

Anthroposophic Medicine in short

Anthroposophic medicine (AM) is not alternative but complementary to conventional medicine (CM). Anthroposophic healthcare is provided by medical doctors, therapists, and nurses, both in primary health care (family medicine) and in hospital care.

In AM health, illness and therapy is regarded in a four-fold approach: the physical body, the vitality, the psycho-social level and the autonomy of the patient's personality ('spirit').

Another concept in AM is the three-fold human constitution: to live and work with a balance between 'head, heart and limbs' and with the right rhythms promotes health.

Patients need an integrative approach in times of transition: pregnancy, delivery, childhood, sudden severe illness, in chronic diseases and in palliative care. They also want to be able to exchange fundamental questions such as: Why did I get this illness? What happens after death? What does my child need to become a strong human being? AM can help us talk to our patients about these questions from a broad viewpoint, taking their personal conviction into account.

Additionally to CM, AM uses natural medications and anthroposophic therapies (like external applications, eurhythmmy – a movement therapy-, painting, music) to support the patients vitality and autonomy.

Read more: <https://www.dropbox.com/s/9gbipprcdg5coly/29pag.SystemAnthroposMedicine.pdf>

AM offers an additional cancer treatment with different medicines like mistletoe (= *Viscum album*, Iscador, Abnoba, www.mistel-therapie.de, www.mistletoeforcancer.org.uk) and therapies.

AM as a special form of integrative medicine (IM) has developed since about 90 years originally in Europe, meanwhile it exists in many countries worldwide (www.ivaa.info).

In the Netherlands AM is practiced in about 100 general practices and other health care institutions (www.nvaz.nl, www.nvaa.nl).

At some medical faculties the GP-training partly can be attended in anthroposophical practices. In other countries (mainly Germany) AM is also integrated in some hospitals (e.g. www.havelhoehe.de) and specialist trainings (www.gaed.de, www.ivaa.info).

There are student groups and postgraduate trainings in AM (www.academieag.nl, www.medsektion-goetheanum.org). For the health professional AM offers a special way of inner development, including 'goethean observation' (www.louisbolck.nl/companions), meditation (development of so-called 'imagination, inspiration and intuition').

Results of research are available for basical medical subjects e.g. at www.louisbolck.nl/companions, and for clinical subjects, e.g. www.anthromedlibrary.com and www.ifaemm.de.

A Health-Technology Assessment Report and its recent update identified 265 clinical studies on the efficacy, effectiveness and safety of anthroposophic medicine. The outcomes were described as predominantly positive (www.ifaemm.de).

Economic analyses found a favorable cost structure (www.hsleiden.nl/lectoraten/antroposofische-gezondheidszorg/Publicaties search Kooreman).

Patients report high satisfaction with anthroposophic healthcare.

For other questions and more information: www.nvaz.nl; www.ivaa.info

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