

Effectiveness of Bach Flower Remedies in the Cases of Depressive Disorders

(Advancements in Homeopathic Research, Vol. 6 No.3, August 2021-October 2021, Date of Publication 2021/08/1, Pages no. 18-22)

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Abstract

Background- Bach flower remedies (BFRs) are widely-available, popular form of complementary and alternative medicine (CAM). The flower essences can help us to improve our emotional and mental state, thus balancing the body and the mind.

Objective- to evaluate the effect of Bach flower remedies in the cases of depressive disorders.

Design- This is a retrospective analysis of the role of Bach flower remedies in depressive disorders.

Methods- 15 cases of Depressive Disorders were included in this study. Bach Flower Remedies were selected on the basis of Dr. Edward Bach guidelines. Assessment and reassessment was done using scale Hamilton depression rating scale.