

Traditional European Natural Medicine

TEN



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For the benefit of readability this text uses a male perspective. Of course, everything applies gender unspecifically for women as well as for men.

1. Definition

The 'Traditional European Natural Medicine' with the acronym TEN describes an autonomous, rational comprehensible and teachable medical system, which links the traditional roots of medical science with 'modern' insights and hypotheses and further integrates diagnostic and therapeutic developments that are compatible to the TEN system. It is less defined by the diagnostic and therapeutic methods used, but by the underlying thinking and working model, which basic elements and characteristic aspects will be outlined in the following.

TEN is the in Europe originated and further developed correlate to TCM (Traditional Chinese Medicine), for example, or to Ayurveda, and is mainly practiced by natural health professionals in Central Europe, but more and more by naturopathic-oriented physicians as well.

2. Historical Background

The history of medicine begins with the history of humankind, visible by the examination of health, disease, life, and death. The cradle of TEN lies in Mesopotamian culture (4000-3000 BC). A further branch of TEN develops in old Egypt (from 2500 BC). Due to the Egyptians' heritage and the influence of Greek philosophers, the art of healing is strongly shaped by philosophy and ethics. In ancient Greece Hippocrates frames about 400 BC the science of the four humours (science of humoral medicine), with which the human physiology and pathophysiology is being explained systematically for the first time, and which is still valid today and is being dealt with in passage 3.7. During the 2nd century AC, Greek Galenos of Pergamon puts the science of humoral medicine in a binding written form, which is applied by well-educated Greek physicians throughout Europe. The galenic teaching remained defining for medicine until the 19th century.



After the European wave of plague (543) and the collapse of the Roman Empire, the art of healing is gathered and developed in the Arabian and Persian region.

With the spreading of Christianity medical treatment of the european population is taken care by the monasteries, which however gets prohibited by the church leadership in 1130 and therefore ends abruptly. Celtic-Germanic medical knowledge is being repressed, as well as the knowledge of folk medicine and empirical healing knowledge of herbalists and midwives.

One of the few female authors of medicine is Hildegard of Bingen who leaves behind writings, that are based on Celtic-Germanic knowledge and on the element theory.



Paracelsus (Q. Massys, 15th century)

In the 16th century Paracelsus brings motion into the Galen-fixated medicine that is practiced at the time and which is taught at universities. He gathers the rural population's knowledge of folk medicine and describes the regularities of the interaction of microcosm (human) and macrocosm (environment).

In the 18th century the modern scientific model of thought gains increasingly influence in medicine. Simultaneously, as countermovement to materialism, vitalism develops, which is substantially influenced by Christian Wilhelm Hufeland.

In the 19th century the definite paradigm change takes place with Virchow's cellular pathology from humoural medicine to the contemporary conventional medicine. Hence when diagnosing and treating diseases, the bodily functions are no longer at the center of attention, but merely the cell and tissue structures. Naturopathy is also newly inspired and revived by Goethe's observations of nature (e.g. Priessnitz, Kneipp, Künzle, Bircher-Benner, Steiner et al.).

In the 20th and 21st century medicine does achieve great successes in several areas, nevertheless in many cases it does not do justice to the individuality of the ill human and his needs. The traditional naturopathy sets empirical knowledge, intuition, holistic and affectionate thinking and acting against these deficits.

3. Defining Basic Elements

3.1 Acceptance of the Laws of Nature

“Naturopathy is the art of healing according to the laws and with the resources of nature.”

– Friedemann Garvelmann

TEN views the human as integrated element of nature as a whole, whose existence and quality of life is not only inseparably dependent from the satisfaction of his biological basic needs, but also from his constitutional situation and the quality of his social, ecological, and also mental environment.

Indispensable premiss of TEN is the realization that nature has strategies of healing available, which enable humans to the self-healing of most diseases. If this self-healing is not successful spontaneously, which for example, is clearly recognizable in a chronic-degenerative course of a disease, this is based on a blockade resp. an inefficient modification of the natural strategies to overcome and heal. The TEN-practitioner is therefore assigned the task of recognizing the internal (endogenous) and external (exogenous) factors, which prevent the self-healing process, and to take therapeutic and prophylactic measures on this basis for a natural optimization.

The fundamental therapeutic principle of TEN is working *with* the regularities of nature, not *against* them.

On this basis, for the treatment of many diseases, TEN does offer a worthy alternative to conventional medicine. Its limitations will be outlined in 6.2.

3.2 Function as Central Aspect

According to Hufeland's understanding TEN perceives tissue resp. organs as 'tools', which serve the provision and execution of specific *functions* in the interest of the organism as a whole. Every process of life becomes recognizable in functions. Therefore functionality is a central principle of life, and consequently also a central aspect of TEN. Not the material-structural condition of the organ is the focus of attention, but rather its functions resp. malfunctions in the systematic context of the organism as a whole. The *function*-oriented thinking of TEN is one of the main and defining differences as opposed to the *structure*-oriented thinking of conventional medicine.

The physiology of TEN is also based on this, with a focus on the functional interaction of organs and tissue (consensus, antagonism) as well as their control and regulation. Pathophysiology accordingly describes the pathological deviation of these aspects which are reflected in a TEN-specific pathology. Thereby, in physiology as well as in pathophysiology, TEN generally pursues a systematic approach: Pathophysiological processes are not being regarded as consequence of linear cause-effect relationships, but also always in their relevance for the organism as a whole. This means there cannot be diseases that exclusively affect one organ. Every deviation of a function and organic variation will induce effects and interactions in other areas – even if symptoms occur localized. Therefore the statement that “the one thing does not concern the other thing”, according to the understanding of TEN, in a living, 'open' system, is generally not correct.

3.3. Individuality

Acknowledging the individual and respecting its integrity as well as its autonomy, are the foundation of naturopathy. The individual person is being perceived, supported, and promoted in his processes of disease and recovery, as well as in his development. Therefore in natural medicine the treatment of an individual cannot be made with standardized techniques or generally applicable treatment schemata. For though we live in a same world, we do not react to stimuli with the same reaction patterns and symptoms.

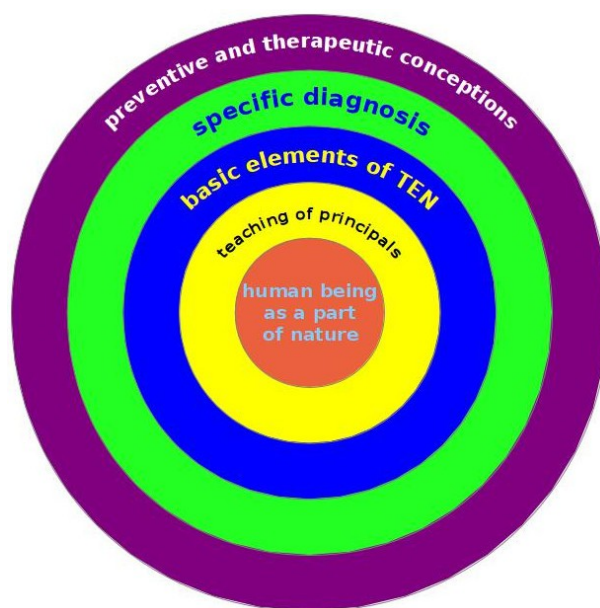
The patient's individuality is one of the most fundamental premises for diagnosis and synopsis of TEN and a main difference to the conventional medicine's concept of cause and effect.

The human is between the poles of adjustment to external factors and perceptions of environment, climate, culture, living conditions, society, and the realization of his personal needs. In terms of an ongoing and relentless exchange at all levels of the entire organism, the interaction and the regulation of all parts and actions are being controlled. Disease can be regarded as individual malfunction of the regulation processes and is never only an accumulation of symptoms. The subjective experience of a disease as well as the constitutional abilities and resulting reaction patterns are more important for an individual treatment than the medical evidence.

3.4 Theory of Principles

All cultures seek answers to the “how and why” of their being. By observing nature, empirical values, and philosophical considerations, complex models of explanation and work models as well as worldviews develop. Identified regularities and basic patterns are described as principles and serve as explanation for and interpretation of all phenomena. They are not only the fundamental framework of traditional natural medicine but of the traditional worldview in its entirety.

In TEN specific principles enable as structuring tools the understanding of human vital functions and symptoms of a disease and to develop therapy concepts. Here **qualitative** principles are distinguished from **quantitative** principles:



The TEN model of thinking and working

Qualitative Principles

Fundamental examples are the energetic and the material principle, as well as the warmth, cold, moist, and dry principle, which originate from the four elements. These humoral principles form the basic criteria according to which the temperament, the constitutional situation, and the incidence of disease are evaluated, and the treatment is adjusted.

Humoural principles	Analogies	Meaning	Examples in pathology	Examples in therapy
<i>Warmth</i>	Dynamic, energetic principle	Dynamic and regulation of vital functions active energy	Acute inflammation fever hyperkinetic symptoms	<i>Cooling:</i> buckhorn leaves, bloodily cupping
<i>Cold</i>	Soothing, blocking principle	Reduces and suppresses the dynamic, inertia of regulation	Chronic inflammations hypokinetic symptoms	<i>Warming:</i> thyme leave, dry cupping

<i>Moisture</i>	Material, nurturing, moisturizing principle	Foundation of every structure and the bodily fluids	Edemata mucous congestion adipositas cysts	<i>Drying:</i> salt, oak bark
<i>Dryness</i>	Degenerating, atrophying, sclerotic principle shortage	Shortage of nourishment and liquid solidification	Dry mucous membrane degeneration processes	<i>Moisturizing:</i> mucilages, applications with oil

Quantitative Principles

Numbers are understood in many cultures as mathematical symbols, as rhythms, and are perceived as components of the cosmos. Thereby every number has an individual, mythological meaning.

The number one signifies wholeness, the indivisible, the origin of all existence. The number two underlies dichotomy, the duality. Not until the number three these tensions are overcome. Accordingly the symbolism of numbers in the traditional worldview has a fundamental significance and we encounter it in various tales, songs, customs, and concepts: Trinity, the four elements, the seven planets, the twelve months, and much more.

3.5 Vigor (vis vitalis)

Primal principle of vigor is the foundation of all vital processes of a living organism as well as its individual embodiment. Vigor is the origin of the individual self-conception, the self-preservation instinct, and the self-regulating forces – and in case of a malfunction. it is the key factor of the disease pathogenesis and essential for the therapy concept.

Vigor is the unmistakable and non-negatable difference between a living being and a dead creature. It is not measurable and does not make an appearance directly, but is apparent through its impact on the living organism.

Vigor is one of the most significant differences to the contemporary material worldview, as the pivotal active regulatory principle of every natural medicine is the regulation of vigor.

3.6 Doctrine of Signatures

In order to understand unknown phenomena it is insightful to compare them to the familiar. Nature and all living are experienced by the observer through their forms, colors, scents, and many other characteristics. These “signs” (signals) allow to draw conclusions about inner qualities. This teaching of equivalent properties was a significant aspect in the science of medical plants for the disclosure of the specific effects of plants and their usage, before the discovery of the chemical substances. Thereto three examples:

When breaking the greater celandine's stalks, in summer a yellow chyle flows at the breakpoint. Because of its color this medical plant, for example, was linked to the cardinal humour yellow bile (choler) as well as to the bile and liver, and consequently the curative effect in the case of diseases of the liver-bile system was deduced (which has been proven pharmacologically today).

With its structured composition, horsetail resembles the spinal column's segments, and is therefore applied therapeutically for the spinal column's stabilization.

The red dye of St. John's wort suggests its healing effect in the case of inflammations and burns.

The way we try to assess our fellow human beings based on their stature and their expression, experts on medical plants try to assess the active regulatory principles of a plant based on its appearance and its behavior patterns.



Red color of the oil of *Hypericum perforatum* als a signature aspect

3.7 Science of Humoural Medicine

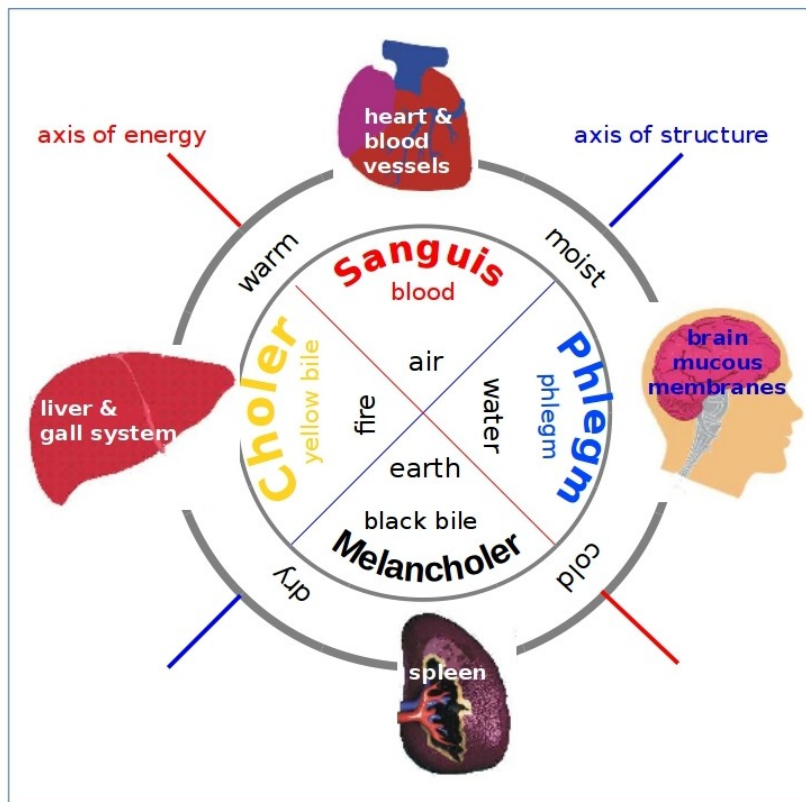
The science of the four 'cardinal humours' blood (sanguis), mucus (phlegm), yellow bile (choler), and black bile (melancholer) is an essential core element in the thinking and working model of TEN, in which these humours are not regarded as substantial body fluids, but rather as representatives of the elementary principles in the human organism, which are described in 3.4, with the following attribution:

Sanguis	warm and moist	<p>The qualities interrelate in a balanced, physiological relation to one another.</p> <p>Sanguis represents the level of perfection among the humours' genesis, the final product of the humours' metamorphosis, which develops in tissue, where it is used for the initiation, preservation and control of the functions, as well as for the buildup and the nourishment of tissue.</p>
Phlegm	cold and moist	<p>There is a deficit of warmth with domination of the moist principle.</p> <p>Phlegm can be regarded as 'preliminary stage' of the sanguis development, and through the influence of physiological warmth, it obligatorily has to be perfected to sanguis, in order to be able to get absorbed. Therefore phlegm represents on one side energy reserves, and on the other side the organism's 'building stock'.</p> <p>If the metamorphosis to sanguis does not succeed, phlegm constitutes a pathogenetic factor, which being the cause for diseases, whose pathophysiology is characterized by hypokinetic reaction patterns, stagnation of the moisture, as well as catarrhal and eczematous substitute excretions.</p>

<p>Choler Bile</p>	<p>warm and dry</p>	<p>Characteristic is the dominance of the warmth principle, combined with a deficit of moisture.</p> <p>In humoral medical physiology the choleric active regulatory principle starts all active processes in the organism and keeps them running. Furthermore yellow bile is a precondition for the movement of all humours in the body and the dynamic of defense and healing processes.</p> <p>A pathological predominance of the choleric principle is the humoral foundation of all heatedly medical conditions and progresses like acute inflammations, fever, spasticity, congestion, and all other pathophysiological processes, whose pathophysiology is characterized by hyperkinesia on the one hand, by an insufficient substance constitution resp. regeneration of substance on the other hand.</p> <p>The excess of choler as well as metabolites with choleric character ('bilious sharpness*') are mainly discharged by the liver-bile system.</p>
<p>Melancholer Black bile Atrabilis</p>	<p>cold and dry</p>	<p>Melancholer represents the deficit of both humoral qualities, causing all active processes, but also the buildup and regeneration of tissue, to become deficient.</p> <p>Pictorially black bile can be viewed as 'brake pad' within the whole functionality of the organism - at all levels.</p> <p>The pathophysiology of melancholic pathophysiological processes is characterized by hypokinesia and going as far as to the rigidity of reactions, organ insufficiency and degeneration, as well as malignant degeneration.</p> <p>The physiological emunctory of black bile is the spleen, whereby this organ has great significance within humoral physiology, pathophysiology, and therapy.</p>

* The term "sharpness" describes non-physiological metabolic humours which deprave the qualities of the cardinal humours. Derivated from the metaphoric German term "Schärfen", we will name them "sharpness".

These cardinal humours are the basis of all organic structures (as manifestation of the moist principle) as well as they are the initiator and regulator of the tissues' functionality (efficiency of the warmth principle). The *qualitative* harmony within the humour system is a precondition for health, while a pathological deviation of the humoral qualities is causally responsible for diseases. Hence a specific humoral pathophysiology is defined as foundation of a likewise humoral-oriented therapy concept. Requirement for this is a diagnosis which analyzes the current and constitutional humoral situation of the concerned person, using adequate methods (see 4.1).



The cardinal humours of humoral medicine

Important hint:

In the conception of today's humoral medicine the humours are no substantial liquids but specific regulatory working principles.

3.8 Teaching of the Temperaments

The temperament characterizes both a human's physical appearance as well as essential and reaction features. It is the result of the qualitative dominance of one of the four cardinal humours, which is identifiable by the expressions which are still commonly used today: In the case of a sanguine person it is the warm and moist qualities of blood which dominate, in the case of a phlegmatic person it is the cold and moist qualities of phlegm, in the case of a choleric person it is the warm and dry qualities of yellow bile, and in the case of a melancholic person it is the cold and dry qualities of black bile.

This way of cataloging, however, should not be regarded as static. Hybrid forms are the rule and furthermore the temperament is influenced by exogenous and endogenous induced temporary alterations. Further temperaments are associated with certain stages of life and biological rhythms. The currently dominant as well as the principally present situations of temperament are important parameters for the diagnosis and therapy in TEN.



sanguinic type



phlegmatic type



choleric type



melancholic type

- Images by Vera Garvelmann

3.9 Constitutional Medicine

The science of constitution as continuation of the teaching of temperaments is a typical and indispensable field in TEN. Its significance for diagnosis, prophylaxis of diseases, and therapy goes far beyond the affiliation to a temper.

The constitution describes the specific, humoral induced reaction *patterns* of a human, in physiology as well as pathophysiology. Hence the science of constitution describes and explains individual particularities on one hand (sensitivity to warmth and cold, for example), on the other hand it is the basis of dispositions to diseases and diatheses, the way of progression of the disease (acute / chronic-degenerative), as well as the reaction patterns of the defense and healing processes. Therewith the science of constitution presents the foundation of therapy concepts, which do not only consider the current situation of the disease, but also its constitutional backgrounds.

A TEN-specific therapy concept therefore usually rests upon a constitutional as well as on a disease resp. symptom oriented 'column'.

In alternative medicine different constitutional typologies are known. However, only the constitutional typology after Joachim Broy is compatible with the humoral medical thinking and working model of TEN.

The most important constitutional diagnosis method is iridology (4.1.6).

3.10 Astrological Based Medicine

As part of nature and the cosmos, the human underlies their laws and rhythms, therefore the integration of astronomical-astrological (astronomy and astrology were identical until the 16th century) knowledge was obligatory for most of the representatives of traditional medicine.

“Unknowing is the physician who does not know astrology.” - Hippocrates

Astrology represents a further model of natural philosophy, to understand natural processes and therefore the human as well. In European astrology strong influences of Babylonian, Persian, Arab, Jewish, and Greek culture are recognizable. In this worldview the seven planets do not only determine the rhythm of time, days, and

weeks, but possess specific characteristics and qualities that are able to influence the human in his quality of life. The resonance between the planets and all earthly processes describes astrology in a figurative-symbolical language.

The seven planets

In the geocentric worldview the human views himself and the earth as the center of the cosmos. Sun, Moon, and the 5 planetes Mercury, Venus, Mars, Jupiter, and Saturn were already known to the astrologers of the advanced civilizations of Mesopotamia. Their movements, color, and behavior gave the power of planets individuality and specific features. Their character was visualized through personification (mostly mythological gods of the Greeks / Romans), chains of associations, symbols, and myths.



Macro- and mikrokosmos, R. Fludd 1617

The Greek sun god Helios was thought of as king, who leaves his palace in the east with horse and cart, travels through the firmament, and reaches his palace in the west in the evening. While at sleep he is then carried back to the east by ferry.

With the planets and the stellar constellations, through which they are moving, all parts of nature, including the human, of course, are connected. Every planet is being referred to human bodily organs, character traits, diseases and therapeutic concepts (e.g. medical plants, metals) for their treatment.

The Sun, for example, symbolizes the cosmic fire and is associated with the human cardiovascular system. A weakened Sun principle can lead to cardiovascular weaknesses or depression, for example. Sunlike remedies like gold or St. John's word antagonize this therapeutically and strengthen the human's solar powers.

The Signs of the Zodiac

Like the planets also the 12 signs of the zodiac are ascribed characteristics, body parts, organs, diseases, and cures. The exterior solar system is reflected like this in the human body – in accordance with the hermetic law: “as above, so below – as inside, so outside”.

Additionally the signs of the zodiac as archaic archetype display the seasonal changes in nature. The fire sign Aries represents the impulsive energy in spring of awakening nature, for example.

4. Methodology of TEN

4.1 Diagnosis

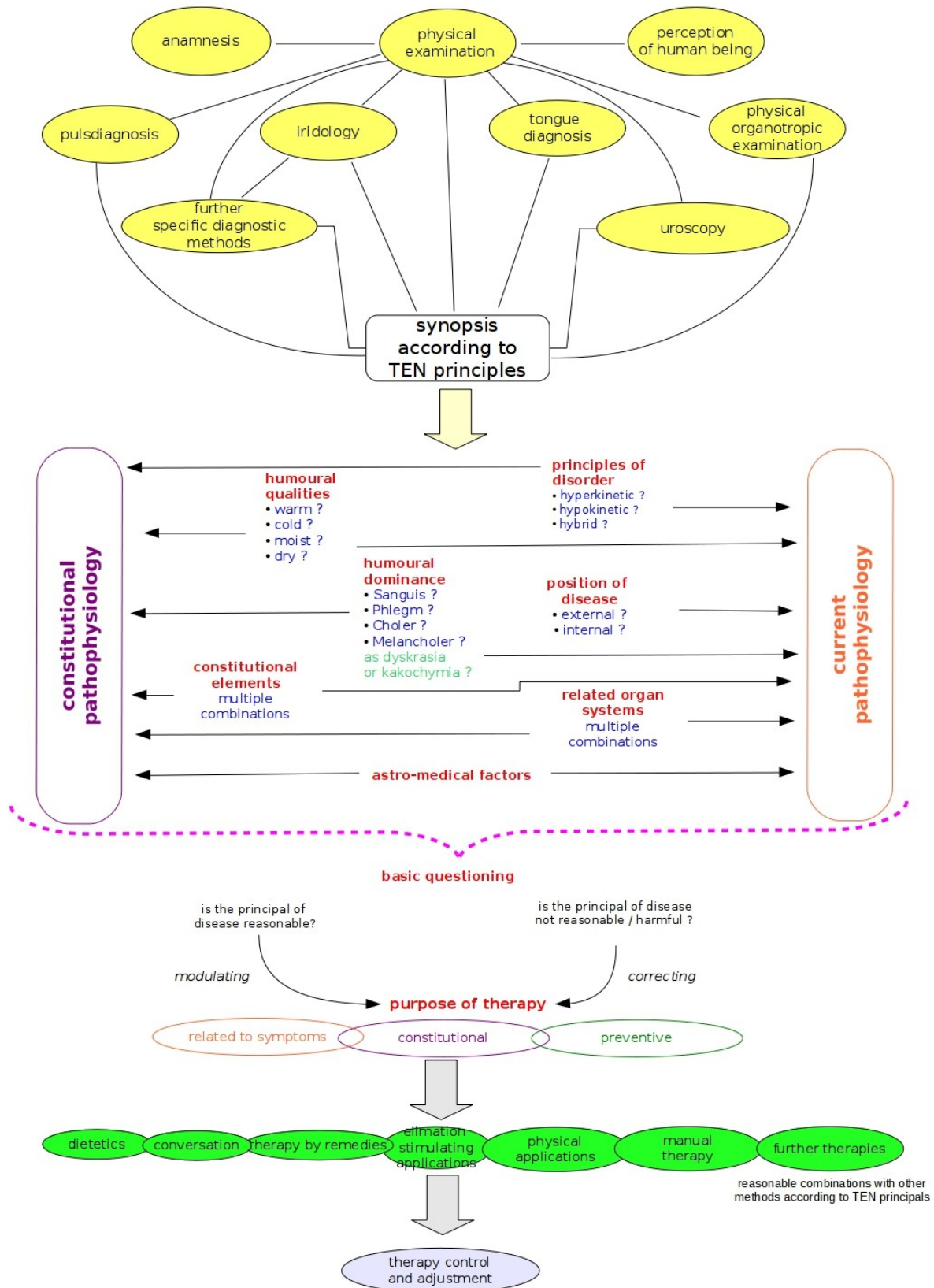
4.1.1 Basics of the Term 'Diagnosis' in TEN

Since TEN as a matter of principle interprets disease as an event, which always proceeds in an individual way, diagnostic questioning is oriented to understand the particular pathophysiological situation according to the humoral medical model – in its constitutional as well as its current aspects of disease. The 'diagnosis' in accordance with TEN cannot be a single term for the disease, but is usually more of a summarizing situation analysis, from which the therapeutic strategic target course is derived. The common diagnosis term in conventional medicine is unsuitable as basis for the generation of a TEN-therapy concept because it is not compatible to the thinking and working model of TEN. It is merely able to be used as a term for communicating a short description of the current situation.

TEN uses a multitude of diagnostic methods which each answer specific questions. These are sometimes oriented towards the therapy methods whose implementation is intended. The diagnosis of a pelvic obliquity is relatively uninteresting for medication therapy, for example, while it is an essential basis of manual therapy methods.

Information from all diagnostic measures get combined to a diagnostic overall picture, as basis for the therapy concept.

Diagnostic-therapeutic diagram of TEN



4.1.2 Anamnesis

Anamnesis gathers the medical history in the context of the patient's overall situation and is a crucial part of naturopathic finding of a diagnosis and for the choice of therapy. Specific questions make it possible to identify coherences and particularities. At the anamnesis interview much more happens than a mere exchange of words. Intonation, posture, oral fluency, and the choice of words are as important as pauses, silence, or emotional expressions.

Information of the anamnesis are gathered, documented, and analyzed by the therapist, and are required to be treated confidentially.

4.1.3 TEN-specific Physical Examination

The major difference of the classical medical examination methods inspection, palpation, auscultation and percussion is not in technique, but the diagnostic questioning according to TEN-relevant principles, which are observable from the medical findings resp. the symptomatology.

Examples are:

Signs of warmth / coldness	constitutional: e.g. exceptional feeling of warmth / permanent shivering organ related pathological: e.g. redness / pallor of skin hyperkinetic or hypokinetic conditions of organ systems
Signs of moisture / dryness	constitutional: e.g. overweight / gaunt stature organ related pathological: e.g. edemata / degeneration deviations of the tissue tone and turgor: conditions of abundance or emptiness
Generalized or local aspects	e.g. fever or local inflammation

4.1.4 Pulse Diagnosis

The measurement of the peripherally palpable heart rate is only one of the criteria of traditional pulse diagnosis. For TEN it is one the most important methods of the assessment of the current disease situation and should be conducted at every consultation. By palpating the radial artery the following criteria are analyzed:

- strength resp. weakness of the pulse wave
- its length and width
- its plethora resp. emptiness

- its rhythm
- the ability to suppress the pulse

From the linking of these conditions about 30 general expressions of pulse-diagnosis ensue, from which the dominant humoural medical condition at the time of the examination becomes identifiable.

4.1.5 Uroscopy

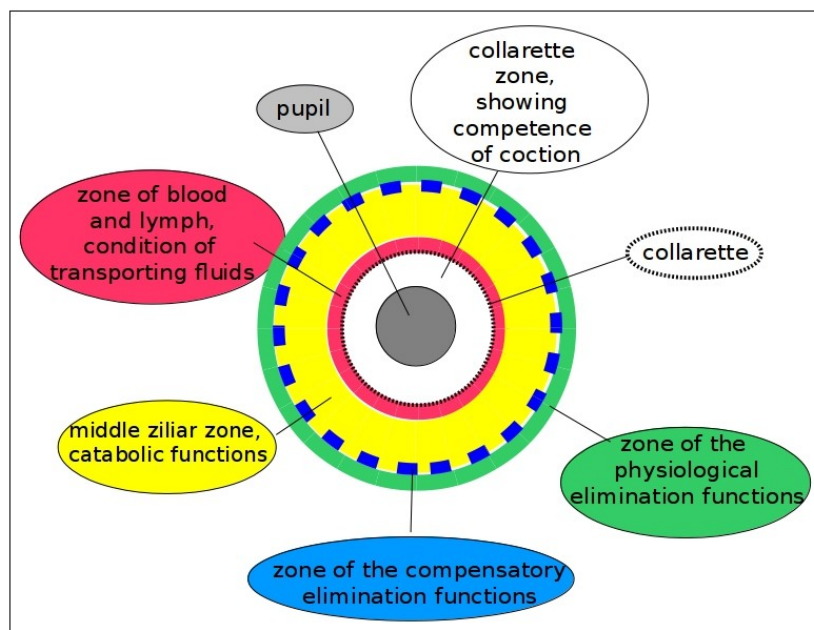
By assessing the urine conclusions about the mixture and quality of the cardinal humours in the human body can be drawn. From antiquity until the late Middle Ages diagnosing urine plays an important role in order to assess pathological alterations of the coctions and further humour processes. Therefore the first morning urine is examined after a rest period of 2-6 hours for aspects like quantity, color, odor, consistency, solid constituents, among other things.

Viscous, whitish urine, for example, is associated with an abundance of phlegm.

As further development of uroscopy several TEN-therapists make use of a holistic method of urine-diagnosis by adding specific chemicals and boiling the urine.

4.1.6 Iridology

Iridology provides information about the constitutional situation and therefore about the genotypically inherent and phenotypically individual distinct humoural medical reaction patterns of a person. In TEN it is therefore the most important diagnostic basis for a long-term constitutional therapy.



Circular topography of the iris

4.1.7 Tongue Diagnosis

The tongue - often referred to as the “mirror of the stomach” - also allows to draw diagnostic conclusions about the functionality of the assimilation organs, about the quality and quantity of the humoural principles, and about the character of pathophysiological processes. Alterations of the shape, color, or the coating are interpreted.

The following aspects are assessed in their individual combinations (exemplary):

Tongue body	Exemplary phenomenon	Interpretation
Color	Redness	Increased heat principle
Shape	Widened tongue	Increased moist principle
Moisture	Dry surface of the tongue	Insufficient physiological moisture
Tone	Flabby tongue	lack of tone as a result of a deficit of physiological warmth
Tongue coating		
Color	White coating	Cold moisture
Characteristic	Thick coating	Cold moisture
Expansion	Extensive coating	Strain of 'sharpness' (quality respective the color)
Moisture	Moist, shiny coating	Excessive moisture



Sanguinic tongue with subtile hints of heat at the tip of the tongue

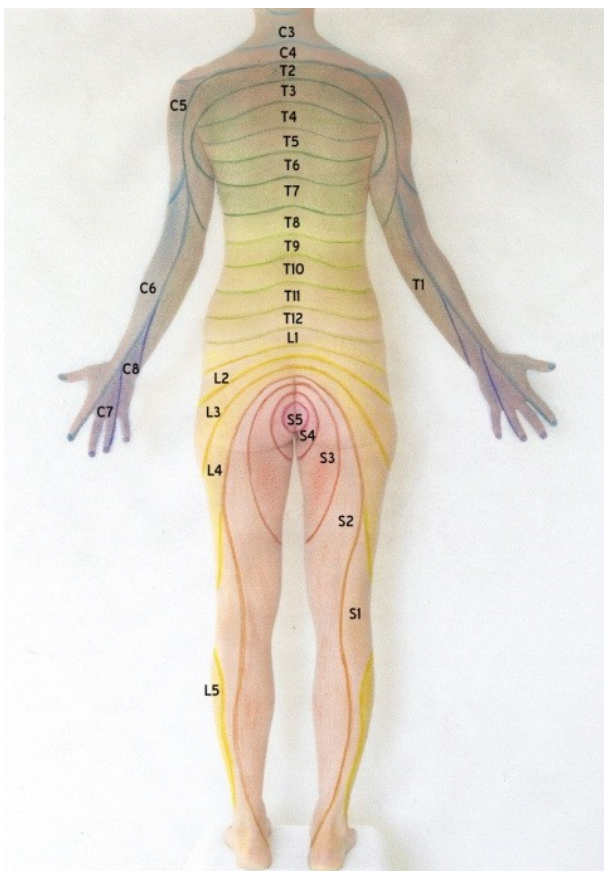
In the pure form, which only occurs rarely in reality, a **sanguine** tongue, for example, is pink, wide, and well-filled with blood, the surface is rather smooth and moist - a **choleric** tongue, in contrast, is deeply red, dry, as a sign of heat and a lack of moisture. Often yellowish coating or red spots appear on the surface.

4.1.8 Diagnosis and Therapy via Reflex Zones and Somatotopies

In this field the modern neurological insights of the reflex connections between internal tissue and the body surface are linked with the traditional teaching of consensual organ relationships. Basis for the therapeutic methods that are to be used, are especially the defined attribution of pathofunctional and symptomatic conditions to the humoral qualities. In the following three examples are presented:

- An increased muscle tone, which is palpable as muscle hardening or cramp, is interpreted as symptom of the excessive warmth principle and has to be treated with eliminating, cooling measures of treatment.
- On the contrary, a lack of tone (muscle weakness) is a sign of a warmth deficit, that has to be treated stimulatingly.
- Tissue swelling is in principle a symptom of excessive moisture, whose flow stagnates - as a sign of a warmth deficit. Here the cold-moist qualities of phlegm become visible. The treatment therefore has to be as well warming as moisture eliminating.

Crucial for the choice of the therapy method is its humoral strategic goal, corresponding to the patient's current situation. Principally this can be achieved with various proceedings, e.g. removal and elimination activating methods, manual and physical therapies, but also with physiotherapeutical applications, that are selected resp. modified according to the humoral criteria.



System of Head's zones

4.1.9 Physiognomy

Physiognomy looks at the face in order to recognize internal diseases through external phenomena. Because of direct relationships with the corresponding organs, externally visible signs can be interpreted, often allowing the cognition of chronic diseases in an early stage and to prevent their manifestation. Individual signs are, however, not observed in isolation, but the collectivity of impressions is linked with other diagnostic findings of the holistic view of TEN.

4.4 Therapy, Prevention, and Salutogenesis

4.2.1 Basics of Therapy in TEN

Following up on the in 3.1 mentioned aspects, therapy in TEN is not linearly geared to bring about relief or the removal of symptoms through the administration of an active agent or the application of another technique. Its approach of effects consists – regardless of the method applied – of the optimizing of the self-healing mechanisms that exist in the 'system human' through specific and unspecific therapeutic stimulus, meaning corresponding to the existing pathophysiological situation either to *activate*, to *reduce*, or to *modify* in its activity patterns. Basis is the diagnostic analysis of the sick person's humoural situation. The effect of a therapeutic intervention does not result from the treatment itself, but is always to be regarded as the organism's reaction to the therapy-relevant stimulus. Two examples for this are:

A 'warm' resp. 'warming' plant (like Angelica Archangelica) does not bring warmth into the organism if applied, but stimulates its active heat production. This is useful in case of coldness related diseases.

'Moist' resp. 'moistening' oil compresses do not bring moisture into the organism, but stimulate the developing of physiological moisture. This is useful for medical conditions caused by dryness.

In analogy to TEN's pathology, the mode of action of a therapeutic application defines itself by the following criteria:

- elementary resp. humoural quality (warming / cooling; moistening / drying)
- reference to one cardinal humor
- reference to a tissue resp. organ system
- constitutional effect
- indications (indication-oriented treatment is more of a subordinate partial aspect in TEN and cannot be realized without the aforementioned aspects)

Active Regulatory Principles of Remedies

TEN does not regard the effect of its remedies solely in the pharmacological processes of the ingredients, but more as specific stimuli, which influence defense, reorganization, and regeneration processes primarily on energetic-informational level.

In the case of plant-based remedies the effect does not result from single ingredients, but from the entire complex of all mechanisms of action within the plant, which cannot be captured adequately with analysis methods of modern science.

4.2.2 Dietetics

In terms of substance the intake of food is necessary, in order to ensure the construction and regeneration of somatic cells as well as their energy supply. In order to be able to use them, the organism has to be able to convert exogenous substances into "endogenous" ones, which in TEN is described as coction resp. assimilation. In dietetics therefore not only the qualities of food itself are observed, but also their effects on the body, which depends crucially on the constitution and the individual capability of processing. This means specifically that there can never be one universal nutrition for all humans.

All life processes are based on both a substance-based and an energetic principle. The energetic quality, represented by the warmth principle, is considered to be the measurement of vitality. The substantial amount of a food is therefore 'only' a potential requirement for the tissue development and the energy reserves. Each food has other qualities regarding the warmth and the moist principle: A raw cucumber, for example, is moister and colder (and operated moister and colder inside the body) than a cooked potato.

4.2.3 Traditional Therapy by Remedies

The entirety of available remedies (Materia medica) of TEN comprises substances mainly from herbal, animal, and mineral sources. Besides also human substances (nosodes and auto-nosodes) are used for medical purposes.

Teaching of Medical Plants

The traditional knowledge of medical plants is not based on the knowledge of the chemical ingredients, but on well-founded empirical knowledge from the doctrine of signatures, the humoural and astrological based medicine. A synthesis of this knowledge with today's insights present an enriching extension.

For the assessment of medical plants and their curative effect is the humoural medical concept of great significance, in which also medical plants and certain food are interrelated with the four principles of humours. Galenic medicine derives the active regulatory principles of a medical plant from its observable qualities. For example, warming and dry plants can provide abatement in the case of cold and moist diseases, like a mucous congestion of the respiratory tract.

Primary Qualities

The humoral medical effect of medical plants is assessed according to their elementary qualities. These are characteristics which result from the substances' reference to the elements and humours, and they are divided into four degrees of intensity (1° indistinctly perceptible, 2° clearly perceptible, 3° intensely perceptible, 4° extremely strong, potentially harmful).

A medical plant like *Angelica archangelica*, for example, is described as warm in 3rd degree and dry in 2nd degree – w 3 / d 2. The graduation in degrees is merely a rough estimate of the medical plant's potential effectiveness – the actual effectiveness is dependent on the preparation and application of the remedy, as well as on the patient's ability to respond.

In the practical application of galenic medicine a disease which is cold in 2nd degree, for example, is treated with a remedy that is warm in 2nd degree. For this, however, it has to be known which conditions of warmth and moisture in the patient's constitution and in his pathophysiological process dominate. According to the principle of dichotomy subsequently a therapy and / or a remedy is chosen which is capable of compensating the imbalance of qualities.



Angelica archangelica with root

A tendinitis which is the result of excessive strain, being a heated medical condition, can be soothed with a cooling-moistening quark compress or an anti-inflammatory medical plant drug like willow bark (*Salicis cortex*).

Secondary Qualities

In this second group of characteristics nine different flavors are differentiated in which the potentiality of medical plants becomes observable:

Flavor	Example of plant	Example of effect
sweet	chestnut, honey	soothing, decelerating, strengthening, mildly warming, analgesic, nurturing, and boosting the coction
spicy	garlic, thyme	strongly warming, activating, and accelerating
salty	algae, lichens	softening, pervading, cleansing, putrefaction reducing, dehydrating

sour	vinegar, blueberry	astringent, cooling, solidifying, heat reducing, fluid restraining
bitter	gentian, wormwood	mildly warming, stimulating
harsh	unripe fruit, tormentill	astringent, roughing, cooling, stanching of fluids
disgustingly harsh	gallnut	stronger astringent, dehydrating, cooling down, solidifying
fatty	flax, olive	smooth, moistening, softening, nurturing
flavorless	cereal starch (e.g. maizena, malva)	congesting, sticking, rather cooling, watery

In the following tertiary qualities will be described which can only be derived from the therapeutic application over a certain period of time – e.g. strengthening of tissue, stimulation of lactation.

The different ways of preparation and dosage forms influence the humoral qualities of a medical plant. Alcoholic extracts of a drug are about 1-2 degrees warmer than their watery extracts.

A comparative overview after humoral criteria of the medical plants' qualities allows their more specific and individual application.

Humoral Relatedness of Medical Plants (Examples)

Sanguis

Coction boosting and digestive plants like calamus (*Acorus calamus*) strengthen the blood principle as well as plants, which are warming and stimulate the blood flow, like rosemary (*Rosmarinus officinalis*). With its warming quality the stinging nettle (*Urtica dioica*) promotes the coction and therefore the generation of sanguis. Arnica (*Arnica montana*) has a warming and toning effect on the blood vessels and the heart. Angelica (*Angelica archangelica*) warms the stomach, the mucous membranes of the respiratory tract, the liver, and the uterus.

Analgesic, anti-inflammatory, and cooling remedies like willow bark (*Salicis cortex*) reduce the excessive heat of sanguis, as well as spasmolytic, hemostatic, and fever regulating plants. Moisturizing plants like marshmallow (*Althaea officinalis*), however, protect against their own harmful effects and nurture the mucous membranes.

Choler

Medical plants like berberis vulgaris (*Berberis vulgaris*) reduce choleric 'sharpnesses' through their derivation through the liver-bile system. Analgesic, fever reducing drugs like willow (*Salix alba*) or itching / pruritus-mitigating drugs like cleaver (*Galium verum*) function in a similar way. Licorice (*Glycyrrhiza glabra*) moisturizes and so reduces the dryness which develops as a consequence of bilious heat.

Liver regulating bitter plants like dandelion (*Taraxacum officinale*) bring about the stimulation and relaxation of this organ and therefore allow to guide the bilious heat into the intestine and to excrete it. Metabolic regulating plants like fumitory (*Fumaria officinalis*) optimize the coction, prevent the development of pathological humors and promote their excretion.



Blossoms of Berberis vulgaris

Phlegm

Mucilage plants like malva (*Malva silvestris*) or marshmallow (*Althaea officinalis*) function protectively and moisturizing on the mucous membranes if they are damaged by inflammable heat, stress, or medication (e.g. chemotherapy).

Much more frequently, however, cold phlegm has to be warmed, by promoting the coctions and warming the abdominal organs, for example with fennel (*Foeniculum vulgare*), artemisia abrotanum (*Artemisia abrotanum*), or masterwort (*Peucedanum ostruthium*). Other warming herbal drugs like elderflower (*Sambuci flos*) open and channel cold or with bilious 'sharpnesses' contaminated phlegm.

Melancholer

The black bile induced lack of warmth and moisture calls for activating, toning, and strengthening cures like ginger (*Zingiber officinale*). Splenic remedies have a concordant effect like fumitory (*Fumaria officinale*), borage (*Borago officinalis*), or hart's-tongue fern (*Scolopendrium vulgare*), which additionally stimulate the excretion of melancholer, as do brightening medical plants like melissa (*Melissa officinalis*).

A diagnostic control of the humoural qualities can ensue through the alteration of symptoms (e.g. new and intensified heat symptoms after the intake, instead of fading of the existing ones) or through diagnosis of the pulse, tongue, urine.

Spagyrics

This, on the foundation of an millenniums-old alchemistic tradition grown, medical science is a significant part of the traditional worldview. Through the spagyric preparation the used origin substances in specific multistage production process (through the use of fermentation, distillation, incineration) solubilized, metabolized, and ultimately reunified in the spagyric remedy. According to the understanding of spagyrics they are dissolved out of the tie to the matter, purified – and on a higher level reunified. Even highly poisonous medical plants like belladonna (*Atropa belladonna*), for example, can be converted through this transformation into non-poisonous essences.

Further Origin Substances of Remedies

Besides the application of plant-based remedies TEN also uses substances from the following segments:

- minerals (e.g. Silicea, Calcium phosphoricum, Barium carbonicum)
- metals (e.g. Magnesium phosphoricum, Mercurius solubilis – mercury, Aurum metallicum – gold)
- products of animal origin (e.g. Lachesis and other snake venom, Apis mellifica – honey bee)
- nosodes (remedies from pathogens and secretions, body tissues, and chemically defined substances (e.g. tuberculinum from sputum of a person suffering from tuberculosis, endometrium, cortisone)
- auto-nosodes (remedies from the patient's own material, e.g. autohaemo, autourine, autolymphs)



Homoeopathic remedy made of cross spider

The mentioned substances are commonly used as homeopathic low potentized remedies, usually in the steps of potency D2 until D6. Nosodes are an exception and are mostly higher potentized ingested (> D12). However, the choice of the remedies is *not* determined by the criteria of classic homeopathy, but by the qualitative, humoral, as well as histoid, disease and constitution oriented aspects of the TEN-specific pharmacology. Joachim Broy coined the term of “functional homeopathy”.

TEN frequently works with individual formulas, e.g. tea blends from different plants or mixtures of liquid plant-based remedies, mixed with potentized ingredients (dilutions).

Autohaemo and autourine is also injected intramuscularly as alternative to the potentized application.

4.2.4 Removal and Elimination Activating Methods

The removal and elimination activating methods belong to the therapeutic core elements of TEN. The single procedures are assigned the following qualitative and humoral impact criteria:

- Dry cupping: Primary reference to the blood system. Activation of the warmth principle, as a consequence reflective, *toning* effect on the tissues that are to be treated.
- Bloodily cupping: Primary reference to the blood system. Reducing of the warmth principle, as a consequence reflective, *detoning* effect on the tissues that are to be treated.
- Baunscheidt method (with oil containing histamines): Primary reference to the phlegm system (here represented by the lymphatic system). Activating of the movement of humours ('cleansing flow') with reflective, *compensative* effect on the tissues that are to be treated.
- Bloodletting: Primary reference to the blood system. Strong generic reducing of the warmth principle of the blood. According to Hufeland the most important procedure in the case of sthenic (today better: hyperkinetic) pathophysiological processes.
- Leech therapy: Primary reference to the blood system. Reflective decongesting and thus cleansing effect on the tissues which are to be treated. Application in the case of plethoric conditions, which are based on choleric resp. melancholic 'sharpnesses.'
- Blister generating plaster: Primary reference to the phlegm system (here represented by the lymphatic system). Reflective strongly eliminating effect on the tissues which are to be treated. Is applied particularly in the case of localized painful conditions.



Dorsal Baunscheidt method

4.2.5 Manual Therapies

Manual therapy methods are an important part of a naturopathic treatment, and in TEN-practice they are often combined with physical therapies as well as removal and elimination activating methods. Organic center of most manual-therapeutic treatments are pelvis, spinal column, atlanto-occipital and atlanto-axial joints, jaw joint, as well as other joints and their correspondent musculature and the appendant tendons and ligaments. Functional center is the stasis of the pelvis and the spinal column as the result of complex energetic regulation mechanisms. Manual therapy methods constitute unspecific or specific stimuli, which are noticed, processed, and responded to by the body.

Typical forms of manual therapy in TEN-practice are classic massage, massages of the connective tissue, the reflex zones, cupping massage, and manual lymphatic drainage.

4.2.6 Physical Therapies

Physical therapies include hydrotherapy, thermotherapy, sound-wave therapy, light therapy, and climatotherapy but also physical activity, sauna, inhalation treatments, or the application of healing earth. The therapeutic application of the four elements air, water, earth, and fire (warmth) move and regulate the humours through their stimulation effect, and initiate the self-healing powers. They are individually selected according to TEN-specific considerations. The purpose of describing and practicing physical therapies on the basis of scientific parameters would only reduce the human to symptoms, and therefore cannot satisfy the systemic thinking of TEN.

Examples for the reference to elements of the therapies

Air element	Warming and moisturizing	Inhalation of herbs, steam bath
Fire element	Warming and drying	Sunlamp, infrared sauna, compress of beeswax
Water element	Cooling and moisturizing	Treading water, cold compresses with quark
Earth element	Cooling and drying	Clay wraps, bath or washing with oak bark

5. Development of TEN

TEN is not to be understood as historically and with regard to content a completed system, but is in dynamic development. This applies to elements of the thinking and working model as well as diagnosis and therapy. Determining whether a method can be ascribed to TEN, depends on whether it conforms with the criteria described in section 3, resp. if it is put into practice according to those criteria. Examples for more recent developments are iridology, which only meets the criteria of TEN as method of

analyzing the constitutional situation, or the methods of bioelectronic function diagnosis (BFD), whose results only become compatible to the TEN's system by integrating them into the thinking and working model of TEN.

Therefore it is not possible to assign a method as such to TEN or to generally exclude it. Determining is the mode of application, resp. interpretation.

6. Practical Significance of TEN

6.1. TEN's Scope of Application

In principle TEN offers options for the treatment of all diseases, except for those conditions described in 6.2.

The main clientele of TEN constitute patients with chronic-recurring and degenerative diseases that have been unsuccessfully treated with conventional medicine.

TEN's focus is not only on the treatment of the currently existing disease, but on the general stabilizing of the patient's constitutional situation, also in terms of prevention and salutogenesis.

TEN is practiced by natural health professionals and naturopathic-oriented physicians mainly in practices or health resorts, but can also be integrated into physiotherapy.

6.2 Limitations of TEN

Like in every area of medicinal activity, the spectrum of medical conditions, for which a therapy according to the criteria of TEN can be successful and satisfactory for the patient, depends significantly on the educational level, the experience, and the sense of responsibility of the therapist. Crucial is also the patient's attitude and his individual expectations respectively the course of treatment. Hence TEN will be stretched to its or the patient's limits earlier if he is primarily interested in the rapid elimination of symptoms, than in the case of protracted, chronic illnesses, which cannot be treated satisfactory by other medical systems.

Against this background the first limitation of TEN can be named :

For rapid, symptom-repressing treatments it is not suitable.

Substitution

Limitations of TEN also exist in cases of a irreparable, not compensable malfunction of an organ, resp. tissue, resp. its removal. In this case a substitution according to the principles of conventional medicine has to be made. However, the combination of substitution and compensation-promoting therapies of TEN are advisable.

Excessive Fire Processes

Although acute inflammations – especially if they take place on surface organs (skin or mucosa) and are feverish – are perceived in TEN as most important and most efficient defense strategy of the organism, they can proceed with such excessive warmth processes, that as a result the energy reserves of the organism are so depleted, that a life-threatening emergency situation occurs.

Such disease situations require the reduction of the warmth processes through antibiotics, corticoids, and other antiphlogistics – although being aware that this does not bring about healing, but only takes the 'tip of the iceberg'.

The limitations of naturopathic therapeutic possibilities of such disease situations is not universally definable, but depends strongly on the individual patient's situation and the competence of the therapist.

Emergency Medicine

In the whole emergency medicine (traumas, heart attacks, embolisms, apoplectic strokes, and much else) TEN can only be supportive, resp. promote healing and rehabilitation after the acute life-threatening phase.

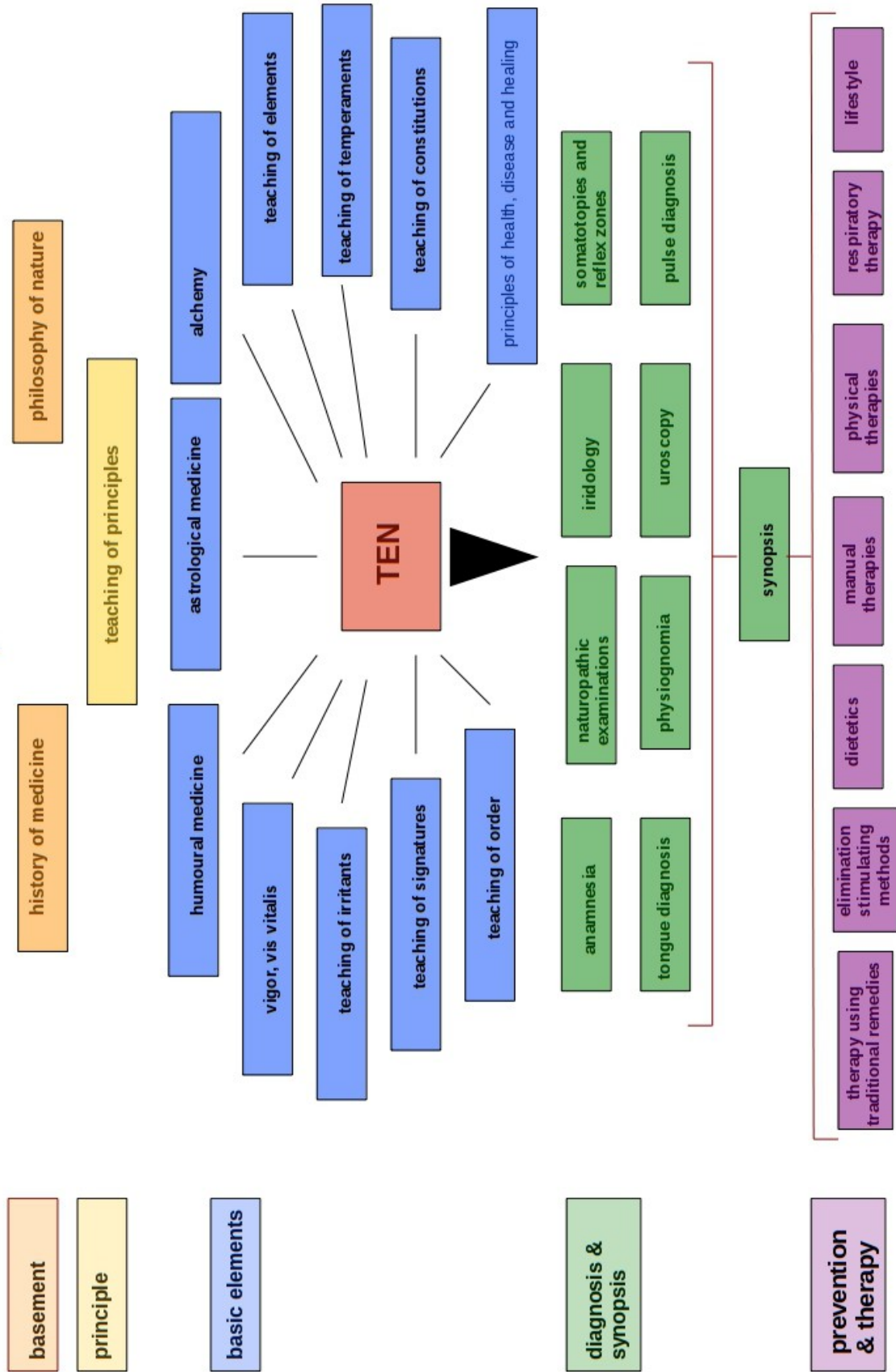
Surgery

Also in all cases of disease with an indication of a surgical intervention TEN can likewise only stabilize preoperative and postoperative, and promote the patient's current and constitutional overall situation.

Further ranges of indication in which the limitations of TEN are narrowly set:

- arterial hypertension
- psychiatric disorders

Traditionelle europäische Naturheilkunde TEN



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