

Potency Selection in Rudolf Steiner's Heilmittel-Angaben Rudolf Steiner's

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Zusammenfassung

Eine Analyse der Potenzwahl in *Heilmittel-Angaben Rudolf Steiner's* zeigt, dass Rudolf Steiner nur ausnahmsweise hohe Potenzen empfohlen hat. Dies gibt Einblick in Rudolf Steiner's Heilungskonzept: Unterstützung des Patienten, seinen Weg zu finden unter Berücksichtigung seiner Freiheit und seines Karmas.

Abstract

Analysis of Rudolf Steiner's potency selection in *Heilmittel-Angaben Rudolf Steiner's* shows that Rudolf Steiner recommended high potencies only in rare instances. This gives insight into Rudolf Steiner's ideal of healing: to support the patient in his/her path with consideration of his/her freedom and karma.

Schlüsselwörter

Heilmittel-Angaben
Potenzwahl
Freiheit
Karma

Keywords

Indication of medicines
Potency Selection
Freedom
Karma

„If we now follow the material substance of the earth into the etheric formative process we find wherever they enter this formative process these substances assume a form of being which estranges them from physical nature. While they are thus estranged, they enter into a world where the spiritual comes to meet them transforming them into its own being... We shall only be able to think of therapeutic substances when we evolve a knowledge of how some earthly substance or earthly process is related to the etheric, to the astral and to the ego. Only then shall we be able to achieve the desired result, by introducing an earthly substance into the human organism or by treatment with an earthly process of activity, enabling the higher members of the human being to unfold again unhindered, or by the earthly substance (of the physical body) finding, in what has been added, the necessary support to bring it into the path where it becomes a basis for the earthly working of the spiritual.” (1)

Rudolf Steiner was a consultant to Dr. Ita Wegman at the Clinical-Therapeutic Institute (*Klinisch-Therapeutisches Institut*) in Arlesheim. The therapeutic part of these consultations are documented in *Heilmittel-Angaben Rudolf Steiner's*. It is quite informative to go through this collection and study Rudolf Steiner's choice of potencies. Most frequently he recommended low potencies D3 [323], D6 [549], especially the latter. Medium potencies D10 [154] and D15 [155] are next, then higher concentrations, especially 5% [170] and 10% [70]. Rarely did he recommend beyond D30: Belladonna D60 and Succus citri D200 for psychiatric cases, Aesculus D50-D100 for dental cavities, Belladonna D30-D60 for epilepsy, Aesculus D50-D100 for Lupus. In a few instances he

recommended odd potencies like D9 or D27. He never recommended different potencies of the same substance given at the same time. However he did recommend different potencies of the same substance in sequence: “Copper D3 in the morning, D6 at noon, and D10 in the evening” (2)

(Tab.1) See below

(Tab.2) See below

Rudolf Steiner was very innovative in his medical recommendations: he used a large range of substances from the mineral, plant, and animal kingdoms. He used all sorts of applications. It is obvious that his knowledge was not limited to written texts. His access to the Akashic records provided him with the knowledge of all the great healers. He was aware of the karmic history of each person.

There were great medical and scientific discoveries made during Rudolf Steiner’s life: vitamins, the molecular structure of substances, and the atom theory (Einstein, Bohr). Furthermore homeopaths used high potencies with excellent results. Rudolf Steiner was intimately familiar with these developments.

With all the knowledge that was accessible to Rudolf Steiner we may ask ourselves why he never recommended allopathic drugs, supplements, and only in very rare instances high potencies.

We find the answer in the words that Rudolf Steiner gave to physicians and priests at the very end of the Pastoral Medicine Course (3):

“If you would like to take a summary of this course with you for your esoteric study, then take these words:

I will follow the path
That dissolves the elements into activity,
And leads me down to the Father
Who sends illness to work out karma,
And leads me up to the Spirit
Who guides the erring soul toward freedom.
The Christ leads downward and upward,
Creating Spirit-Man in earth humanity
In harmonious union.

*Ich werde gehen den Weg,
Der die Elemente in Geschehen löst
Und mich führt nach unten zum Vater
Der die Krankheit schickt zum Ausgleich des Karma*

*Und mich führt nach oben zum Geiste
Der die Seele in Irrtum zum Erwerb der Freiheit leitet
Christus führt nach unten und nach oben
Harmonisch Geistesmensch in Erdenmenschen zeugend. “*

As physicians we utilize *alchemically* prepared substances (“*the path that dissolves the elements into activity*”). With these medicinal substances we influence our patient’s *karma* and *freedom*. We need to find a balance between these two polar opposites. This can only be achieved through the Being of Christ. It is through Him, through this middle path, that a person can reach his/her true spiritual/human potential (“*The Christ ...creating Spirit-Man in earth humanity in harmonious union*”).

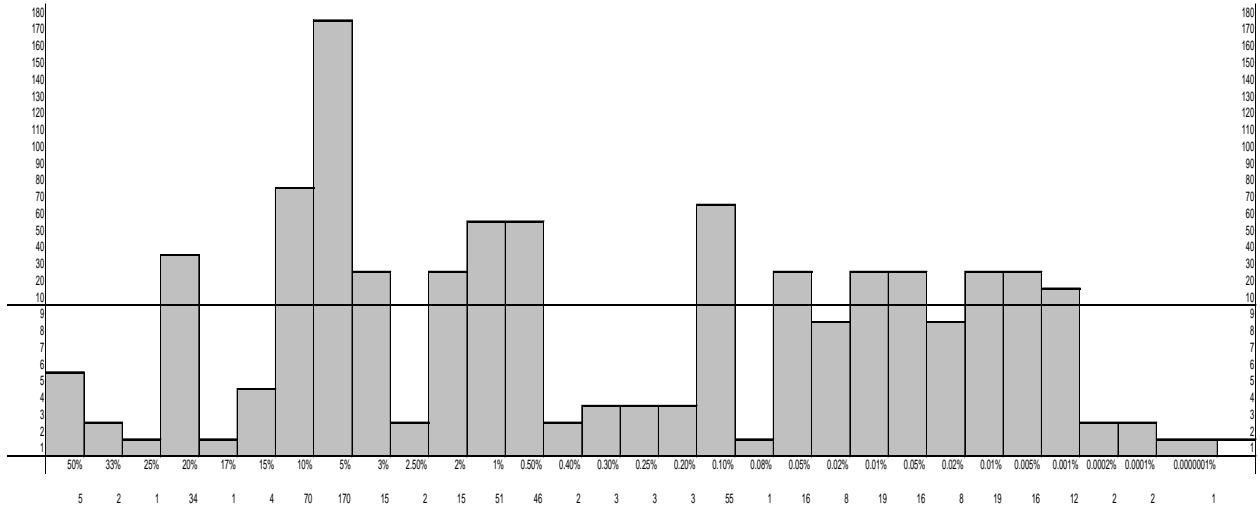
Healing goes deeper than a quick fix or a cure. Anthroposophic medicine is transformational medicine. Rather than imposing on a patient’s *karma* and *freedom* by choosing powerful drugs or high potencies Rudolf Steiner intended to give the patient the opportunity to find his/her calling with new insight, devotion, and inner strength.

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References:

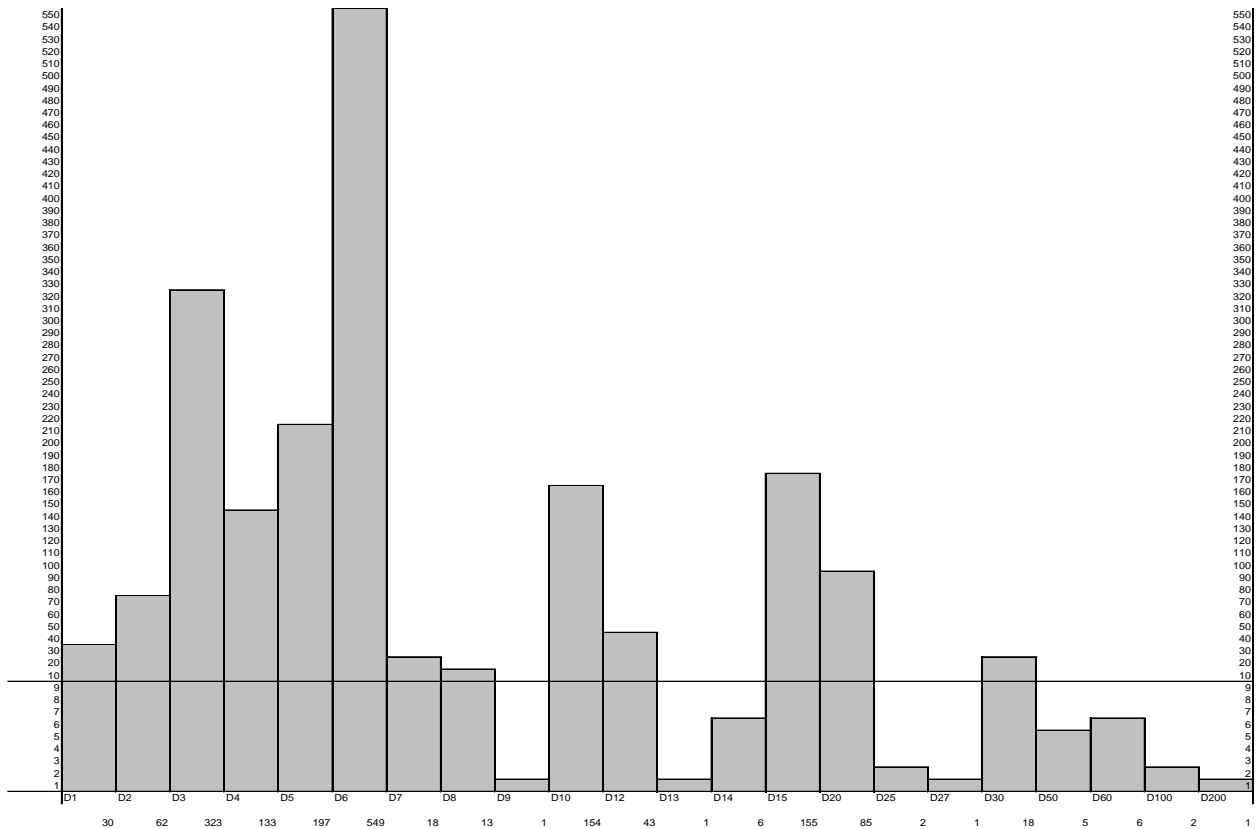
- 1 Steiner R., Wegman I. Grundlegendes. GA 27, Kapitel: Rudolf Steiner Press, 1983
- 2 Krüger H. Heilmittel-Angaben Rudolf Steiner’s. IV, 122: 1979
- 3 Steiner R. Pastoral-Medizinischer Kurs. GA 318. Vortrag von 18.9.1924: Anthroposophic Press 1987

Tab. 1: simple dilutions



y-axis starts at 1 to 9, then continues in decimals 10, 20, etc and ends at 170; x axis starts at 50% and ends at 0.000001%

Tab.2: potentized dilutions



y-axis starts at 1 to 9, then continues in decimals 10, 20, etc and ends at 550; x axis starts at D1 and ends at D200