



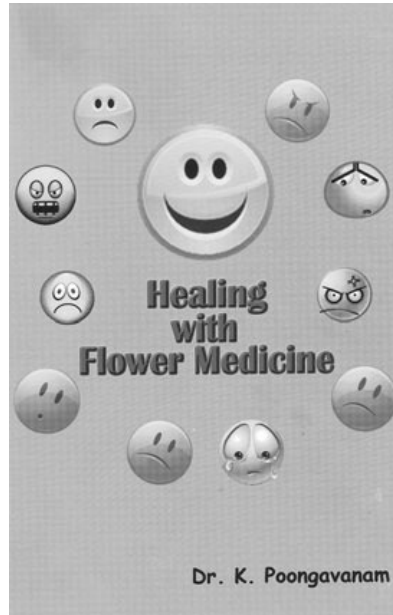
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Flower medicine for holistic healing



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By Meera Bhardwaj | ENS

Inspired by Dr Edward Bach, a bacteriologist, pathologist and homeopathic physician, the book *Healing with Flower Medicine* by Dr K Poongavanam is a lucid collation of remedies for healing both spiritual and emotional conditions.

The author has come out with a detailed *Materia Medica Flora* that lists out the

flower with its botanical name, matchings with the type of person or situation, the method of usage and ultimately, he has drawn a complete sketch of each flower remedy.

However, the author has specifically mentioned that the original source books for such remedies must be read like the “The twelve Healers” by Dr Edward Bach so as to understand and build a wider Materia Medica.

Way back in the 1930s, Dr Bach had opined that the dew found on floral petals retained healing properties of a particular plant.

Although often labelled as homeopathic medicines as they are used by diluting in water, strictly speaking, Dr Bach’s remedies were truly not that as they were not following the basic tenets of Homeopathy.

Bach said, “Illnesses were as a result of a conflict between the purposes of the soul and the personality’s actions and outlook.

This internal war lead to negative mood swings and to energy blocking, which caused a lack of harmony, thus, leading to physical diseases.

” Bach was satisfied with the method he had evolved either by boiling or nurturing in sunlight, because of its simplicity, and because it involved a process of combination of the four elements: the earth to nurture the plant, the air from which it feeds, the sun or fire to enable it to impart its power, and water to collect and be enriched with its beneficent magnetic healing.

Bach flower remedies are not dependent on the theory of successive dilutions, and are not based on the Law of Similars of Homeopathy.

The Bach remedies, unlike are all derived from non-toxic substances, with the idea that a “positive energy” can redirect or neutralize “negative energy.

” “To understand the suffering human mind and to make use of the suitable flower remedy, we need to follow different strategies.

Studying mind in its opposite condition helps towards this end,” says Dr Poongavanam.

He further says that to make best use of flower remedies, there is a need to adopt some techniques which will help us to understand, remember and recall those

symptoms which are given against each of them.

For instance, Agrimony, it is brooding, restlessness, grieving silently, etc and for Clematis, it is dreamy, drowsy, day dreaming, etc.

The book has highlighted seven groups as Dr Bach has placed all his 38 remedies in seven groups.

They have been clubbed in accordance with their affinity, or otherwise, with one another.

That way he made it possible to comprehend them by comparing and differentiating it with one another.

The seven groups, with their leading one line symptoms have been classified as : fear, instability, disinterest, loneliness, oversensitive, despondency and over care for welfare of others.

Apart from this, there is a combination of five flower remedies which is considered a savior in the real sense.

The Rescue Remedy which is the best known flower remedy is the combination of an equal amount each of Rock Rose, Impatiens, Clematis, Star of Bethlehem and Cherry Plum remedies.

The product is aimed at treating burns, cuts, contusions, hemorrhages, stress, anxiety, and panic attacks, especially in emergencies.

The author concludes that this is a remedy which if given at the right time can save life and definitely perform the function of a first aid remedy, in any condition.

A useful book, if properly understood and matched with the right person and group, however, do not try out this remedy on your own without expert help.

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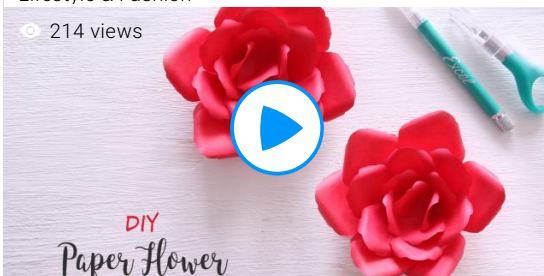
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