

## IVAA Member Organisations

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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, Serbia, Sweden, Switzerland, Taiwan, Thailand, United Kingdom, United States, Uruguay



**IVAA**, or International Federation of Anthroposophic Medical Associations, promotes the recognition of anthroposophic medicine and its implementation in health care systems.

**Our vision** is a world where the benefits of anthroposophic medicine are widely recognized, and where patients and doctors have ready access to complementary anthroposophic medicines and treatments that improve healthcare outcomes.

## Contacts

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## The IVAA's four main strategic objectives are to:

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- Promote the visibility and recognition of Anthroposophic Medicine
- Ensure the availability of Anthroposophic Medicinal Products (AMP)
- Contribute to the quality of health care through the implementation of Anthroposophic Medicine into health care systems
- Contribute to a thriving Integrative Medicine movement



## Anthroposophic Medicine

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

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 Medicinal Products (AMPs), specific nursing approaches, psychotherapy, eurythmy therapy (movement therapy), arts therapies, rhythmical massage, and other therapies.

Anthroposophic Medicine is practiced in outpatient clinics and hospitals by physicians from a broad range of specialty fields.



## Integrative Healthcare

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Anthroposophic Medicine is part of integrative medicine by adopting an integrative approach based on existing medical specialties—from family medicine and pediatrics, to internal medicine, dermatology, psychiatry and others.

Just as body, soul and spirit are interconnected in a human being, integrative healthcare offers a common language—a comprehensible rationale between the various healing methods. The more diverse the therapeutic approaches, the more important it is that they can be applied and experienced in a meaningful composition and respectful collaboration between various health systems and their practitioners.



## Anthroposophic Medicinal Products (AMPs)

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AMPs 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 Pharmacopoeia and other official pharmacopeias.

There are around 1700 registered anthroposophic medicines in Europe, while the number of finished products is even higher. The adequate implementation of the authorisation and registrations procedures is very different from country to country. Clear appropriate guidance taking into account the nature of the products is missing. This can hamper the availability for patients in different countries.



## Antimicrobial Resistance (AMR)

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Antimicrobial Resistance (AMR) is one of the leading public health threats today facing humanity.

Effective and safe non-antibiotic treatments offered by anthroposophic doctors help reduce the inappropriate consumption of antibiotics, a major contributor to AMR, for example for respiratory tract infections, by strengthening patient's health and resilience, and in a One Health approach. Studies show that antibiotic prescription rates of anthroposophic doctors in paediatric and adult medicine can be up to 80% lower than of those working in conventional settings, while still ensuring positive patient satisfaction, as well as equivalent outcomes and safety.

Health promotion and infection prevention strategies lie at the heart of Integrative Medicine and should be – alongside preventive medicine, surveillance, new vaccine and antibiotics development – at the core of any strategy tackling infectious diseases.



## Integrative Oncology

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Integrative oncology is a holistic and patient-centered approach to cancer care. It uses both conventional treatments, such as chemotherapy, immunotherapy, and others, in conjunction with treatments from complementary medicine, such as Anthroposophic Medicine. Multiple studies have demonstrated the benefit and potential of integrative cancer care in reducing patient suffering and improving quality of life.

Viscum album, or mistletoe extract, is among the most widely used integrative oncology treatments and come from the Anthroposophic Medicine tradition.

