



Rudolf Steiner's Extracts on Disease and Health

Inside the blue groups the extracts are arranged alphabetically.

All titles are taken from the texts themselves.

About 330 pages of A4 size.



On the Origin of Illnesses

Primeval Cosmic Origins of Illnesses

1. For freedom of movement man is born out of the cosmos as spirit, healer and patient
2. At the present stage the ego is the baby among the four principles of human nature

Individualisation and Original Sin

3. From the harmony of divine-spiritual health to the individualisation of human beings
4. Original sin as the real cause of man's fall into the material-physical world
5. The possibility of illness arose because man became entangled in the realm of earthly matter

Karmic Causes of Illnesses

6. Health and sickness from the standpoint of karma
7. Illness and health appear in quite a different light when considered in the setting of destiny
8. A predisposition to health and to illness in relation to the passage through the Sun-existence
9. The spiritual cause of illnesses in man: All that the astral body accomplished in the physical body in the past
10. After death selected human souls are servants of the powers of death and disease

Luciferic and Ahrimanic Causes of Illnesses

11. Ahriman is the originator of all organic diseases -
Lucifer is the originator of neuro-psychological and neurotic diseases

12. Constant danger of falling into the luciferic or the ahrimanic extreme on the level of body, soul and spirit
13. The forces of illness reside in ahrimanic hardening and luciferic dissolution of man
14. Illnesses are the demonic counterparts of the true divine archetypes
15. Love permeated with the luciferic element is the cause of illness working out from within
16. The luciferic-ahrimanic element delivers us to illness and death in the physical

The Birth as a Disease

17. Birth is synonymous with an illness and education with the therapy
18. Brain wisdom becomes poison causing disease when it enters the lower sphere
19. For the ancients the concepts of sickness and sin were interwoven and education was therapy

Other Causes of Illnesses

20. All illnesses are the outcome of disharmony between inner and outer human being
21. The antisocial nature of man as the cause of illness
22. Atheism is a disease - not finding Christ is a misfortune - not finding the spirit is mental debility
23. Birth, death and illness came into the world with knowledge that incarnates in warmth
24. Forces which dissolve the minerals in the human being come from the limb system
25. Man transforms the head's forms of the whole animal kingdom into his thoughts
26. The power of radiance and might of heaviness are enemies - in illness they lay hold of one another
27. Sick and erroneous thoughts bring about actual illnesses
28. The special manner in which the soul itself works can be significant to health and illness

The Nature of a Disease

29. All forms of illness are errors which find their expression in the physical body
30. Both the normal and the pathological process in the physical body are processes of nature
31. Disease is an abnormal expression of what we must develop to attain spiritual vision
32. Each animal signifies an illness if man is organised on the pattern of that animal
33. Every disease is associated with the evocation of a different state of consciousness
34. Everything that occurs in the human organism, including illness, is a process of nature
35. Everything unhealthy is a disturbance of the balance between light and love
36. Excess of either anabolic or catabolic forces leads into the pathological sphere
37. How we can form an idea of the nature of disease in human beings
38. If a perfectly healthy normal process is displaced it induces illness
39. An illness as an activity which belongs to one organ system but asserts itself in another
40. An image of an illness: A dirty room full of flies and a lazy housewife
41. In a certain sense the plant kingdom presents pictures of all our illnesses
42. Man becomes ill if anything of animal or plant nature invades the human solid form
43. Understanding health and illness from the Goethean theory of colour

Physical vs Mental Illnesses

44. The distinctions between physical and the so-called psychological and mental illnesses
45. The five forms of human illness from the four bodies of man and from karmic causes
46. The human physiognomy reveals a tendency towards the neurasthenic or the hysterical type
47. In manic conditions something emanates out of the organism - in cancer formations it separates off
48. In mental illnesses organs 'physicalize' - in physical illnesses the spirit is going astray
49. There is a tendency to hunger in physical illness and to thirst in mental illness
50. To know nature means to create nature - to know the spirit means to destroy the spirit
51. What works in the depths of the evolution of humanity is expressed in diseases of an era

The Causes of Physical Illnesses

52. The causes of illnesses from the head system and the metabolic system
53. The destructive nerve process moves centripetally - the anabolic blood process centrifugally
54. Organic disease results when a single human organ loses capacity for inner tasting

55. Our body can react to a splinter in two ways - with encapsulation or ejection
56. The restless stirring of childhood illnesses versus the islands of carcinomatous formations
57. State of illness depends upon the physical, the psychic and the spiritual activity
58. A surplus of life forces can lead to an illness

The Causes of Mental Illnesses

59. Actual causes of psychological diseases are in deformations of the organs
60. Astral body performs different activity in the metabolism and in the nerve-system
61. Continual seclusion from the outer world tends to wither a person's soul-life
62. Digestion and thinking - breathing and feeling and sensing - blood circulation and willing and appetites
63. Effect of all nutritive plants: The negative of plant's form appears in our head
64. In 'metabolic-men' the metabolic processes are expressed in the life of soul and spirit
65. In the realm of spiritual or mental illnesses natural and spiritual science must work together
66. Insanity as a consequence of shattered human entity
67. Intestinal organs are the exact reverse side of the brain parts
68. Man can lead an inner life which is quite independent of his external life



The Nature of Health and Healing

Origins of Healing/Medicine

69. In the ancient mysteries the art of healing was bound up with the initiation-science
70. The old medical teaching still corresponds essentially to etheric astronomy
71. The old mysteries united the professions of physician and priest to heal humans on the earth

The Essence of Human Health

72. If all elements of the heart are in accord with the cosmic harmony the heart is healthy
73. In every organ there is a kind of balance between the Sun- and the Moon-force and substance
74. Our physical and psychological health depends on a strong soul life full of energy

Holistic Approach to Healing

75. All healing is actually based on removing the human being from the earth's influence
76. Ego is death - astral body is illness - etheric body is health - physical body is nutrition
77. Principle of the inner healing power in the etheric body

Materialistic Approach to Healing

78. All mineral poisons cause the physical body to trespass into the etheric body
79. Certain forces not based upon heredity are implanted directly from the macrocosm
80. The physician has a double power: to smite with sickness as well as to cure
81. Scientific rationalism is not capable of investigating the true nature of health and disease
82. The spiritual-scientific explanation of the placebo effect
83. While science excludes the subjective elements, spiritual science engages our whole soul

The Types of Therapies

84. Allopathic medicine works on the digestive organs and homeopathic one on the head
85. In medicine we use again forces which at one time existed in mineral in living form
86. One heals the human being through the spirit that is in the mineral and in the plant

Wisdom as a Healing Force

87. Anthroposophical conception of the world will help men to overcome whatever is inherited
88. Anthroposophy as an elixir of life against inherited tendencies
89. The healing effect on the physical body at night by means of ego and astral body
90. Illness is the precondition of health and sound thoughts are most potent remedies
91. Inwardly strengthening remedies are sound and wholesome spiritual scientific insights
92. Love is born of wisdom and the wisest spiritual being is the greatest healer
93. The power of true knowledge of spiritual science can work into our state of health
94. Spiritual knowledge as universal remedy for soul illnesses
95. Theosophy will protect us against epidemic of diseases of the materialistic inner life

Healing and Spiritual Development

96. Ideal of western initiation: to overcome the powers of sickness and death
97. In the spiritual world things are either healthy or ill - not 'wrong' or 'right'
98. 'True' and 'right' pass over into 'healthy'; 'false' and 'wrong' pass over into 'diseased'

Diseases as Gifts of Gods

99. Disappointments of Lucifer and Ahriman in regard to various bodies of men
100. Illness, infirmity and death are gifts of the good, wisdom-filled divine powers
101. Illness, suffering and death as the counterweight to the deeds of the luciferic spirits

Karmic Fruits of Suffering Due to Illnesses

102. The consequences for the human soul of illnesses which end in healing or in death
103. Effect of an illness - the feeling of strengthening health in the spiritual world
104. Karma as the counterweight to the deeds of the ahrimanic spirits
105. The karmic aim of illness is the progress and the improvement of man
106. The spiritual consequences of illnesses are taken away from men in the Mercury region

The Social Aspects of Medicine

107. The dissemination of the real substance of spiritual science is in itself a social hygiene
108. Health care can exist as a real social institution only out of the free spiritual life
109. The need for a greater democratization of the health care than it is today
110. The present papacy of medicine will increase to an even greater extent in the future
111. Sympathetic understanding of the health and illness of our fellow man

Future Medicine

112. The future will demand physicians who know the science of the spirit
113. How medicine and education can become Christian in the true sense
114. Modern system of medicine must be founded on a study of the metabolic processes
115. The path from anthroposophical spiritual science to the intuitive medicine
116. Spiritual science can overcome the specialization in the various branches of science
117. Spiritual science will bring together the individual branches of medicine
118. With hygienic occult capacity a person will need no external material medicine



On the Origin and Nature of Epidemics

Primary-Spiritual-Karmic Origins of Epidemics

119. All the processes affecting our health and sickness are better studied on the macroscopic scale

120. Bad habits will create tendencies to specific illnesses in the next life
121. Certain infectious illnesses are brought about by the god Mammon
122. Cholera, malaria and diphtheria as various manifestations of karma
123. The epidemic disease leprosy was the result of spiritual and psychic causes
124. The epidemics as the result of sins committed in earthly life
125. In medicine we must look to cosmic rhythms for the source of pathological symptoms
126. In the spiritual world there exists hostile beings to whom human fear is welcome nourishment
127. Mammon is not only the god of money, but also the leader of all black forces
128. Modern materialistic knowledge as a kind of academic madness on the mental plane
129. Souls become increasingly diseased as external life is rendered more healthy

Present Conditions in Favour of Epidemics

130. Bacteria and bacilli feel well in the stricken organs of our body and like to remain there
131. Germs flourish through a materialistic attitude and egotistical states of fear
132. The growth of microbes caused by an unbalanced interaction of the upper and lower spheres in man
133. An inquiry into the real origins of specific diseases linked with microorganisms
134. The nurturing element for microbes is always present within the human being

The Nature and Role of Microbes and Viruses

135. Bacilli are the result of crowds of ahrimanic spirits being cast down from heaven to earth
136. A certain species of bacilli are physically embodied demons generated by lies
137. In a human corpse there is a poison known as the virus of dead bodies
138. Malevolent gnomes and undine-beings are the begetters of parasites

The Nature of Infection vs Immunity

139. Activities of the astral body (hunger, food distribution) and the link with an infection and bacilli
140. Both concepts of primary origin of a disease and of infection are justified
141. Everything external is only a sign that irregular astral currents are prevailing within the human being
142. In spiritual domains the danger of infection is infinitely greater than in any physical domain

The Issue of Vaccination

143. Final aim is to vaccinate bodies to eliminate the inclination towards spiritual ideas
144. Human beings will be immunised against any predisposition for spiritual ideas
145. Materialistic physicians will be asked to drive the souls out of humanity
146. Supersensible effect of mineral medicament on the human being
147. Vaccination will not be harmful if afterwards people receive a spiritual education



Nutrition and Health

Diet as a Cause of Illness

148. Illness as a continuation of eating incorrectly
149. Man is what he eats only if spiritual processes are also taken into account
150. The wrong food can easily transform us into what we eat in the spiritual sense

Food as 'Poison'

151. The continuous battle to transform the external natural forces of foodstuffs
152. The essential element in any food substance: Its own rhythmic life and vital activities
153. The feeling-sensing comes from the fact that our astral body constantly generates arsenic

Nutrition and 'Inner Patient'

154. From the Moon phase of evolution we received all forms of will that cannot be fulfilled
155. Metabolic system is imbued with every kind of tendency towards illness

Diet as a Therapy

156. Character of food substances versus medicinal substances
157. Difference between the edible plants and poisonous and medicinal plants
158. Great danger of indulging in enjoyment versus inner 'digestion' of past pleasures
159. Humanity must change more and more to a conscious way of feeding itself
160. A man becomes strong when he works properly on the foods he eats

Food as Remedy for Hunger

161. Enhancement of life by means of food is at the basis of enjoyment
162. Hunger and thirst live in the soul and in earthly life they are satisfied through the body
163. Hunger as a result of the warmth, sound and light destroying matter in our organism
164. Influences from the mental life undermine the assurance of the sensation of hunger
165. Lion is greedy for nourishment but he is not resolute to be a fastidious gourmet
166. Persistent hunger and thirst make the rhythmic system irregular and thus produce illness
167. Thirsting after righteousness lifts us above the lower instincts of hunger and thirst
168. What the hunger indicates cannot be expelled for the outer organism without food

Nutrition and 'Inner Healer'

169. The circulation produces continuous healing processes
170. Gabriel and nourishment - Raphael and healing - Uriel and thought - Michael and movement
171. A ratio of four to one between the rhythm of the blood circulation and the breathing
172. Rhythmic system never tires - only the motor and sensuous-nervous systems tire
173. Rhythmical system is the mediator between the cosmic and the earthly in man

The Case of Obesity

174. Chest abdomen system is working against the destructive onset of spirit and soul
175. In spiritual work the activity of the body is excessive, in bodily work the activity of the spirit is excessive
176. Two frameworks incorporated by the ego into the organism



Christ as a Healer of Diseases

177. By Christ the remedy has been given us for suffering, pain, old age, and death
178. Christ always stood under the influence of the entire cosmos
179. Christ can heal only when his power comes to expression through the ego of man
180. Christ has always to create harmony between subnature and supernature
181. The Christ impulse can balance the Luciferic head wisdom and Ahrimanic bodily wisdom
182. The Christ impulse enables our etheric body to draw from the Sun sphere the strengthening forces
183. Christ is the healer of that latent sickness that can make a man deny the divine
184. The denial of God, Christ and Spirit causes sickness, calamity and mental deficiency
185. The Earth-body of Christ contains the healing force if it is permeated by the Logos
186. Golgotha signifies the gradual elimination of the Buddha's forms of suffering
187. The healing effects of Christ-ego upon all the other members of man's being
188. The healing of the astral body by the Christ impulse is the fullness of grace
189. Jesus of Nazareth experience of demons and diseases in the pagan places
190. Through the power of Christ we can receive guidance for the healing of diseases