



International Association of Anthroposophic Pharmacists IAAP

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Anthroposophic medicinal products: characteristics and pharmacological rationale (07.2006)

Anthroposophic medicinal products are conceived, developed, and produced following the investigation of the relationship between man and nature in a process-oriented way: Raw materials are the result of the formative forces of the mineral, plant, and animal worlds. These forces are similar to the formative forces acting on the human organism, whether healthy or diseased.

The study of formative forces is the specific discipline within anthroposophic medicine/pharmacy. In order to make these forces understandable, the relationship between the human being and the origin of the substances is to be considered as being developed at “three plus one” levels:

Human	Nature
Physical level , visible and measurable	mineral world
Life- maintainance level , maintainance of biological identity, regeneration and physiological functions	plant world
Impulse level , passion, feeling, movement and psychological organisation	animal world
Individual level , biography, self consciousness, creativity and self-determination	unique to humanity

The “three plus one levels” interact by three dynamic systems:

System	Characteristics and organic center
the nerve-sense system	Low metabolic level and lack of regeneration, resulting in consciousness and thoughts, (ubiquitous, though mainly located in the head, the nerves and the skin), related to “ cool ”
the metabolic-limb system	High metabolic level and intensive regeneration, resulting in unconscious activity and reproduction (ubiquitous, though mainly located in the digestive tract, the limbs and the reproduction organs), related to “ warm ”
the rhythmic system in the middle	rhythmic mediation resulting in semi-conscious life, equilibrium and feeling (ubiquitous, though mainly located in the cardiorespiratory system)

To investigate these complex interactions is one of the principles and aims of the anthroposophic medicine. In health all levels/ systems interact in appropriate place, time and extent. Disease results from interference of processes in space, time or intensity. Balance can be regained by means of medication with substances sourced from nature and transformed in a suitable manner.



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Anthroposophic pharmacology is based on the relationship and similarity between human beings and nature regarding their formative processes (involving two a.o. fundamental principles of life **warmth, and rhythm**) and regarding the special characteristics of the substances (i.e. from **mineral, plant and animal** origin) resulting from these processes. For this purpose, account is taken of the special characteristics of natural substances, whether of mineral, plant or animal origin.

Various pharmaceutical processes, for example different levels of heating (examples include warming up to 37° C, toasting or incineration) and different rhythmic processes (inter alia potentiation) transform substances into an appropriate medicinal product.

Different pharmaceutical dosage forms are required to interact specifically with the three dynamic systems: nerve-sense, metabolic-limb and rhythmic system.