

IVAA member organisations

Argentina, Australia, Austria, Belgium, Brazil, Canada, Chile, Colombia, Czech Republic, Denmark, Ecuador, Estonia, Finland, France, Georgia, Germany, Hungary, India, Italy, Japan, Latvia, Netherlands, New Zealand, Norway, Peru, Philippines, Poland, Romania, Russia, Spain, Sweden, Switzerland, Taiwan/Chinese Taipei, Ukraine, United Kingdom, United States.

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International Federation of Anthroposophic Medical Associations

Working towards an integrative medical system

The international umbrella organisation **IVAA** represents the national anthroposophic doctors associations from more than 30 countries with regards to political and legal affairs.

Anthroposophic medicine aims to contribute to today's major health challenges as an integral part of the health care system.



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IVAA focuses on:

- Demonstrating the public health contribution of anthroposophic medicine
- Obtaining formal recognition of anthroposophic medicine as an integrative medical system
- Advocating for registration and availability of anthroposophic medicinal products
- Advocating for access to anthroposophic treatments such as anthroposophic nursing, art therapies, eurythmy therapy and body therapies
- Promoting pluralism in medicine and the right of patients to access the treatment of their choice

Anthroposophic medicine

Founded by the philosopher Dr Rudolf Steiner and the physician Dr Ita Wegman in 1920, anthroposophic medicine integrates conventional medicine with an assessment of imbalances in the dimensions of body, mind and spirit. Therapies aim to improve self-healing and include anthroposophic medicines, specific nursing techniques, psychotherapy, eurythmy therapy (a movement therapy), art therapies, rhythmical massage and other therapies.

Anthroposophic medicinal products (AMP)

AMP are derived from mineral, plant and animal substances and in most cases have been in use for several decades. Manufacturing processes involve anthroposophic, homeopathic and other procedures as described in the European Pharmacopeia and other official pharmacopeia. There are around 1.700 registered anthroposophic medicines in Europe (the number of finished products is even higher). Registration procedures adapted to the specific nature of amp are still missing or insufficient in most countries and hamper their availability.



Extension of anthroposophic medicine

Anthroposophic medicine is practiced in outpatient clinics and hospitals by physicians from a broad range of specialty fields. There are more than 2,000 physicians fully trained in anthroposophic medicine and an additional 16,000 with various levels of anthroposophic training worldwide. Hospitals or hospital departments that integrate anthroposophic and conventional medicine exist in Brazil, Germany, Italy, the Netherlands, Switzerland and Sweden.

Addressing today's health problems

Example antimicrobial resistance: anthroposophic approaches to prevention, fever and infection management allow safe reductions of antibiotic use (when antimicrobials are not strictly needed): studies demonstrate up to 80% lower antibiotic prescription rates by anthroposophic physicians as compared to conventional physicians, with equally good outcomes.

Example integrative oncology: conventional care is expanded with various therapies including injections with the well known mistletoe extracts which in studies has shown improvement in quality of life, among other.

Research and academia

A Health Technology Assessment Report on research studies in anthroposophic medicine attested good outcomes in a variety of diseases with only marginal side effects, high patient satisfaction and no increases in health care costs. However, public funding is needed to further increase research.

Anthroposophic medicine is taught in the context of complementary medicine at universities in Australia, Austria, Brazil, Germany, Hungary, the Netherlands, Philippines and Switzerland. Professorships in anthroposophic medicine exist in Germany, the Netherlands and Switzerland.

The multi-disciplinary approach of anthroposophic medicine in pictures.

Front and back: Arnica Montana, Potentisation, Mineral Quartz, an holistic approach to treatment in primary care, art therapy, Viscum Album.
Inside: An holistic approach to treatment, Dilutions, Althaea officinalis.

