

Clinical Effectivity of the Anthroposophic Medicine: A CABSIN Evidence Map

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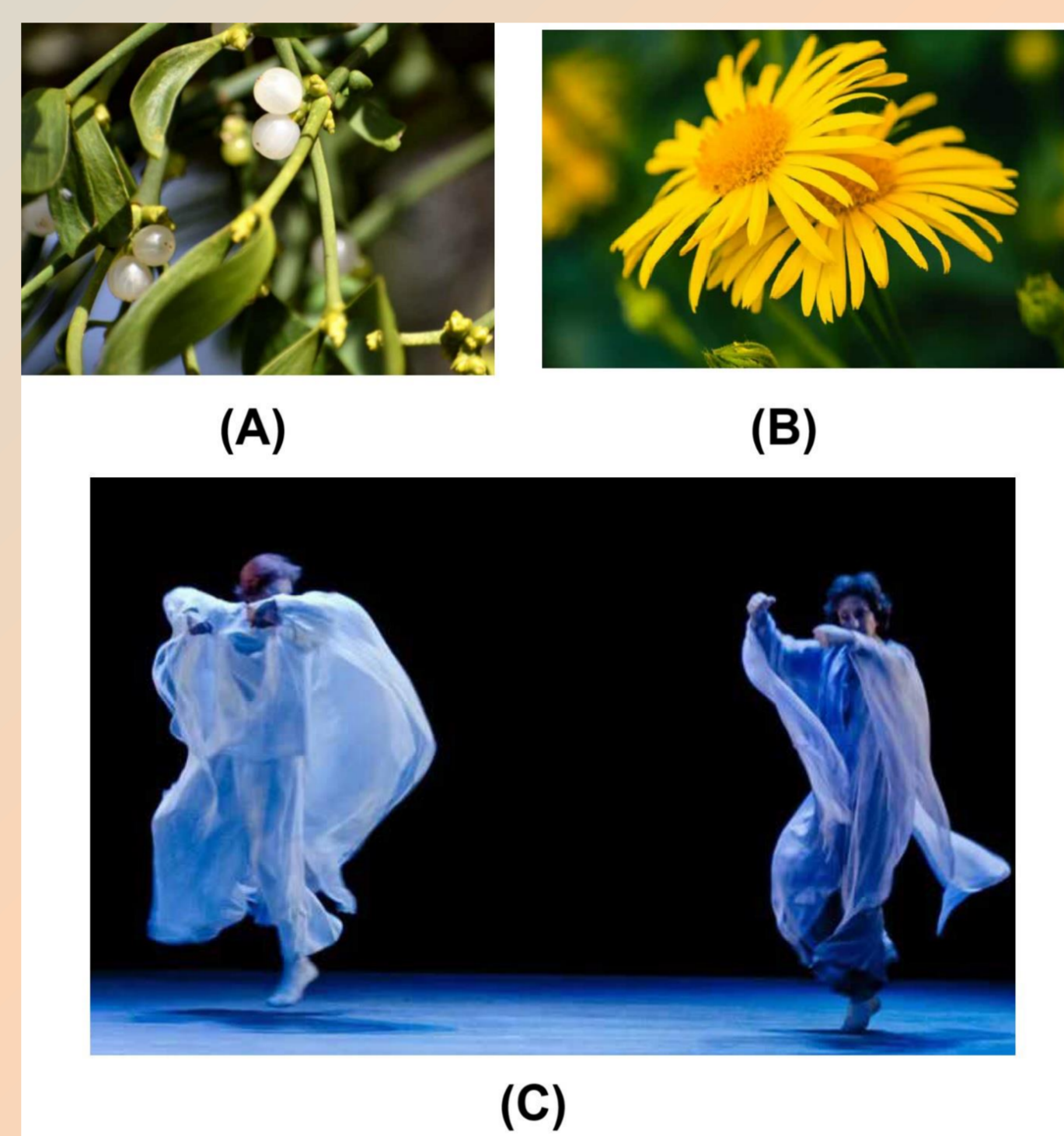
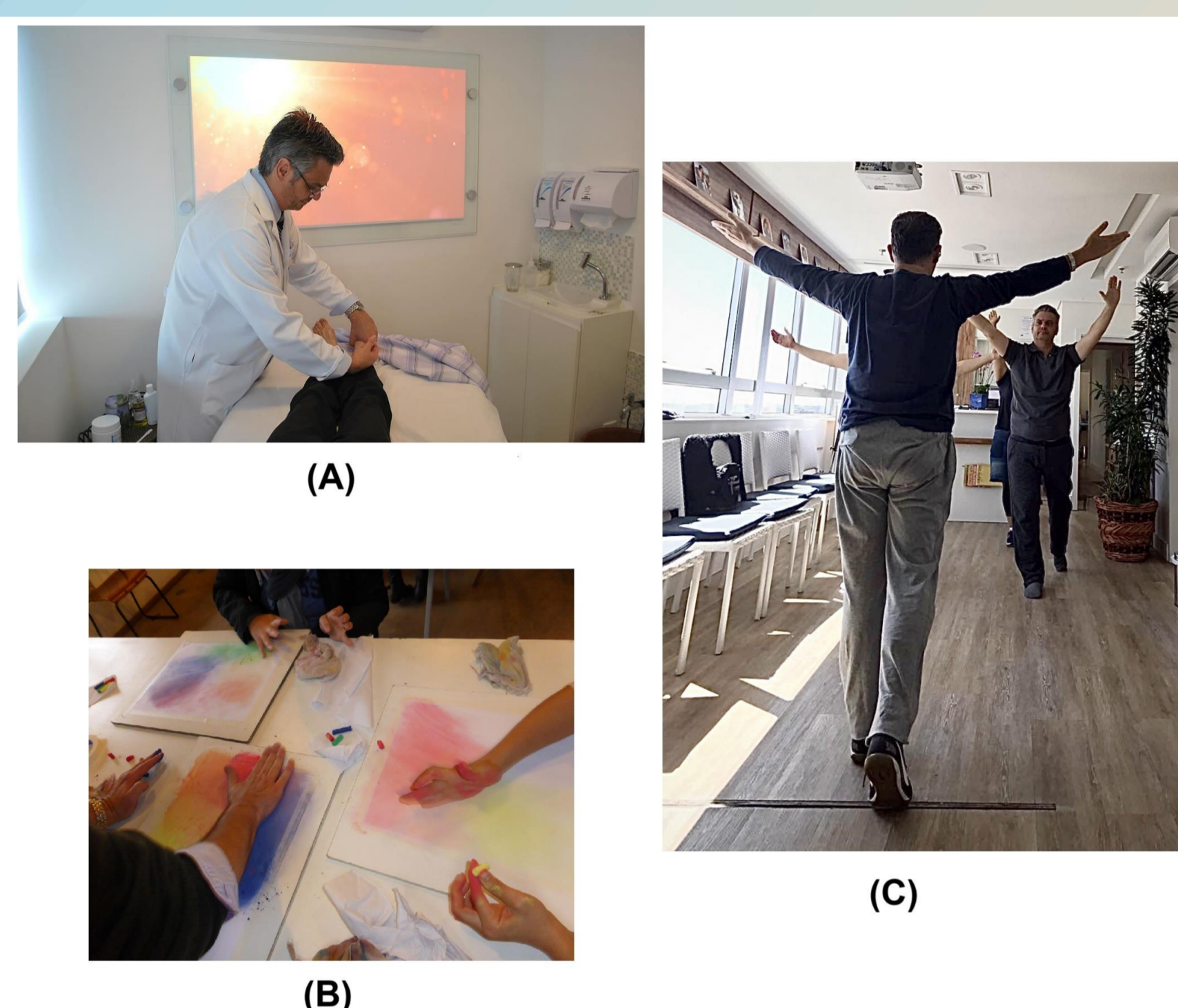
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Background and Question

Anthroposophic therapy uses mineral, vegetable and animal medicines characterized as anthroposophic dynamized drugs by the Brazilian Health Regulatory Agency (ANVISA), in addition to therapies such as Eurythmy, Rhythmic Massage, Biographical Counselling, Psychotherapy, Art Therapy, and others. Since 2006, Anthroposophic Medicine (AM) is one of the Integrative and Complementary Health Practices included in the Unified Health System (SUS) in Brazil through the National Policy of Integrative and Complementary Practices (PNPIC) which calls it Anthroposophy applied to Health due to its multidisciplinary nature. In this context, the study presents an evidence map of the clinical effectiveness of AM.

Results

From the 33 studies evaluated, the main positive findings of each outcome were: well-being and quality of life: *Viscum album* has been associated to the improvement of the life quality in 85% of studies; healthcare: the same medicine has been reported as safe to patients in 73.3% of cases, having the multimodal therapy a positive outcome in 60% of cases. The action of *Viscum album* in cancer have been considered positive, and potentially positive in 22.2% and 48.1% of cases, respectively, being its action on survival, radiotherapy and chemotherapy effects the main findings. *Viscum album* and other anthroposophic medicines are also frequently associated with improvement of the metabolic markers in 66% of the patients, especially considering immunological biomarkers, and cardiorespiratory coordination. Other conditions also mentioned include respiratory infections and gastrointestinal disorders, for which the anthroposophic medicines and therapies have shown a positive outcome in 50% of cases. The Figure shows examples of the maps for the *Viscum album* applied to cancer treatment (A) and the response of biomarkers (B).

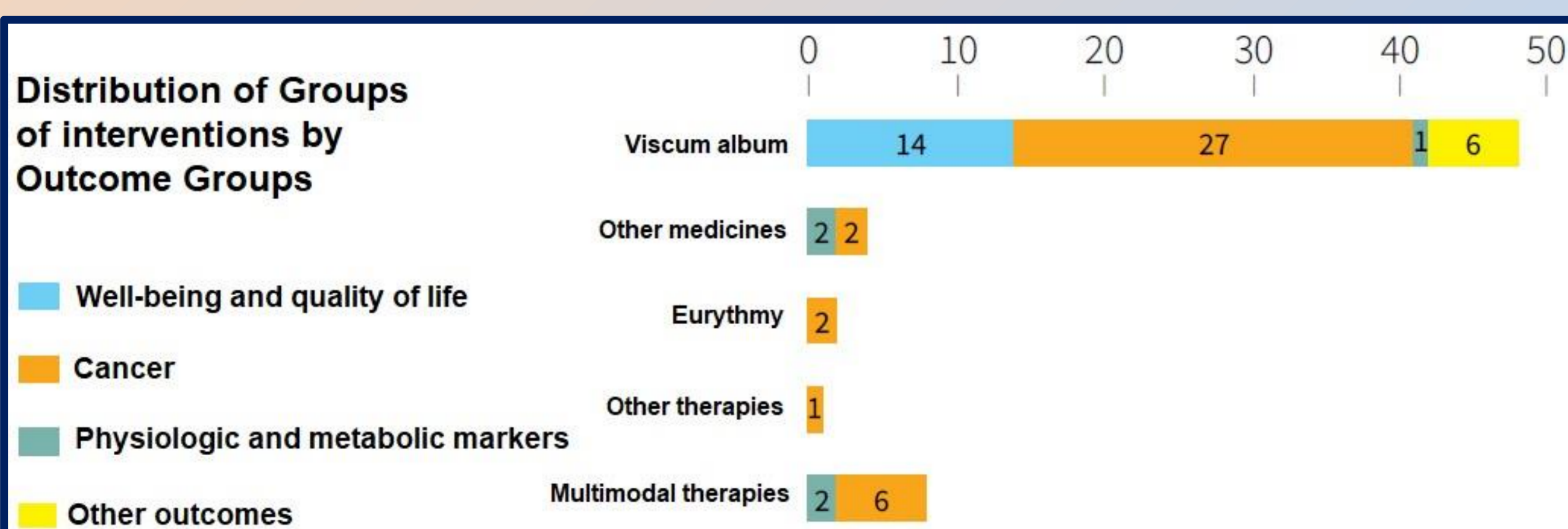
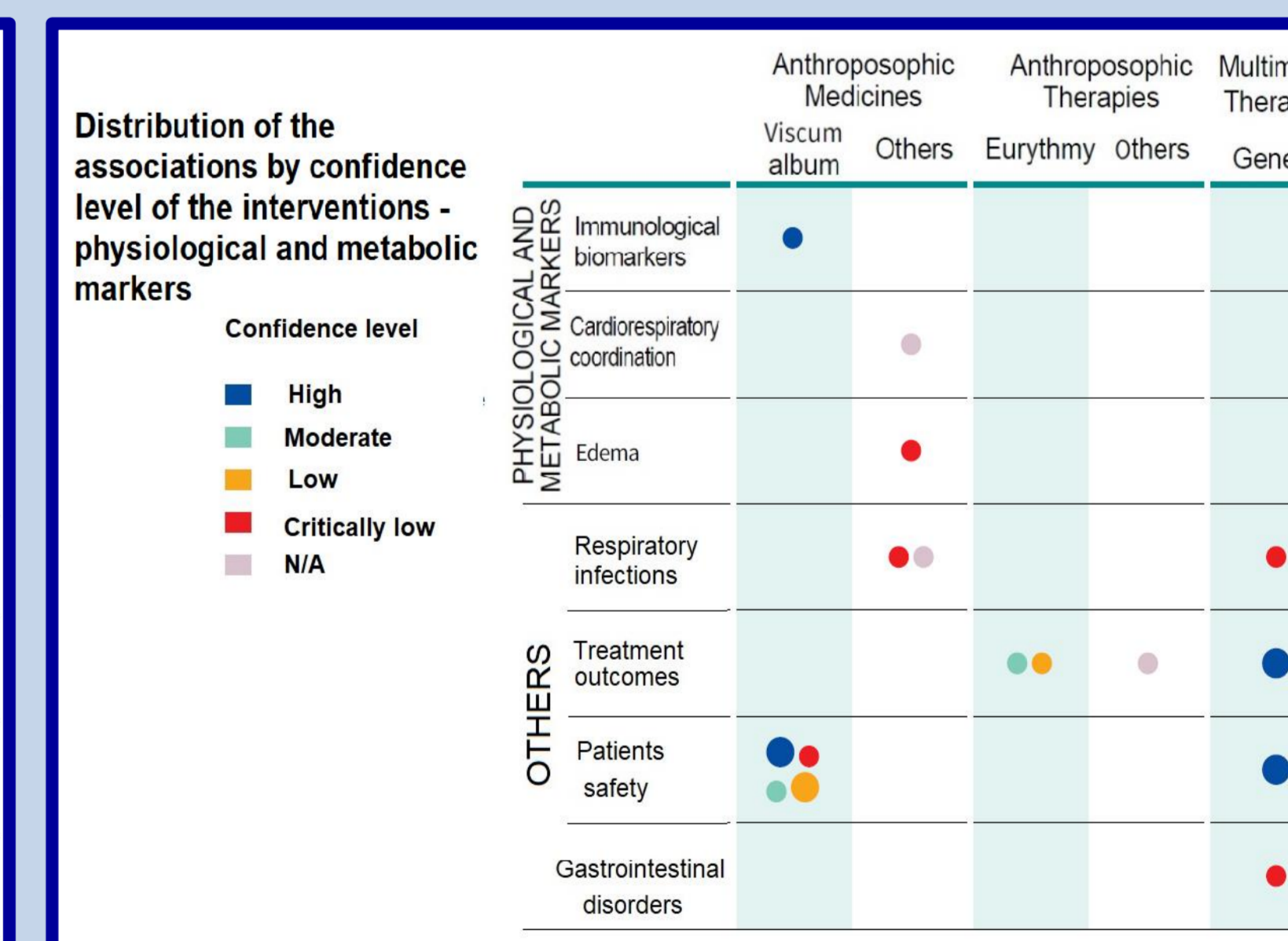
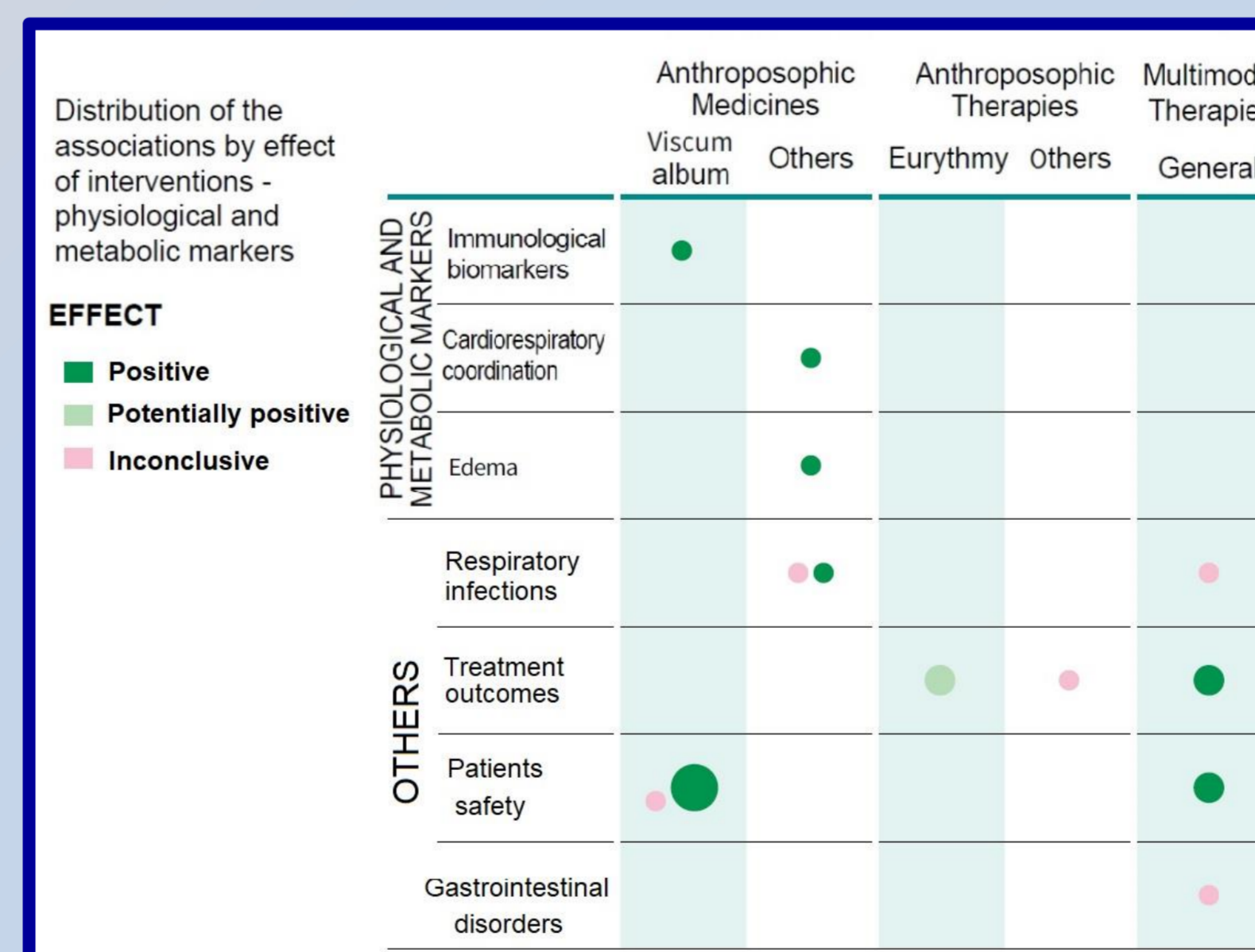
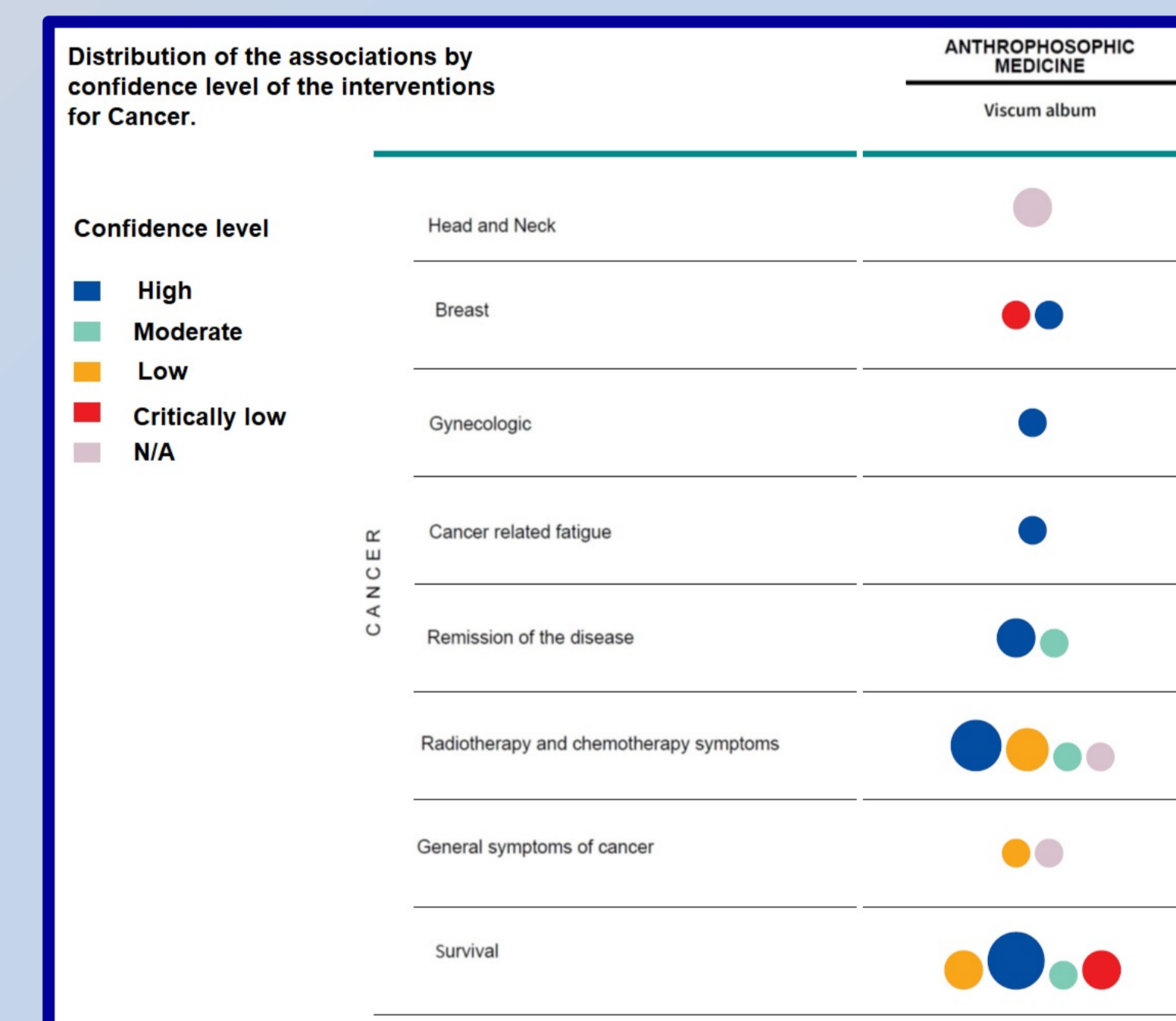
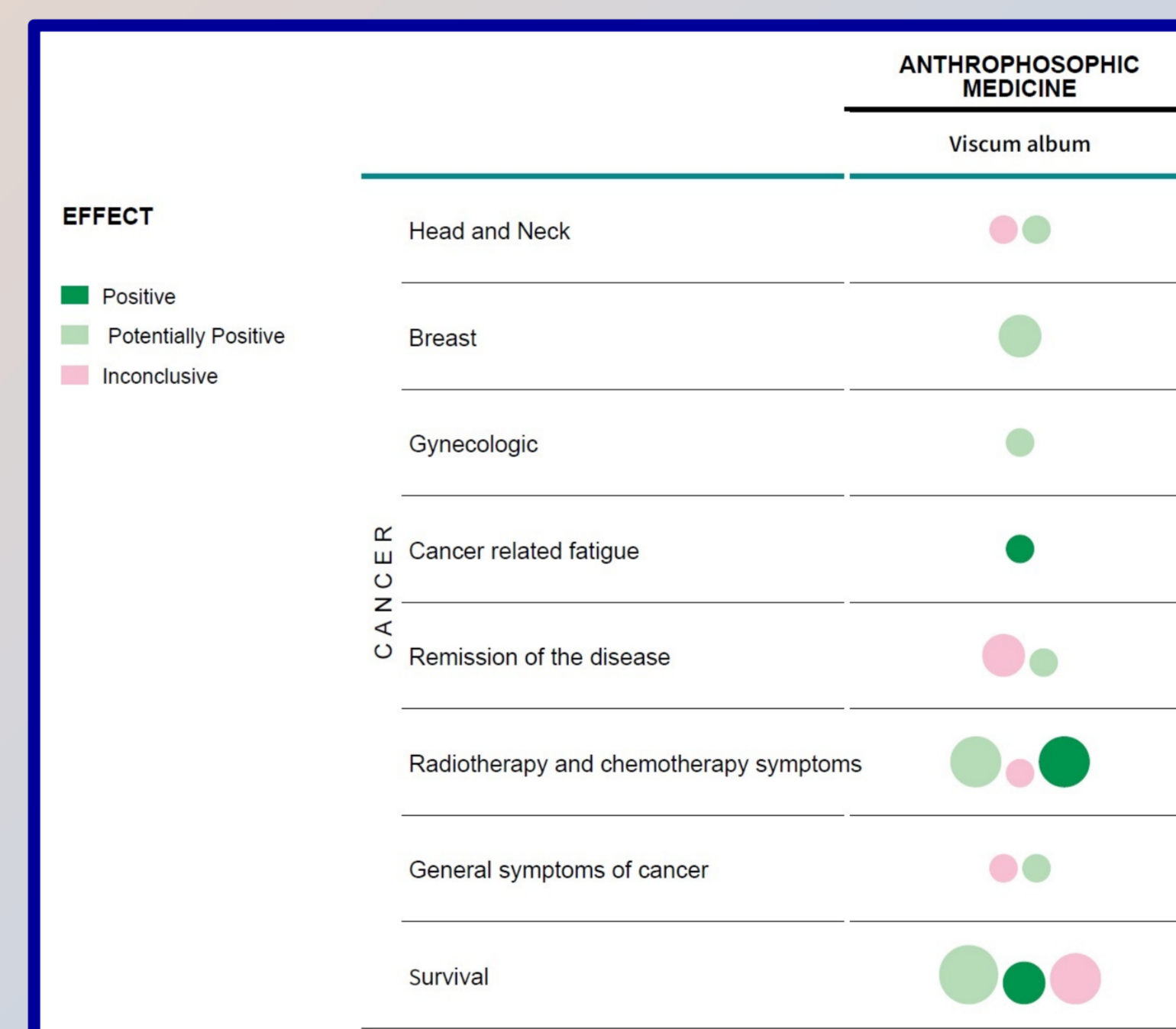
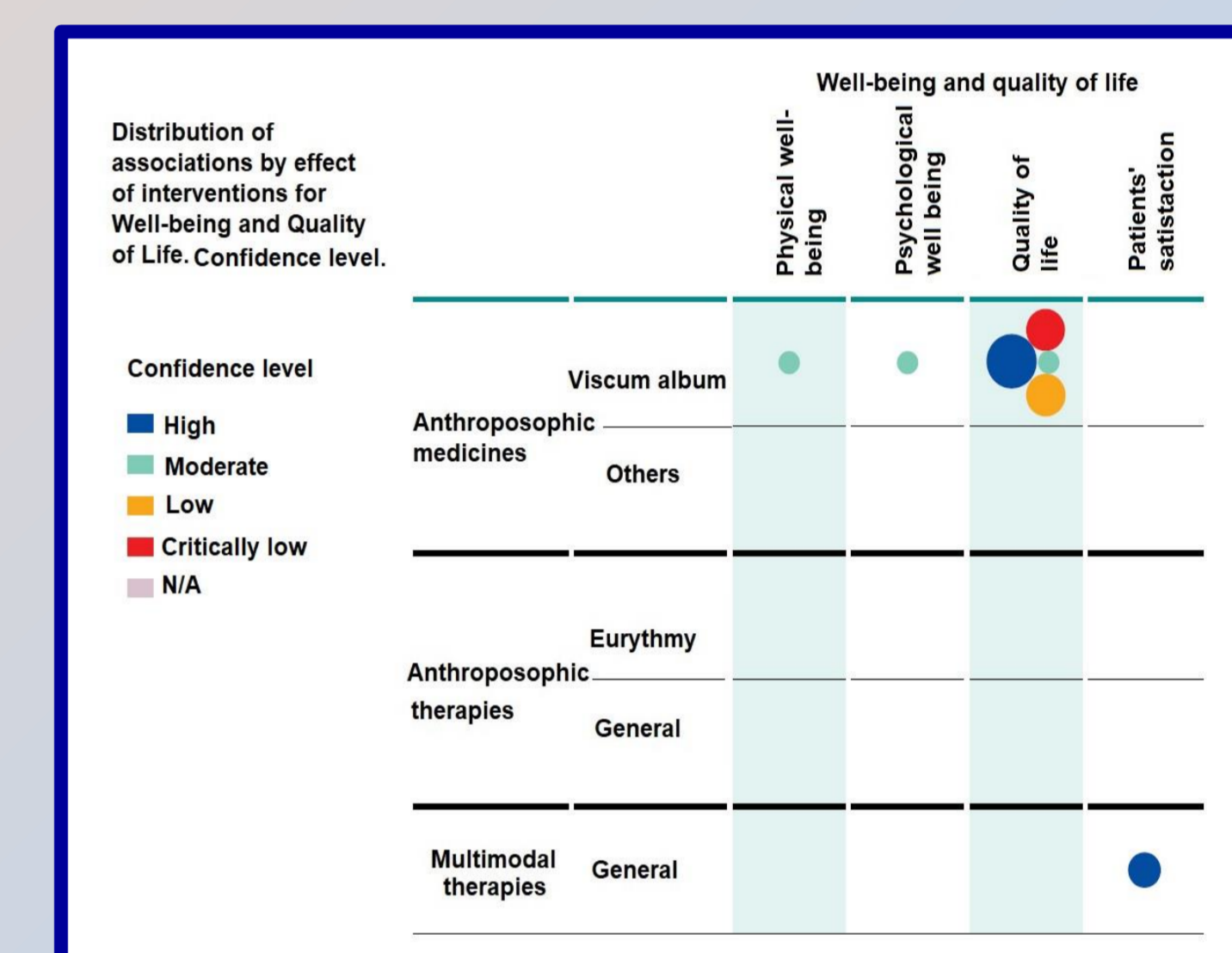
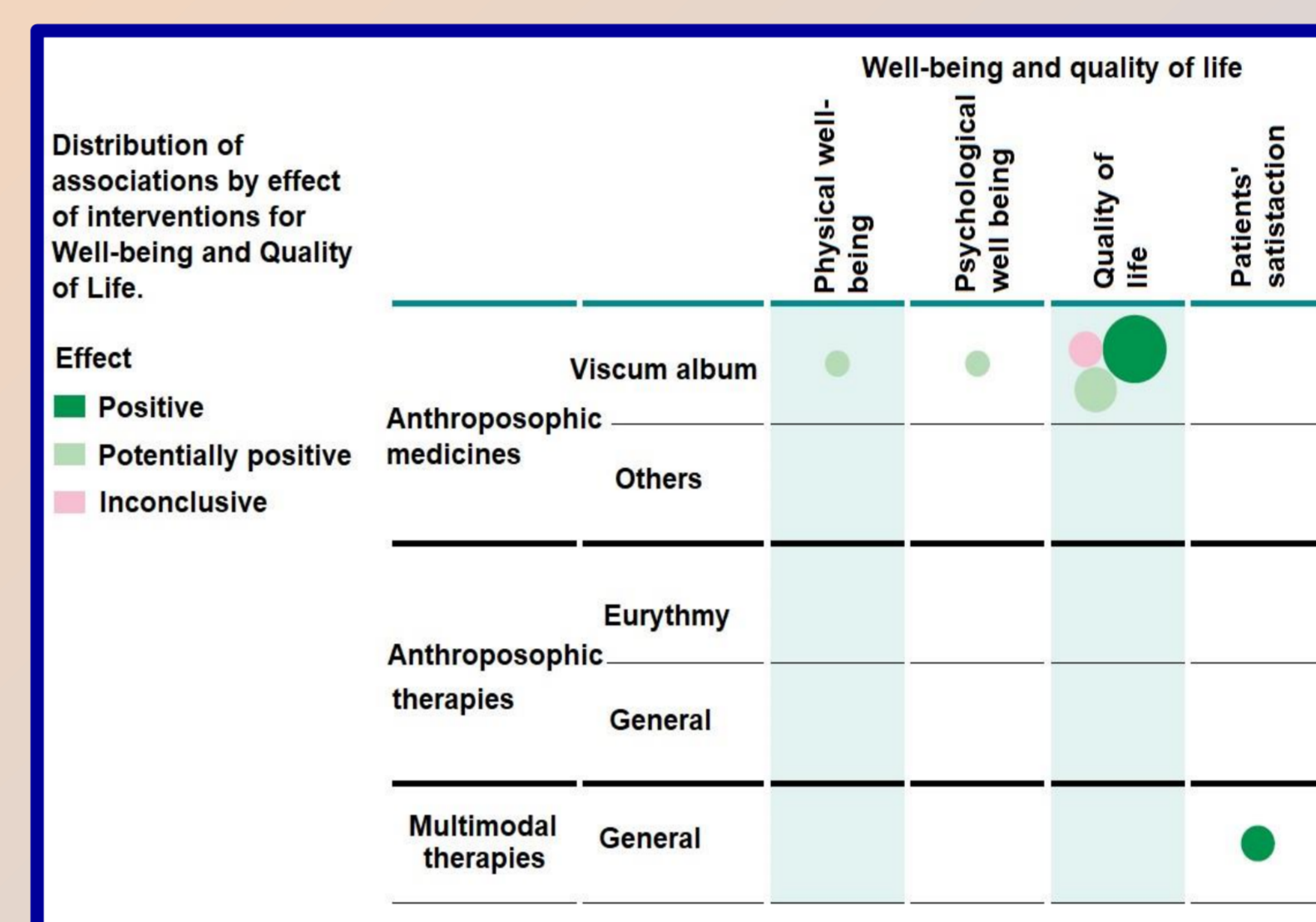


Massage, art and movement applied to anthroposophic therapies. (A): Massage. (B): Artistic therapy. (C): Bothmer gymnastics

Medicines and movement used in anthroposophic therapies. (A): *Viscum album* fruit. (B): *Arnica montana*. (C): Eurythmy.

Materials and Methods

The study was based on the Evidence Gap Map methodology, adapted by BIREME/PAHO/WHO, which consists of graphically representing the characteristics and findings of the evidence in review studies associating interventions with the outcomes analyzed, in addition to link with the reported effects of the interventions, with the population and focus country of the primary studies included in the reviews. The outcomes considered were: well-being and quality of life, health care, cancer, other pathological conditions, physiological and metabolic indicators. On the map, associations are represented using bubbles of different colors that represent the effect (positive, potentially positive, or inconclusive) and the confidence level (high, moderate, low or critically low) of the association, based on AMSTAR2. The bubble size is equivalent to the number of studies that analyzed the association. The 33 review studies eligible for inclusion in the Evidence Map were: systematic, with or without meta-analysis, scoping and similar, which could answer the following research question: What is the effectiveness of anthroposophic medicine for health outcomes?



Discussion and Conclusion

Until now, there are few scientific reports about the effects of anthroposophic medicines in patients presenting different conditions. From all anthroposophic medicines, the *Viscum album* has been the most studied nowadays. However, from the studies reported, it was found a positive or potentially positive outcome for most of the patients. The anthroposophic therapies associated with medicines have provided better outcomes for the patients.

References

[1] Ghelman R, Baldissin MM et. al. Evidence Map on the Clinical Effectiveness of Anthroposophic Medicine: (2023). Virtual Health Library – LILACS DOI: 10.5281/zenodo.7981695 <https://zenodo.org/record/7981695>

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