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Typical homoeopathic and anthroposophic-homoeopathic manufacturing methods used in anthroposophic pharmacy and described in official pharmacopoeias:

(with examples of preparations/ stocks, anthroposophic pharmaceutical rationale and possible documentation on “anthroposophic use”)

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Summary

Quite a number of manufacturing methods described in Ph. Eur., HAB, Ph. Fr. are used in anthroposophic pharmacy. A number of these can be related to the threefold human being. *Cold* methods – Nerve-Senses System (such as macerations without heat treatment, e.g. Ph. Eur. monograph 2371 4a, 4c); *Rhythmic* methods – Rhythmic System (applying both heat and cold, e.g. HAB 21, 33-37); Methods applying *heat* – Metabolic Limbs System (e.g. decoction HAB 19, 23).

The *Anthroposophic Pharmaceutical Codex APC* issued by the IAAP (<http://www.iaap.org.uk/downloads/codex.pdf>, <http://www.submedia.de/iaap/apc/index.php>) provides on p. 30 an overview of manufacturing methods used in anthroposophic pharmacy and described in official pharmacopoeias in the Member States.

An example of *cold preparation* is the processing of *Arnica montana*, underground parts by maceration according to Ph. Eur. monograph 2371 4a (German tradition, from dried plant material) or Ph. Eur. monograph 2371 4c (French tradition, from fresh plant material).

An example of *rhythmic preparation* is the processing of the fresh nodes of *Phyllostachis viridiglaucescens*, a species of the subfamily of the Bambusoideae, by rhythmic application of cold and heat according to method HAB 35.

Like in homoeopathic pharmacy (see e.g. *Hepar sulfuris*, *Causticum*) also in anthroposophic pharmacy specific new (i.e. not directly derived from a natural source) stocks are conceived and produced. *Heat* is used in the production of the anthroposophic stock “*Plumbum mellitum*” from lead, honey and saccharose.

All preparations/stocks presented have their specifications and are thus quality controlled according to GMP.

The IAAP proposes a “4 level approach” to document “anthroposophic use” within the framework of the simplified registration:

1. *Starting material*: Is the starting material known in anthroposophic pharmacy?
2. *Manufacturing*: Is the starting material manufactured/ processed in accordance with manufacturing methods used in anthroposophic pharmacy?
3. *Concept*: Is there a reliable description of the link between the substance and the human being?
4. *Indications or experience or clinical use*:
Are there reliably documented indications and/or experience and/or clinical use with concerning medicinal products?

There are different possibilities to substantiate each of the four issues. A pragmatic way can be the following:

1. *Starting material*: Anthroposophic Pharmaceutical Codex APC starting material lists (pp. 87-146). The German Commission C also mentions starting materials as well as active substances.
2. *Manufacturing*: The Anthroposophic Pharmaceutical Codex APC provides on p. 30 an overview of manufacturing methods used in anthroposophic pharmacy and described in official pharmacopoeias in the Member States. 104 of the 618 HAB monographs relate to homoeopathic-anthroposophic preparations.
3. *Concept* can be covered by the width of anthroposophic medical/pharmaceutical/natural science literature. A particular role plays the Journal of Anthroposophic Medicine, "Der Merkurstab" (<http://www.merkurstab.de/>).
4. *Indications or experience or clinical use* can be found in the German Commission C monographs and in other literature, such as "Der Merkurstab", the "Vademecum" and others.