

# Anthroposophic Medicine and Neurosciences: Our Update of the Integrative Practices to Improve the Human Health

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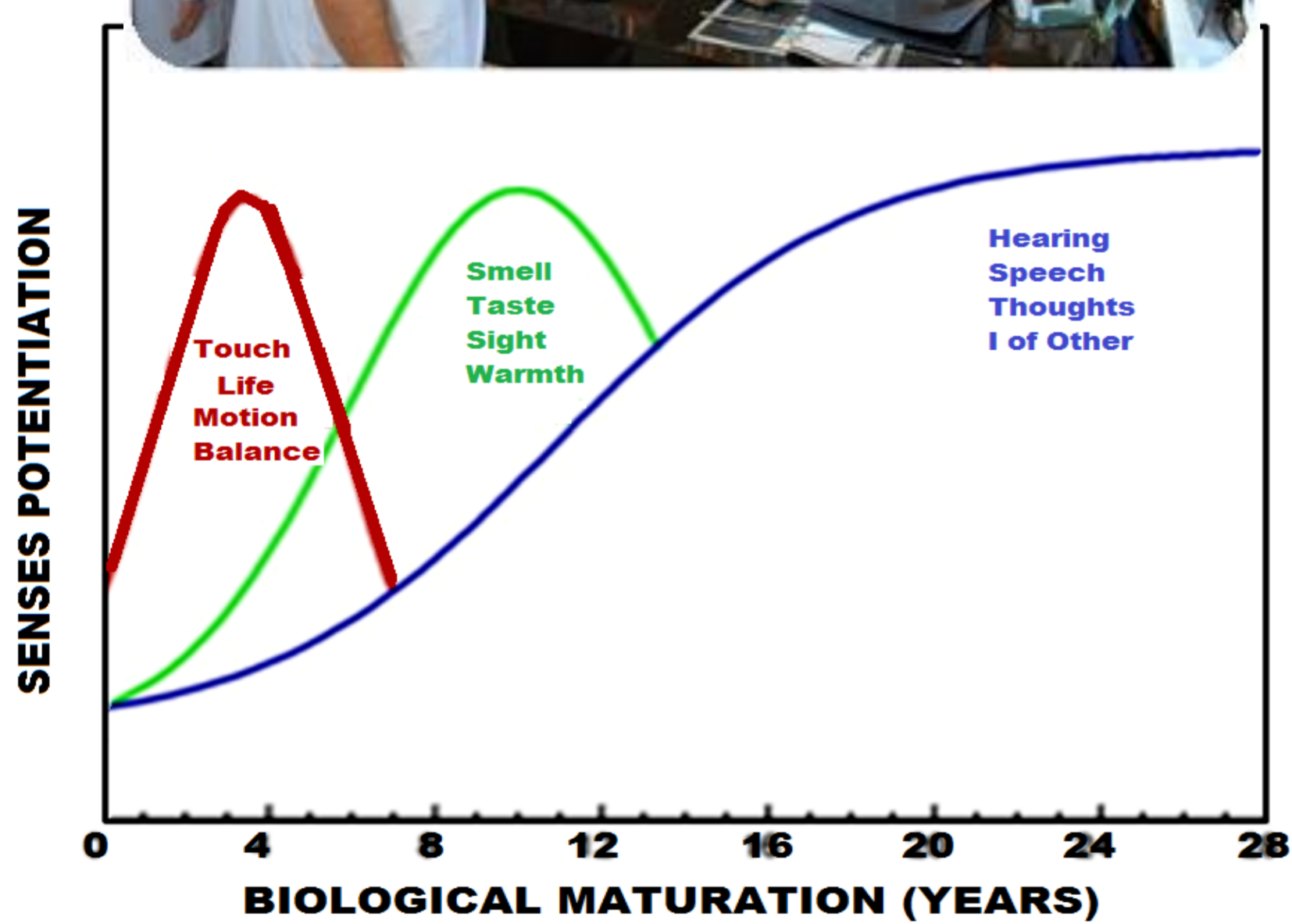
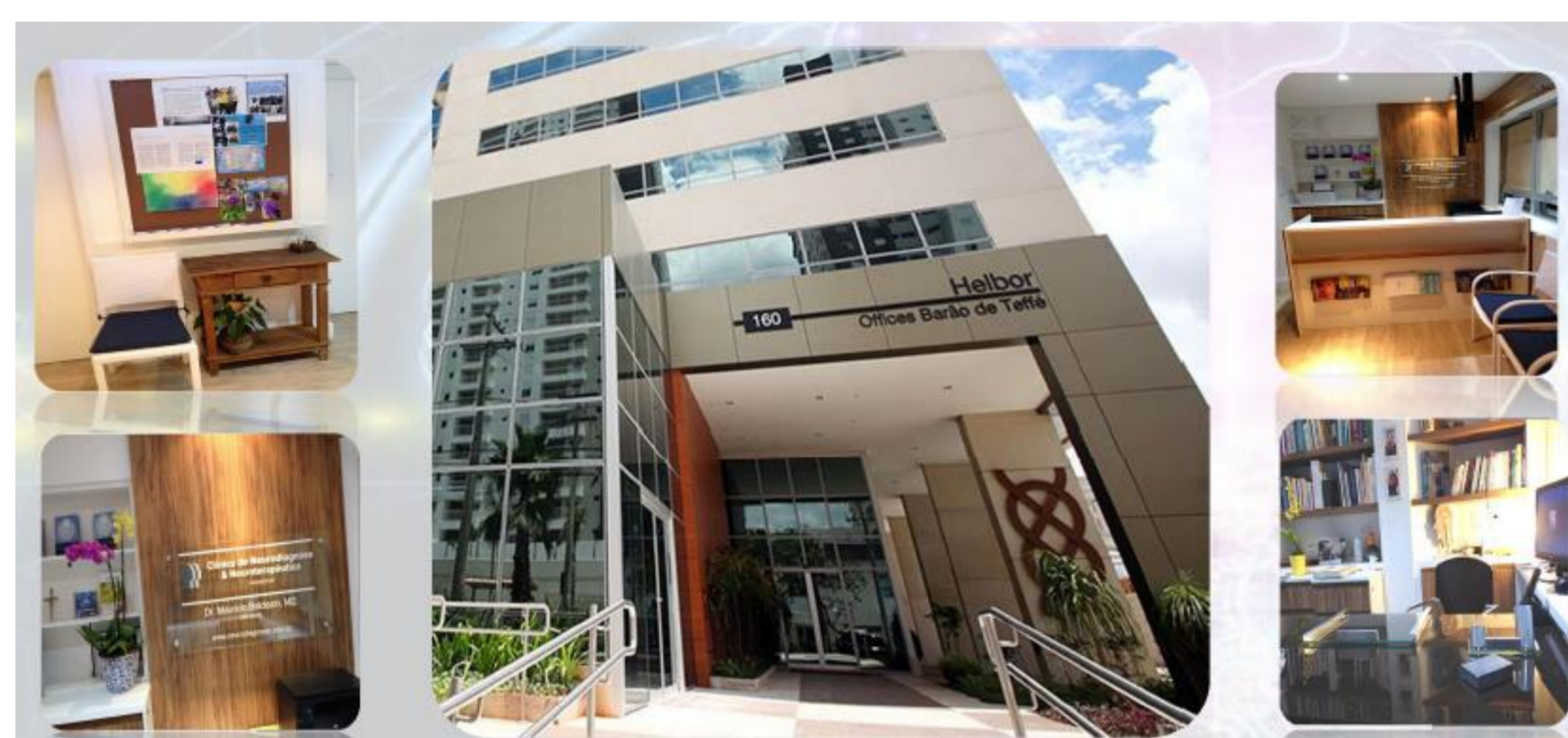
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## Question

The neurosciences describe the perceptual phenomenon, mapping its processes in the human body in health and pathological conditions, being an important tool for clinical investigation and medical treatment approaches. The anthroposophic medicine, with scientific spiritual methods, allows a qualified biographical and body therapy approaches, improving the health. It includes, in this integrative system, medicines that consider the common evolution of human and nature [1,2]. Based on this knowledge, this work describes the results of the application of both neurosciences and anthroposophical methods at the Neurodiagnosis and Neurotherapeutics Clinic, Jundiaí, SP, Brazil, since 1994. The main results obtained are highlighted in scientific publications and can be added to contribute with the publications that celebrate the 100 years of anthroposophic medicine.

## Materials and Methods

Over the years of clinical activities, evidence-based methods have been applied to study and report the results of our efforts to work in sensorial perception, sensorial imagination, diagnostic and prognostic in the approach of the anthroposophical medical practices combined with neurosciences in the treatment of many pathologies. The anthroposophical scientific method allows a reinterpretation of our findings. The results obtained have been published as case reports, books, book chapter, conference papers as well as are presented in seminars and courses. The topics of study include epilepsy [3], chronic pain [4], brain tumors [5,6], neurosciences and learning [1,2,7], among others [8].



Clinically potentiation expect until age 7  
Clinically potentiation expect until age 14  
Clinically potentiation expect until age 21

## Organs manifestations: revitalization currents

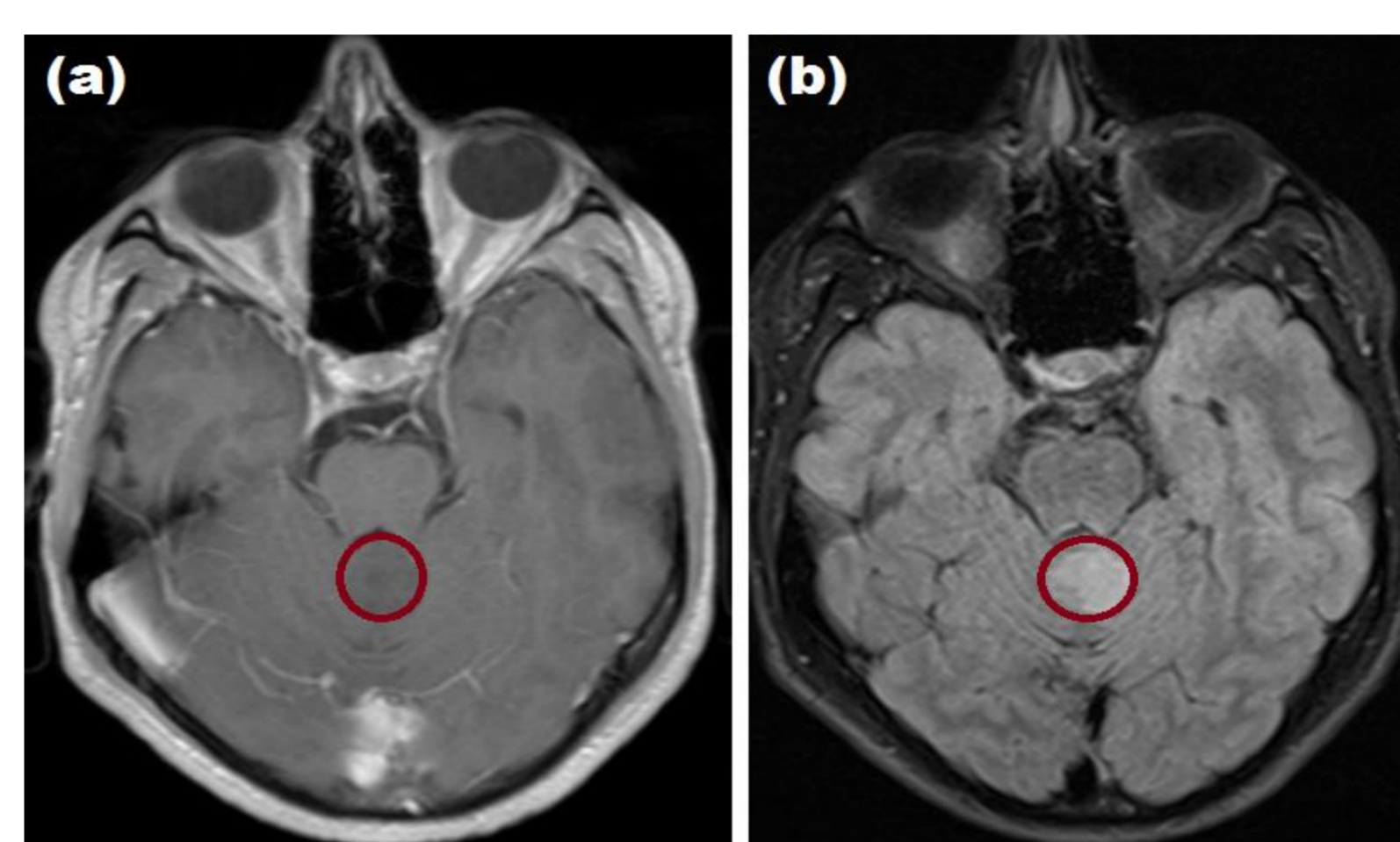
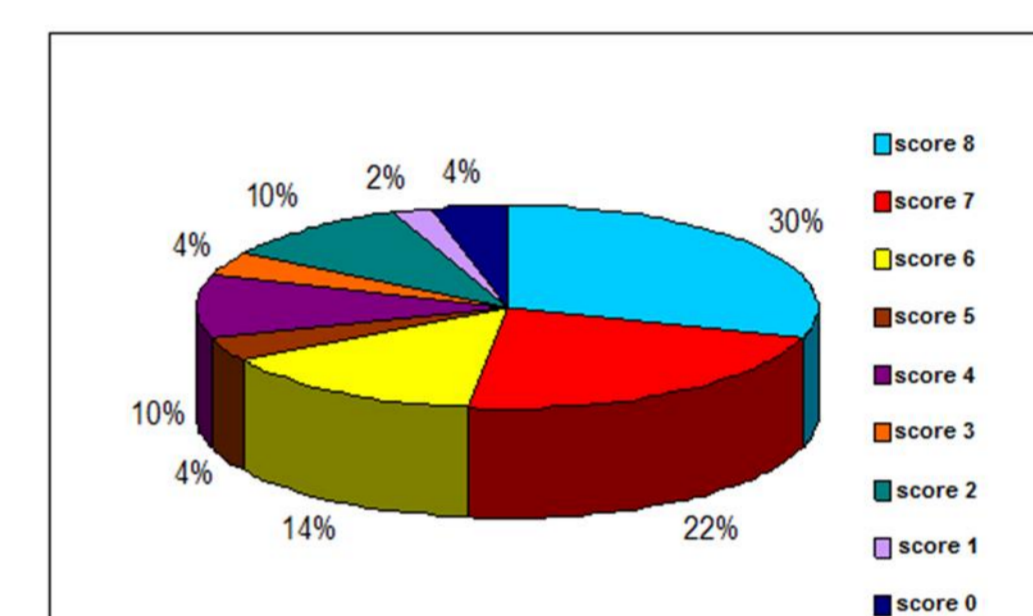
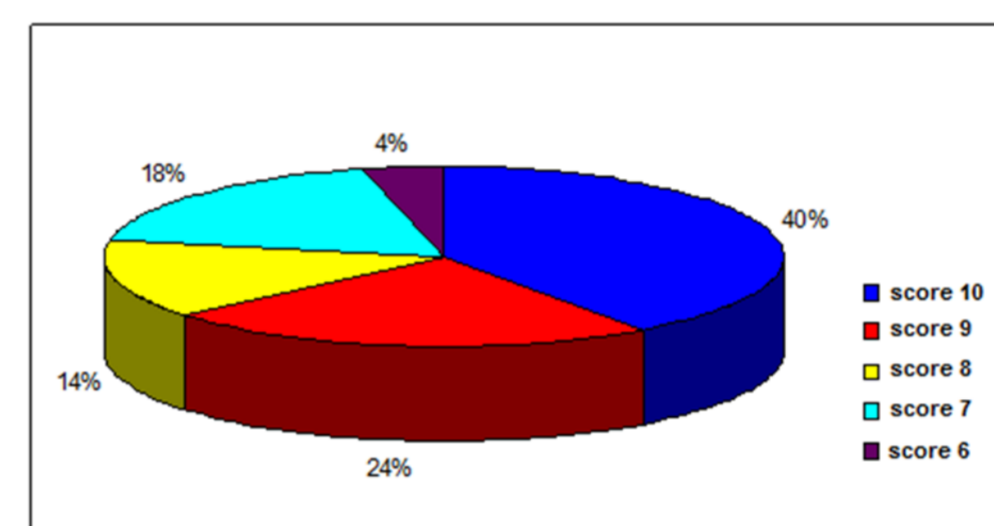
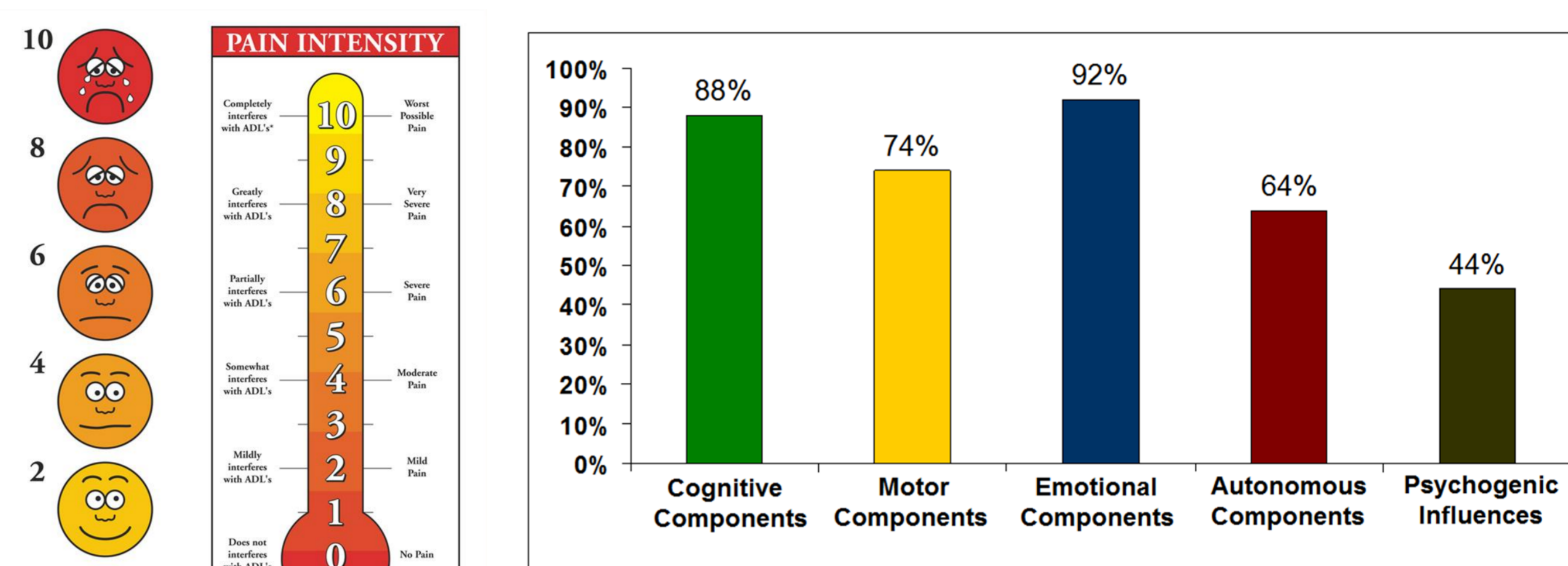
Organ	Physical Organ	Fear	Depression	Metal
Lung Connects body and soul, world and self	Physical Organ <<Earth>>	Fear of World	Obsessive Alterations Melancholic temper	♁♂ Mercurius Ferrum
Liver Actions, decisions Interiorizes action of the self over the substance (carbohydrates, proteins)	Vital Organ <<Water>>	Fear of Life	Typical Depression Abulia, indecision, doubt	♁ Stannum
Kidney Changes of mood humor Reactive impulse	Animic Organ <<Air>>	Fear « organic « pathophobia	Inertia, gravity (weak renal irradiation)	♀ Cuprum
Heart Judgment Sense of life Enthusiasm Balance SNS/SMM	Spiritual Organ <<Fire>>	Fear of Death	Destructive depression Loss of the meaning of life	☉ Aurum

## Perceptive balance: sensorial forces

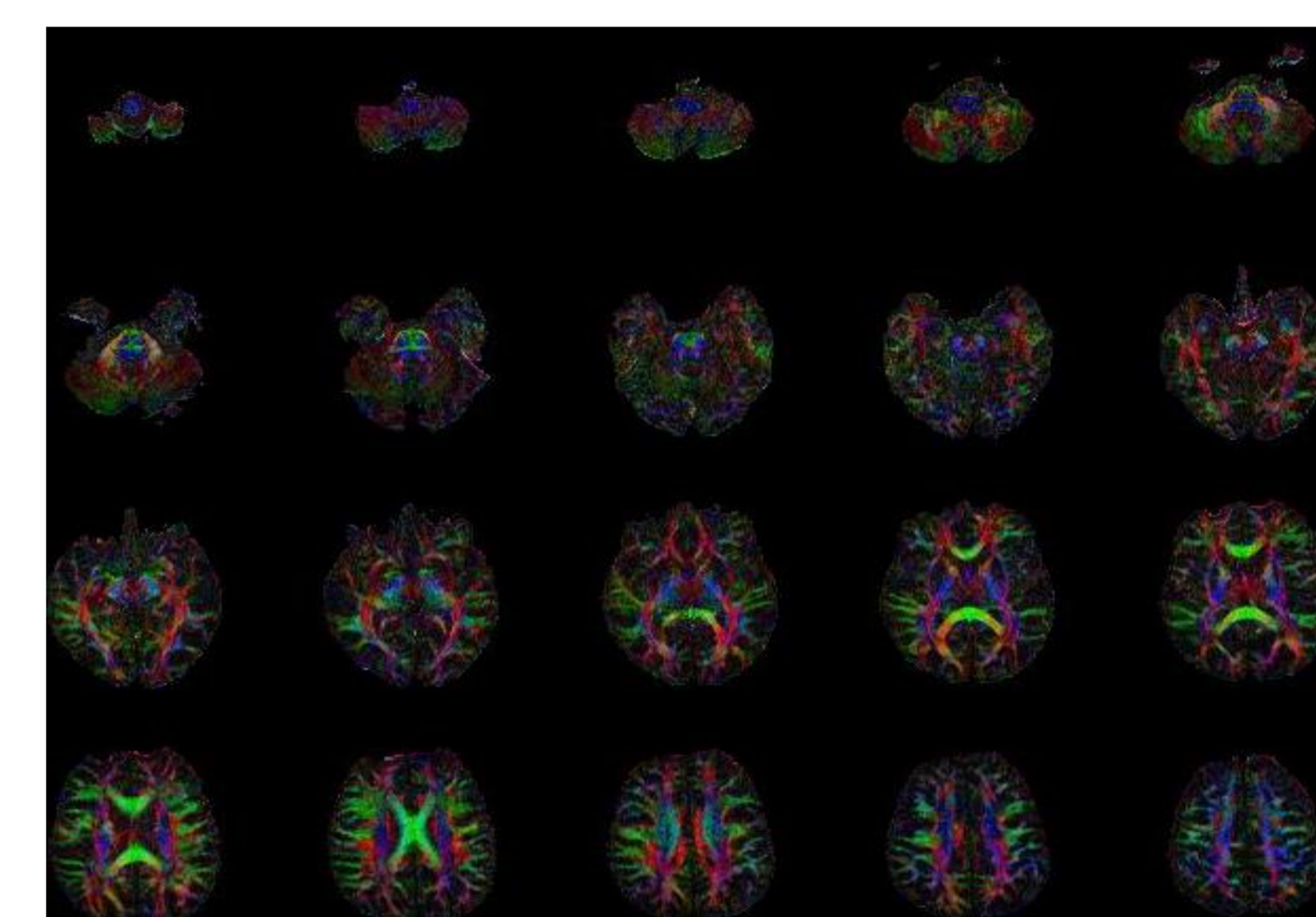
Member of Human Constitution	Volitional or Lower Senses	Senses Related to Feelings or Intermediate	Cognitive or Upper Senses
Physical	Touch ♁	Olfaction ♂	Hearing ♂
Etheric	Vital ♁	Taste ♂	Word ♁
Astral	Motion ♁	Vision ♂	Thought ♂
Self	Balance ♁	Thermal ♂	I-Sense ♂
	Physical	Animic	Spirituals

## Results

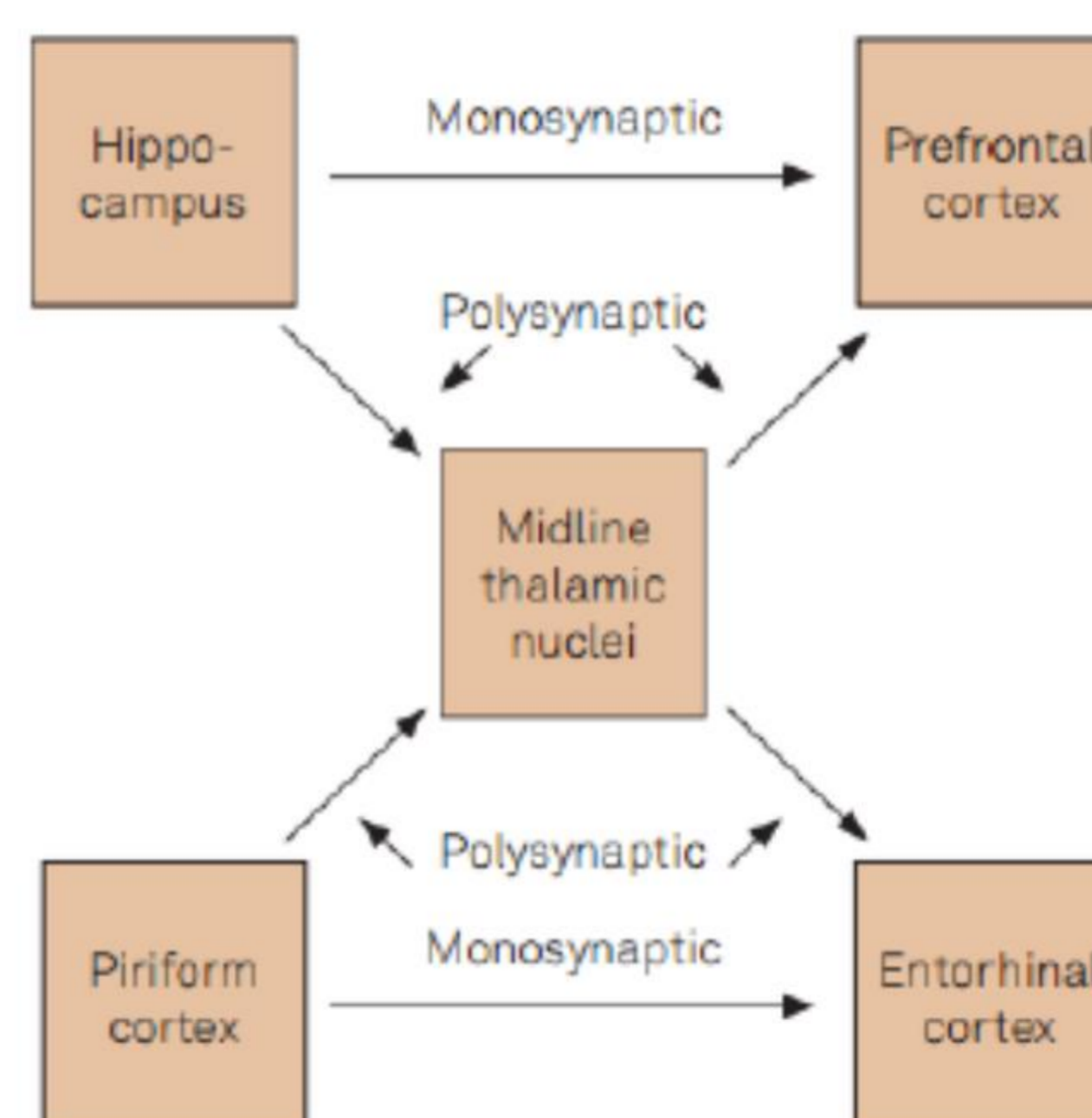
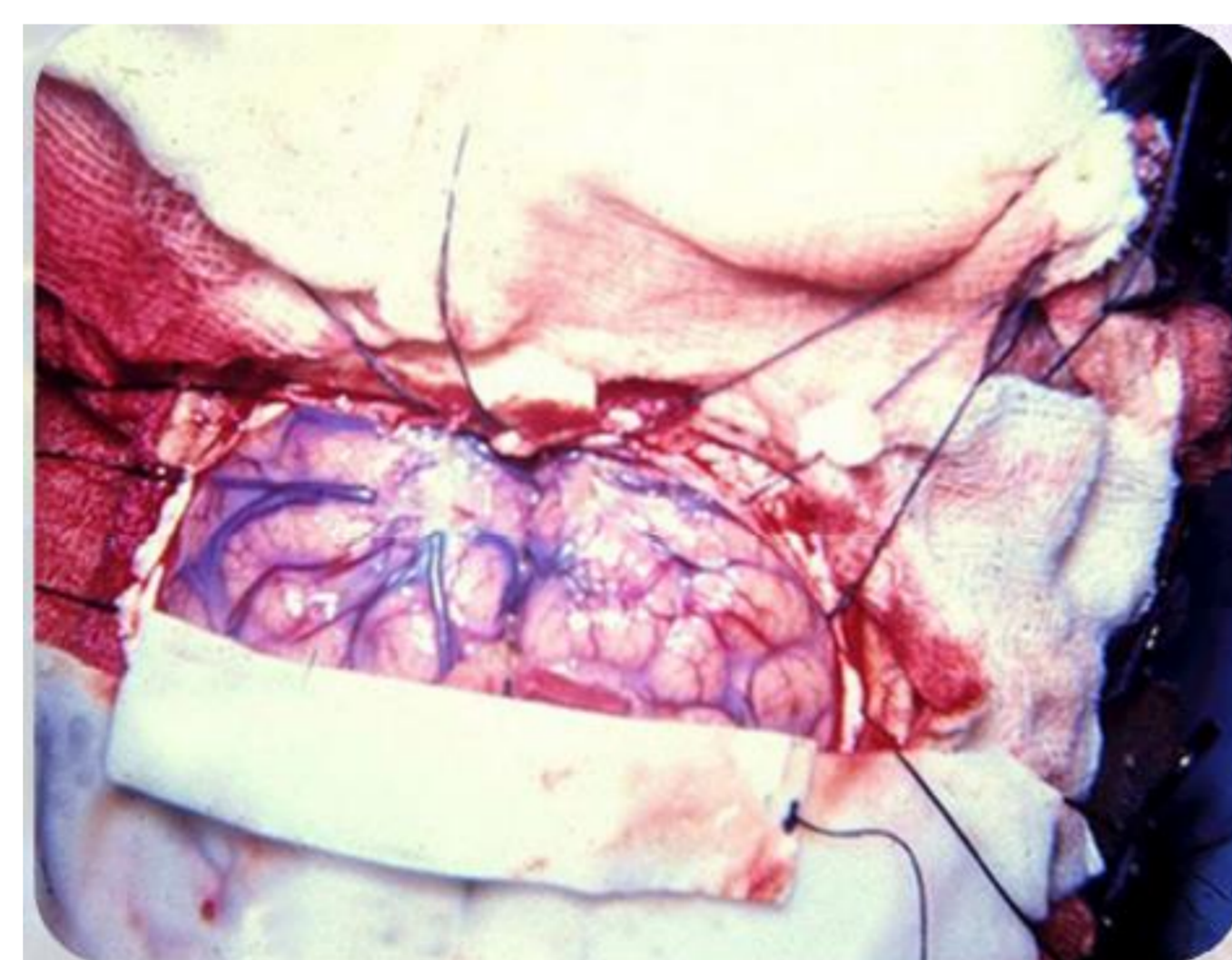
Regarding to epilepsy, this pathology could be understood because of vital organs surface tension leading to brain responses. The texture analysis of brain images showed differences between patients and healthy individuals even when there are not visual alterations between the groups, corroborating what Steiner anticipated and therapeutic bases that he indicated, including revitalization treatments of organs [3,8]. Brain tumors are also well treated with anthroposophic approaches [5,6,8]. Among the patients treated for chronic pain the relief of this comorbid is achieved by the most of them [4,8]. From studies of learning and neurosciences, an algorithm of improvement of educational methods were also developed [1,2,7,8].



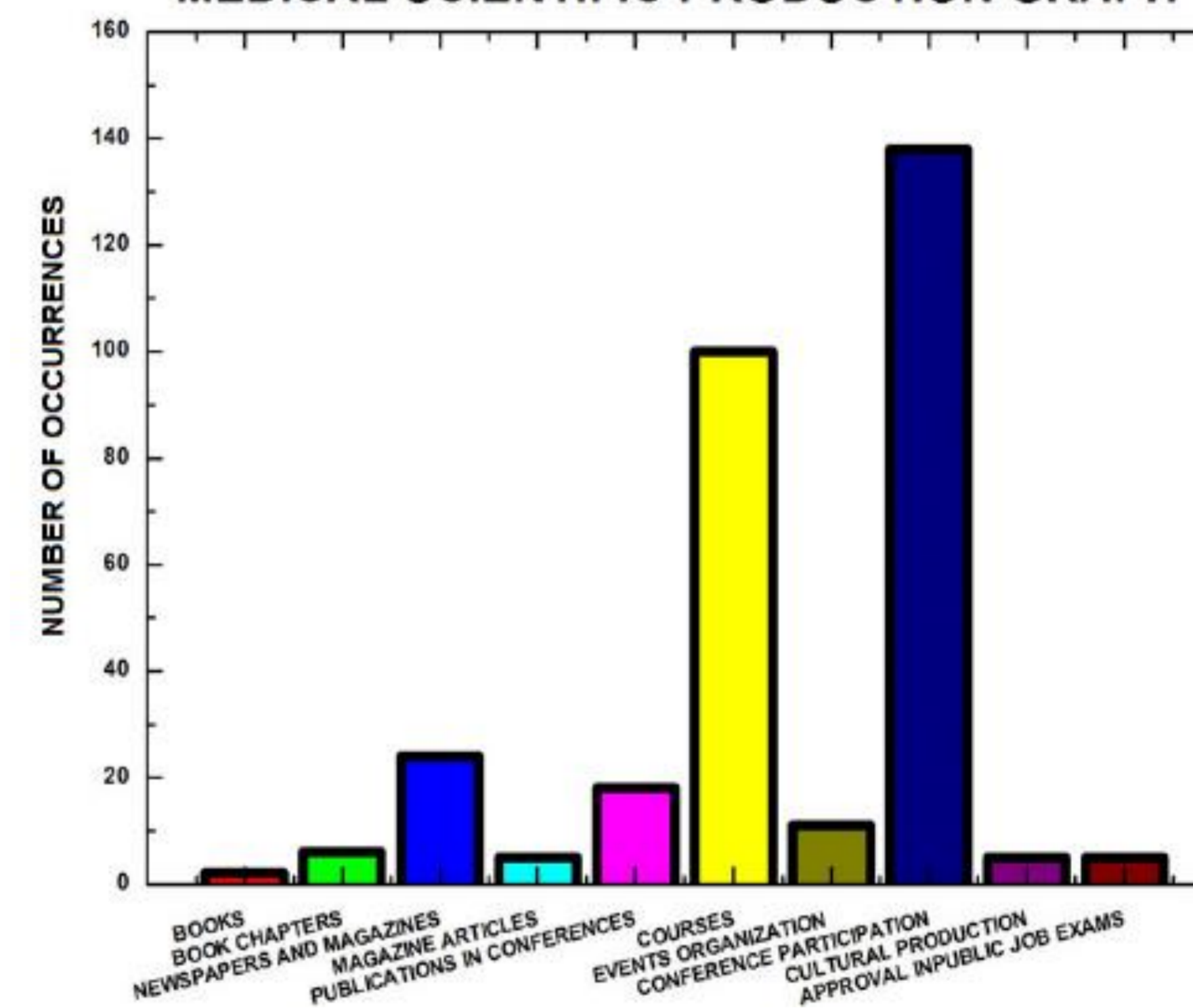
T1 (a) and T2 (b) FLAIR images highlighting the tumor area.



CV maps for diffusion directionality images.



## MEDICAL SCIENTIFIC PRODUCTION GRAPH



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## Conclusion

The present work summarizes the main results obtained during our clinical and anthroposophical practices, being the basis for the health improvement. The studies have continued exploring the neuroimaging methods and treatment techniques to understand and treat the patients with oncologic systemic diseases, between other topics.

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