

ANTHROPOSOPHICAL MEDICINE

Anthroposophical medicine was founded nearly a hundred years ago by Dr. Rudolf Steiner (1861-1925) and Dr. Ita Wegman (1876-1943). The holistic and integrative medical system builds on conventional medicine. It uses modern diagnostic methods and treatments and complements them with medicinal products and methods that activate the self-healing powers of the human being. This whole-person approach also incorporates art, music, movement, and massage therapies as elements of collaborative, multidisciplinary health care.

Founded in central Europe nearly a century ago, Anthroposophical Medicine is now integrated into acute-care hospitals, specialty treatment centers, and university teaching and research programs. In the United States, Anthroposophical Medicine has been successfully integrated into centers for chronic illness care and elder care, as well as a large variety of medical practices. Trainings in anthroposophical medicine are offered for health professionals in thirty-two countries on five continents. With deep roots and broad applications, Anthroposophical Medicine works to bring health and wholeness into modern life.

Anthroposophical medicine applies medicines derived from plants, minerals, and animals; art therapy, eurythmy therapy, and rhythmical massage; counseling; psychotherapy; and specific nursing techniques such as external embrocation.

Eurythmy therapy (In Greek, *eurythmy* means “harmonious rhythm”) is an exercise therapy involving cognitive, emotional, and volitional elements. It is provided by eurythmy therapists in individual or small group sessions during which patients are instructed to perform specific movements with the hands, the feet, or the whole body. Eurythmy therapy movements are related to the sounds of the vowels and consonants, to music intervals, or to soul gestures (eg sympathy-antipathy).

Anthroposophical art therapy was developed mainly by Margarethe Hauschka, who also founded the first training institution for this form of therapy in 1962. Anthroposophical art therapy employs the following techniques:

- Sculptural forming: Stone, soapstone, wood, clay, beeswax, plasticine, and sand are all used as sculpting materials.
- Therapeutic drawing and painting: The materials used include paints and brushes, chalk, crayons, and paper.
- Music therapy: Instruments used include percussion instruments such as the glockenspiel, xylophone, cymbals, resonant wooden blocks, drums and kettledrums; various wind instruments such as flute, crumhorn, shawm, trumpet, and alpenhorn; string instruments such as the chrotta (a simplified cello), violin, viola, and double-bass; and plucked instruments such as the harp, lyre and kantele. Melodies, sounds, and rhythms are improvised with the therapist or simply listened to. The choice of instrument depends on the individual circumstances of the patient, according to the severity and stage of the illness.
- Anthroposophical speech therapy: This involves using articulation, consonants, vowels, text rhythms, and hexameters. Breathing plays a particular role in speaking (speech is formed exhalation). The indications for anthroposophical speech therapy are not only disorders of the voice but also general medical diseases, psychosomatic and psychiatric diseases, and learning and developmental difficulties.
- Rhythmical massage therapy was developed from Swedish massage by Wegman, who was a physician and physiotherapist. Traditional massage techniques are augmented by lifting movements, rhythmically undulating or gliding movements, and complex movement patterns such as lemniscates and by using special loosening techniques from the deeper areas out to the periphery. In addition to effects on the skin, subcutaneous tissues, and muscles, rhythmical massage is believed to have both general effects (eg, enhancing physical vitality) and disease-specific effects.
- Psychotherapy has been extended by anthroposophical perspectives to anthroposophical psychotherapy. Full training is available in different countries, and a master's/bachelor's degree in anthroposophical psychotherapy is available in Germany, The Netherlands, Italy, and the United Kingdom. Counseling on biographical-existential, lifestyle, nutritional, social, mental, and spiritual issues is a central element of anthroposophical medical care.

Anthroposophical medicine is an example of a multimodal treatment system—based on a holistic paradigm of the organism, disease, and treatment - that can be fully integrated with conventional medicine in medical practices and hospitals. Great emphasis is put on individualized healthcare. Anthroposophical medicine thus pursues a holistic approach. Rather than focusing on a singular pathological datum, the aim is to strengthen the whole constitution of the sick patient, taking into account all dimensions: physical, emotional, mental, spiritual, and social. Treatments therefore often are multimodal and are individually tailored in an attempt to synergize the effects of the different therapeutic components and so to enhance the chances for health improvement.

Resources about Anthroposophic Medicine

The IVAA (International Federation of Anthroposophic Medical Associations) represents and coordinates the national anthroposophical doctors' associations on both the European and international levels in regard to political and legal affairs.

<http://www.ivaa.info/home/>

The AnthroMed Library is a Repository Website for articles relating to Anthroposophic Medicine, sponsored by The Physicians' Association for Anthroposophic Medicine (PAAM). The site is currently maintained by LILIPOH Publishing, a source for additional articles on anthroposophic health.

<http://www.anthromed.org/>

LILIPOH Magazine - A quarterly magazine with a focus on anthroposophical health.

PAAM was founded in 1981 and is the only physicians' organization which promotes Anthroposophical Medicine in North America. PAAM regularly sponsors lectures, conferences and educational events throughout the United States, and interfaces with other organizations interested in developing Anthroposophical Medicine. Its aim is to facilitate personal contact and exchange of knowledge between Anthroposophical health practitioners. PAAM is affiliated with the International Federation of Anthroposophic Medical Associations and the Medical Section of the School for Spiritual Science at the Goetheanum in Dornach, Switzerland.

Rudolf Steiner Archive and e.Library

<http://www.rsarchive.org/Medicine/index.php>

Medical Section at the Goetheanum

<http://www.medsektion-goetheanum.org/fehler404/>

AWSNA - Association of Waldorf Schools of North America is a nonprofit membership organization of independent Waldorf Schools and Institutes in Canada, the United States, and Mexico.

Books

Overview of Anthroposophic medicine. The System of Anthroposophic Medicine published by the International Federation of Anthroposophic Medical Associations.

Anthroposophic Medicine for the Family, an accessible guide describing many practical ways to support family health naturally; written by a physician from Milan, Dr. Sergio Maria Francardo.

Comprehensive 2006 review of efficacy, costs, and safety of anthroposophic medicine, with special comments on research methodology. Kienle G, Kiene H, Albonico HU. *Anthroposophic Medicine: Effectiveness, Utility, Costs, Safety.* Stuttgart and New York: Schattauer, 2006. ISBN-10:3-7945-2495-0 and ISBN-13:978-3-7945-2495-2.

Articles

A 2012 summary of the development of Anthroposophic medical institutions and practitioners worldwide, released by the International Association for Anthroposophic Medical Associations (IVAA).

Kienle G, Albonico HU, Baars E, Hamre H, Zimmermann P, Kiene H.
“Anthroposophic Medicine: An Integrative Medical System Originating in Europe”
Global Advances in Health and Medicine November 2013, 2, 6.
<http://journals.sagepub.com/doi/10.7453/gahmj.2012.087>

Kienle GS, Mussler M, Fuchs D, Kiene H. Individualized Integrative Cancer Care in Anthroposophic Medicine: A Qualitative Study of the Concepts and Procedures of Expert Doctors. *Integr Cancer Ther.* 2016 Dec; 15(4):478-494. Epub 2016 May 4.
<https://www.ncbi.nlm.nih.gov/pubmed/27151589>

Kienle GS, Glockmann A, Grugel R, Hamre HJ, Kiene H. [Clinical research on anthroposophic medicine:update of a health technology assessment report and status quo]. [Article in German] *Forsch Komplementmed.* 2011; 18(5):269-82. Epub 2011 Oct 4.
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Hamre HJ, Kiene H, Ziegler R, Tröger W, Meinecke C, Schnürer C, Vögler H, Glockmann A, Kienle GS. Overview of the Publications From the Anthroposophic Medicine Outcomes Study (AMOS): A Whole System Evaluation Study. *Glob Adv Health Med.* 2014 Jan; 3(1):54-70.
<https://www.ncbi.nlm.nih.gov/pubmed/24753995>

Hamre HJ, Witt CM, Glockmann A, Ziegler R, Willich SN, Kiene H. Anthroposophic therapy for chronic depression: a four-year prospective cohort study. *BMC Psychiatry.* 2006 Dec 15; 6:57. Epub 2006 Dec 15.
<https://www.ncbi.nlm.nih.gov/pubmed/17173663>

Hamre HJ, Witt CM, Kienle GS, Meinecke C, Glockmann A, Willich SN, Kiene H. Anthroposophic therapy for children with chronic disease: a two-year prospective cohort study in routine outpatient settings. *BMC Pediatr.* 2009 Jun 19; 9:39. Epub 2009 Jun 19.
<https://www.ncbi.nlm.nih.gov/pubmed/19545358>

Anthroposophical Pharmacies

<https://www.weleda.com/>

WALA (<https://www.scribd.com/doc/271628469/WALA-Compendium-of-Medicines>).

Uriel Pharmacy Located on a small farm in rural Wisconsin, Uriel Pharmacy was founded in 1996 by Mark McKibben, R.Ph. to meet the needs of anthroposophically oriented practitioners and their patients. Uriel hand-makes natural medicines designed for the whole human being, using ingredients from their biodynamic gardens.

The information in this monograph is intended for informational purposes only, and is meant to help users better understand health concerns. Information is based on review of scientific research data, historical practice patterns, and clinical experience. This information should not be interpreted as specific medical advice. Users should consult with a qualified healthcare provider for specific questions regarding therapies, diagnosis and/or health conditions, prior to making therapeutic decisions.

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