

# Introduction to the science of Anthroposophical Medicine

From a student's perspective

# Overview

- Science
  - Goethean vs Newtonian
- Anthroposophy
  - Spiritual Science
  - Six Basic Exercise
  - Four bodies
  - Three fold human being



What is



“The intellectual and practical activity encompassing the **systematic study** of the structure and behavior of the physical and natural world through **observation** and **experiment**.”

From Latin *scientia*, from *scire* ‘know.’

# Naturopathy

From Wikipedia, the free encyclopedia

**Naturopathy** or **naturopathic medicine** is a form of **pseudoscientific, alternative medicine** that employs an array of practices branded as "natural", "non-invasive", and as promoting "self-healing". The ideology and methods of naturopathy are based on **vitalism** and **folk medicine**, rather than **evidence-based medicine**.<sup>[1]</sup> Naturopathic practitioners generally recommend against **modern medical practices**, including but not limited to **medical testing, drugs, vaccinations, and surgery**.<sup>[2][3][4][5]</sup> Instead, naturopathic study and practice rely on unscientific notions, often leading naturopathic doctors to diagnoses and treatments that have no factual merit.<sup>[6][7]</sup>

Naturopathic medicine is considered by the **medical profession** to be ineffective and possibly harmful, raising **ethical** issues about its practice.<sup>[6][8][9]</sup> In addition to accusations from the medical community, such as the American Cancer Society,<sup>[10]</sup> naturopaths and naturopathic doctors have repeatedly been accused of being **charlatans** and practicing **quackery**.<sup>[6][11][12][13][14][15]</sup> Over the years, many practitioners of naturopathic medicine have been found criminally liable in the courts of law around the world. In some countries it is a criminal offense for naturopaths and naturopathic doctors to label themselves as medical professionals.

Naturopathic doctors are campaigning for more recognition in the U.S. and Canada.<sup>[16]</sup>

## Naturopathy

### Alternative medicine



A homeopathic preparation of Hepar sulph

Claims

"Nature Cure"

# Holes in modern medical science

Limited insight into cause  
Limited ability to diagnose  
Limited success in treatment

**Morbidity** — Despite a reduction in the risk of premature death, patients with SLE are at risk for significant morbidity due both to active disease and to the side effects of drugs such as glucocorticoids and cytotoxic agents [145]. Glucocorticoid-induced avascular necrosis of the hips and knees, osteoporosis, fatigue, and cognitive dysfunction have become particularly important problems as patients live longer with their illness with a concomitant increase in total glucocorticoid exposure [146]. (See "[Major side effects of systemic glucocorticoids](#)" and "[Prevention and treatment of glucocorticoid-induced osteoporosis](#)".)

Factors that may be associated with a shorter delay between disease onset and organ damage include [147]:

- Hispanic ethnicity
- Greater disease activity
- A history of thrombotic events
- Glucocorticoid use of less than 10 mg per day

Contents | Patient Education | What's New | Practice Changing Updates | Calculators | Drug Interac

thematosus | sle pathophysiology | Find | Bookmark | Patient | Print

**ETIOLOGY** — The etiology of systemic lupus erythematosus (SLE) remains unknown and is clearly multifactorial. Many observations suggest a role for genetic, hormonal, immunologic, and environmental factors.

**Genetic factors** — The following observations are compatible with a genetic role in the pathogenesis of SLE [42-44]:

- There is a high concordance rate (14 to 57 percent) of SLE in monozygotic twins [45,46].
- A large population-based study from Taiwan with over 23 million participants found that first-degree relatives have a 17-fold increased risk of SLE compared with the general population [47].
- The sibling risk for developing SLE is 29-fold higher than in the general population [48].
- Twenty-seven percent of 195 children of mothers with lupus had a positive test for antinuclear antibodies (ANAs) [49].

Genome-wide association studies (GWAS) have identified approximately 50 gene loci with polymorphisms (or, rarely, mutations or copy numbers) that predispose to SLE [15,50-53]. However, this genetic information accounts for only 18 percent of susceptibility to SLE, suggesting a large

Source: Uptodate.com

# Johann Wolfgang von Goethe vs. Sir Isaac Newton



# Light approaching

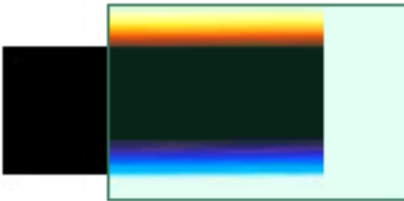


Thinner

Thicker



Observer

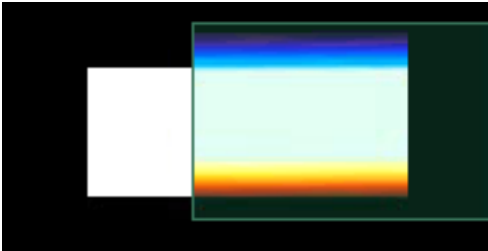


# Light departing



Thicker

Thinner



# Color Theory

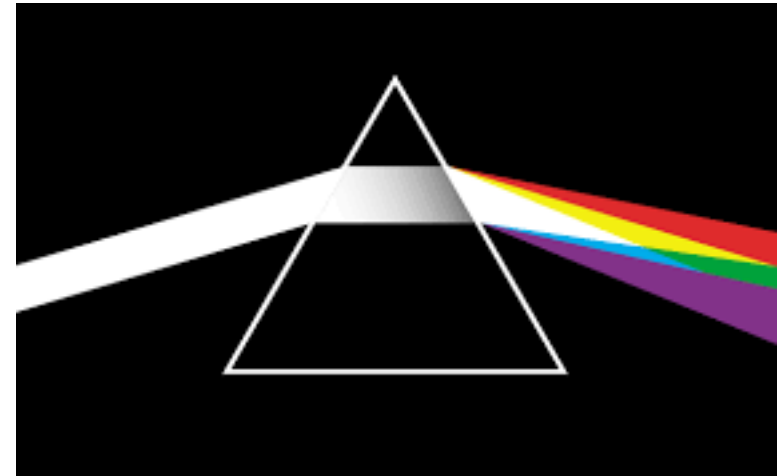
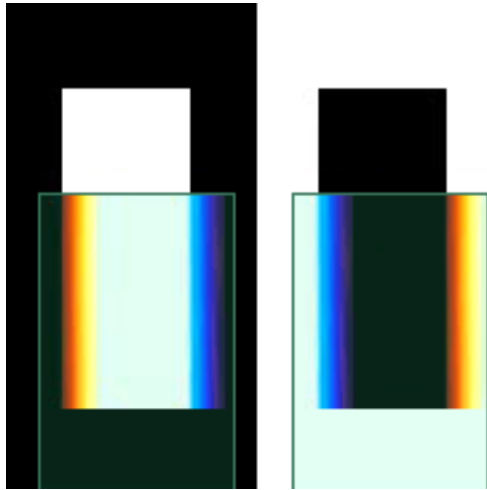
Goethe

vs.

Newton

Direct Observation

Controlled Conditions





# Contrast Sciences

Goethe

- Includes **observer**
- **Uncontrolled** everyday experience

Newton

- Objective **no observer**
- **Controlled** isolated laboratory conditions

Scientific Method  
system  
repeatable  
Observations  
Experiments

What is



“The intellectual and practical activity encompassing the **systematic study** of the structure and behavior of the physical and natural world through **observation** and **experiment**.”

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# Plant Study Group



# Calibrating your tools

Goethean



Newtonian

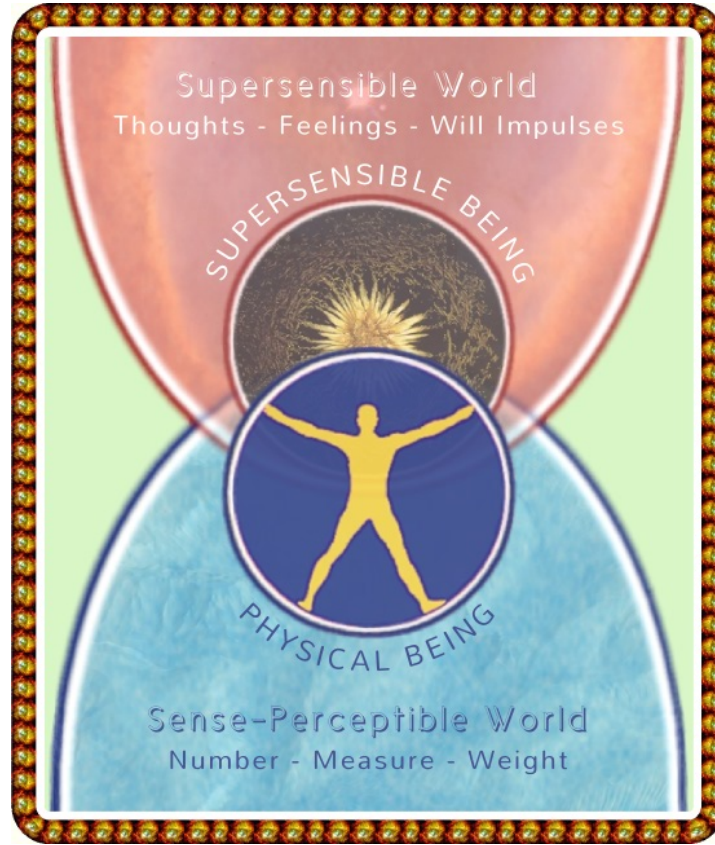
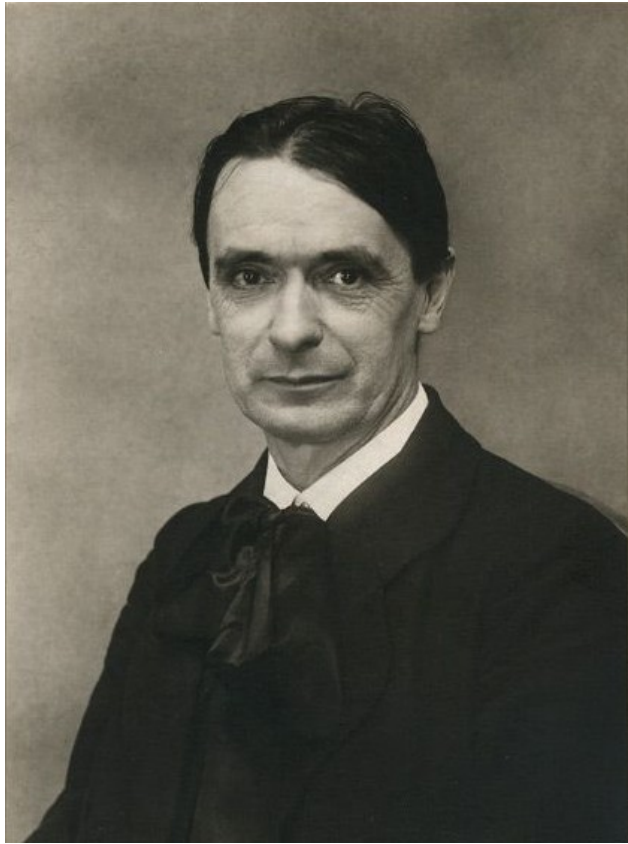


# Anthroposophy

- Creation of Anthroposophy
  - Translation – ‘human wisdom’
  - Synthesized and Organized
- influences
  - Paracelsus
  - Goethe
  - Alchemy
  - Hippocrates

Spiritual Science





# Rudolf Steiner

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# Calibrating your tools

Goethean

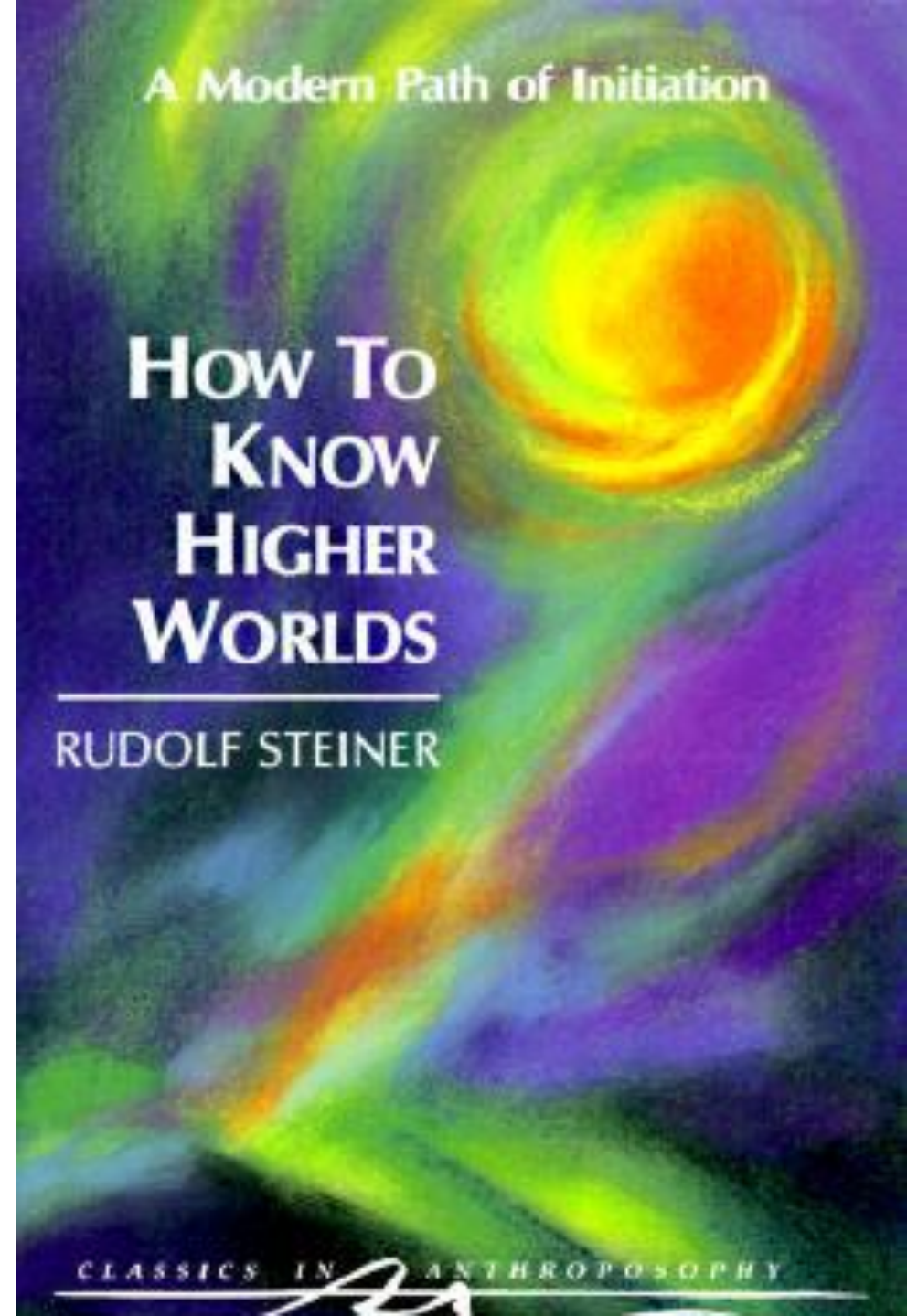


Newtonian

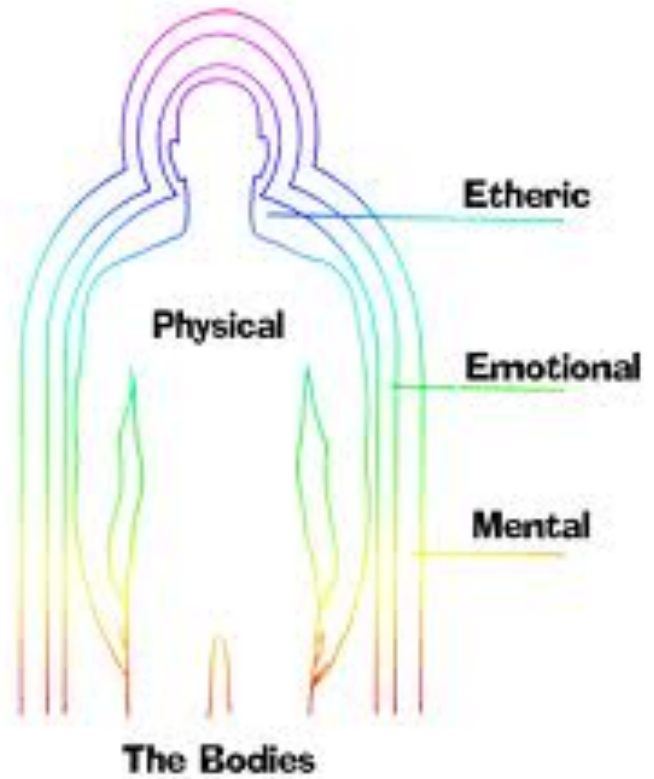


# Six Basic Exercises

1. Control of thought
2. Control of will
3. Equanimity of feeling
4. Positivity
  1. thinking and feeling are combined.
5. Open-mindedness aims to be always open to new experiences.
  1. feeling and willing are combined.
6. Inner harmony







EARTH  
Physical

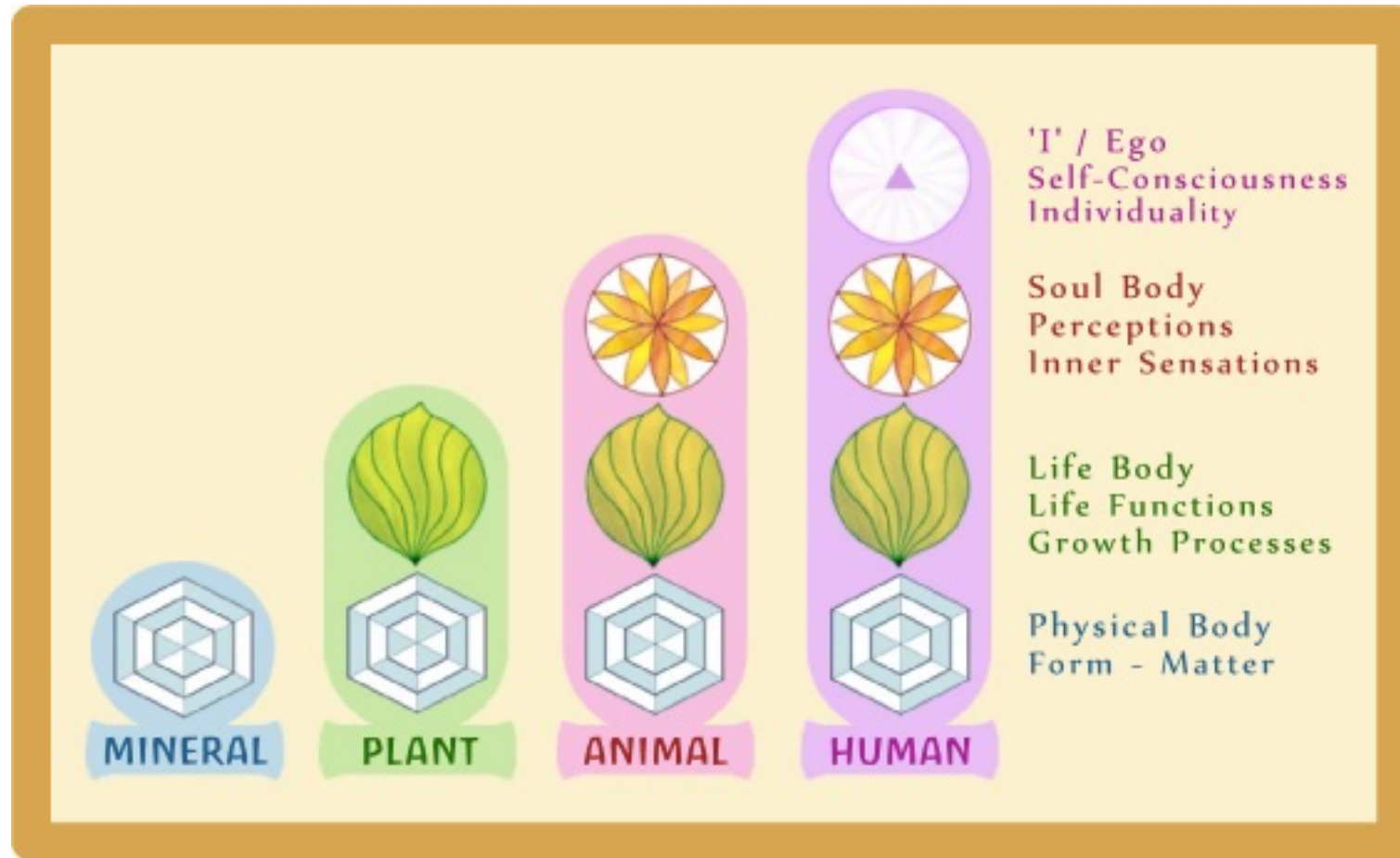
Water  
Etheric

Air  
Astral

Fire  
I

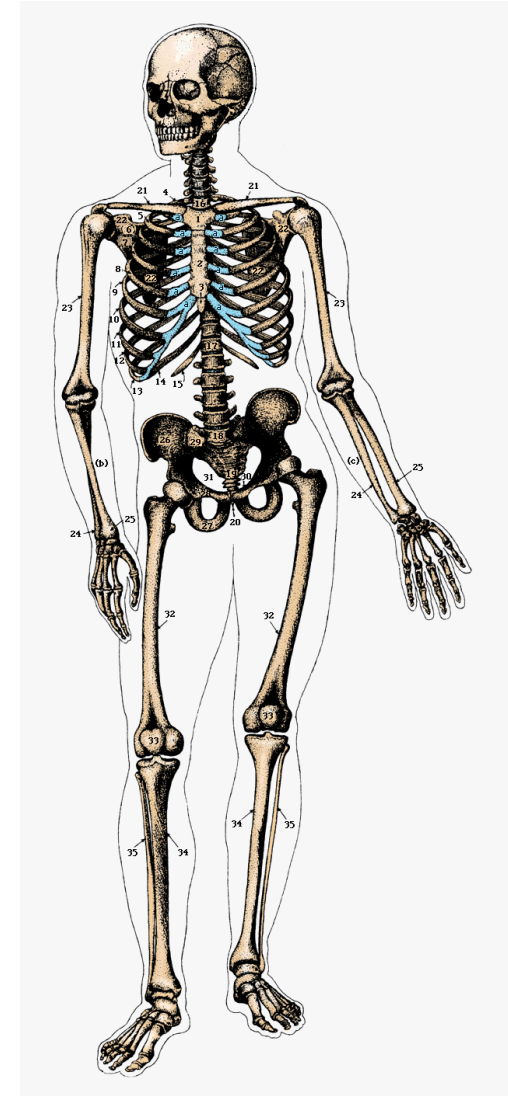
# Four Bodies

# Four Bodies Evolution



# Physical Body

- Earth Body
- Medium: Mineralization
- Process: Structure
- Organ system: tissue
- Focus of conventional medicine



# Etheric or Life Body

- Vegetative Plant Body
- Medium: Water
- Seat of the vital forces
- Chinese “Po”
- Process: Growth
- Organization system: hormones, organizing physiology



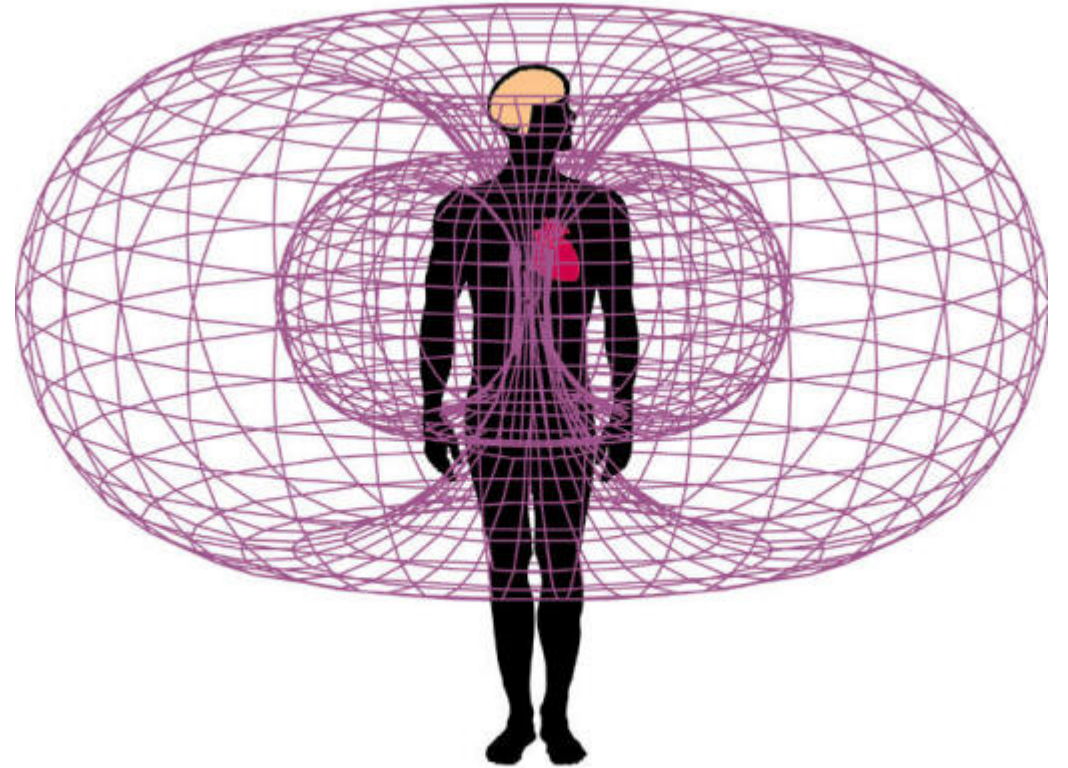
# Astral or Animal Body

- Animal-sentient soul body
- Medium: “Air” or gas, associated with inner “light” element
- Chinese Hun
- Process: Instincts
- Organ system: Nervous system



# Ego or I Body

- “Fire”
- Medium: Warmth
- Chinese “shen”
- **Self-awareness**, intention, creativity, moral thinking
- Organ system: blood and Immune system



# Modes of Perception



- Earth mode: Intellect and **analytical** mind. (perception of physical and **mineral structure**)
- Water mode: **Imagination** and sculptural mind (perception of **living processes**)
- Air mode: **Inspiration** and musical mind (perception of **emotional state** and soul)
- Fire mode: **Intuition** and poetic mind (Perception of **spirit**)

# Targeting Treatments

Physical: Minerals, Basic Nutrients

Etheric: Herbal remedies

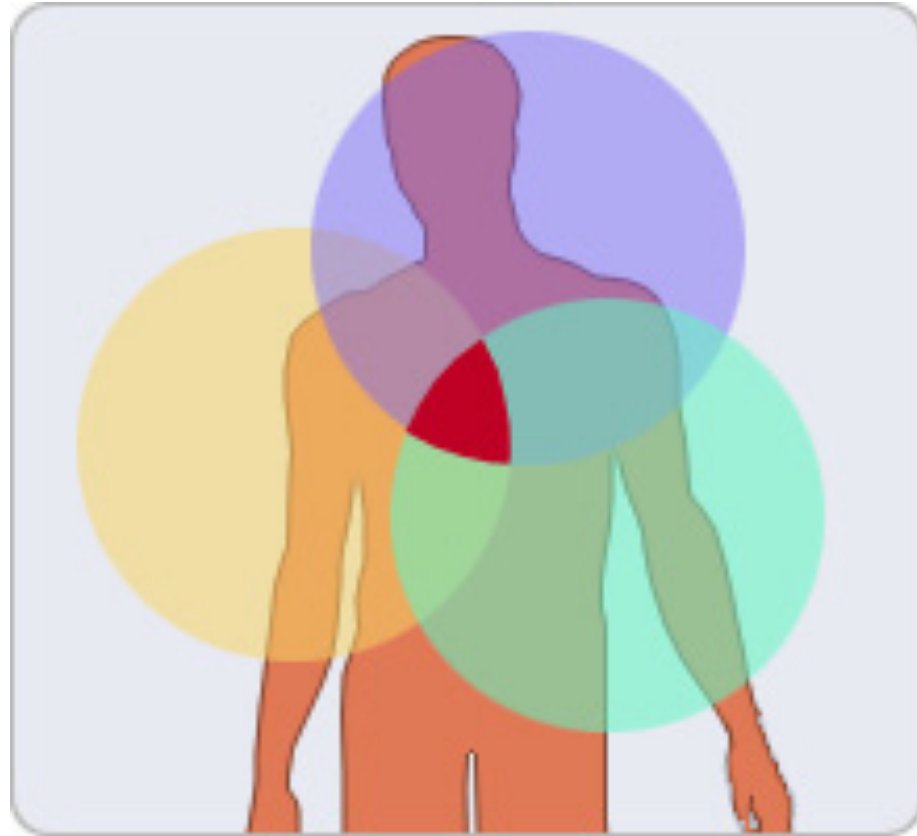
Astral Body: homeopathy, low dose herbs

Ego Body: Psychotherapy, Meditation, Art therapy,  
Music Therapy, Self Cultivation, 8 extra channels





# Interaction of the Four Bodies



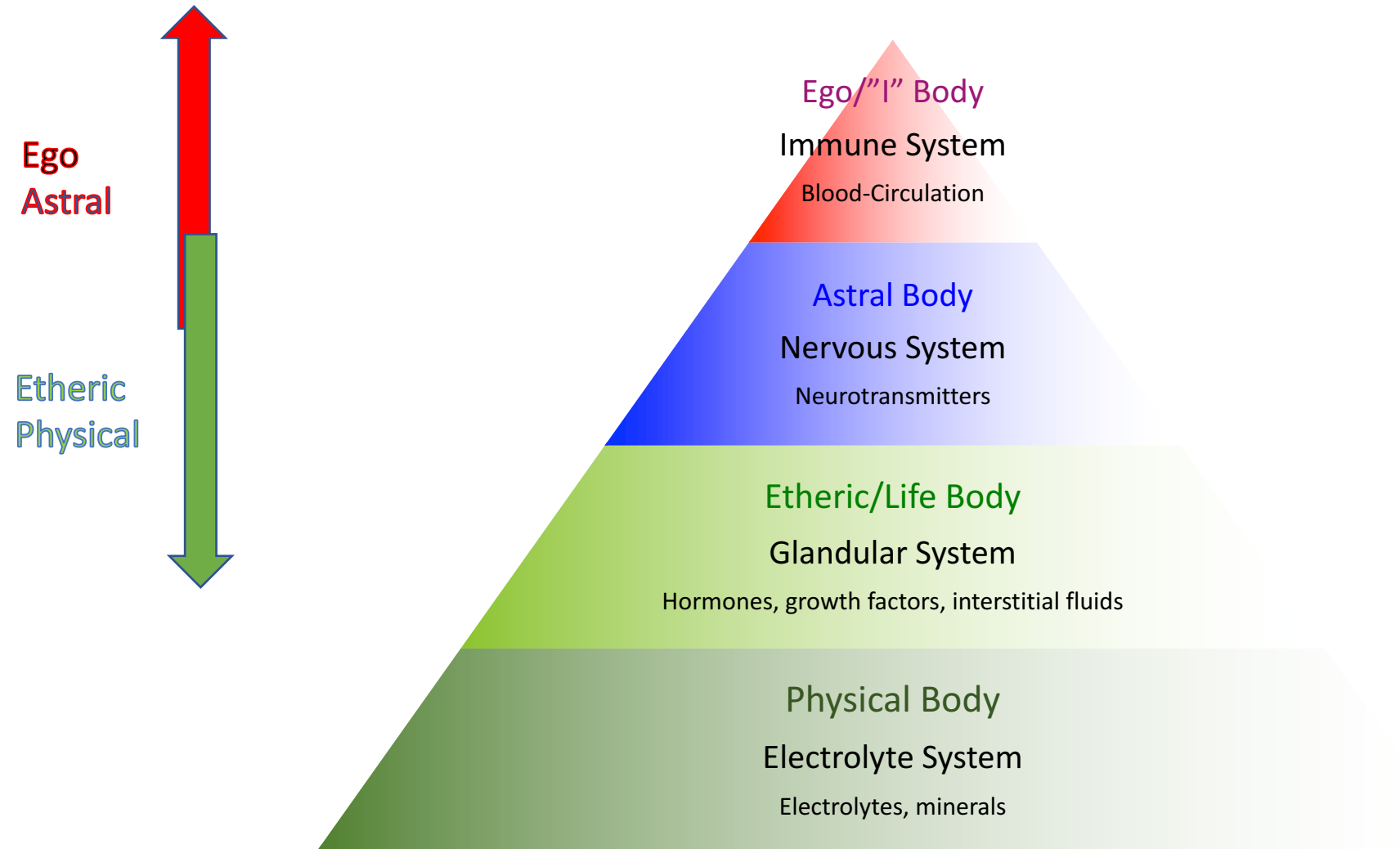
# Case Study

- 39 yo M. insomnia
  - Racing thoughts at night
  - Sluggish in morning
- Other
  - Constipation
  - Anxiety
  - Drinks caffeine throughout day
  - Stalled career relationship



**DAVE**

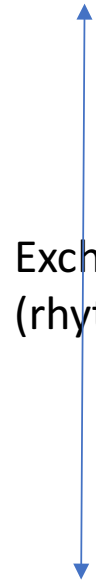
# Insomnia: non-separation of four bodies



# 3 Fold Polarities



Upper pole  
(nerve sense)

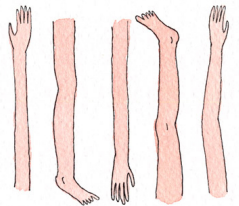
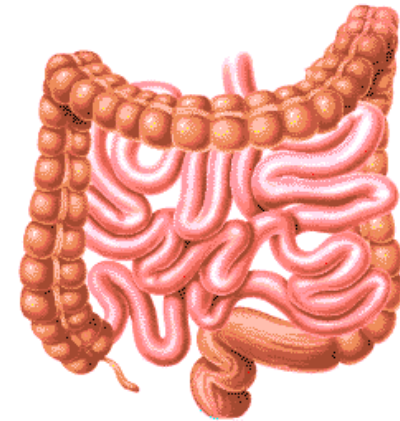
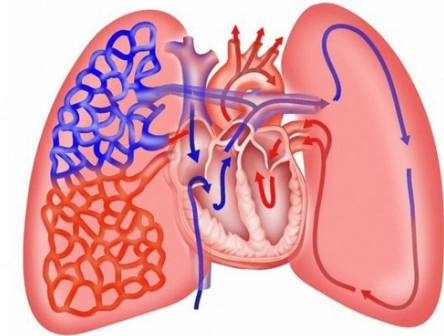
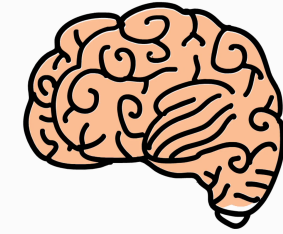
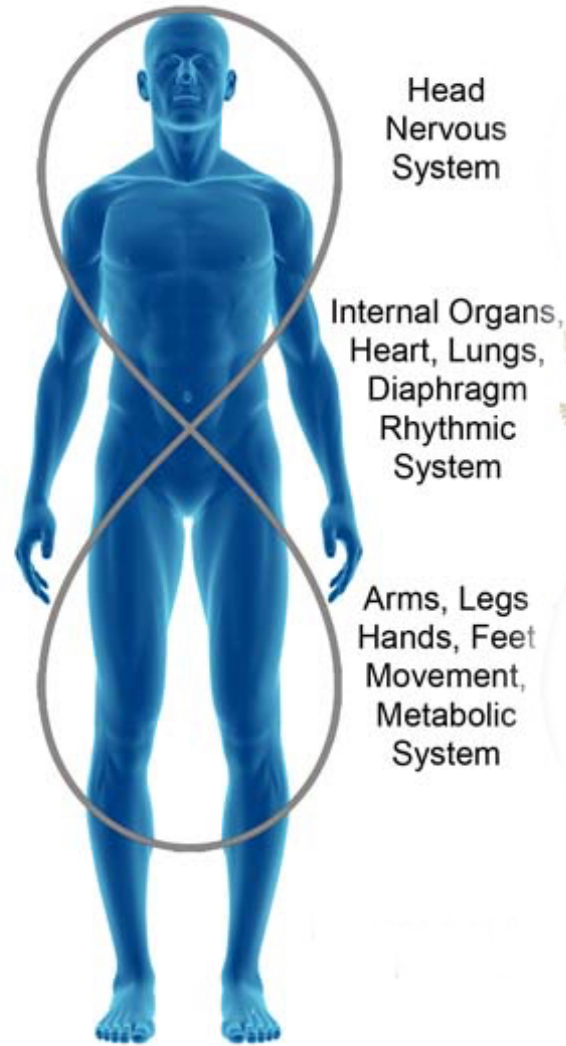
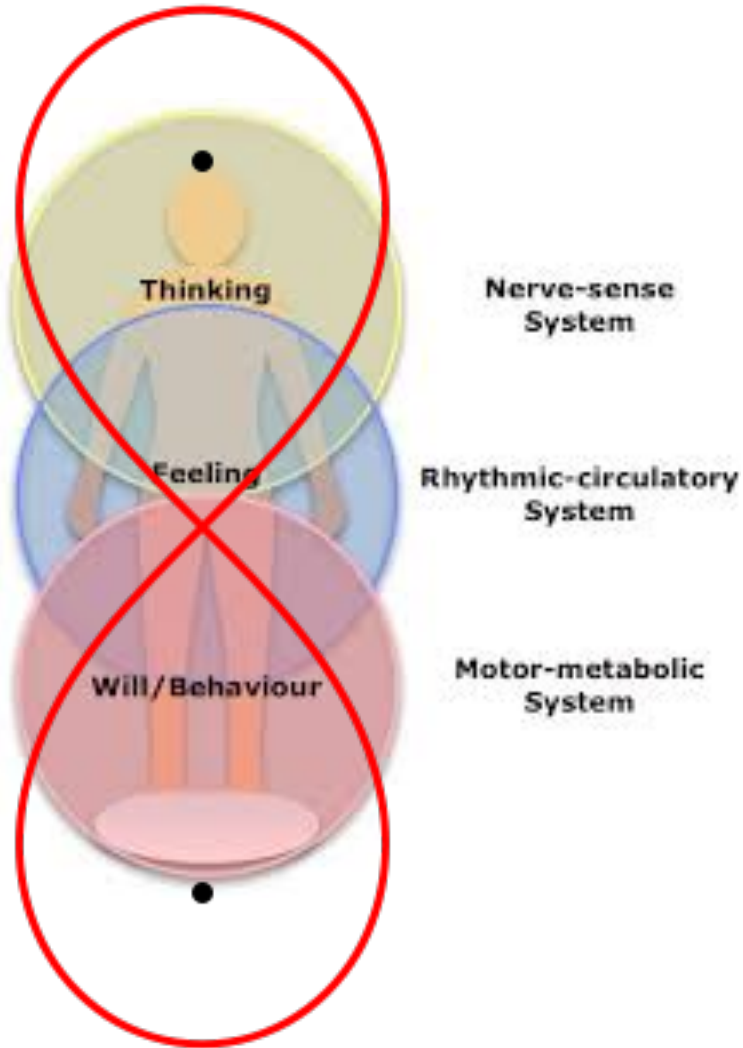


Exchange  
(rhythmic)

Lower pole  
(metabolic limb)



# 3 Fold Human



# 3 Fold Polarities

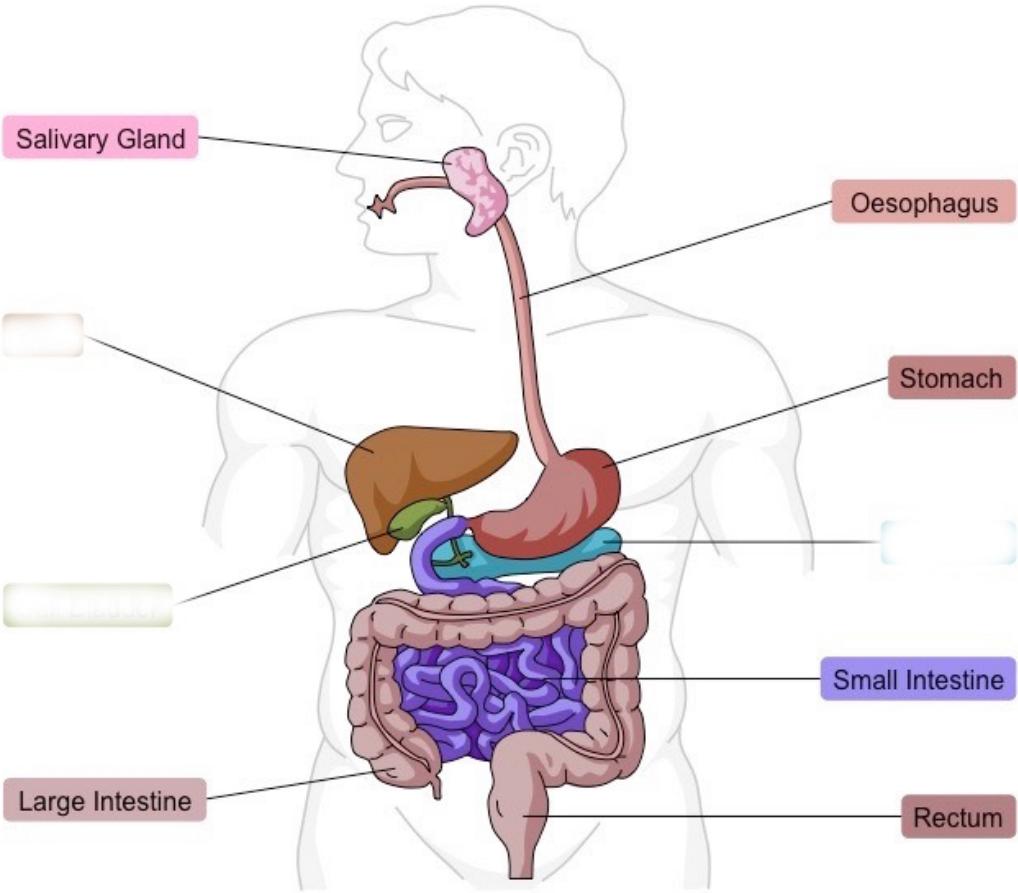


Upper pole  
(nerve sense)



Exchange  
(rhythmic)

Lower pole  
(metabolic limb)



# 3 Fold Polarities



Upper pole  
(nerve sense)



Exchange  
(rhythmic)

Lower pole  
(metabolic limb)



Head  
Nervous  
System

Internal Organs,  
Heart, Lungs,  
Diaphragm  
Rhythmic  
System

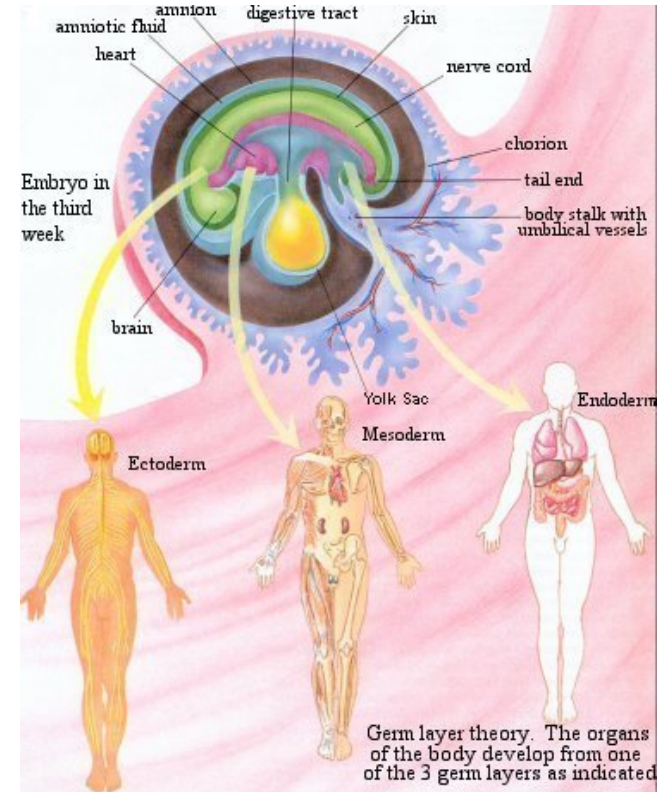
Arms, Legs  
Hands, Feet  
Movement,  
Metabolic  
System



Humans and Animals are Mobile  
Plants are Stationary

# Treatment

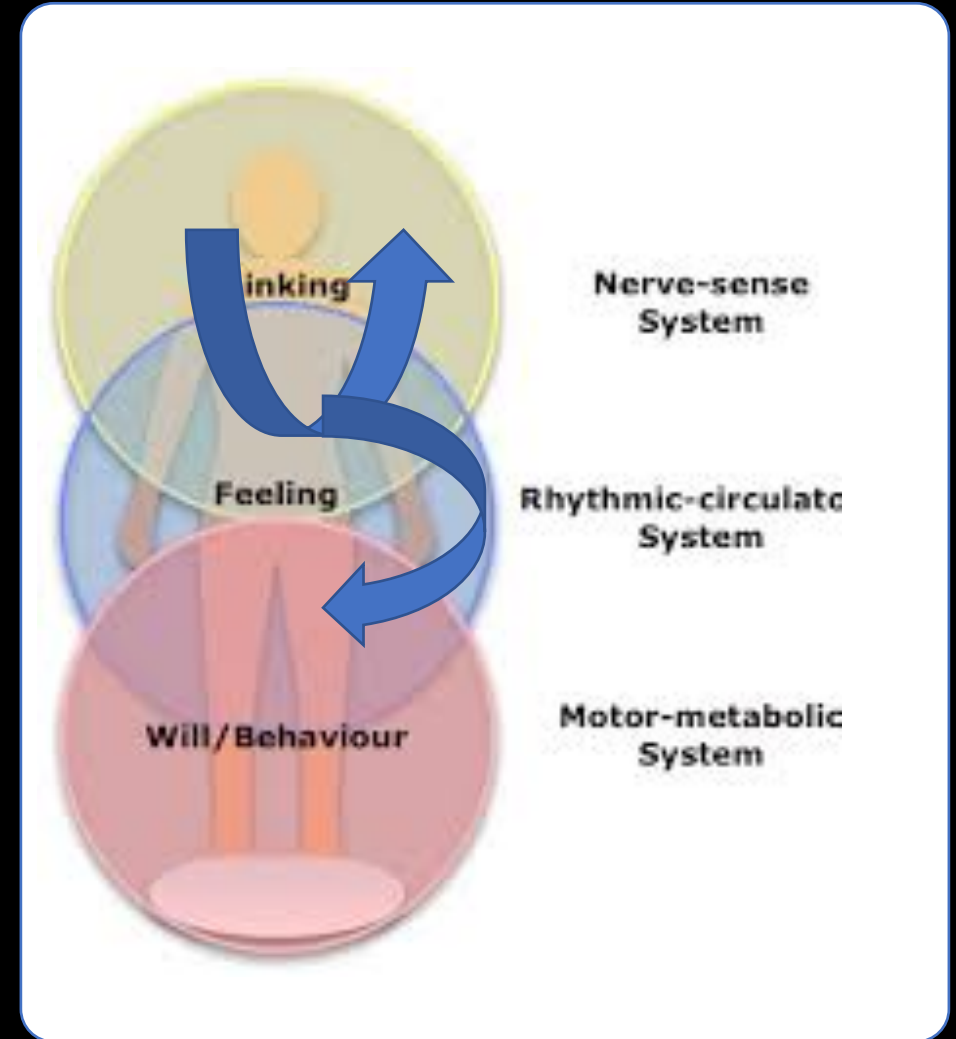
- Nerve/Sense Pole
  - Ectoderm
  - Tx: topical applications
- Rhythmic System
  - Mesoderm
  - Tx: injection
- Metabolic Pole
  - Endoderm
  - Tx: internal medicines.





# Illness: misaligned forces

- MIGRAINE - powerful metabolic processes in the nervous system
- ARTHROSIS - nerve-sense process occurring in the metabolic-limb sphere
- TUMOR GROWTH- structure and formative nerve-sense forces recede or are too weak in an organ, leading to proliferation of cells.



# Treatment

- MIGRAINE - applying *ice packs* to head
- ARTHROSIS - *warmth applications* including external wraps and baths on limbs visucm album injections
- TUMOR - visucm album injections



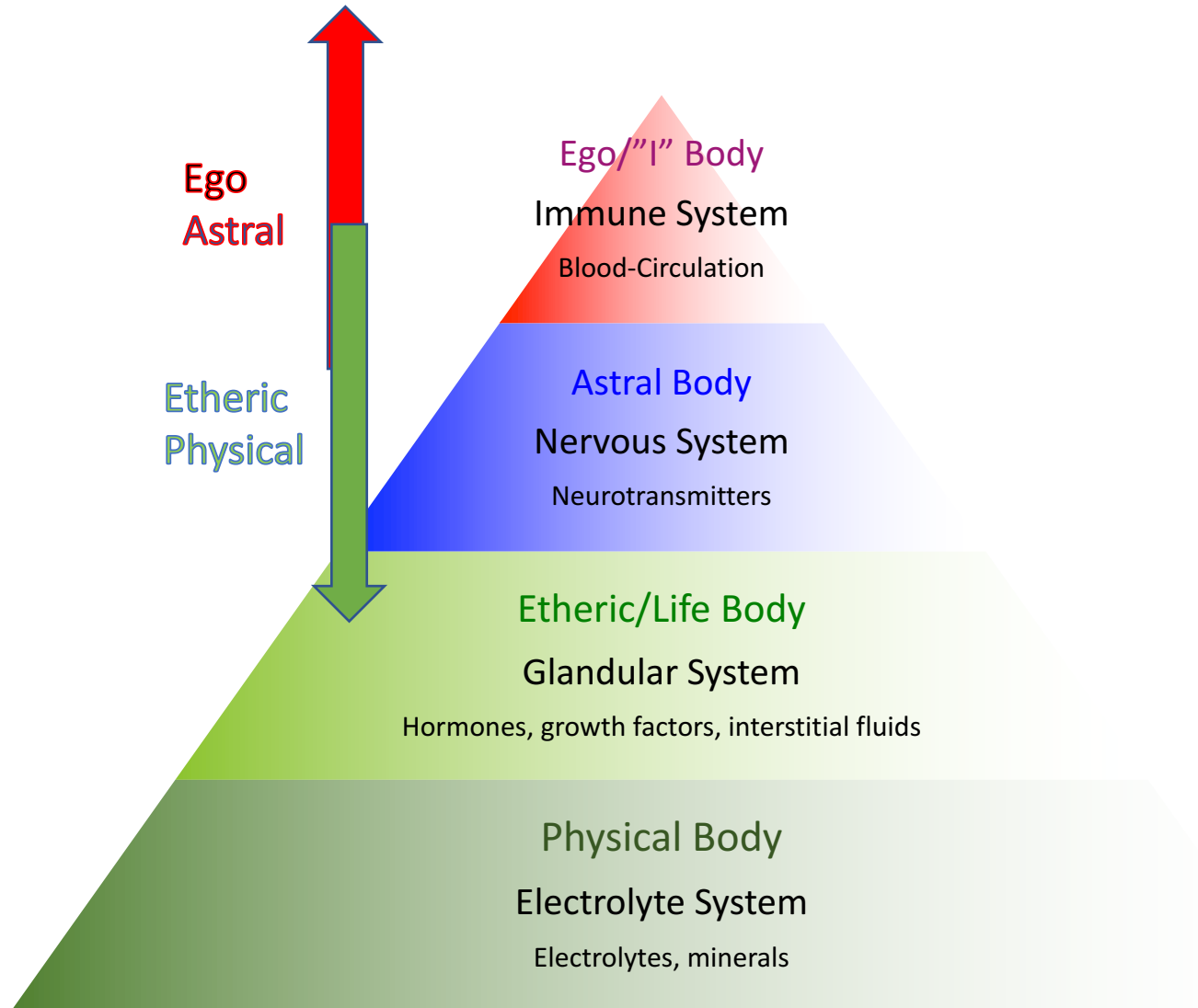
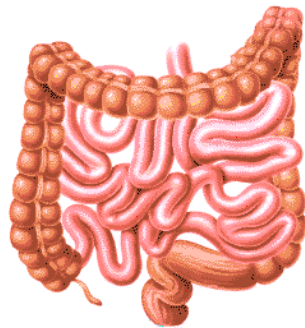
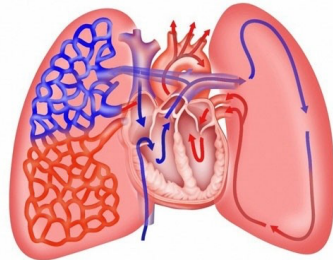
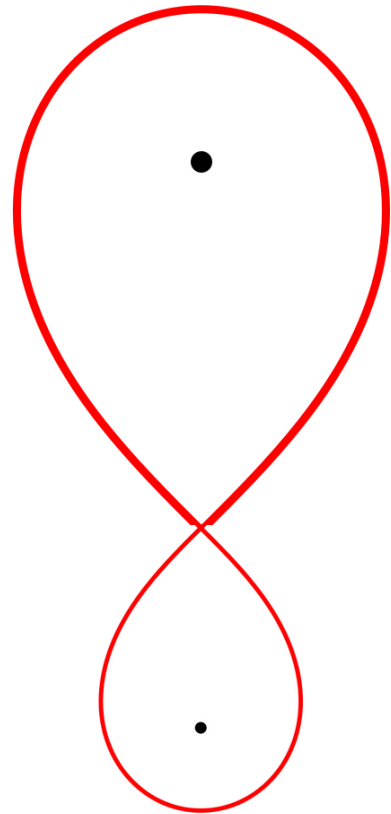
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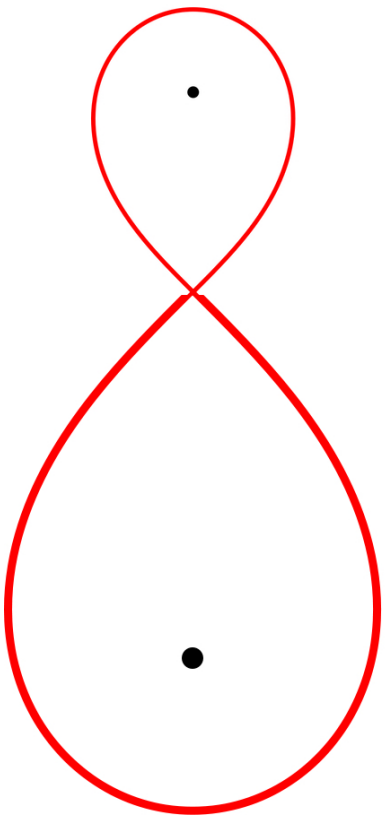


**DAVE**

# Anthroposophical Treatment



# Anthroposophical Treatment



Ego  
Astral



Etheric  
Physical



# Review

- Goethean science
  - Systematic study through observation and experimentation
  - Includes observer
- Tools for inner self development
  - 6 basic exercises
- Anthroposophy Spiritual science
  - Knowledge of higher worlds
    - Four subtle bodies
  - Proper / Improper physiology
    - Three fold human being

# Resources

- Books
  - An Introduction to Anthroposophical Medicine – Viktor Bott
  - Functional Morphology – Johannes W Rohen
- online:
  - our club's webpage - [www.anthromedclub.com](http://www.anthromedclub.com)
    - Intro videos, handouts
    - 3 and 4 fold
    - 6 basic exercises
  - Open source - [www.anthromed.org](http://www.anthromed.org)
- Your classmates and community!