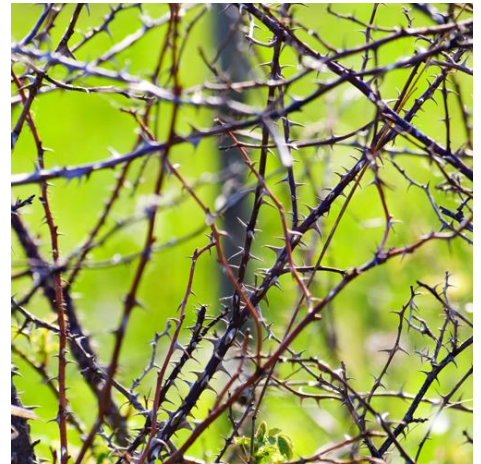


## Blackthorn – a Significant Health Elixir

Farmers know that old trees that are not thriving well can be revitalized by surrounding them with earth that comes from the root area of Blackthorn shrubs.

This gives us already a strong indication for the energy that is inherent in this plant.

The Blackthorn, *Prunus Spinosa*, is a shrub of the rose family. It can get up to 16 feet(!) or more in height. Significantly, creamy white colored flowers will be visible before the leaves have appeared, thereby showing that the “astral”, reproductive, forces are closely connected with the life forces of the plant. Also, characteristically, it forms very sharp thorns - another sign that the plant concentrates its life forces on the inside rather than allowing them to dissipate into the periphery. The part of the plant most frequently used is the fruits. They are normally picked in October or November after the first frost. Even then they have a tart flavor, more typically found in fruits like apples or plums when they are not ripe yet. The fruits are dark blue drupes, with the fleshy part surrounding the stone hard kernel. However, contrary to plants like belladonna, where the strong penetration of the astral (soul or reproductive) forces with the life forces lead to a straightforward toxin (like atropine) in the case of Blackthorn the unity of the “fruit forces” with the general vegetative forces lead to an inner strengthening of its life and metabolism.



This is the basic explanation for the tremendous health bringing properties of the various forms of Blackthorn preparations.

Rudolf Steiner confirmed on multiple occasions the therapeutic effects of Blackthorn and he used Blackthorn extracts for both, general health revitalization, as well as in specific clinical situations with patients. In general he emphasizes the re-energizing effects of Blackthorn on the etheric body, when this etheric body is, as it were, in a state best described as lacking a fluid, vital life leading to weakness and fatigue, etc. He mentions that *Prunus Spinosa* is as valuable for the etheric



body as Thuja is for the astral body. Pictorially he resembles the Prunus effect to “laying something like a blue mantle around the human being”.

Rudolf Steiner suggests Blackthorn for:

- Exhaustion – in general;
- Exhaustion – in a melancholic temperament;
- Exhaustion – accompanied by constipation;
- Exhaustion after infections;
- Convalescence;
- Heaviness in the legs for a patient who “drags her etheric body around with her”;
- A patient with lower back pain where the diagnosis was a weakness in the metabolism resulting in uric acid deposits;
- Joint pains;
- Recovery after cold & flu;
- Hypotension;
- Anemia;
- Respiratory illnesses like asthma;
- Swelling of the mucous membranes, and others.

The spiritual understanding is supported by the chemical analyses which confirm that Blackthorn fruits have rich amounts of vitamin C, as well as other astringent tannins and amygdalin.

In anthroposophic medicine it is generally recommended that for problems that have to do more with the metabolic system concentrated elixir forms of the Blackthorn should be used. Examples of these conditions would be convalescence after an illness; various states of exhaustion or in general not feeling well, accompanied by other metabolic signs such as constipation, etc.

If the exhaustion is more related to the nervous system than a homeopathic of the potentized form (such as the Prunus 6X) is preferable. Examples here would be exhaustion related to mental stress, exam taking, depression, and so on. (Product examples are given here of the True Botanica Company. Other excellent formulations, especially in injectable forms are made by the Weleda Company.)

In conclusion a Blackthorn elixir or Blackthorn in potentized form (Prunus 6X) is an ideal autumn (and springtime) tonic to revitalize the entire organization of life forces (life forces being understood in general also as the yin forces.) Blackthorn elixir goes to the core of correcting the consequences of our present cultural life “with its typical drying up” effects.

