



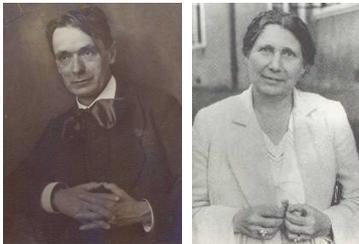
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## Anthroposophical Medicine

The goal is individual and holistic human medicine

The anthroposophical medicine is an extension of scientific medicine from the findings of anthroposophy in the fields of the living, the



spiritual and the spiritual. It was initiated and in close cooperation with its founder - Dr. Rudolf Steiner - by Dr. med. Ita Wegman and other doctors since 1920.

The basic element of anthroposophical medicine is the personal doctor-patient encounter, from which the trust can arise in order to be able to comprehensively grasp the different levels of human existence in an individual diagnosis and to be included in the therapy.

Anthroposophical medicine basically recognizes **scientific medicine** for the acquisition of the physical, **physical level** of the organism and includes the entire field of modern laboratory diagnostics and apparatus examination techniques.

It also extends its investigations to the higher level of **the life organization**, through which the physical



substances and processes of the body are combined into a viable organism. Its effect manifests itself in the totality of primarily self-regulating physiological processes (e.g. metabolism, growth, regeneration) and forms the basis for the development of **health**. With regard to this level, anthroposophical medicine is closely related to some traditional medical concepts, e.g. classical methods of naturopathy, homeopathy, etc., by handling the organism as a carrier of **the self-healing powers**.

In the sense of anthroposophical medicine, the ability of the human organism to experience another, one **"soul" level** is considered, which has established itself in recent decades as **psychosomatic medicine or anthropological medicine**. The "personal" side of the patient, his experience of

illness, his condition, self-image, fears and hopes - the totality of his current and past inner life - has significance in the development of



illness as well as in the therapeutic process.

In addition, a fourth, individual level of his existence comes into play in man through his **self-confidence, which is expressed** in his intentionality, his ability to know, his power of development in his **biography** as a life's work. The inviolability of human dignity, his autonomy, the possibility of making something out of his own life enables him not only to be part of nature, but to develop himself into a cultural artist.

Society for the Development and Promotion of Anthroposophical Medicine