage, our right," he wrote. "It is the complete and full union between soul, mind and body; and this is not a difficult far-away ideal to attain, but one so easy and natural that many of us have overlooked it. Health depends on being in harmony with our souls."^[12,14]

Dr. Bach firmly believed that to remove this imbalance, it is very important to develop positive thinking. On discovering this he devoted himself on discovering the remedies to transform the human's negative mindset to positive one.^[2,13] Bach's research was based on the fact that each flower had a different vibration and when plucked and placed in the cleanliest bowl of water these bioelectric field were imprinted on the crystalline structure of water.^[7] and, when administered to person with a particular ailment, their own vibration would change for the better. Relieve your patient from the mood or moods as are given the system and your patient will be better.

In the beginning Bach discovered 9 herbs: Impatiens, Mimulus, Clamatis, Agrimony, Chicory, Vervain, Centaury, Scleranthus and Cirato. The three more herbs were discovered in 1931, Water Violet, Gentian and Rock Rose.^[2] By 1933, Bach added 4 more herbs Goarse, Oak, Heather and Rock Water. He called the Preventive Medicines, to cure gloom and negative thoughts. Next 3 herbs were added as supplementary herbs Wild Oat, Olive and Vine. These 19 herbs also known as Type Medicines were published in his book “twelve helpers and seven helpers” in 1934.

By 1936 he discovered 19 more herbs to alter the negative thoughts and thus within six more months he discovered 19 more herbs to support his initial 19 herbs; Cherry Plum, Elm, Aspen, Chest Nut Bud, Horn Beam, Larch, Walnut, Holly, Crab Apple, Red Chest Nut. Pine, Honey Suckle, Sweet Chest Nut, Wild Rose, Mustard, Star of Bethlehem, White Chest Nut, Willow and Cerato. (Table 1).

Table 1: Bach Flower Remedies and their particular effect.

Name of flowers essence	Particular Effect
Agrimony	Mental torture, worry
Aspen	Anxiety, apprehension
Beech	Intolerance, criticism, passing judgements
Centaury	Weak willed, weak servitors
Cherry plum	Desperation, dread of losing something
Chestnut bud	Don't learn by mistakes keep repeating them
Cerato	Lack of confidence, follow other's advice
Chicory	Possessiveness, self-love, self-pity
Clematis	Indifference, dreaminess, inattention, unconsciousness
Crab apple	Despair, despondency
Elm	Exhaustion from over striving for perfection
Gentian	Despondent, easily depressed, easily discouraged
Goarse	Hopelessness and despair
Heather	Self centered, self-concern
Holly	Hatred, jealousy, envy and suspicion, unconsciously suffer from insecurity
Honey suckle	Nostalgia, homesickness
Hornbeam	Tiredness, weariness
Impatiens	Irritability, extreme mental tension
Larch	Lack of self-confidence, anticipation o failure
Mimulus	Fear or anxiety
Mustard	Depression
Oak	Despondency, despair
Olive	Exhaustion, mental fatigue
Pine	Self-reproach, Guilt feelings and Despondency
Red Chestnut	Obsessed by care of others

Rock Rose	Terror, panic, extreme fright
Rock water	Rigid mindness, self-denying, self-dominating
Scleranthus	Uncertainty
Star of Bethlehem	After effect of shock, mental or physical
Sweet Chestnut	Extreme mental anguish, Hopelessness and Despair.
Vervain	Strain, stress
Vine	Dominating, ambitious
Walnut	Altering mental state, have strong ideas but are easily diverted by others
Water Violet	Pride" and "Aloofness"
White Chestnut	Persistent unwanted thoughts and Mental arguments and conversations
Wild Oat	Uncertainty, Despondency and Dissatisfaction
Wild Rose	Resignation, apathy
Willow	Sever insomnia

Preparation

It took Bach 7 years to establish the proper method for potentiating the flower essences. Initially he worked on the dew drops collected from the petals of his selected plants.^[14] He later went on to suspend the flowers in spring water and stand them in sunlight for 3-4 hours as he discovered that sunlight played an important role in transferring the flower's vibrations to the water. This perfected method he termed as 'Sun Method' as sun played a vital role in the preparation. The water was then strained into bottles and half portion of brandy was added as preservative thus preparing the mother tincture or stock solution.^[7]

The latter 19 herbs were prepared by 'Boiling Method'; suspending the flowers in water and boiling them for half hour and stocking was done in the similar manner as Sun Method. The second group consisted of flowers of winter bloom thus depriving of proper sunlight required in the process.

These flowers are known as the Bach Flower Remedy (BFR) or Rescue Remedy. Bach divided these into 7 categories based on the action they had on human mind.

These 38 flower remedies categorised in 7 groups target 7 basic psychological aspects. Bach placed these herbs under each of the heading as they targeted the specific emotion.⁽¹⁴⁾ (table.2).

Table 2: Classification as per seven basic psychological aspects.

Fear	Un-certainty	Insufficient interest in present circumstances	Loneliness	Over-Sensitive to influences And ideas	Despondency or despair	Over-care for welfare of others
Rock rose	Cerato	Clematis	Water violet	Agrimony	Larch	Chicory
Cherry plum	Scleranthus	Wild rose	Impatiens	Walnut	Pine	Vervain
Aspen	Gorse	Olive	Heather	Centaury	Elm	Vine
Mimulus	Gentian	Honeysuckle		Holly	Sweet chestnut	Beech
Red chestnut	Hornbeam	White chestnut			Star of Bethlehem	Rock water
	Wild oat	Mustard			Willow	
		Chestnut bud			Oak	
					Crab apple	

After the discovery of these 38 herbs, Dr. Bach then prepared an emergency mix, known as The Rescue Remedy, which comprises of essences of 5 herbs: Rock Rose, Star of Bethlehem, Clematis, Impatiens and Cherry Plum.^[12] It mainly targeted the fear psychosis of a person. These remedies can be administered to all demographics and also animals without the fear of adverse effects, over-dosing or any interference in the treatment already prescribed to the patients. Two drops of the chosen essence taken orally, diluted in a glass of water, cup of tea or beverage is taken^[12,14] or they can be directly applied to points such as wrists, temples or behind the ears.^[25]

Clinical Studies

These flower essences have long become a part of complementary medicine around the world. Many clinical studies have been carried out to prove the power of these essences. Since 1979 a number of clinical trials with modern clinical research methodology have been performed to determine the efficacy of BFR. Various clinical trials on effectiveness of BFR on anxiety, stress, pain and other parameters were identified and studied.

Aspects like enhancement in creativity and improvement of well-being were seen, independent of user's belief system. This counters the hypothesis that the effect is due to placebo (Weisglas, 1979).^[16] Another open, controlled study was carried on group of 24 pregnant overdue mothers, wherein seven out of eight women required no anxiety medication and delivered with less assistance and anxiety (Von Ruhle, 1995).^[17] There was another open study carried out on one hundred and fifteen patients of either anxiety or depression where

patients were assessed and individualized mixes of up to five of the remedies were prescribed and the outcomes were reported as either 'nil', 'partial' or 'complete' recovery. (Campinini,1997).^[18]

In a double-blind study of hundred healthy university students, who smoked less and consumed less alcohol, facing examination in a week, anxiety and stress levels were studied. They were administered the emergency remedy mix contrary to what Bach would have administered (larch for lack of confidence or Mimulus for known fears). It was found that no significant difference was seen in the groups with respect to primary outcome. (Armstrong and Ernst, 1999).^[19] A German version of Test anxiety Inventory was conducted on sixty one volunteers in a randomised, double blind, controlled, partial crossover, trial. All the volunteers were healthy students. No significant difference was detected in the groups but a notable difference in test anxiety was observed. (Walach et al, 2001).^[20] In another non-randomised trial was performed to examine the efficacy of BFR in moderate to major depression, twelve patients were admitted to multi-centre-within-subject' design. During the first month, the subjects were given usual care-all but one received psychotherapy and eight were administered allopathic antidepressants. During the second month along with the usual care, BFR was administered. Patients with BFR supplement therapy showed noteworthy improvements "The adjunctive use of flower essence in the treatment of depression was associated with a 50% decrement in BDI and HAMD ratings. These findings do not appear to be related to the clinical trial site, the number of essences given or the number of flower combinations used during the therapy" (Cram, 2001(a)).^[21] In another double blind, placebo controlled trial comprising of 24 volunteers; the effect of 'five flower formula' on stress response was investigated. Here the assessments involved used of physiological measurements by surface electromyography and autonomic nervous system activity using polygraph lie detector. The results are difficult to assess but subjects receiving flower remedy showed less stress response under test conditions. This is said to the first study to measure physiological change (Cram. 2001(b)).^[22,25]

In a pilot study conducted on children, aged 5 and 12 years, suffering Attention Deficit and Hyperactivity Disorder (ADHD) were randomised to receive either BFR or placebo along with their standard medication. Assessments of 3 weeks and 3 months showed that three of the BFR group children recovered fully and even discontinued their standard medication while those of placebo group were moved to inpatient hospital. The remaining two were

described as intermediated levels of functioning. The study though difficult to interpret in relation to natural course of disorder and number recruited provided limited evidence of incremental benefits of adding-in BFR to standard treatment in children (Mehta, 2002).^[23] Another similar study was conducted on forty children (aged 7-11) suffering ADHD were administered a specific mix of five remedies. Herein no individualization of prescription was in place. Twenty children were randomized to verum and placebo treatment four times a day for 3 months. At the end there was no significant outcome was seen in both groups but obvious improvements in both groups were observed. (Pintov et al., 2005).^[24, 29] In a study conducted to assess the efficacy of BFR in pain management, out of 384 subjects, 41 suffered pain. Of these, 46% felt treatment had relieved their pain; in 49% the physical outcome was unknown. About 88% of all subjects reported an improvement in their emotional outlook (Judy Howard, 2007).^[26]

Apart from directly targeting mental aspects, a study was conducted on patients suffering from diabetes mellitus and dyslipidemia. In this prospective randomized trial, 200 participants were divided in 2 treatment groups one administered the Rescue remedy and second group was treated with placebo. The result was a decrease in the use of oral hypoglycaemic agents and insulin, and a significant improvement in blood sugar levels, concluding that this therapy promotes the health of diabetic patients by balancing their emotional energy (Miriam Mahia Vilas, 2014).^[27] A recently conducted randomized, pilot, placebo controlled clinical trial on evaluation of effectiveness of cream based on BFR on symptoms of carpal tunnel syndrome encouraged the effective intervention of BFR in reducing the severity symptoms and providing pain relief and management of mild and moderate Carpal tunnel Syndrome. (Rivas-Sua´rez et al. 2017).^[28]

Apart from clinical trials and studies many of the doctors have incorporated these essences in their regular dispensary substantiating their positive effect on human health and mind. Trained as a psychiatrist but practicing general medicine, Dr. Filice incorporates flower essences as an integral treatment modality, along with his application of chelation therapy, nutritional therapy, endocrinology, preventive medicine, yeast-syndrome therapy, and allergy therapy. “A major advantage of the flower essences is that they offer the clinician a way of managing the tremendous psychosomatic components that present themselves with most illness.”^[30]

Role of Flower Essences in Health Care

As claimed by the proponents of Flower remedies, the mode of action doesn't depend on any pharmacological mechanisms but on the subtle energy transfer to the human system. This philosophy is more leaned towards spiritual healing rather than symptomatic healing. It can be compared to the basic philosophy of Ayurveda and homeopathy at many levels. In both these system individualization of medicines and potentiating the power of herbs is emphasized. In Ayurveda and Yoga, it is mentioned that vitality and power purifies the body and frees it from physical as well as mental illness.^[2] Also we find that Hahnemann laid foundation to the potentiating of the herbal remedies. Most of the 38 herbs are mentioned in the *Materia Medica* along with their healing effects on mind symptoms. The pharmacologically active principles of the herbs have proven effect on the mind and related symptoms. (Table no. 3.).

Table 3: Pharmacologically Active Principles of the Herbs.

Sr. No	Name of Herb	Botanical source	Active Principles
1	Agrimony ^[31,32]	Agrimonia eupatoria fam. Roseacea	5% tannins, carbohydrates, tannins, terpenoids, phenolic compounds (flavonoids), agrimony, agrimony lactone, glycosides and oils, triterpenoid (α -amyrin, ursolic acid, euscaptic acid), silicic acid, salicylic acid, traces of essential oil, flavonoids, organic acids, ascorbic acid, nicotinamide complex, vitamin K
2	Aspen ^[33]	Populus tremula	Salicin, lipids, populin
3	Beech ^[34,35]	Fagus sylvatica	Fatty acids, sterols, steryl esters, triglycerides, palmitic, oleic, linolenic, steric acid, glycerol, xylitol, wood monosaccharides, catechin
4	Centaury ^[36]	Centaureum umbellatum	Bitter glycosides, secoiridoids, alkaloids, xanthone derivatives, phenolic acids, terterpenoids, oleanolic acids, resins
5	Cerato ^[37]	Cerastostigma willmottianum	Plumbolactones A & B, plumbagic acid, isoshinanolone, epiisoshinanolone, plumbagin, N-transcaffeoyltyramine, N-trans-feruloyltyramine, myricetin, quercetin, tricetin 3',5'-dimethyl ether, vanillic acid, syringic acid, caffeic acid, and 6,7-dihydroxycoumarin.
6	Cherry plum ^[36]	Prunus cerasifera	Amygdaline and prunasin
7	Chicory ^[38]	Cichorium intybus	Inulin, concentrated combination of three sugars (pentose, levulose and dextrose) along with taraxarcine
8	Clemetis ^[36,39]	Clematis vitalba	Anemonin, caulosaponin, caulosapogenin, stigmaterol glycoside, ceryl alcohol, myricylalcohol, beta-sitosterol, trimethylamine, n-triacontane, n-nonacosane, ginnone, ginnol, and campesterol, as well as beheinc-, caffeic-, chlorogenic-, and melissic-acid
9	Crab Apple ^[40]	Malus pumila	phloretin, flavanoids, epicatechin, Ideain
10	Elm ^[41]	Ulmus procera	phenolics, steroids, and terpenoids
11	Gentian ^[42]	Gentiana lutea	Alkaloids, carvacrol, caffaeic acid, gentiopicrin, limonen, linalool, phenolic acid, swertimarin, tannins and various minerals
12	Goarse ^[43]	Ulex europaeus	Flavanoids(ulexin C, ulexin D , and 7-O-methylisolupalbigenin),
13	Heather ^[36]	Calluna vulgaris	Ursolic acid, β -sitosterol, chlorogenic acids(3-O-glucoside, 3-O-galactoside and 3-O-arabinoside)
14	Holly ^[44]	Ilex aquifolium	Aliharidis and saponins, phenolic compounds, terpenoides, sterols, alkaloids, anthocyanines
15	Honey suckle ^[45]	Lonicera caprifolium	Iridoids, anthocyanins, flavonols, flavanonols, flavones, flavan-3-ols, and phenolic acids.inalol, (Z)-jasmon, (Z)-jasmin lactone, methyl jasmonate, and methyl epi-jasmonate
16	Hornbeam ^[46]	Carpinus betulus	Quecertine, kaempferol
17	Impatiens ^[47]	Impatiens glandulifera	Dihydromyricetin (ampelopsin), eriodictyol-7-O-glucoside, kaempferol-3-O-glucoside (astragalin) and kaempferol-3-O-6-malonyl-glucoside, as well as the pre-purification of kaempferol-3-O-rhamno-rhamnosyldiglucoside, quercetin-3-O-galactoside (hyperoside), quercetin and kaempferol
18	Larch ^[48]	Larix decidua	Flavanones (naringenin, hesperitin, hesperidin), flavones (apigenin, vitexin), and flavonols (kaempferols, quercetins, isorhamnetins, myricetins, and syringetins),

19	Mimulus ^[36]	Mimulus guttatus	Phenylpropanoid glycosides, verbacosides
20	Mustard ^[6,49]	Brassica alba Sinapis arvensis	Sinigrin, allyl isothiocyanate, indole 3-carbinol, isohamnetin,
21	Oak ^[50]	Quercus robur	Phenolic acids, flavonoids and tannins
22	Olive ^[51]	Olea europaea	oleuropein, ligustroside, oleacein, flavonoids and triterpenoids. the olive fruit and olive oil contains the antioxidants phytochemicals hydroxytyrosol and oleuropein., .
23	Pine ^[52]	Pinus sylvestris	Catechins, taxifolin, and phenolic acids
24	Red Chestnut ^[53]	Aesculus carnea	Epicatechin and procyanidins
25	Rock Rose ^[54]	Helianthemum nummularium	Polyphenolic compounds, and kaempferol derivatives, chlorogenic and gallic phenylcarboxylic acids
26	Rock Water	Aqua petra	
27	Scleranthus ^[55]	Scleranthus annuus	Flavanoids and tannins
28	Star of Bethlehem ^[56,57]	Ornithogalum umbellatum	Cardenolides, phenols, flavonoids, Rhodexin A and rhodexoside
29	Sweet Chestnut ^[58]	Castanea sativa	Flavanoids and terpenoids
30	Vervain ^[59,60]	Verbena officinalis	Verbenalin and aucubin, Iridoid glycosides (verbenin, verbenalin, hastatoside), bitter principle, tannin, lupelo, aucubin, artemetin, volatile oil (including citral, geraniol, limonene, verbenone), mucilage, unidentified alkaloid, saponin, Iridoids, verbenin, verbenalin and bastatoside Miscellaneous; essential oil, mucilage and others.
31	Vine ^[61]	Vitis vinifera	Phenols, flavonols, flavonoids, ascorbic acid, anthocyanin, catalase, peroxidase, polyphenol oxidase
32	Walnut ^[62]	Juglans nigra	quinones, oils, tannins; nuts contain essential fatty acids, including cis-linoleic and alpha-linolenic, Nucin or Juglon
33	White Chestnut ^[63]	Aesculus hippocastanum	Quercetin and kaempferol, polyphenols
34	Wild Oat ^[64,65]	Bromus ramosus	Avenanthramides, saponins, phytoalexin and flavonoids such as vitexin and isovitexin
35	Wild Rose ^[66,67]	Rosa canina	Vitamin C, total polyphenols, and total flavonoids
36	Willow ^[68,69]	Salix vitellina	Salicin, Phenolic glycosides, tannins, flavanoids

Mother (Spiritual Collaborator of Sri Aurobindo) and Flowers

Pushpa Ayurveda.^[70] is a special treatise of Ayurveda which was developed primarily by Jain priests. The main basis of this was the ahimsa principle. It classified the flowers in 4 main classes. Various methods were used for treatment like Darsanam, Sparsha Vidhanam, Alepana Vidhanam, Aghrana Vidhanam and Asvadana Vidhanam. In Asvadana method of the therapy given was the Puspa Hima or the flower essence therapy. These ancient physicians were aware that matter was not the sole reality and through an inner sense or consciousness, approached animate or inanimate objects and intuitively grasp their essential qualities.

Mirra Alfassa fondly known as The Mother by her followers over time at Sri Aurobindo's Ashram, has given spiritual names to nearly nine hundred flowers revealing their deepest aspiration.^[80] From the start of the Ashram in 1927, the Mother used flowers in her interactions with the sadhakas. Over the time, there evolved a language of flowers by which the Mother communicated with the sadhaks. Within a few years, she had given names to hundreds of flowers. She like Bach believed that "By entering into contact with the nature of the flower, its inner truth. Then one knows what it represents."

Co-relating flowers and mental health

There is a mental projection when one gives a precise meaning to a flower. It may answer, vibrate to the touch of this projection, accept the meaning, but a flower has no equivalent of the mental consciousness. In the vegetable kingdom there is a beginning of the psychic, but there is no beginning of the mental consciousness. "When we study the messages given by the Mother to flowers we find that certain colours correspond to certain planes of consciousness, certain levels of the being. Mental health and illness is the manifestation of person's consciousness and establishing the link between the two one can select the correct remedy for any mental ailments or illness. Three simple methods are used to choose the remedy, Interaction,^[81] pulse method and Change in aura and tarot cards. These remedies are prepared by suspending the selected flowers in water for 2 hrs, strained and stored in bottles in mother's room for some time. Individual Sri Aurobindo International Institute for Integral Health and Research (SAIIHR) remedies.^[81] are as given in table no. 4.

Table 4: The Mother and Nine Flowers.

Sr. No	Name of the Flower	Category	Theme of remedy	Ailments helped
1	<i>Ixora thwaitessi</i> (white)	Peace in the Cells	Peace, balance, quietness, harmony and freedom in body and nerves	Insomnia
2	<i>Calophyllum inophyllum</i> (Alexandrian and Indian laurel)	Peace in the physical	Balances the physical, vital and mental levels.	Insomnia and Anxiety
3	<i>Guettarda speciosa</i> L.	Peace in the nerves	Calms and clears the emotions, bringing sudden clarity peace and order	Eczema, Alcoholism, Arthritis, Migraine, Asthma, Essential Hypertension, IBS
4	<i>Passiflora incarnata</i> (kaurava paadoava)	Silence	Deep quietness and freedom within	Migraines, Insomnia, Dysmenorrhoea, Premenstrual tensions, Psoriasis, Sinusitis
5	<i>Plumeria rubra</i> (champa)	Psychological perfection	To unity and to the soul within	Anxiety, Neuroses, Claustrophobia, Behavioural disorders in the mentally handicapped, Alcoholism, Sinusitis, Cervical Spondylosis
6	<i>Gomphrena globosa</i> (white; globe amaranth)	Integral immortality	For things that are 'stuck'	Inherited disorders ,Hyperacidity, Fissures, Piles, Mouth ulcers, Gingivitis, Asthma, Arthritic pains, Perianal abscesses , Cervical spondylosis
7	<i>Punica granatum</i>	Divine love	Deep force, intensity, warmth, full of joy and love	Menopausal problems, Eczema, Recurrent joint pain, Sleep disorders, Constipation
8	<i>Thymophylla tenuiloba</i> (hemanatherum)	Mental simplicity	Clears and makes the mental will transparent	Fixed ideas, Headaches, Colds
9	<i>Catharanthus roseus</i> (white; Sadabahar)	Integral Progress	Questions one's potentials, desires, habits, and ways of being	Sudden grief, Impaired mental development, Epilepsy in a mentally retarded child, Adolescent psychological conflicts, Diabetes mellitus

DISCUSSION

Human body is similar to a machine working on atoms and molecules, but according to quantum physics the apparent structure is merely a form of energy. Einstein quoted "The field is the sole governing agency of the particle". Everything we come across is giving off energy be it nature, innate objects or our thoughts, all are the part of certain energy fields. Flowers are the beauty of nature, smile of the divine. Since ancient times they have been regarded as symbols of peace, offerings, benevolence, love and above all the divine. Flowers

have also found a way into the complementary healing methods over the years. Various therapies like Puspa Ayurveda, Aromatherapy, BFR, Australian Bush Remedies, SAHIIR and other have emphasized the power of healing through flowers. All these focus on the ethereal 'energy' or 'vibration' that the flowers possess which is transferred to the water it is suspended in. Kirian's Photography.^[82,83] is one of the methods to establish proof that there is a subtle energy transfer between the flowers and the water. Quantum physics provides proof that the unseen signal is far more potent than seen signals.^[84] In the literature review carried out, most of the literature suggests that there is a spiritual touch to these remedies. Also the ancient system of medicines such as the Ayurveda and homeopathy believe in targeting the root cause of the disease and not the symptoms. Advancements in medical field have proved that the human body requires very small dose to alter or correct and target the receptors of the body. Novel targeting systems developed incorporate the active principles in micro-levels to achieve maximum effect avoid adverse action. Form this we can safely assume that how the flower remedies work may be proven through quantum physics.

CONCLUSION

Everything outside is the manifestation of the universe inside is the philosophy of ancient health care systems. If the mind and soul are in balance, the body is healthy and life is happy. In both the systems of flower essence included in this review, the basic principle behind the remedies is targeting the psychic of the patient and not the disease itself. As a modern science person it compels us to question the accuracy and intuition of the great minds of the past, on their understanding of the mother nature's healing powers and also that if these form of medicines are effective at such a potent level then there is a possibility that the novel drugs if administered in this nano-level will give the same effect. In the literature survey, till now we have not come across any literature stating the nano-medicinal property of individual BFR or any other flower essence remedy system.

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