

## **Edward Bach**



Edward Bach (1886-1936)

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### 1931 - Agrimonia eupatoria

"*Agrimonia* - The Inquisitor. This type is not always easy to diagnose as they mask their troubles. They are often, to casual appearance, genial and full of life's interest, and decidedly likeable people. They often drink heavily, though not to obvious excess; may be addicts to drugs; and desire excitements and a full busy life. Thus they hide the suffering within.

One feels with them there is a tragedy beneath, though they rarely admit it even to their best friends. Inside, they suffer torments; great fear of the present and especially the future, which may drive them to suicide. They care nothing for danger, and are reckless in all ways. They have no peace, are active, restless, always going, require little sleep. retire late.

They are usually very much interested in occultism and magic. They are in reality tormented souls who are weary of their suffering, and would prefer death as a better alternative, though outwardly, they put up a brave fight with forced cheerfulness.

Frequently it is found that they are worried by some tormenting individual, though their persecutor may be on another plane.

The remedy brings peace, removes their torments, decreases the desire for stimulants, and gives them calm.

As indicated above (from the *Homoeopathic World*, Dec. 1930, p. 327), one of the main keynotes of *Agrimonia* is the hiding of worry and anxiety under the cloak of an apparently cheerful and happy character. This characteristic is strongly marked in the five cases given below.

It seems also that most, if not all, of the patients of this remedy have highly colored healthy complexions, such as is usual with people who live an open air life.

#### CASE I - Female, age 45.

**HISTORY:** Chronic alcoholism many years, mostly spirits. Very excessive last two months. Last week practically taken no food, and had only an hour's sleep each night. Severe bouts associated with worry and anxiety.

**PRESENT STATE:** Patient semi-delirious, restless, frightened, pulse 120, pupils unequal.

**CHARACTER:** Patient always full of vivacity and geniality, hiding all worries under a cloak of forced cheerfulness, very active and restless; seeking excitement.

**DIAGNOSIS:** The character of fighting and concealing personal trouble by external cheerfulness indicates *Agrimonia*, which was given as follows:

DOSAGE: Nov. 29. Third potency, two doses. The same potency, two doses each, on Dec. 18, 24, 31.

PROGRESS: Within thirty minutes of the first dose the patient fell into a natural sleep lasting three hours. A second dose given, and seven more hours sleep obtained. Second day, marked improvement. Third day, about the house. Fourth day, the general condition better than for months. Since the first dose (five weeks ago) alcohol has been taken in strict moderation, desire for excess having disappeared. The further doses were given as prophylactic, through all of which the patient has maintained fully the improvement. The patient is calmer and more restful than she has previously experienced.

#### CASE II - Male, age 40.

HISTORY: Motor accident seven years ago. Fell on left shoulder. Paralysis of left trapezius followed and remained. Left scapula winged, unable to raise left hand above shoulder. Last six months, further wasting of arm muscles, with pain in region of lower cervical vertebrae. Patient worn out with pain and subsequent loss of sleep. Great worry lest paralysis should spread down arm.

CHARACTER: Living normal life, good cheery companion. Had concealed his infirmity from everyone, except his family, even his own friends had no knowledge of the trouble.

DIAGNOSIS: The cheerful concealment of pain and disability indicates *Agrimonia*.

DOSAGE: Third potency, two doses for three days, on Oct. 20, Dec. 18.

PROGRESS: All pain ceased five days after the first dose, and has not recurred. After ten days, movement began to improve, and continued until Dec. 16<sup>th</sup>. After the second dose, further improvement in movement until left hand could be raised within two inches of the right when held straight up; less winging of scapula; improvement in muscular tone. Has gained marked benefit to general condition, and mental peace and joy from loss of fear of further illness, which would have been serious to him financially.

#### CASE III - Female, age 37.

HISTORY: Chronic asthma for thirteen years. Compelled to give up business eleven years ago. Condition severe throughout winter, some slight relief during summer. Frequently confined to bed for three weeks intervals. Condition very poor.

CHARACTER: Courageous, hopeful of finding a cure, making light of malady. Even during attack attempts to be cheerful and talkative, and the mask to condition by effort to appear normal.

DIAGNOSIS: The brave attempt, even under the greatest difficulty, to conceal affliction and appear normal, indicates *Agrimonia*.

DOSAGE: Third potency, two doses, on Dec. 5, 9 and 13. Third potency, one dose, on Dec. 16, 21, 25 and 28.

PROGRESS: The condition began to improve immediately after treatment started. No serious attack has occurred, and the patient has worked every day since Dec. 8<sup>th</sup>. The weight is increasing and the general condition has markedly improved. She considers the disease is conquered.

#### CASE IV - Male, age 50.

**HISTORY:** Chronic headache, and pain over eyes; about two attacks each month, lasting one or two days. Great depression continually, persecuted by vague fears, overanxious, terrible mental suffering, only with greatest difficulty able to resist suicide. Tendency to alcoholism, but kept under control. Duration of about seven years. Had had many years of domestic anxiety and tragedies.

**CHARACTER:** Only one or two closest friends ever suspected that the patient had any worries. Always bright, apparently happy, full of humor, a good and cheerful companion at all times.

**DIAGNOSIS:** The magnificent success of this patient, under the cloud of anxiety and great loss, to remain outwardly happy and cheerful indicates *Agrimonia*.

**DOSAGE:** Third potency, two doses, on Oct. 2, Dec. 3.

**PROGRESS:** After three days very marked improvement began, and, with the exception of a slight recurrence on Dec. 1<sup>st</sup> the patient has been free of pain, and the whole outlook on life changed. He has been able to face all his difficulties without the least depression or worry.

#### CASE V - Male, age 45.

**HISTORY:** Chronic alcoholic of over ten year's duration, periods of great excess; had been given up by his family, and lost his business appointment one year ago. Last few weeks, drinking until three or even five o'clock in the morning. State of hopeless despair for some days.

**CHARACTER:** The patient had had years of domestic anxiety and unhappiness, and had fought as much as he could against the habit of alcohol. He had kept his troubles to himself, and always maintained an outward cheerfulness.

**DIAGNOSIS:** *Agrimonia*.

**DOSAGE:** Nov. 9, third potency, two doses.

**PROGRESS:** Immediate improvement. Desire for alcohol ceased, and none has been taken to present date, seven weeks later. The general condition is much better, and the mental outlook markedly brighter."

(Edward Bach, M. D., *Agrimonia Eupatoria*, *The Homoeopathic Recorder* vol. 46 (1931), p. 326-329. Reprinted from *The Homoeopathic World*, Dec. 1930, and Feb. 1931.)

### 1931 - *Clematis erecta*

"*Clematis erecta flora* - the ecstatic. For those who make "dreams their master"; live in their ideals, but do little on the practical side. Often book lovers, and become lost in their reading, especially in earlier life.

They are carried with religious or patriotic movements, becoming temporarily absorbed, and neglecting their ordinary duties. They will turn their attention from one enterprise to another rapidly.

They tend to form too strong attachments to other personalities, and place themselves under their power; this is voluntary and without fear, and may be associated with deep affection and the desire never to be parted. The stronger personality may use his influence adversely during life; or after death, call his partner over, hence the absence of fighting disease.

They have no great hold on life; it is not very much to them; they show little resistance to disease; seem to have no fear of death, no desire to get well. They are placid, calm, resigned to illness, not from patient courage, but because of their indifference.

Thus they have two phases - ecstasy concerning ideals, and in illness, calm resignation.

The remedy brings stability, and places the patient on a more practical plane; brings them "down to earth"; and so enables them to fulfil their work in this world.

The keynotes of *Clematis erecta* in the *Homoeopathic World*, Dec. 1930, are: Dreamy, drowsy dispositions; calm; resigned; loss of interest in daily life; often concentration too much on one individual. These patients are usually pale, sallow, and have a very weary and tired expression.

The following cases are typical examples of this remedy.

#### CASE I - Female, age 40.

HISTORY: Pain and weight in left breast several months; no medical advice sought until recently. Had lost fiancé four years ago, and since then had no interest in life, or desire to live.

PRESENT STATE: Carcinoma the size of a tangerine orange present, very adherent, nipple retracted, glands in axilla. Condition considered inoperable. Recently had x-ray treatment.

CHARACTER: Patient living in the past, calmly indifferent as to the result of the disease, and making no effort to be cured; only now seeking advice for relief of pain. Desires much sleep; day-dreaming during the day; and unable to give real attention for any length of time; loss of all interest and joy in life; rather hopes to die, but wants to avoid suffering.

DIAGNOSIS: The dreamy state, the indifference to disease, and even death, the absence of effort to get well, and the attachment to the fiancé, all indicate *Clematis erecta*.

DOSAGE: Third potency, two doses, on Nov. 11 and Dec. 19, 1929. Fourth potency, two doses, on Jan. 16. Seventh potency, two doses, on March 20, July 16, and Sept. 4.

PROGRESS: Improvement began at once, with less pain and discomfort. There was also a remarkable return of interest in daily life, and the patient decided to work hard and get well and forget the past. After two months, by Jan. 1930, the growth had practically disappeared; the glands were no longer palpable and the nipple less retracted. In March, July and September 1930, there was some relapse into the dreamy condition, and the former mental state, desiring the past, accompanied by some return of the condition of the breast. Each time all was removed by further doses. When last seen, November 1930, the whole state, local and general, was completely satisfactory. The x-ray probably helped to remove the growth in the first place, but there has been no such treatment since, during the later occasions of relapse. It is interesting to note that each time the patient relapsed into the longing to re-join her fiancé, the growth returned; and how, not only did the *Clematis* remove the desire, but also with it the physical signs and symptoms of the breast.

#### CASE II - Female, age 38.

HISTORY: Asthma all life. Seven years ago lost favorite daughter; since then became an invalid. Six years ago right arm and leg became paralyzed, with difficulty in speech. This followed the birth of a son, probably due to cerebral thrombosis. The patient was unconscious for three weeks at that time.

PRESENT STATE: Moderate chronic asthma. Right arm completely paralyzed, hanging by side, all sensation absent. Right leg spastic, able to walk with difficulty, very rigid. Speech hardly understandable, except to family.

CHARACTER: Patient obviously living in dreams; unable to concentrate or give any fixed attention; continuously weeping over loss of daughter.

DIAGNOSIS: The dreamy state, the complete living in the past, and the absence of interest in the present, indicated *Clematis*.

DOSAGE: Third potency, two doses for two days, on Nov. 24 and Dec. 1.

PROGRESS: No sign of asthma since the first dose. There is a complete return of interest in daily life, and every effort is being made to get well. All sad memories of the past have disappeared. The speech is quite understandable to strangers. There is less spasticity in the leg with more natural and easy movement. The patient has walked five miles without undue fatigue. There has begun a return of power, sensation and movement in the right arm and hand. She is full of happiness and joyful excitement at every little improvement, and is steadily progressing.

#### CASE III - Male, age 37.

HISTORY: Sent by firm in which he held responsible position, and was a valuable servant, because for the last few months he had become indifferent to his work, and was quite unconcerned as to his failure to fulfil his obligations. Wife died one year ago.

PRESENT STATE: Always sleepy; great difficulty in waking in the morning, and continually feeling that he had lost confidence and ability to continue his work. Loss of power to concentrate. Perfectly complacent, and obviously paying no real interest to present day affairs, his mind being concerned with other matters.

DIAGNOSIS: The utter complacency to failure, lack of interest, and the dreamy state indicate *Clematis flora*.

DOSAGE: Third potency, two doses for two days on Nov. 7, Nov 24, 1930, and Jan. 2, 1931.

PROGRESS: There has been steady, gradual improvement, and the patient has been able to continue work with increasing efficiency. He is now considered to have reached his normal state. The last six weeks an urticarial rash has been occurring, and is definitely associated with the improvement.

#### CASE IV - Male, age 47.

HISTORY: Overworked in city for several years. Last three months almost complete loss of memory, at times unable to remember home address or telephone number. Becomes sleepy during the day, and indifferent to his work. Domestic tragedy seven years ago.

PRESENT STATE: Expression vacant, thoroughly apathetic, quite contentedly resigned to the fact that he has become useless. Only with difficulty persuaded by friends to seek medical advice.

DIAGNOSIS: The drowsy state, the apathy, absence of all interest, and resignation, denote *Clematis flora*.

DOSAGE: Third potency, two doses, on May 1, Sept. 4.

PROGRESS: Rapid improvement, and the patient resumed business, and worked well until the end of August, when there was some relapse, and more doses were given. Since then the patient has remained well, and in a recent letter, stated that he considered himself cured."

(Edward Bach, M. D., *Clematis erecta* flora, *The Homoeopathic Recorder* vol. 46 (1931), p. 330-333. Reprinted from *The Homoeopathic World*, Dec. 1930, p. 330, and March 1931, p. 62.)

### 1931 - *Verbena officinalis*

"This is a remedy for those of definite spiritual advancement, who are endeavoring to live lives of altruism and service, and yet through a deficiency of some quality, such as wisdom, courage, steadfastness, tolerance, etc., are suffering as a consequence. They are the people who, quietly and uncomplainingly, make many sacrifices, and whose desire and object in life is to be of service to others. With them the motive is good enough, but they lack some quality to perfect their work.

#### CASE I - Male, age 68

HISTORY: Pain and weakness of the muscles of the back of the neck; unable to lift head, which hangs forward; both upper eyelids drooping; some difficulty with speech; attacks of giddiness and double vision. This condition started six months ago, and has steadily progressed. The patient is now worn out with pain and the tiredness caused by the difficulty of getting about with the drooping head and impaired sight.

CHARACTER: A very gently, kindly farmer, devoted to animals, and utterly regardless of self-service in his care and attention to them. High of principle in all affairs of life. Much respected for his ability and character. Some weakness in refusing dominating interference of relatives.

DIAGNOSIS: The gentleness and self-sacrifice denote *Verbena*.

DOSAGE: October 30, November 12, December 26, 1930, *Verbena*, a third, two doses for three days. January 6, 1931, a third, two doses for three days.

PROGRESS: Improvement began immediately after the first doses and was steadily maintained. The pain disappeared first, and then there was a gradual return of muscular strength of the neck and eye muscles. Since January 10<sup>th</sup> the patient has remained normal in all ways, and no doses have been necessary since then.

#### CASE II - Female, age 45

HISTORY: Sick headaches since a child, at first one a year, then two a year. For the last two years there has been a severe attack each month which keeps the patient in bed for two or three days. Constipation all life.

CHARACTER: Very gentle, with great desire to be of service to others. Devoting her life to the care of children. The excellence of her work was being interfered with by over anxiety, causing strain to herself.

DIAGNOSIS: The gentleness of nature, combined with ideal of devotion indicates *Verbena*.

DOSAGE: November 16, 1930, *Verbena*, a third, two doses for three days. January 2, February 1, 1931, a third, two doses for three days.

PROGRESS: There have not been any severe headaches since the first dose, and the general health has improved. The doses were repeated for the constipation which has been less during the last two months, and is steadily disappearing."

(Edward Bach, M. D., *Verbena officinalis*, *The Homoeopathic Recorder* vol. 46 (1931), p. 457-458. Reprinted from *The Homoeopathic World*, April 1931, Vol. LXVI, p. 95.)

### **1931 - Clematis vitalba**

"Native of the British Isles. Three separate preparations made - *prima*, *secunda* and *tertia*, to be used according to the severity of the case, *prima* for the mildest. The mentals are the most important. There is little desire for life, no enjoyment equal to that of death. They have no fears, but are calm and with no wish to do more than is absolutely necessary. They often require many hours of sleep at night and are difficult to wake. The whole constitution is sluggish and the complexion pale and muddy; they easily contract disease, but are not in the least perturbed. They are not nearly as sensitive to noise as the *Mimulus* type. The mentality is like that of an individual who has lost all that is dear to him and has little ambition to survive, whose life becomes a patient duty, merely to be born, until release occurs. Hence the absence of fear or of aversion to illness; indeed, many wish for this in the hope of passing out, and make no fight for recovery.

The physician with keen observation will notice this condition in all grades of severity in his practice, from the mild daydreamer to the subject of the most hopeless yet patient and placid depression. The severest type is sleepy sickness, in which this remedy has proved effective and there is every reason to hope that it will also be useful in some types of coma."

(Edward Bach, M. D., *The Homoeopathic Recorder* vol. 46 (1931), p. 489. From *The Homoeopathic World*, vol. 65, Febr. 1930, p. 35.)

### **1931 - Cichorium intybus**

"*Cichorium* - the egoist. These people desire to use others for their own purposes, they are possessive, the opposite of the loving self-sacrificing mother. They are loquacious, with rapid continuous talking, and weary others with their chatter. They are poor listeners, always bringing the conversation back to their own interests. They fuss and worry others over trivial things, they seem to desire to give others no peace, no rest. They are self-centred, hard natures, and full of their own affairs. Their very vivacity, at first perhaps entertaining and attractive, soon wearies those around.

They desire company and hate to be alone, in fact fear solitude, since they depend upon others for their supply of vitality. They obtain pity and attention through tales of self-pity, and through their maladies; they make much of their troubles, and will simulate illness if they find it brings to them care from others.

When unable to have their own way on important things, they are spiteful, revengeful, vindictive, and cruel. They are very persistent and scheming to obtain their own ends.

As relations to friends, they are demanding, and, although it is not always realized, they are a great drain of vitality.

They are often thin and pale, greasy skin, feel the cold. Chronic headache, indigestion, constipation, catarrh, colds and irritability are common ailments. Worry upsets them much, often causing abdominal discomfort and pain. Appetite large.

The remedy, in addition to relieving symptoms of this class of patients, stimulates sympathy with others, which is their lesson; hence turns their attention more from themselves, and so, out of sympathy for their victims, they cease their aggression and become of service to those previously devitalized.

The lesson is, through devotion to others, to become selfless.

As indicated above the *Cichorium* patient is possessive and dominant, desirous to control others. They will use any means in their power to attract attention to themselves, and to interfere with the happiness and freedom of others. They are often talkative, fussy, nagging, and may simulate or use illness to obtain sympathy.

#### CASE I - Female, age 70.

HISTORY: Indigestion with pain over heart, attacks for some years, but worse of late. The cardiac pain and fluttering necessitating rest in bed for one or two weeks at a time.

CHARACTER: Patient for forty years has been a trial to her husband and family. Always worrying them over trifles, and never allowing them rest or peace. Always fussing over details, demanding attention, devoid of all affection, a cold, hard nature.

DOSAGE: August 30, 1930, two doses of the third potency. August 27, 1930, one dose of the third potency. September 3, 1930, two doses of the third potency for three days.

PROGRESS: Improvement began at once, and the trouble has entirely disappeared since the completion of the last doses in early September, over six months ago. Moreover, the character has markedly softened and developed a certain amount of gentleness and consideration for others.

#### CASE II - Male, age 45.

HISTORY: Left-sided sciatica, with great wasting of the left leg, for two years. The patient has had to be off duty eight months during 1929, and five months during 1930. Always in pain, at times in bed for six weeks. Sleep and appetite very poor, patient wasted, color bad.

CHARACTER: A hard, thankless, domineering type, expecting his family to wait upon him, and using his malady to enforce attention.

DOSAGE: Third potency, two doses for three days, on January 16, 20, 26, 31, February 9, 21, March 5, 18.

PROGRESS: The patient has steadily improved, and there has been but little pain the last month. In spite of a severe winter, and his work being out of doors, he has not missed one day's work since treatment was begun. His color, appetite and sleeping are better and he has gained weight.

#### CASE III - Male, age 47.

HISTORY: Great irritability and nervous depression for some years. Difficulty to attend to business, and at home a great trial to his family. Wife feels unable to stand the strain any longer.

CHARACTER: Forceful, determined nature, insistent on having his own way, and caring little for others in his effort to obtain it.

DOSAGE: January 18, 1931, third Propolis, two doses for three days.

PROGRESS: Immediate improvement with loss of irritability and depression, which has been maintained without further doses over two months.

CASE IV - Female, age 38.

HISTORY: Catarrh and moderate deafness for one year. The difficulty of hearing is getting worse and interfering with her business capacity.

CHARACTER: A cold, hard, demanding nature, always attempting to over-persuade others to do her wishes.

DOSAGE: Third potency, two doses, on December 19 and 29, 1930, and February 5, 1931.

PROGRESS: The first series of doses caused marked improvement in both the catarrh and the deafness, and by the middle of February her condition was normal. The character is a little less dominant.

CASE V - Female, age 58.

HISTORY: Chronic rheumatism of hands, wrists, feet and ankles for severe years.

CHARACTER: A thin, puritanical type of woman who has ruled her household with a rod of iron. Not a spark of attention or sympathy.

DOSAGE: Third potency, two doses for three days, on October 23, 1930, and February 28, 1931.

PROGRESS: Improvement began after the first doses and steadily continued for four months. Since the second series her physical condition has almost reached normal.

CASE VI - Female, age 49.

HISTORY: Violent outbursts of temper for four years. Husband's health wrecked, contemplating separation.

CHARACTER: An intensely irritating, jealous, nervy woman who has made slaves of her whole family for years.

DOSAGE: September 16, 1930, a third potency, two doses for three days.

PROGRESS: The result was so good, and the improvement so well maintained, that it has not been necessary to repeat the dose (six months later). A letter of thanks was received from the patient recently."

(Edward Bach, M. D., *Cichorium intybus*. *The Homoeopathic Recorder* vol. 46 (1931), p. 874-878. Reprinted from *The Homoeopathic World*, December 1930 and June 1931.)