

The following table can serve as a DESK-GUIDE for any Bach Flower Practitioner. It covers all 38 remedies classified into the seven groups, as per the teaching of Dr Edward Bach. The key for remedy-selection is to match the mental state of the patient with either of these groups, and then to select appropriate remedies as per the individual remedy-indications.

<b><u>BACH FLOWER REMEDIES</u></b>		
Seven remedy-groups with their key-indications		
<b>FEAR</b>		
MIMULUS	SPECIFIC FEARS	Nervous & fears of known origin. Enuresis.
ASPEN	VAGUE FEARS	Vague fears of unknown origin. Apprehension.
ROCK ROSE	PANIC - TERROR	Panic epidemic with no scope to escape. Affects people around.
CHERRY PLUM	OUT OF CONTROL	Desperation. Actual or Fear of losing control. Impulsive.
RED CHESTNUT	OVER-ANXIOUS	Excessive fears & worries about close ones for justified cause.
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<b>UNCERTAINTY</b>		
CERATO	INDECISIVE	Self-distrust → Asks & gets confused with advices → Laments.
GENTIAN	DISAPPOINTMENT	Depression from Disappointments / Setbacks ( Pessimistic
GORSE	HOPELESS	Patient of Incurable disease. Despairs recovery. Evolves slowly.
HORN BEAM	MENTAL FATIGUE	Monday morning blues. Tired before starts; but does well later.
SCLERANTHUS	CHANGEABLE	Uncertain, unsteady, mood swings. Procrastination. Delay.
WILD OAT	DISSATISFACTION	Lacks Motivation, Priority, Mission or Goal of Life.
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<b>NOT SUFFICIENT INTEREST IN THE PRESENT CIRCUMSTANCE</b>		
CHESTNUT BUD	MISTAKES	Inattentive. Repeats mistakes. Doesn't learn from past.
CLEMATIS	DAY DREAMER	Lives in fantasy. Inattentive. Pre-occupied - Indifferent.
HONEY SUCKLE	PAST PAST PAST	Clings, Regrets, Grieves & Remorse over past. Escapes present
MUSTARD	DARK CLOUD	Sudden Psoric Depression. Without known cause. Temporary.
OLIVE	TOTAL FATIGUE	Mind + Body. Drained down. Every action seems an effort.
WHITE CHESTNUT	RECURRENCE	Prisoner of persistent thoughts & actions. Tics. Blocked ideas.
WILD ROSE	RESIGNATION	Apathetic resignation with struggle of life without complaining.
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<b>LONELY</b>		
WATER VIOLET	ALOOF PIONEER	Capable & Efficient thinkers. May get superiority complex → Stiff.
HEATHER	SELF-CENTERED	Always concerned about his problems. Desperate in solitude.
IMPATIENCE	IMPATIENT	Can't wait. Forces others or works alone. Irritable & Restless.
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<b>OVERSENSITIVE TO INFLUENCE &amp; IDEAS</b>		
AGRIMONY	CHEERFUL MASK	Mental torture concealed from others. Reserved - mind & body
CENTAURY	TIMID SLAVE	Lack of Will. No choice but to obey others. Door Mat.
HOLLY	JEALOUSY	Hatred, Envy, Distrust. Case calling for many remedies.
WALNUT	ADAPTATION	Old habits. Ailments at epochs. Transformations & changes
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<b>DESPONDENCY &amp; DESPAIR</b>		
CRAB APPLE	THROW IT	Cleanser. Over-emphasis on trivial details. Wants to get Rid Off.
ELM	RESPONSIBILITY	Bogged down under Responsibility Load. Confidence Crisis.
PINE	GUILT	Blames self even for others' faults. Tyrant conscience.
WILLOW	SELF PITY	Bitter, Resentful & Frustrated. Blames everyone than self.
LARCH	NO CONFIDENCE	Capable but Fear of failure; no try. Happy with other's success.
OAK	NEVER GIVE UP	Work against odds. Stands strong and holds. Nervous collapse.
STAR O BETHLEHEM	SHOCK	After effects of Shock in any form, howsoever remote.
SWEET CHESTNUT	NO WAY OUT	Severely Hopeless & Helpless with utter despair of recovery.
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<b>OVER-CONCERN FOR THE WELFARE OF OTHERS</b>		
BEECH	INTOLERANCE	Discipline. Intolerance. Critical. Unsympathetic. Lacks Humility.
CHICORY	SELFISH	Possessive. Self interest. Self pity. Attention seeking.
ROCK WATER	RIGID RULES	Extreme self discipline. Inflexible views suppress natural needs.
VERVAIN	OVER - ZEALOUS	Over Enthusiastic for a Cause. Breaks with overstrain.
VINE	DICTATOR	Ambitious. Dominating. Ruthless. Self-righteous. Loves power.
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