

## **Efficacy of Larch in Students with Low Self Esteem: A Prospective Non Randomized Trial**

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### **Abstract**

Study to investigate the efficacy of Bach flower remedy larch in cases of low self-esteem in students was carried out with 50 students of Motiwala homoeopathic medical college .study hypotheses that Larch is efficacious in improving self-esteem in students. Students who fell in to grade III and gradeIV of Sorensen Scale were selected after screening of 234 students. Written and informed consent were duly signed by the subjects' .After history taking they received dose of larch dispensed by physician himself. Dose was repeated every 15 days. Follow ups were taken fortnightly to evaluate the effect of medicine. Mean score before treatment was 24.78 and after treatment was 8.84.This showed significant improvement in self-esteem scores after 6 months of treatment. Hypothesis was tested using Z test .Z score was 13.62, at confidence level of 95% table z value is 1.96.Hence Nulls hypothesis got rejected.

**Key words:** Bach flower remedies, low self-esteem, Sorensen scale

### **Introduction:**

Self-esteem relates to capabilities , that is , what you feel you can do, what level of risk and challenges you can take on, how much confidence you have in your ability to surmount obstacles . It is quality with which most of the peoples are lacking with.

- a) Fear & anxiety are cornerstones of low self-esteem.
- b) When they do something they deem to have been stupid, something they think others have noticed & something that confirms their own feelings of inadequacy, incompetence being undeserving or unlovable.
- c) During these situations they may withdraw or isolate while feeling embarrassed, humiliated, devastated, depressed & even despairing depending on how seriously they perceive their mistake they may not recover for minute, hours, days or longer.
- d) Low self-esteem is the underlying cause of much of the depression people suffer. They feel that there are things they can't do well especially as it concerns social skills being successful initiating and maintaining relationships or having the courage to try new things. As a result they often feel hopeless about their situation and about their future, because those with the low self-esteem feel so inadequate, they automatically think that others see them in the same way and that others are laughing at them, will likely reject them, do not respect them, & will take advantage

of them, they tend to be overly sensitive & easily offended.

- e) Hyper vigilance, lack of confidence, lack of assertiveness, obsessive-compulsive or addictive behavior, workaholic behavior, overachieving behavior, poor relationships & social skills, depression are all types of low self-esteem.
- f) We have observed some of the renowned homoeopathic practitioner using this remedy for the said condition so we decided to take the topic for our dissertation to quench our curiosity.

**Nulls Hypothesis:** Larch is not efficacious in improving low self-esteem of students.

**Aim:** To study the Efficacy of Larch in students suffering from low self-esteem.

**Objectives:**

1. To categorize the prevalence of low self-esteem in students of Motiwala Homoeopathic Medical College Nashik.
2. To observe the changes in degree of Low self-esteem.

**Review of literature:**

Passive personality traits

1. Hesitant approval – seeking speech passive individual often seeks the approval of others with their speech. They are incredibly fearful of upsetting others so they attempt to soften the impact of their comments through permission seeking.
2. Broken speech pattern – as they lack in confidence, passive people tend to lack in any form of certainty when they are expressing their opinions. Their speech pattern will lack in rhythm or flow. Hesitations are often accompanied by ‘err’ and ‘um’ or similar noises.
3. Belittling their own views – fear of upsetting others often results in them with this.
4. Putting the preferences of others first approval seeking nature of passive behavior leads the individual to place a higher value on the preferences and needs of others than they place on their own.
5. Overpowering self – criticism.
6. Self-deprecating- while many people use self-deprecation as a form of humor, passive people tend to be quiet serious when they resort to it.
7. Soft spoken with declining volume – passive people are usually very soft – spoken. They tend to lack confidence both in themselves and what they have to say. Therefore, keeping their voice down helps them to avoid drawing attention to themselves.
8. Avoiding eye contact – it is one of the most common signs of passive behavior. Due to lack of confidence, shame, guilt, or a host of others negative emotions, the passive person is unable to look into eyes of other person. They try to look away, often at ground in order to avoid eye contact.
9. Discomfort with gesture whether with their facial expressions or their body language, passive people send clear signals of their discomfort, even when they are trying to act confident their

appearance of discomfort will be a giveaway.

**Bach flower remedies: Introduction**

- a) In early part of the 20th century a British physician named Edward Bach developed a system of healing based on flowers.
- b) Each of these flower remedies was created by dipping a particular type of flower in water and then preserving the fragrant liquid with brandy.
- c) According to Dr. Bach the appropriately chosen flower could be used to treat emotional problems such as shyness, anxiety and grief.
- d) Numerous additional remedies were added to original repertory proposed by Bach and this form of treatment is widely used today.
- e) For those who do not consider themselves as good or capable as those around them who expect failure who feel that they will never be successful and so do not venture or make strong enough attempt to succeed.
- f) This therapy was first introduced by Dr. Bach in 1930

**Bach flower remedy: LARCH**

Personality trait of remedy: Classic larch types are the people who say without resentment or jealousy, "I can't do that." they may use excuses, such as "I'm not well enough, "or" it's because I'm a woman.

Drug preparation: Larch is the remedy, prepared by boiling the young twigs with leaves and flowers, belongs to the group of despondency or despair, together with the remedies of Pine, Elm, and Sweet chestnut, Star of Bethlehem, Willow, Oak and Crab Apple. These remedies address states of severity, of being burdened by a lot that cannot be overcome, and despair develops. Larch, in particular, aids in low self-confidence when a stifling cloud of self-doubt and negative expectancy hinder one's progress in life.

Clinical utility; Larch helps to restore confidence in one's own abilities. Those in need of larch have such an in-built unconscious certainty of failure that they never attempt to do new things in life and never discover their true potential. They automatically feel inferior to others and will stand back allowing those that they feel are better able than themselves to take up opportunities. Larch helps to remind those with such traits that deep down they do have ability to restore their confidence.

- a) Bach flower remedies can be taken by everyone children, babies, animals, and plants included safety and without fear of side effect overdosing or addiction.
- b) Self-esteem is the major challenge of our era. It lies at the heart of many of the diverse issues and challenges we face in life.
- c) In fact, it is precisely because low self-esteem does not seem to be the problem that is so very insidious.
- d) Many people who suffer from low self-esteem attribute their challenges to wholly different causes. It does not even occur to them to relate their problems how they regard themselves at the

deepest level.

- e) In this way, problem is externalized.
- f) However doing this merely moves a person further away from real problems and from solution
- g) Thus by disguising itself as some other more immediately visible issue, low self-esteem is never tackled and overcome. It remains to rear its ugly head again

#### **Reviews of Farokh Master about larch**

- a) No self confidence
- b) Used before exams
- c) Convinced of failure even to try
- d) Will never be successful
- e) Cannot do well as others
- f) Feels inferior
- g) Possesses a false modesty
- h) Admires success of others without envy/jealousy
- i) Secretly knows ability is there
- j) Expect failure
- k) Allows others to take up opportunities which come his way due to lack of self confidence
- l) Feels will never get success so do not try enough
- m) Hesitant
- n) Procrastinate
- o) Succumb easily and feels inferior. Their sense of failure makes them despondent though in fact they are perfectly capable if they could persevere.
- p) General depression

#### **Reviews of V.Krishnamoorthy**

1. No confidence in themselves or in their own abilities
2. They are sure they will fail
3. They are not frightened but convinced that they cannot do well as others
4. Full of interest and ambition

Self-esteem studied by wirgil zeigler hill, Christian jordan, Jessica j. Cameron

They dealt with how individuals feel about themselves this exceptionally diverse literature has examined numerous issues surrounding self-esteem including its potential causes consequences and correlates.

Passive personality traits

Hesitant approval – seeking speech passive individual often seeks the approval of others with their speech. They are incredibly fearful of upsetting, others so they attempt to soften the impact of their comments through permission seeking.

Broken speech pattern – as they lack in confidence, passive people tend to lack in any form of

certainty when they are expressing their opinions. Their speech pattern will lack in rhythm or flow. Hesitations are often accompanied by ‘err’ and ‘um’ or similar noises.

Belittling their own views – fear of upsetting others often results in them with this.

Putting the preferences of others first approval seeking nature of passive behavior leads the individual to place a higher value on the preferences and needs of others than they place on their own.

Overpowering self –criticism.

Self-deprecating- while many people use self-deprecation as a form of humour, passive people tend to be quiet serious when they resort to it.

Soft spoken with declining volume –passive people are usually very soft –spoken. They tend to lack confidence both in themselves and what they have to say. Therefore, keeping their voice down helps them to avoid drawing attention to themselves.

Avoiding eye contact – it is one of the most common signs of passive behavior. Due to lack of confidence, shame, guilt, or a host of others negative emotions, the passive person is unable to look into eyes of other person. They try to look away, often at ground in order to avoid eye contact.

Discomfort with gesture whether with their facial expressions or their body language, passive people send clear signals of their discomfort, even when they are trying to act confident their appearance of discomfort will be a giveaway.

### **Material & methods:**

Study setting: Students of Motiwala Homoeopathic Medical College.

Selection of sample: Subjects fulfilling the criteria of low self-esteem from Motiwala Homoeopathic Medical College will constitute our study group.

Sample size: 50 subjects Method of collection

1. Screening method.
2. Sorensen scale questionnaire will be used for screening method.
3. Students qualifying the criteria will be interrogated in our OPD according to case record format, medicine Larch will be prescribed.

### **Study design**

Comparative before and after study.

### **Inclusion criteria:**

1. Students qualifying Sorensen scale.
2. Students in IIIrd & IVth grade.

### **Exclusion criteria:**

1. Patients with renal failures, diabetes, neoplasm, valvular heart disease, cardiac failure.
  2. Patients taking any other medications.
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**Intervention:**

Dosage:-Larch 1 dose stat (1drops of Larch in 4-6 pills).

Selection of tools:

Sorensen's self-esteem test

**SCORING SYSTEM OF SORENSEN'S SELF ESTEEM TEST:**

0-04 Statements.....you have fairly good self esteem

05-10 Statements.....you have mild low self esteem

11-18 Statements.....you have moderately low self esteem

19-50 Statements.....you have severely low self esteem

**Procedure in brief:**

After enrolment and in depth interview with patients was conducted according to homoeopathic principles & was recorded in a case record Performa. After complete case taking Larch was prescribed.

The initial prescription of medicine was made in a single dose (4-6 pills of globule no.30) followed by Placebo (4 pills of globule no.30)the follow up was taken after every 15 days for 6 months through scheduled visits, to monitor the condition of patients to record the changes in behavior & relapse of symptoms if any.

In case of increased irritability & anger, patients were prescribed placebo, response of the prescribed medicine was assessed & further treatment was done. Medicine was repeated depending on frequency, intensity of symptoms till perceptible changes appeared, improvement in signs or symptoms, appearance of new symptoms, worsening of signs & symptoms, was immediately followed by placebo. In cases where no signs of improvement were noticed, medicine was continued. This medicine was prescribed repeatedly as per the intensity.

Statistical analysis-

Fig No.01: Pie chart representing no of cases surveyed, eligible & enrolled:

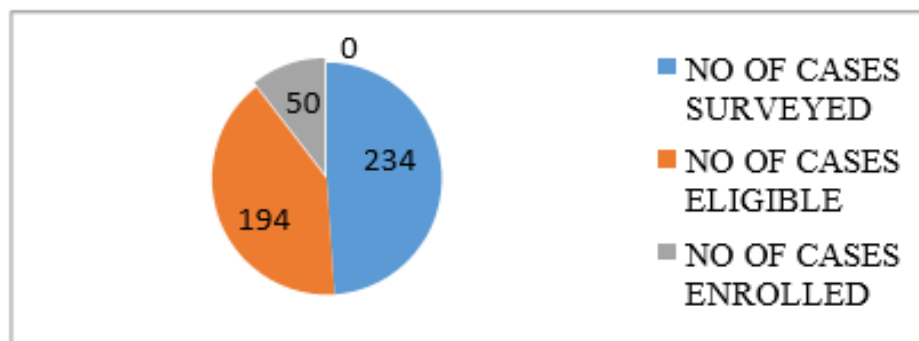
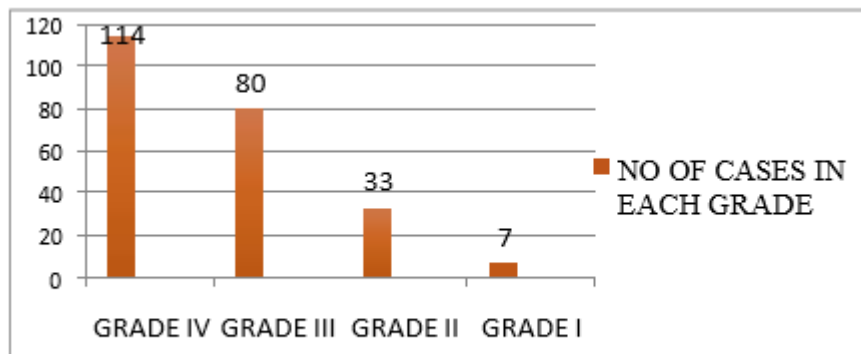


Fig no:02- Bar chart representing GRADE of students that were surveyed



Z test was used to compare means before and after treatment with an objective to test hypothesis.

Mean score before treatment	Standard deviation before treatment	Mean score after treatment	Standard deviation after treatment	Calculated value of Z
24.78	7.24	8.84	4.006	13.62

At the confidence level of 95% table value of Z is 1.96 which is less than calculated values so nulls hypothesis is rejected.

**Discussion**

During screening of 234 students from first to fourth year BHMS, 194 students were falling under grade 4 & grade 3 level of low self-esteem as evaluated by Sorensen scale .Out of these fifty students had given consent to undergo trial. After treatment following changes were seen in the grades of low self-esteem.

Grades	Before treatment	After treatment
Grade 4	43	0
Grade 3	7	19
Grade 2	0	26
Grade 1	0	5

The above table indicates that the scores of low self-esteem regressed after treatment. Three students experienced increased irritability after fourth follow up, two students after third follow up and one student each after first and second follow up where medicine was then discontinued.

A large multi centric randomized control trial suggested.

**Conclusion:**

Larch is efficacious in treatment of low self-esteem in students.

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