

# Cornelia Richardson-Boedler

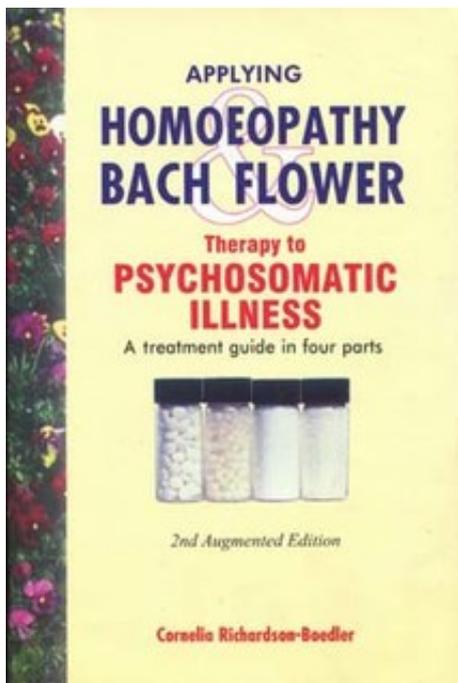
## Applying Homoeopathic Bach Flower - Therapy to Psychosomatic Illness

Reading excerpt

[Applying Homoeopathic Bach Flower - Therapy to Psychosomatic Illness](#)

of [Cornelia Richardson-Boedler](#)

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nettle rashes occur that are eased in cold fresh air. The skin of the whole body can be rough, dry, and excoriated, with the appearance as if covered by a miliary eruption. Generally, the skin is flaccid and quivering, clammy and cold. Patients sweat profusely, especially on the head, neck, and chest, during sleeping and from exertion; the feet and hands are continually moist.

### GROUP 7 MENTAL OBSESSION, PERFECTIONISM (SPIRITUAL PERFECTION)

In this group, the main conflict lies in the unfulfilled urge to achieve perfection and attain high standards within one's conscience and toward one's ideals. This urge is also present in face of emotional difficulties and life's problems. One tries repeatedly and obsessively to master oneself internally or solve an external problem that poses difficulties. As a result, the obsessive-compulsive strain creates tension, frustration, and perpetuated preoccupation that lead to mental/emotional fatigue and physical disturbances.

The challenge lies in allowing oneself to let go of preoccupation, once one has tried one's best under the circumstances. Unnecessary worry needs to be replaced with trust, personal perfectionism with tolerance and self-forgiveness. This attitude also aids others, should they have been included in the expectancy of performance of high standards. One needs to understand that spiritual and personal perfection also comes from being led, impressed, or inspired, that one cannot accomplish all personal growth through measures, control, and excessive preoccupation.

Breathing disturbances, gastrointestinal disturbance, skin

disorders, and sleeplessness can be caused by this error in the personality. Other psychosomatic diseases can have obsessive-compulsive traits as well. In the following diseases, however, these traits play a dominant role.

### 7:1 NERVOUS BREATHING SYNDROME - "RESPIRATORY CORSET"

This disorder is marked by respiratory constriction and inability to breathe freely. It often occurs in addition to cardiac symptoms and is found mostly in patients with obsessive-compulsive personality structures. The restricted breathing is a sign of inhibited self-expression.<sup>64</sup> Restricted self-expression, due to compulsiveness, thus serves as a mental "corset" affecting the breathing rhythm.

Bach Remedies: Pine, White Chestnut, Mimulus, Cherry Plum, Crab Apple, Rock Water, Oak, Willow, Gentian, Wild Rose, Elm.

Obsessive-compulsive tendencies can be addressed by *Pine* which heals excessive guilt and exaggerated attempts to appease one's conscience.

*White Chestnut* addresses mental preoccupation and fixation. It heals the recurring thought loop related to obsessive thinking patterns.

Anxiety and nervousness is healed by *Mimulus*, and *Cherry Plum* alleviates possible subconscious urges that are resisted with obsessive-compulsive measures. *Crab Apple* addresses any shame or self-disgust related to such possible issues and cures fixation of thought in regard to pushing problems out of proportion and despairing over them obsessively.

*Rock Water* is indicated, should the patient be characterized by excessive self-denial and unnecessarily strict or ritualistic self-discipline in attempting to achieve perfection or self-mastery.

*Oak*, likewise, addresses the "one-track mind" that is bent on working and achieving despite fatigue and hardship.

*Willow* is indicated in case an experience causing resentment is worked through repeatedly, without release.

*Gentian* is the remedy to enhance faith and trust, enabling to let go of obsessive measures and breathe freely again.

The oppressive nature of not being able to breathe is addressed by *Wild Rose*, indicated for feelings of powerlessness, and by *Elm* which heals feelings of being overwhelmed.

**Homoeopathic Remedies:** Arsenicum album, Natrium carbonicum, Aurum metallicum, Digitalis purpurea, Natrium muriaticum, Silica, Nux vomica, Cyclamen europaeum, Pulsatilla nigricans, Asarum europaeum, Thuja occidentalis, Lycopodium clavatum, Stramonium (Datura stramonium), Liliun tigrinum, Chelidonium majus, Rhus toxicodendron, Kalium carbonicum (3:4a), Ignatia amara (3:4a).

*Arsenicum album* patients are highly motivated to achieve order and perfection in the environment, as well as within the body and mind. Mentally, the interest is focused mainly on upholding one's standards of perfection in one's performance and conscience, while an urging for purity and health motivates the focus on the body. The leading idea centers around purging, cleaning, securing. Patients are nervous and restless and complain of regularly occurring suffocative attacks and a tense tightness in the breathing apparatus. The chest feels particularly oppressed from being angry, on

coughing or laughing, when in cold air, and on exerting physically as when walking or ascending. Generally, great anxiety, even inability to speak and faintness accompany the complaint during acute moments; breathing may be stertorous and wheezing. The even more severe suffocative attacks involve a spasmodic constriction of the larynx or chest that leads to anguish, coldness, weakness, a pain in the pit of the stomach, and fear of death. These attacks more frequently appear in the evening and on lying down. Lying on the back worsens the condition and incites violent heart palpitations causing anguish. Patients may also refer to a burning pain in the chest and in various parts of the body.(4:3a,5:1.)

*Natrium carbonicum* patients complain of a weakened nervous system and suffer aggravation from mental and physical exertion. A feeling of overexertion is incited easily, as even mere trifles instill anxiety and worry and are attended to with conscientiousness. Patients are prone to a recurring mental preoccupation with sad thoughts, worse from music, and to a tendency to harbor resentment against specific persons, though appearing rather cheerful and service-oriented. Challenges from the environment, in particular in regard to emotional impressions, are not integrated well and cause emotional exhaustion and overstimulation leading to depletion. In reaction/patients become overly mentalized, conscientious, and mentally preoccupied.<sup>24</sup> There is a concurrent oversensitivity to physical impressions; the sun generates headaches; heat and cold, storms, weather changes are aggravating. Hay fever occurs; there are food allergies, especially to milk, failure in assimilation of food, and sensitivity to drinking cold drinks when overheated. Jaundice and chronic inflammation of the liver may develop, likely due to an inability to tolerate disturbing confrontations or situations,

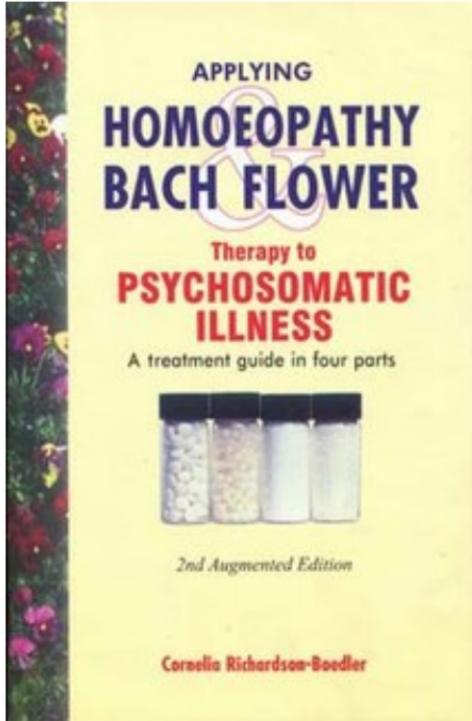
while suppressing one's true feelings. The nervous overexertion and failure to process affect the breathing apparatus as well; air is not "integrated" easily. Patients suffer from pressure and tension in the chest; shortness of breath and belabored respiration, especially during inspiration; shooting pains in the chest and in the sides of the chest; a cold sensation in the left side of the chest. Physical exertion, as well as lying on the left side, bring on strong heart palpitations causing anxiety.

*Aurum metallicum* patients show an overly conscientious, work-oriented attitude and a pathological tendency to depression and self-reproach. They feel nervously strained, sense that a nervous breakdown or a loss of mental control is imminent, are prone to rage, and suffer from an oversensitivity to noise, bright light, and excitement. There is also an obsession with certain ideas that cannot easily be shaken off, such as the feeling of having failed one's relations, of longing for deliverance by suicide. Even when encouraged as to their personal worth, patients insist on having failed (author<sup>1</sup>'s case observation, although patient discontinued treatment after an aggravation from a 200c dose). An imperial attitude, in this case turned against one's own self but normally also affecting others, is upheld and ultimately dictates to suicide as a means of deliverance from self-condemnation. The chest feels heavily oppressed and congested and is subjected to anxious heart palpitations; the region of the sternum seems to carry a burdensome weight and aches from the pressure. There are suffocative attacks, with faintness and bluish discoloration of the face. Respiration is especially impeded at night and during walking in the open air when deep inspiration becomes necessary. A dull pressure-like pain is felt right under the ribs, and there

is an almost constant aching in the left side of the chest. Patients are prone to ulcerous conditions and caries of bones; they are generally worse from sunset to sunrise.

*Digitalis purpurea* patients are hard-working, industrious yet may become anxious about the future, preoccupied with trifles, and prone to remorse and self-blame. Guilt feelings may arise from a tendency to be unsympathetic<sup>65</sup> toward others. A concomitant weakness of the heart intensifies the breathing difficulties, these being marked by a compressed and constricted sensation in the chest and directly in the lungs, which is worse in the night when lying down, in the morning when waking and compelling to rise, when sitting or walking, though suffocative spells instill a longing for the open air. Patients have a constant need to take a deep breath, being subjected to deep-sighing respiration and a weak, anxious sensation in the chest that appears to stem from the *storrach*. Generally, the *Digitalis purpurea* state is marked by an all-pervading weakness and lassitude, by faintness with perspiration, by vertigo, by a lack of organic, arterial, and muscular tonicity; in advanced cases, the slightest exertion or motion may cause collapse. There is a typical nightmare of falling from a height, from which patients wake with a start. Drinking cold water causes pain in the forehead extending to the nose. There is a general sensitivity to cold (cold food, cold weather). Patients are worse from alcohol, after eating; they are sad from listening to music.

*Natrium muriaticum* patients turn inward after grief and disappointments and may develop obsessive traits, expressed in the conscientiousness about trifles and quick annoyance at minor mishaps. Patients are also subjected to resentment, as well as to remorse and self-blame. Chest complaints focus on a sensation of tightness and nervous ten-



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A Treatment guide in four parts

766 pages, hb



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