

Aspects of fourfold diagnosis and constitutional treatment of spinal conditions

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■ Abstract

The dynamics of and the problems arising at each of the four levels in the vertebral column may be seen to reflect the dynamics of the human being's four bodies. Aspects arise from this concerning the polarity between rheumatic diseases of the lower extremities and lower spine (Bekhterev's and other forms of seronegative ankylosing spondylitis) and of the arms and upper spine (rheumatoid arthritis) are discussed. Regarding typical medicines, reference is made to the metamorphoses of carbon dioxide on the one hand (Calc. carb., Kali carb., Carbo veg.) and of silica on the other, and to the medicinal powers of colony-forming insects.

■ Keywords

Vertebral column
The four bodies
Ankylosing spondylitis
Seronegative forms of spondylitis
Rheumatoid arthritis
Calcium carb. / Kali carb. /
Carbo veg.
Apis
Formica
Vespa
Quartz, silica
Solutio siliciae comp.
Equisetum cum sulphure tostum

Considering the whole human form, we experience in the limbs, and especially the legs, how the human being positions his bones in the direction followed by gravity. Standing upright, he can thus take hold of the influence of this physical force and at the same time also overcome it.

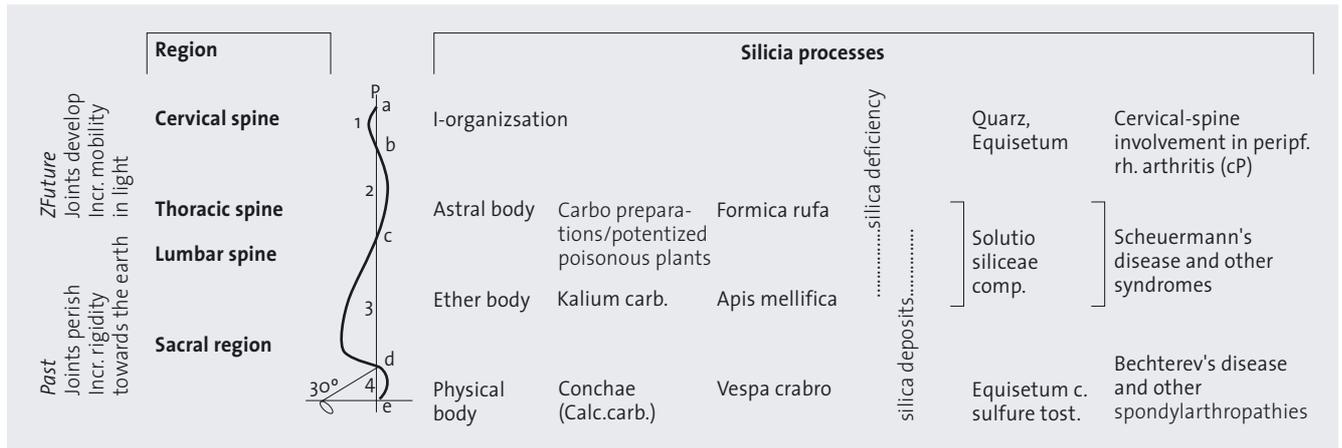
The pelvic basin holds the viscera and gonads and the major anabolic organs such as the liver and intestine. Here we see the vital organization of constructive etheric powers predominating, and above the diaphragm, in respiratory and cardiac functions the rhythmic, pulsating life of the sentient organization that goes hand in hand with the life of feeling.

In the region of the head and the face, the body shows its most individualized form. Facial expression, the look in the eye, the pupil, let the spiritual quality of the individual shine out, with the human I shining into the visible world for brief moments.

At its lowest, the vertebral column has its "roots" in the laws of physics

Looking at the human spine, starting from its lower end, we see that the sacrum consists in five fused vertebrae that were originally separate, with intervertebral discs, but ossified at an early stage. Thanks to the wedge-shaped sacrum, the spine is securely 'lodged' in the horizontal scale beam of the pelvic girdle through the sacroiliac joints with their tension-proof ligaments. Immediately around the physical body's center of gravity, the "cross" of vertical spinal "column" and the horizontal "base" of the pelvic girdle is placed into the sphere of physical and mechanical actions. The column is, however, supported by the two further columns of the legs, with the pelvic girdle the "architrave".

This double, piled-up column architecture speaks volumes about the way in which the physical body is built into the world of physical forces. The related locomotor dynamics can be observed in the process of coming upright from the bent-leg posture of mammals. Tension ceases in the muscles of the bent leg the moment it is possible to extend the knee joint. One can try this for oneself and will find that powers of will come free from the muscles and are then available to conscious awareness of selfhood at a higher level, that of the psyche. En-



tering into the region of physical forces in the sacrum, the human I places itself in the force of gravity coming from the center of the earth, and is then able to overcome it again when the upright position is achieved.

In the lumbar spine human beings are plant-like and open to the environment

The actual process of coming upright is based on the lumbar spine, which is the first to develop persistent articulative functions between vertebral bodies, with elastic mobility all round. Specifically it makes it possible to bend forward and touch the ground with one's hands, and on the other hand to come upright again through an angle of 180 degrees so that human beings are able to walk in the upright position. The lumbar spine thus connects the bipolar direction of forces between earth's gravity and the light of heaven, in which plants also live. The sacral region relates to the effects of physical and mechanic forces. The lumbar spine shows its function to be governed by the plant-related powers of the etheric organization.

The thoracic spine lives more in the soul quality of turning inwards

The rhythmic sequence of spinous and transverse process in the lumbar spine starts a development like that of branching plant stems. In the region of the thoracic spine this continues on into the development of ribs, creating a vault-like internal space, as in flowers. Here the human being shuts himself off from the outside world with firmer boundaries, in order to develop sentient life in this inner world. The ribs show progressive metamorphosis from above downwards, no two being alike. The relatively immobile upper ribs are short and curved in the edge, reflecting something of the relative rest of the cranium. Further down the ribs curve in the plane, are elastic, with increasing mobility in going out and in, adding up to the expansion and contraction of the lower thoracic cage. The seven upper ribs are connected with the sternum through cartilage, whilst the lower five are free, terminating in the abdominal musculature. The twelve ribs arching around the warm, pulsating life of the heart thus remind us of the 12 regions of the zodiac in the vault of heaven, surrounding the sun and its planets with 12 different qualities of being. The

thoracic spine thus lives in relation to the twelve-fold world of soul life, the 12 gestures or potential configurations that create the field of force in which the human astral body lives.

The cervical spine points beyond the animal to the specifically human

The human cervical spine shows specific further development. In mammals it is still more a fifth extremity, with powerful muscle groups reaching from the thoracic spine as far as the occiput to hold the skull in a horizontal position. It plays an important role also in tearing up prey, chewing and swallowing. In humans, on the other hand, the head balances vertically on the cervical spine. Muscle functions can thus be many times more fine and differentiated, as they serve only to turn and direct the head according to the intentions of sensory perception.

The small vertebral joints originally develop as synovial joints, i.e. selective breakdown of embryonic tissue (apoptosis) resulting in analytical differentiation, with two rounded skeletal elements separating off from a mesenchyme rich in cells and protein. Phylogenetically this is the most recent and most differentiated type of articular development. Originally it is part of the animal organism, especially among vertebrates.

The human being, on the other hand, takes cervical spine mobility beyond the level of prebirth development. In about the 10th year of life, fine transverse splits develop in the cervical spinal segments. Proceeding transversally from the outer margin they go through the whole intervertebral disk and are filled with synovial fluid. This gives the cervical spine a higher degree of finely differentiated mobility which serves the intentional perceptiveness and creative activity of the human I. (1)

Increased activity in mind and spirit will initially cause subtle destruction (development of split) but this then turns into the constructive development of a higher, most finely differentiated organization—a gesture typical of the human I which induces selective death processes, dying processes in the living body in order to unfold a higher life in mind and spirit.

The human atlanto-occipital joint permits the nodding gesture of saying yes, whilst the atlanto-axial joint

Fig. 1
Synopsis
Curvatures of the spine (in diagrammatic form)
1) cervical lordosis
2) thoracic kyphosis
3) lumbar lordosis
4) sacral-coccygeal kyphosis
In upright position, the plumb line cuts across the anterior tubercle of the atlas (a), the 6th cervical vertebra (b), the 9th thoracic vertebra (c), the 3rd sacral vertebra (d) and the tip of the coccyx (e). The link connecting the upper edge of the symphysis and of the 3rd sacral vertebra is at an angle of 30° to the horizontal (from Rauber/Kopsch, Band 1).

below this permits the rotation of shaking one's head in negation. These are two fundamental gestures in the I's relationship to the environment—agreement and delimitation of an inner sphere.

Where the thoracic spine reflects astral laws in the 12, the cervical spine in its development as an organ proves to bear the touch of the powers of the human I. At the present time, particular importance attaches to the region of transition from chest to neck, including the nape. The more and the longer people are inwardly tensed in the activity of sensory perception, the more easily does muscle tension develop in the back of the neck, and this may lead to spasticity in their breathing.

Patient will sometimes say of their own accord that their urination has also changed. This tension in the back of the neck does indeed relate strongly to the kidney as the astral body's central organ. The power developed by the astral body first radiates into the organism via the airy organization of kidneys and adrenals. From the kidney region it rays out as far as the periphery, then to go through a kind of reflection in the nervous system, especially the spinal nerves and/or the region of throat and back of neck. The contractile counter movement of sentient powers coming from the kidney turns back on the etheric and finally the physical activity, which comes to expression in the secretion of urine and elimination of nitrogen, and also on the respiratory drive and the toning of smooth and striated muscle. This mysterious interaction between the throat and nape region and the related spinal marrow on the one hand and renal activity at the level of soul and body on the other is evident even at the embryonic stage. The pronephros starts in segmented form in the neck region and then continues downwards in a rhythmic, metameric sequence of paired renal structures, until those structures finally descend and come together in the metanephros, making the connection with the plant-like calyx system which sprouts up from the urinary bladder.

The vertebral column reflecting the I's activity in the four organizations

The powers active in the four major regions of the vertebral column, their posture and the symptoms relating to them may thus be considered to reflect the way the four bodies of the individual patient are acting. When making a constitutional diagnosis and finding the indicated treatment, symptoms in the region of the sacral and iliosacral articulations therefore point to disorders or energies being held back in the sphere of the physical organization, or of the way in which the I-organization influences activity of physical and mechanical forces via the astral and the etheric bodies. Lumbar spine problems indicate a connection with the etheric organization (or to I-activity in the ether body), thoracic spine problems point to one-sided changes in the astral organization (I in astral body), and cervical spine problems to irregularities in I-activity or the I-organization itself. The whole posture and movement of the spinal column shows in the fluctuating interplay of bodily reflec-

tions, how the I lives in the system of its own powers and when it enters into the astral, etheric and physical bodies (see summary in Fig. 1).

The vertebral column as the time-axis for I-presence between past and future

With regard to the cervical spine we considered the enhanced joint function in the upper intervertebral discs, with additional interarticular spaces extending the function of the unco-vertebral joints. In the lowest part of the vertebral column, articular functions thus *disappear* even before birth, leaving permanent ossification (ossification in the sacral and coccygeal regions which had originally been segmented, a synthesizing gesture); in the uppermost part of the vertebral column we see analytical, separating processes after birth with the *creation* of new joint functions.

The lowest part of the spine thus reflects the densifying laws of the head organization, as exemplified in the bones of the cranium and also dental development. The uppermost part of the spine on the other hand takes up the enhanced mobility of metabolism and limbs; here, ether powers enter into the physical body as powers of growth and movement'; in the sacral region they are set free for the development of conscious awareness, which otherwise happens in the head. The I thus awakens to thinking in the sacral region of its skeletal axis; in the neck region it develops will intent to work on future body development.

In terms of the whole body, head development comes first, as does the development of bone; the human being gradually descends from the head down into the limbs, where development only concludes much later, in around the 20th year of life. From the spiritual-scientific point of view, the whole of I-activity itself also radiates from the head, the "upper center of gravity", into the body of the young child, connecting with the past by means of hereditary exemplars. From the 9th to 12th year onwards, the I then works itself successively into the system of powers active in metabolism and limbs, from the outside inwards. From then on it also works independently, in the process of overcoming the earthly outside world, on the child's own body, now from the "lower center of gravity" of the I-organization, the basis of bringing independent life to realization in the future.(2)

It is exactly at the time when the orientation of powers changes—a threshold from the past (I reflected in the head organization) to an earthly future taken up independently (primary I-activity in metabolism and limbs) which Rudolf Steiner also referred to as "crossing the Rubicon"—that the additional articulate functions in the upper cervical spine show themselves, a bodily reflection of newly gained freedom.

Typical healing processes for diseases of the spine

A first group of medicinal agents comprises mineral substances created in animal, plant or earthly life processes so that they contain carbon that has been taken into life.

I Sequence of enlivened carbon metamorphoses

· *Calcium carbonicum*, a mineral substance secreted by oysters (*Conchae*)

The oyster shell is a deep-acting medicinal agent when someone gets “too earthy”, with the ether body coming free more than it should, and the mineralizing tendency which develops when the physical body is left to itself needs to be overcome. It is therefore an important constitutional agent for syndromes that have their focus in the region of the sacrum and the iliosacral joints, particularly Bekhterev’s disease (rheumatoid spondylitis) and other seronegative spondylopathies with a marked basic hardening tendency.

Start with the 30x locally s.c., especially for anxious individuals, and if indicated move gradually, as required, via the 20x and 10x down to the 7x, until a vitalizing, pain-relieving effect is achieved.

· *Kalium carbonicum*, a mineral representative of the fruiting process in plants

The lumbar spine relates to the human ether body, as stated. Here constitutional problems or configurations of the higher bodies appear where the ether body is not adequately penetrated by the astral body. Here *Kalium carbonicum* is a typical medicament. Potentized calcium carbonate (obtained from grapes by Weleda) conveys a message to the sick individual: “Overcome the calcium-related plant principle in you with a stronger breathing process by sending the astral body into the ether body to impose form.”(3)

For patients with acute or chronic back pain in the lumbar region (low back pain), especially women, I have found *Kalium carbonicum* to be remarkably effective and fast-acting on thousands of occasions. I give the 30x locally s.c., later adding the 20x per os, 7 drops once or twice daily, or, if not sufficiently effective, the 10x, one ampoule three times a week, with the 10x, 7 – 12 drops once or twice daily, given in addition.

· *Vegetable poison processes and Carbo preparations to treat syndromes of the thoracic and cervical spine*

This mainly involves potentized poisonous plants with alkaloids and other secondary nitrogenous compounds—e.g. *Rhus toxicodendron*, *Aconitum*, *Belladonna* or *Gelsemium* in potencies ranging from the 30x to the 6x, letting the appropriate vegetable simile of excessive conscious activity take over the destructive astral activity in the physical body and symbolize it for the I. This ultimately addresses the human I-organization, asking it to overcome the excessive astral activity (which in a way makes the human being too “animal-like”) and support the astral body in a calm process of breathing through and creating inner light for processes of conscious awareness.

In his first medical course, lectures 9 – 11, Rudolf Steiner mentioned that charcoal should also be considered as a constitutional medicine, for *Carbo vegetabilis* is indicated “when the human being grows too animal-like”. This tendency can be seen particularly in pain syn-

dromes affecting the back of the neck and the thoracic spine. Animals physiologically need increased muscle tension in this region to hold the head horizontal and assist with feeding. The carbonization process also relates by nature to the whole of renal function, including the retroactive regulative influence on the major and more subtle respiratory processes in the organism. We are thus addressing central aspects of the pain process.

For the treatment of spasms and pain in the region of the thorax and back of the neck, and of syndromes affecting the thoracic spine and back of the neck, specially carbonized preparations of poisonous plants may be of value, an example being *Carbo tabaci* (20x amp. s.c.).

Using the three groups of medicinal agents considered above, metamorphoses of the carbon dioxide process in the human being, we influence above all the respiratory processes that create and dissolve substance. These processes act from the I and astral body via the ether body down into the physical body, which is particularly important for the smooth function of cartilage and other connective tissues. We are influencing carbon in the sphere of life, providing the basis for the creation of all organic matter and being the internal physical support structure for the body, the “house” in which we live.

II The role of silica as a physical instrument for the I’s sensory activity

Silicon in form of silicic acid is the polar opposite of carbon dioxide for medicinal purposes. It supports not so much the internal creation of matter to build up the body right down to the physical level, to the supportive skeletal function, but more the translucent peripheral configuration that serves sensory perception.

Quartz and most other silicates are translucent and therefore capable of being instruments for the I’s perceptive functions in the physical world. Carbon, on the other hand, takes effect in the dark internal regions, going all the way to calcium deposition and the development of bone.

Silica is a form principle in all sense organs. These may be said to be “windows” in the “house” that is our physical body, enabling us, who are endowed with soul and I, to receive, perceive and digest the influences from the outside world. In the first place, silica establishes defined limits and configuration, for sensory perception is only possible where clear boundaries exist—initially against the outside world, as in the region of the cornea and retina in the eyes, for example, and in the region of the eardrum and oval window in the ear. Such boundaries hold back the influence of laws that belong to the outside world, always permitting only a specific quality of that outside world to go through—light for example, or sound, or temperatures, qualities of smell or taste.

Silica deficiency in the region of one of these organs therefore means that boundaries are too thin. The window of the sense organ is too wide open, as it were, and all kinds of influences come in from outside. Hypersensitivity to sensory impressions is the result.

On the other hand the I-organization has to make efforts to penetrate silica, which has a great inherent tendency to crystallize, with warmth, so that the silica will not follow those inherent tendencies and deposit in the organism at will. In that case the organ-typical metabolism gets out of tune, with drying and hardening phenomena developing. Sensory perception then finds an organ encrusted with silica that has dropped out and become physical. The glass in the "window" has grown old and opaque, as it were. The object of perception will then be the organ thus made physical and not the outside world. One experiences problems with directing perceptive processes and all correlated movement functions, with interference due to self perception of the organs. This may for instance show itself

- in the sense of movement as no longer really having awareness of one's legs and being able to keep them straight, so that they may suddenly threaten to fold up,
- in the sense of balance as vertigo,
- in the sense of hearing as tinnitus, possibly in conjunction with incipient deafness,
- in the sense of sight as partial loss of the field of vision, flashes before the eyes, and the like.

The last-mentioned tendency of sensory activity to grow duller, with silica deposits, aging, hardening and impenetrability in the development of the sense organs, is a tendency typical of advancing age, and also of being hard of hearing and developing cataract. Here the physical body is too independent, sclerotizes, and grows similar to the mineral world outside because constructive I-activity is no longer all-present in the blood.

Sensory hypersensitivity due to silica deficiency in the organic region is typical for the way children fall ill. The body is still too soft, not fully formed out, with a basic inflammatory tendency and the sentient body predominating over the I-organization.

In a wider sense, every organ is also a sense organ, perceiving the activity of the other organs. These perceptions interact with specific correlating factors in the outside world (e.g. climatic factors in the earth's environment); inwardly they find their boundary in coming up against the unconscious processes of metabolism and growth, where the will is active. (4)

· *Structuring silica exhibited to reduce sensitivity if there is a silica deficiency syndrome (hypersensitivity)*

Ultimately it is then a matter of looking at the individual symptoms of each patient to see if hypersensitivity preponderates, i.e. insufficient silica activity, and the organism as a whole or a given organ region needs to be supplied with silica, or if on the other hand there are silica deposits and signs of problems with directing activities and a weakening of sensory functions, so that silica needs to be brought into solution and *eliminated* via the kidneys.

Certain tendencies are more disease-typical rather than individual, however. Bekhterev's disease, where emphasis and onset are in the sacral region, is rather con-

comitant with silica deposits, so that typically, patients will also take no notice of the pathologic process for years.

With peripheral joint diseases in the extremities, e.g. rheumatoid arthritis, and a more marked tendency to inflammation and dissolution, hypersensitivity and therefore silica deficiency are present at least in the synovial membranes, as evident from sensitivity to the pressure of a handshake, for instance. With this kind of hypersensitivity in corpulent patients showing weakness of the form principle, Quartz itself (trit. 6x to 3x) may be given, or other silicates, or horsetail (*Equisetum arvense*) as a tea of in low potency. The plant contains large amounts of silica in solution which is in an amorphous form taken into the sphere of life (as opal).¹

Quite generally, it appears to me that clinically the exhibition of silica in form of quartz, *Equisetum* or related preparations with high silica content is most frequently indicated when treating the region of the upper vertebral column and the *upper* extremities. Constitutional hypersensitivity to cold and drafts, for instance, often goes hand in hand with this. For patients of a lean, transparent neurasthenic constitutional type I start with the 30x or 20x s.c.; for stout, unstructured types with the emphasis on metabolism I use silica in low potency or material doses, as described above.

· *Dissolving sulphur functions to treat silica deposition syndrome*

Sulphur specifically has the power to dissolve physical deposits. It may thus be used as such, or in the preparation *Equisetum cum sulfure tostum*. This is produced by roasting dried horsetail plants over hot sulphur fumes, paradigmatically allowing the sulphur function to act on horsetail silica which has been taken into drying and condensation processes.

In my experience, *Equisetum cum sulfure tostum* has proved highly effective in practice when treating such conditions, e.g. ankylosing spondylitis, chronic arthritides and related syndromes with hardening and deposition, such as meniscopathies. Initially it needs to be given long term, using the 15x locally s.c. when uncertainty of movement and inability to follow intent show themselves in conjunction with a reduction in the potential for perception and tendencies to harden and dry out. Later it may, if indicated, also be given in the 6x or 4x (the latter if there are marked tendencies to develop edema, with watery swellings).

The drier and more hardening the gesture of the disease, the more does the higher potency (15x) prove effective.

· *Dissolution and dispersal of silica to treat mixed syndromes*

In many cases one does, however, find a combination of silica-function disorders, i.e. hypersensitivity in one region, e.g. the upper extremities with rheumatoid arthritis, and at the same time the phenomena of silica deposits and failure to respond to intention occur in the

large joints of the lower extremities, which are, of course, more exposed to the physical forces of gravity.

The way I see it, the preparation *Solutio silicea comp.* is a kind of archetypal model for this dissolution and dispersal of silica. It has been developed as a mineral composition on the model of *Equisetum arvense*. Sulphur in gaseous form is passed into an aqueous solution of alkaline salts (carbonates of potassium, sodium and calcium), which initially form an insoluble sediment (mainly calcium carbonate) to convert this into sulphates of potassium, sodium and calcium which are easily soluble in an aqueous medium. Potassium silicate is then melted in a hot furnace and dissolved in distilled water. This highly alkaline silica solution at pH 13 is added dropwise to the solution of sulphuric salts, with the gas still passed through. In this rhythmic, bubble-forming aerating process which creates large surface areas, sulphuric acid (representing the dissolving powers of metabolism) and silica (representing neurosensory processes) finally establish a new dynamic equilibrium in the fluid sphere. The process also involves increased "exhalation" of carbon dioxide liberated from the carbonates.

In this special manufacturing process, silica is introduced in a previously heated and dynamized, easily soluble form, whilst solution of the salt principle (carbonates of calcium, sodium and potassium) by using the sulphur function also means that silica exhibition and silica solution are both stimulated by the sulphur function in the sick individual and taken to a rhythmic equilibrium. The medicament may thus be considered to be a human archetype for the right way of distributing silica actions out of the powers of the I-organization.

The indication for exhibition of silica is more frequently indicated for the region of the upper spine and the upper body altogether, as these are functionally more connected with the neurosensory system. Silica deposition, on the other hand, seems to be more common in the region of the pelvis and lower extremities; here one might first—if deposition occurs on its own—think of *Equisetum cum sulfure tostum*, or, for problems with silica distribution, particularly in the region of the thoracic and lumbar spine, of *Solutio silicea comp.* (15x amp., locally s.c.).

The compositional ordering power of colony-forming insects

As medicinal agents, colony-forming insects bring order into the interaction between physical body and ether body. The individual animal is, however, an integral part of the wise I-like activity of the colony, and this establishes the relationship to the human I-organization.

The wood ant, *Formica rufa*, relates most powerfully to the animal world, living in symbiosis with hundreds of small animals such as beetles and aphids. The toxic effect of formic acid, a respiratory poison, removes animal pests that become too preponderant in woodland. It thus embodies a regulative function at the astral level, establishing an ecologic balance among woodland life communities and also on the soil, i.e. in the sphere of physical

forces. Formica is therefore of great value if there are hardening processes, with respiration inhibited and acids accumulating in the sphere of organs. Local injections (3x or 4x) stimulate the astral body to respiratory activity and hence elimination of the local lactic-acid acidosis. This treatment combines well with a potentized poisonous plant such as *Rhus toxicodendron* (30 x, 10x), *Tabacum*, *Belladonna* or similar, which reduces pain, for instance in a combined injection given locally.

Formica thus relates especially to the human chest and neck region with its astral qualities. The honey bee, *Apis mellifica*, on the other hand, is more plant-related. It carries pollen and collects nectar, taking plant substance to the ensouled animal level and finally, in making honey, to a level related to the human. In this process, where warmth plays an even greater role, the beehive with its pulsating inner life relates more strongly to the human heart and circulatory system. Apis preparations used to treat spinal conditions therefore address particularly the I's activity in the etheric—the lumbar region. In many cases, e.g. with lumbago and lumbar cum sciatic pain, it is therefore helpful to inject Apis or Apis cum Levistico 3x not in the area where the pain is but at the level of the heart and to the left of the lower to middle thoracic spine. This is an area where these patients often have trigger points or myogeloses that are painful on pressure.

Use. The more ample and inflammatorily softening the constitutional disposition, the higher should the chosen potency be as a rule (6x – 30x, with the 10x and 12x proven particularly effective). If the constitution is more going in the direction of hardening, forming deposits, the lower, 3x potency has proved of real value, especially in form of Apis cum Levistico D3 (= 3x) amp. s.c.. Here the poisonous astral momentum of the bee's venom is enveloped in the vegetable mucilage of lovage and taken up into the etheric. The organism is thus given an example of close interpenetration of astral body and ether body, a medicinal principle that is particularly helpful if the ether body is weakened, as it can prevent the energizing astral (toxic action) from "striking through" into the physical body (resulting in destruction and increased pain).

The hornet, *Vespa crabro*, is the colony-forming insect with the heaviest body and deepest, resonantly vibrant sound. It builds its nests in hollow tree trunks, using dead matter such as wood and paper made coherent with saliva. The hornet is orientated more towards dead physical matter and is able to integrate this into a new form complex. Medicinally it is therefore particularly helpful with processes of marked physical hardening in the iliosacral joints or on tendons or in other connective tissue areas such as Dupuytren's contracture, hardening forms of sub-cromial bursitis, or annular ligament stenosis.

Use. Where reactive inflammatory processes are involved, the 6x – 30x s.c.; the 3x amp. if hardening only.

Fig. 1 gives a synopsis of typical medicines from the different realms of nature and the related regions of the vertebral column. It is intended to give orientation only,

Notes

1) Silica is not easily soluble in water. The horsetail should therefore be put in cold water, brought to the boil and kept simmering for 15–30 min. to extract the silica.

2) If there is a history of allergy to bee or wasp stings, patients will actually respond particularly well to Apis or Vespa if these are given in higher potencies, e.g. the 10x (6x) or higher, avoiding the 3x/4x.

as individual assessment and adaptation are needed in the given situation.

A few days ago a patient impressed me deeply as she described the effect which a single injection had on her back pain. The woman, aged 41, had acute pain in the region of the lower thoracic spine as part of a mild seronegative spondylitis. She had been my patient on account of this for a short time. I gave her an injection of Equisetum D15 Formica D10, 1 ampoule s.c. in the painful area of the mid-thoracic spinal region. A few days later she telephoned to say that the pain had gone completely after 30 minutes, but she had found herself weeping and weeping. It became clear to her that having a job and caring for the family at the same time was simply too much for her. "Your injection removed the armor-plating around the heart, and as a result I was able to see this," she said. This apt formulation used by the patient demonstrates the long-term key issue in treating chronic conditions: With all medication, complemented with massage, eurythmy and other therapies, it is a matter of supporting the functions of the I in the body to such effect that the soul principle, held fast in the body by pain, is liberated and can go through further development to gain new insights. The human being can then find himself in a new way.

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