



Rudolf Steiner's Extracts on Disease and Health

Inside the groups the extracts are arranged alphabetically.

All titles are taken from the texts themselves.

About 360 pages of A4 size.



On the Origin of Illnesses

Primeval Cosmic Origins of Illnesses

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

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. After death selected human souls are servants of the powers of death and disease
7. Health and sickness from the standpoint of karma
8. Illness and health appear in quite a different light when considered in the setting of destiny
9. On the Earth, man can acquire only the forces needed for the constant restoration of the 'I', but not for his astral, etheric and physical bodies
10. A predisposition to health and to illness in relation to the passage through the Sun-existence
11. The spiritual cause of illnesses in man: All that the astral body accomplished in the physical body in the past
12. The teachers of wisdom as 'Brothers from the Shadow' are causing physical diseases that are originating in man from within

Luciferic and Ahrimanic Causes of Illnesses

13. Ahriman adds something and Lucifer draws out something from the human organism
14. Ahriman is the originator of all organic diseases -
Lucifer is the originator of neuro-psychological and neurotic diseases
15. Constant danger of falling into the luciferic or the ahrimanic extreme on the level of body, soul and spirit
16. The forces of illness reside in ahrimanic hardening and luciferic dissolution of man
17. Illness as an imbalance between the fast Luciferic and the slow Ahrimanic rhythm
18. Illnesses are the demonic counterparts of the true divine archetypes
19. Love permeated with the luciferic element is the cause of illness working out from within
20. The Luciferic-Ahrimanic element delivers us to illness and death in the physical sphere

The Birth as a Disease

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

Other Causes of Illnesses

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

The Nature of a Disease

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

Physical vs Mental Illnesses

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

The Causes of Physical Illnesses

56. The causes of illnesses from the head system and the metabolic system
57. The destructive nerve process moves centripetally - the anabolic blood process centrifugally
58. Organic disease results when a single human organ loses capacity for inner tasting
59. Our body can react to a splinter in two ways - with encapsulation or ejection
60. The restless stirring of childhood illnesses versus the islands of carcinomatous formations
61. State of illness depends upon the physical, the psychic and the spiritual activity
62. A surplus of life forces can lead to an illness

The Causes of Mental Illnesses

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



The Nature of Health and Healing

Origins of Healing/Medicine

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

The Essence of Human Health

76. Health as the state of balance between the Luciferic and ahrimanic forces in the whole human body and each of its separate organs
77. If all elements of the heart are in accord with the cosmic harmony the heart is healthy
78. In every organ there is a kind of balance between the Sun- and the Moon-force and substance
79. Our physical and psychological health depends on a strong soul life full of energy

Holistic Approach to Healing

80. All healing is actually based on removing the human being from the Earth's influence
81. Ego is death - astral body is illness - etheric body is health - physical body is nutrition
82. The hours of sleep are, for the maintenance of health, more important than our outer life
83. Principle of the inner healing power in the etheric body
84. What promotes health is the condition into which the individual has been brought by the substance

Materialistic Approach to Healing

85. All mineral poisons cause the physical body to trespass into the etheric body
86. Certain forces not based upon heredity are implanted directly from the macrocosm
87. The physician has a double power: to smite with sickness as well as to cure
88. Scientific rationalism is not capable of investigating the true nature of health and disease

89. The spiritual-scientific explanation of the placebo effect
90. While science excludes the subjective elements, spiritual science engages our whole soul

The Types of Therapies

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

Wisdom as a Healing Force

94. Anthroposophical conception of the world will help men to overcome whatever is inherited
95. Anthroposophy as an elixir of life against inherited tendencies
96. The healing effect on the physical body at night by means of ego and astral body
97. Illness is the precondition of health and sound thoughts are most potent remedies
98. Inwardly strengthening remedies are sound and wholesome spiritual scientific insights
99. Love is born of wisdom and the wisest spiritual being is the greatest healer
100. The power of true knowledge of spiritual science can work into our state of health
101. Spiritual knowledge as universal remedy for soul illnesses
102. Theosophy will protect us against epidemic of diseases of the materialistic inner life
103. There is no better means of developing absolute healthiness of the life of soul than genuine thinking

Healing and Spiritual Development

104. Ideal of western initiation: To overcome the powers of sickness and death
105. In the spiritual world things are either healthy or ill - not 'wrong' or 'right'
106. 'True' and 'right' pass over into 'healthy'; 'false' and 'wrong' pass over into 'diseased'
107. We experience the ideas 'right' and 'wrong' in the sphere of soul and spirit as 'healthy' and 'sick'

Diseases as Gifts of Gods

108. Disappointments of Lucifer and Ahriman in regard to various bodies of men
109. Illness, infirmity and death are gifts of the good, wisdom-filled divine powers
110. Illness, suffering and death as the counterweight to the deeds of the Luciferic spirits

Karmic Fruits of Suffering Due to Illnesses

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

The Social Aspects of Medicine

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

Future Medicine

121. The future will demand physicians who know the science of the spirit
122. How medicine and education can become Christian in the true sense
123. In the anthroposophical movement we aim to develop a genuine initiation-medicine
124. Modern system of medicine must be founded on a study of the metabolic processes
125. The path from anthroposophical spiritual science to the intuitive medicine
126. Spiritual science can overcome the specialization in the various branches of science

127. Spiritual science will bring together the individual branches of medicine
128. 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

129. All the processes affecting our health and sickness are better studied on the macroscopic scale
130. Bad habits will create tendencies to specific illnesses in the next life
131. Cholera, malaria and diphtheria as various manifestations of karma
132. The epidemic disease leprosy was the result of spiritual and psychic causes
133. The epidemics as the result of sins committed in earthly life
134. In medicine we must look to cosmic rhythms for the source of pathological symptoms
135. In the spiritual world there exists hostile beings to whom human fear is welcome nourishment
136. Souls become increasingly diseased as external life is rendered more healthy

Present Conditions in Favour of Epidemics

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

The Nature and Role of Microbes and Viruses

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

The Nature of Infection vs Immunity

146. Activities of the astral body (hunger, food distribution) and the link with an infection and bacilli
147. Both concepts of primary origin of a disease and of infection are justified
148. Everything external is only a sign that irregular astral currents are prevailing within the human being
149. How to attain immunity from the source of illusion contained in unconscious associations with the sense impressions
150. In spiritual domains the danger of infection is infinitely greater than in any physical domain
151. The poisonous versus the healing effects of the sting of a bee
152. Protection against infection: Approach infected persons without fear

The Issue of Vaccination

153. Do not be fanatical in the matter of vaccination
154. Final aim is to vaccinate bodies to eliminate the inclination towards spiritual ideas
155. Human beings will be immunised against any predisposition for spiritual ideas
156. Materialistic physicians will be asked to drive the souls out of humanity
157. Supersensible effect of mineral medicament on the human being
158. Vaccination will not be harmful if afterwards people receive a spiritual education



Nutrition and Health

Diet as a Cause of Illness

- 159. Diabetes: The insufficient strength to dissolve sugar
- 160. Illness as a continuation of eating incorrectly
- 161. Man is what he eats only if spiritual processes are also taken into account
- 162. The wrong food can easily transform us into what we eat in the spiritual sense

Food as 'Poison'

- 163. The continuous battle to transform the external natural forces of foodstuffs
- 164. The essential element in any food substance: Its own rhythmic life and vital activities

Nutrition and 'Inner Patient'

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

Diet as a Therapy

- 167. Character of food substances versus medicinal substances
- 168. Dietary treatment for the irregularities of the astral body
- 169. Difference between the edible plants and poisonous and medicinal plants
- 170. Great danger of indulging in enjoyment versus inner 'digestion' of past pleasures
- 171. Humanity must change more and more to a conscious way of feeding itself
- 172. A man becomes strong when he works properly on the foods he eats
- 173. To know that foodstuffs are composed of so much carbon, oxygen, fat, carbohydrate, makes no difference at all to health and disease

Food as Remedy for Hunger

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

Nutrition and 'Inner Healer'

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

The Case of Obesity

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



Christ as a Healer of Diseases

190. By Christ the remedy has been given us for suffering, pain, old age, and death
191. Christ always stood under the influence of the entire cosmos
192. Christ can heal only when his power comes to expression through the ego of man
193. Christ has always to create harmony between subnature and supernature
194. The Christ impulse can balance the Luciferic head wisdom and Ahrimanic bodily wisdom
195. The Christ impulse enables our etheric body to draw from the Sun sphere the strengthening forces
196. Christ is the healer of that latent sickness that can make a man deny the divine
197. The denial of God, Christ and Spirit causes sickness, calamity and mental deficiency
198. The Earth-body of Christ contains the healing force if it is permeated by the Logos
199. The etheric body must be revitalised through the new revelation of Christ
200. The event of Golgotha signifies the gradual elimination of the Buddha's forms of suffering
201. The healing effects of Christ-ego upon all the other members of man's being
202. The healing of the astral body by the Christ impulse is the fullness of grace
203. Jesus of Nazareth experience of demons and diseases in the pagan places
204. The power of the Christ-Ego can penetrate men so completely that health-bringing influences can have impact upon the whole organism
205. The remedy has been given through Christ for all forms of suffering which Buddha recognized
206. Through inner experience of Christ we can produce an equilibrium between our egoistic 'I' and the totality of our organization
207. Through the power of Christ we can receive guidance for the healing of diseases