

THE EFFECT OF SPAGYRIC ESSENCES

The effect of spagyric essences is closely related to the manufacturing process (see download "[The spagyric manufacturing process](#)").

To produce spagyric essences, an alchemical process is used based on the principles of separation ("spao") and reunion ("ageiro"). Through this process, the powers of the plant are released, purified, and recombined on various levels. The focus is on the holistic understanding of the plant—its material, energetic, and spiritual aspects.

When someone suffers from emotional stress or psychological strain, their energetic balance is disturbed—they find themselves in an "altered" state. A spagyric essence that has also undergone a transformation process can help harmonize this disturbed state and restore the original balance.

In contrast to homeopathy, which uses the principle of "similarity" (treating like with like), in spagyrics the principle of "**what is altered cures what is altered**" means that a transformed, energetically prepared essence is particularly well-suited to affect the altered conditions of the person. This reflects the holistic and profound philosophy of spagyrics, which focuses on transformation and balance.

In connection with the restoration of balance, the so-called "**construction plan**" and the "**inner doctor**" of the human being play a central role.

According to this theory, every person has an individual, natural "construction plan" that describes the ideal state of body, mind, and soul. This construction plan is the template for health and balance. As long as the body functions in harmony with this construction plan, health prevails.

The "inner doctor" is the body's inherent ability to regulate and heal itself. This "inner doctor" uses the construction plan as a reference to identify imbalances and intervene to correct them.

But before we go into this topic and describe the effect of spagyric essences from Paracelsus' point of view in more detail, a few words about the effect of spagyric essences according to today's understanding.

Herbal medicine is based on the targeted use of the healing powers of plants. It combines ancient knowledge with modern research to effectively and safely use natural remedies to promote health and well-being.

For millennia, herbal active ingredients have been an integral part of traditional and modern healing systems. Plants offer an impressive range of effects, from anti-inflammatory and pain-relieving properties to immune support and hormone regulation. Their active ingredients, such as essential oils, alkaloids, flavonoids, and bitter compounds, have a gentle and often holistic effect, addressing both body and mind.

In a world often characterized by hectic pace, stress, and mental challenges, **nervines** are valuable aids in supporting our nervous system. These medicinal plants are a special group of herbs that calm and strengthen the nervous system. They can help reduce stress, ease anxiety, and clear the mind while promoting emotional balance.

Nervines have traditionally been used in herbal medicine to support the natural regeneration of the nervous system and to harmonize body and mind. Their gentle yet profound effects make them a valuable component of holistic health approaches.

Nervines are divided into three different main categories.

- 1.) „Nerve tonic (tonica nervine)“,
- 2.) „Nerve relaxants (relaxants nervine)“ and
- 3.) „Stimulants Nervine“.

Other important categories of nervines include sleep-inducing agents (hypnotics), pain relievers (analgesics), antispasmodics (antispasmodics), antidepressants, and stress and anxiety relievers (adaptogens).

Nerve tonic

Perhaps the most important contribution herbs can make to the field of neurology lies in their ability to strengthen and nourish the nervous system. In cases of shock, stress, and nervous weakness, nerve tonics directly strengthen and regenerate tissue. They can contribute to the healing of damaged nerve tissue, whether following a pathological process or physical trauma.

Examples of this invaluable group of tonic remedies are *Angelica archangelica* (angelica) and *Avena sativa* (oat). Oat has a relaxing effect but can also strengthen the nervous system in cases of exhaustion. Another example is *Hypericum perforatum* (St. John's Wort), which has a calming and nerve-stabilizing effect.

Nerve relaxants

This group of nerves is particularly important in times of stress, anxiety and confusion, as it can relieve many of the accompanying symptoms (such as gastrointestinal problems or tension, among others).

For stress and anxiety problems and their accompanying physical symptoms, remedies such as *Hyssopus officinalis* (hyssop), *Matricaria chamomilla* (chamomile) and *Humulus lupulus* (hops) are used.

Nerve stimulants

While many nervines are known for their calming properties, there is also a special group that acts as nerve stimulants. These plants support the nervous system by promoting alertness, mental clarity, and concentration. They help overcome fatigue and increase performance without overstimulating the nervous system.

These stimulating nervines are ideal for times when mental acuity is required—whether during intellectual work, long periods of concentration, or to support fatigue. They are gentler than synthetic stimulants and can be easily integrated into everyday life.

Foeniculum vulgare (fennel) and *Rosmarinus officinalis* (rosemary) are very suitable for stimulating the nerves.

Plants are a rich source of bioactive compounds that can have a variety of effects on the brain, from regulating neurotransmitters to promoting neurogenesis. By understanding these mechanisms, we can delve into the possibilities of how herbal remedies can be used to promote mental health and well-being.

While these scientific findings provide us with profound insights, this knowledge was lacking in Paracelsus's time. With his philosophical perspective on the effects of spagyrics, however, he laid a crucial foundation for modern herbal medicine, without having any idea of the neurobiological mechanisms behind the effects of his remedies.

But how did Paracelsus understand the healing powers of his preparations if the complex neurobiological connections remained hidden from him?

In the following, we delve into Paracelsus's natural philosophical worldview and present his unique perspective on the effectiveness of spagyric medicine.

A central starting point for understanding spagyrics and its effects is the model of "**salutogenesis**". This model is based on the fundamental idea that every living organism has the inherent tendency toward self-regulation (in the sense of the creation and maintenance of individual health).

1. THE CONCEPT OF THE INNER DOCTOR

The powers of self-regulation are most vividly described by the concept of the "inner doctor."

The body has the ability to heal itself, a long-standing medical fact. This is already evident in everyday situations, such as when a cut heals on its own after a short time and often only a bandage is required to close the wound. The same applies to broken bones. The doctor cannot heal the bone himself; his job is to ensure that it can heal properly again. This healing process occurs naturally, without direct intervention from the doctor.



Paracelsus considered self-healing a central force in the treatment of illness and called it the "inner doctor." In his view, the "outer doctor " should first attempt to activate and support this "inner doctor." Only if the activation of the "inner doctor " was unsuccessful should he bring about healing through external measures.

Although immediate medical emergency measures are taken in cases of acute, life-threatening illnesses, the concept of the "inner doctor " offers a particularly promising basis for the treatment of chronic diseases.

Many therapeutic approaches in complementary or holistic medicine are now based on this concept and see themselves as specific activators for self-regulation processes inherent in humans.

In this context, one also speaks of the healing power of nature, which maintains the healthy order in the body and restores it in times of illness. As long as these self-healing powers (or the "inner doctor") are not blocked by psychological pressure, fear, negative thoughts, or traumatic experiences that weaken the body's own healing power, they work on three levels:

- **Physically**, in the regeneration of cells or the defense against bacteria and viruses
- **Emotional**, in reducing stress or healing emotional injuries
- **Mentally**, strengthening thinking skills and creativity

2. ORIENTATION TOWARDS THE CONSTRUCTION PLAN

In holistic medicine, there's the idea that every person carries a kind of "perfect template" within them – like a construction plan that shows how everything should ideally function. If something doesn't work properly, such as a broken coffee maker, the problem always lies with the machine itself, never with the construction plan.

Our body has natural self-healing powers that are guided by this inner construction plan. They help bring our body, mind, and soul back into balance. One could say that our "inner doctor" uses this construction plan to restore us to health when we are out of balance.

3. SPAGYRICS – WHAT IS ALTERED CURES WHAT IS ALTERED

The guiding principle of spagyrics, "What is altered cures what is altered," describes that a plant or mineral is transformed through special alchemical processes and can then help the human body to regain its own balance and cure "altered" conditions.

Through fermentation, distillation, and calcination, the three principles of alchemy (body, mind, and spirit) are separated and later reunited in a purified and harmonized form. The result is a completely transformed essence, which Paracelsus called the "quintessence." This transformed state serves as information and a model for the human being's own transformation and healing. The plant thus carries within itself an "image" that serves as a construction plan for the "inner doctor" to activate the body's self-healing powers.

Unlike homeopathy, which works according to the principle of "like cures like," spagyrics focuses on the transformation of the substance. This transformed essence brings with it a higher energetic quality that dissolves disharmonies and blockages and restores natural balance. Thus, the effect of spagyric essences can be aptly described with the motto "what is altered cures what is altered."

4. THE DOCTRINE OF PRINCIPLES

The so-called "**Tria Principia**" is an important fundamental concept of late medieval and early modern alchemy. This concept was derived from the theory of the elements (fire, water, air, and earth) and was first described in a fully developed form by Paracelsus.

Alchemists of earlier centuries named the principles Sal, Mercury, and Sulfur. These names are not directly synonymous with the corresponding chemical compounds. Rather, they were chosen because the chemical substances corresponding to these names reflect the properties of these principles. For example, salt is reflected in the Salt principle, mercury in the Mercury principle, and sulfur in the Sulfur principle.



Sal

Salt



Mercurius

Mercury



Sulfur

Sulfur

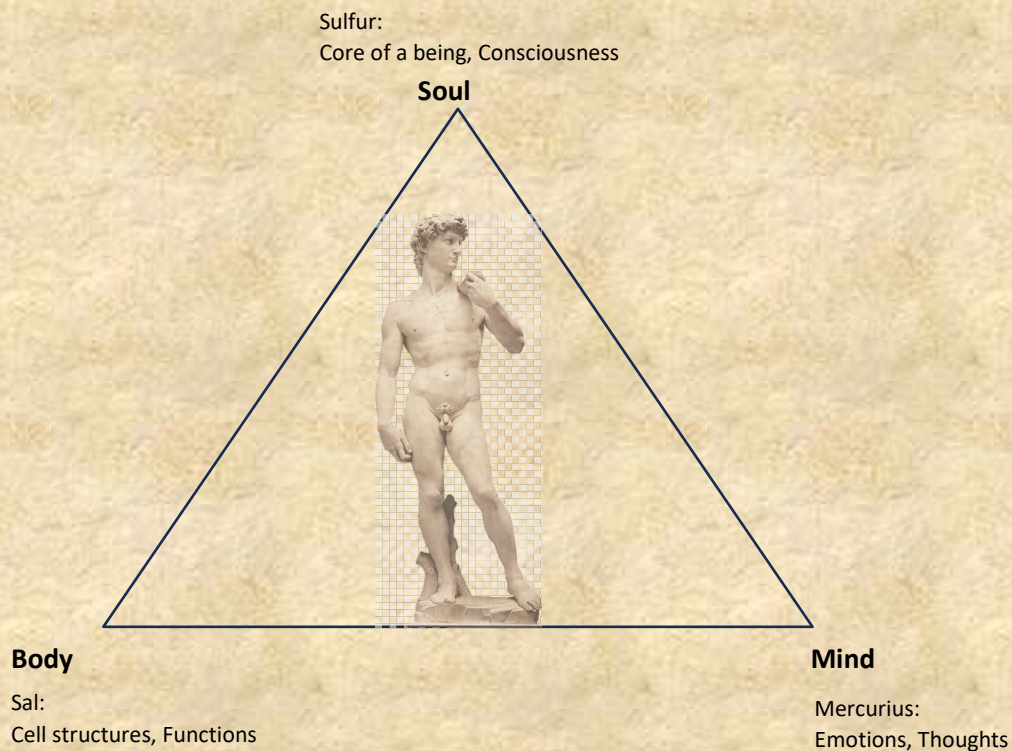
Sal stands for the solid, formative, stable principle, **Mercurius** for the volatile-liquid principle and **Sulfur** for the combustible principle.

Strictly speaking, the "Tria Principia" are carriers of different substances, such as the physical being the carrier of the Sal principle, the spiritual being the carrier of the Mercurius principle and the mental being the carrier of the Sulphur principle.

4.1 THE PRINCIPLES IN HUMANS

The three principles (Sal, Mercurius and Sulfur) are found everywhere, including in humans.

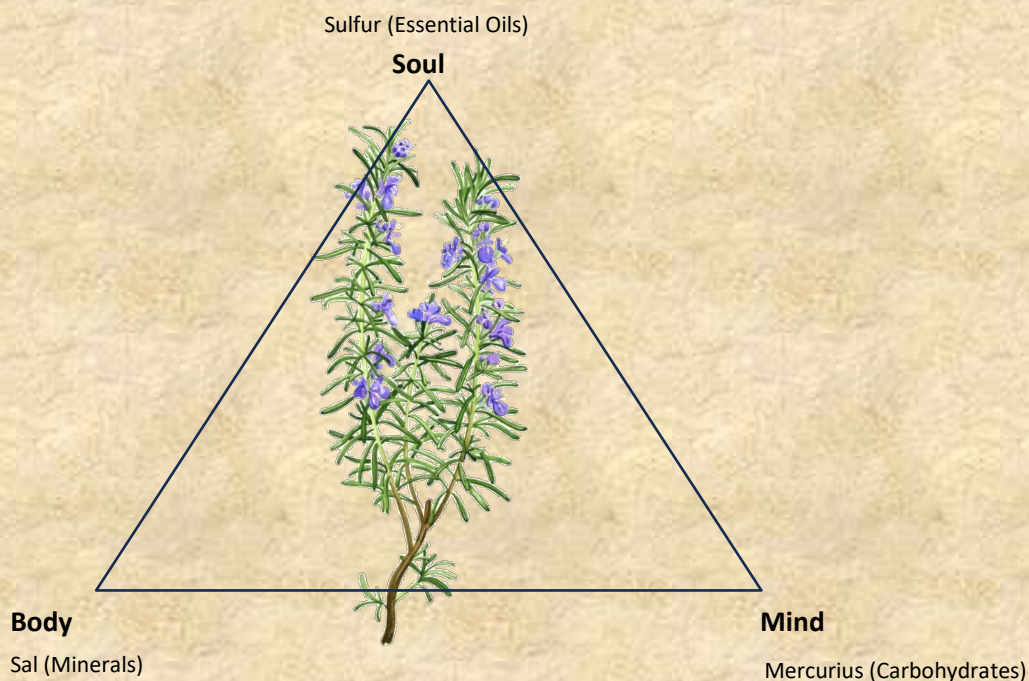
In alchemy, body, mind, and soul are assigned to these three principles. They correspond to Paracelsus' three levels of humanity: The physical body corresponds to the sal principle, thoughts and feelings belong to the mercurius principle, while the individual's core being is connected to the sulfur principle and the immortal soul.



4.2 THE PRINCIPLES OF PLANTS

We also find these three principles (sal, mercury, and sulfur) in plants. The principles are assigned to the substances present in the plants.

It is important to emphasize that here, too, the corresponding substances – essential oils, carbohydrates, and minerals – do not directly represent the principles, but rather are considered their carriers. That is, the minerals are the carriers of the sal principle, the carbohydrates are the carriers of the mercury principle, and the essential oils are the carriers of the sulfur principle.



4.3 ON THE AFFINITY BETWEEN HUMANS AND PLANTS

As we have seen, the three principles of sal, mercury, and sulfur play a central role in both humans and plants. These principles represent different aspects of being.

When spagyric essences are administered to a sick person, the principles of the plant essence interact with the principles of the human being. This affinity and relationship between humans and plants at the level of principles is used therapeutically to promote the balance of life forces and support healing processes.

Spagyrics aims to restore the harmonious unity of body, mind and soul by harmonizing the healing properties of plant essences with human principles.

Carrier of the principle in man	Principles in humans and plants	Carrier of the principle in the plant
Material bodies	Sal	Minerals
Thoughts, Emotions	Mercurius	Carbohydrates
Consciousness, Individuality	Sulfur	Essential Oils

5. THE HEALING RESONANCE

According to Paracelsus, the fundamental concept of the effectiveness model of spagyric plant essences is based on the analogy between the human level and the level of the essence. When spagyric essences are applied during an illness, these two levels come into contact. A resonance arises between them that can trigger a health-promoting process in the person.

The "healing resonance" of a spagyric essence describes its ability to resonate with the energetic and physical levels of the human body. The quintessence, the purest form of the plant's healing powers, works not only on the chemical level, but also on the subtle and energetic levels. It serves as a kind of "guideline" or "construction plan" that the human body's self-healing powers can orient themselves around.

The path the plant takes in the spagyric process – from separation to purification to reunion – symbolically reflects the human healing process. Just as the plant is refined through the process, humans can overcome illness or crises, emerge stronger, and find new health.

The spagyric essence carries within it an "image of health" that serves as a guide for the "inner doctor," the inner healing power of the human being. Through resonance, the essence and the inner doctor connect, and the inner doctor recognizes the essence as the goal of healing. This resonance provides impulses that remind the body to regain balance and initiate the healing process. This creates a harmonious interplay between the essence and the self-healing powers, promoting balance and health.