

## The use of the Gemstone Emerald in Anthroposophic Therapy

Ross Rentea MD

Rudolf Steiner describes in many of his lectures how during the World Evolution the constitution of the Being of Man developed parallel to the appearing in nature of plants, minerals or animals. One such example that he gives is that at the time when the human heart was being formed the same etheric forces that led to the structure of this organ led in nature to the existence of the digitalis plant.

In the same way he describes the formation of the human sense organs as an activity initiated by the desire of the astral body to see into the physical world and be connected to it. Astral forces imprinted themselves on the etheric body and led later on to the consolidation of the sense organs. (10.13.1906) One such example is the appearance of the eyes which were paralleled in the outer nature by the consolidation of the gemstone chrysolite. He explains that the gemstone chrysolite has the same etheric forces in it as has the eye in the human body but in the gemstone these etheric forces occur without the astral drives and desires that make the human organ so unique. Furthermore he explains that the initiates have always known that certain eye illnesses could be cured with chrysolite. In the same context he gives the indication that the Emerald gemstone evolved together with the solar plexus.

In his book written together with Ita Wegman, Fundamentals of Therapy, Rudolf Steiner gives significant characterizations of the autonomic nervous system in the abdomen (a system clearly involving the solar plexus). He points out that this part of the nervous system is built up by the etheric body and that these kind of nerves are “primarily living organisms”. He adds: “The astral and ego organization do not organize them from within but from the outside therefore the influence of the astral on the organization working in these nerve organs is strong. Emotions and passions have a deep and lasting effect on the sympathetic (the word R. Steiner uses a general term for the autonomic nervous system). Grief and worries will gradually destroy it.” (Chapter VI). Then in the following chapter VII of Fundamentals Rudolf Steiner points out that in order to diminish the ill effects of the astral body on these fine nerves the Ego function needs to be strengthened which will then indirectly allow the etheric body to function normally.

Based on the above considerations our group (myself, Andrea Rentea MD, Mark Kamsler MD) have prescribed, with considerable success, preparations made from Emerald in order to handle many types of conditions both physical and psychosomatic involving the abdomen. We have seen Emerald work well in conditions such as irritable bowel syndrome, abdominal cramping in children who have school anxiety and in general in all conditions where a patient experienced a “blow to the gut”.

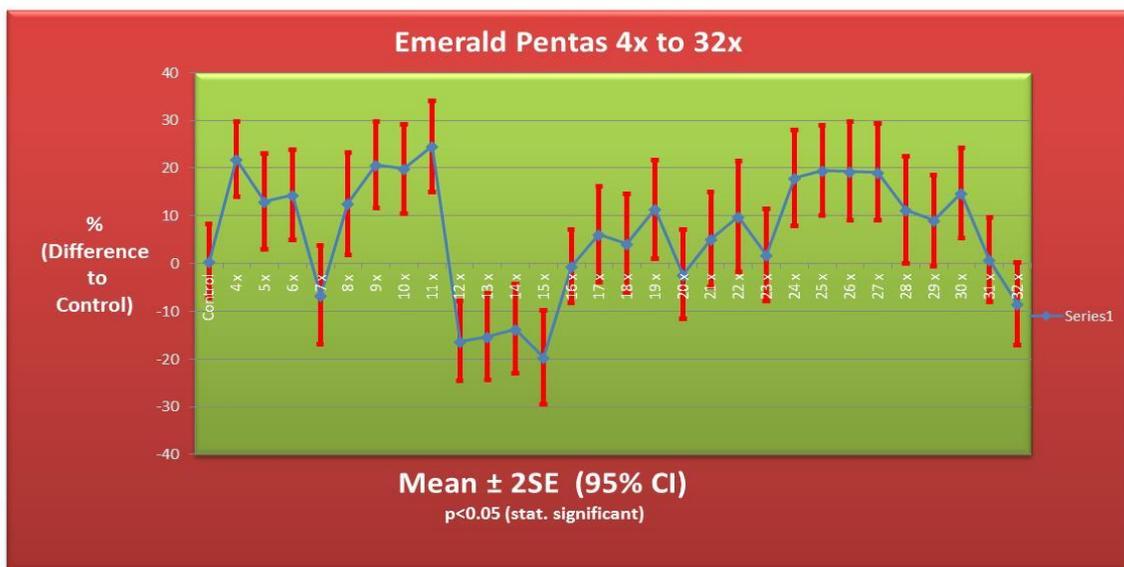
Furthermore, the chemical formula of the gemstone Emerald, a berylite,  $\text{Be}_3\text{Al}_2(\text{SiO}_3)_6$ , colored green by trace amounts of chromium or vanadium gives an indication of why it can be used as an adjunct in the treatment in diabetes and sugar control problems. Both vanadium and chromium have been shown

to be of considerable importance in insulin function and thus introducing this gemstone in a potentized form strengthens the etheric forces characteristic of those two trace minerals. The use of Emerald becomes all the more clear considering the enormous influence of emotional shocks and trauma on the diabetic pathophysiology not to mention the closely linked anatomical proximity of the solar plexus to the pancreas.

The remedy form that we have used is the Emerald Pentas<sup>®</sup>, manufactured by the True Botanica company. In this particular formulation the 7<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 30<sup>th</sup> potency. This is a harmonic combination based on the idea of the Fibonacci numbers. It is hoped that this way of combining the potencies would make the remedy stronger and that the remedy would, as is well known in anthroposophic medicine, be active simultaneously on all three levels of the metabolic, rhythmical and nervous system - understandable in anthroposophic medicine.

The remedy as it is commercially available has been subjected to the Kolisko validation method a test developed originally by Rudolf Steiner and Lili Kolisko and standardized at the Lili Kolisko Institute so that it is reproducible. (More details to be found on the Institute website. ([www.Koliskoinstitut.com](http://www.Koliskoinstitut.com) )

Essentially, the test seeks to demonstrate whether the remedy, when it acts upon a living system, etheric body, is significantly more active than a simple water solution would be. We hope of course that this kind of testing will strengthen the position of anthroposophic remedies and give additional confidence in their clinical use.



The graph above (experiment done in September of this year) shows the results of one such Kolisko validation test performed on the Emerald Pentas. It demonstrates that the remedy is very active both in the lower, middle and upper potency ranges.

If not directed differently by a therapist we are currently recommending 20-30 drops three times daily but encourage also taking a dose whenever an emotional disturbance occurs throughout the day.

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