

Spagyric Plant Essences

A therapy for body, mind and spirit

Overview

The production of spagyric plant essences is based upon a centuries-old western tradition and belief that everything in existence is subject to the law of polarity and contains three basic principles, which a spagyric practitioner refers to as Sal, Sulfur and Mercurius. Body, mind and spirit are examples of how these three principles manifest in a human being.

Health is considered a state of harmony between all the various energies within an individual, and it can be restored when ill patients are given only the pure medicinal and harmonizing aspects of the polar energies in a plant. The correct applications of basic spagyric principles lead to the creation of pure spagyric plant essences, which are used as a holistic therapy for body, mind and spirit.

History

The term "**spagyric**" was introduced in the late middle ages. Paracelsus made the first written reference (1493-1541) in his "*Opus Paranim*," when he advised doctors to "*Study alchemy, otherwise known as spagyric, for this reason: to learn to differentiate between what is correct and what is false.*" Spagyric was thus first used as a synonym to alchemy, which is why the history of spagyric directly corresponds with the history of the alchemical tradition.

Throughout the centuries, the goal of alchemists was to attain a comprehensive understanding of nature. A holistic philosophy served as the basis of their undertakings. The central point of this philosophy was the understanding that all levels of existence stand in a relationship to each other based upon natural laws. Once one learns how to comprehend and apply these laws, then perceptible and sensory qualities can be brought together and connected with those that are unperceivable and extrasensory.

In this way, the alchemist was able to make otherwise hidden or unattainable energies useful. In the beginning, the term spagyric was synonymous with alchemy, however, with time it became more and more differentiated. Eventually, one came to understand spagyric as being the practical application of alchemy for the production of medicinal remedies. Because the orientation nowadays is on what is visible and comprehensible, one must go deeper into the alchemical way of thinking in order to truly understand the value of spagyric remedies. Although spagyric remedies can be made out of all sorts of materials, in the following we will concentrate on the use of plants.

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Marshmallow
Used in Nr. 15 Pulmonik

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Polarity

Everything that exists in our world is subject to the law of polarity. In this respect, there can be no day without night because we can only recognize light if darkness also exists. In the same way, everything has both inherent healing as well as toxic, destructive qualities. If we use a plant in its original form, either cooked as a tea or in the form of an alcoholic infusion (tincture), we do nothing to change this given fact. Therefore, in addition to taking in the desired effects of a plant, we also ingest the undesired (side) effects. In short, in addition to the valuable medicinal properties found in plants, there are always factors working in opposite and undesirable directions.

A spagyric practitioner is convinced that the healing properties of a plant are caused by subtle, invisible healing energies connected to the plant material. And in the same way that a polarity exists between the pure medicinal and toxic properties in the plant material, a polarity exists in the subtle energies as well. On the subtle levels, a distinction can also be made between the healing and destructive qualities of the plant.

We can only obtain a medicinal remedy free of side effects when, by separating out the factors that work against healing, we create a purified product. This is possible if we “unlock” the subtle healing energies from their polarity, isolate the medicinal properties, and then transmit these into the medicinal remedy in a purified form. It is impossible to carry out these steps with ordinary methods used for producing medicinal remedies, because both the healing and destructive energies of the plant are connected to each other in such a way that simple chemical separation methods cannot take them apart. Spagyric methods are therefore unique because, through them, the medicinal properties can be isolated from the undesired properties. For this reason, spagyric remedies don't cause side effects.

However, consideration of the polarities is, by itself, not enough to create a perfected and holistic remedy. Another aspect that needs to be considered is the principle of trinity that found in all natural things.

Health and Disease

Health is nothing other than a state of complete harmony between all of the functional energies existing in a human being. Harmony can be understood as a “*balanced, equalized relationship between all parts.*” Here the word “*parts*” refers to the three principles of Sal, Sulfur and Mercurius.

A state of what we call health can first manifest when the three principles relating to the human being – body, soul, and mind/spirit – are along with their polar characteristics, brought into a harmonious, balanced relationship with each other. When, on the other hand, the play of energies is ruled by disharmony, a mild indisposition may develop which, with time, manifest as a full-blown illness or disease. In this sense, disease can be understood as a major disturbance in the working order of all energies, subtle and otherwise, in the body, soul and mind/ spirit of a human being.

Health can be once again attained when we alleviate the source of disharmony, thereby taking away the basis of the disease. A diseased individual is rarely able to heal oneself

The Three Alchemical Principles

A spagyric postulate, which has been proven in practice, is that everything in existence is made up of three essential principles: Sal (salt), Sulfur and Mercurius (mercury). It is easiest to comprehend these terms, which are not to be taken and understood by word, when we view these principles in relationship to human beings.

Everyone is aware of the fact that human beings are made up of three distinguishable aspects that harmoniously blend with another to create each individual's unique characteristics. These are the physical body, the soul as the center for emotions and feelings, and the mind/spirit as the focus for thought, consciousness and understanding. We can make the following associations:

- Body = Sal
 - Mind = Sulfur
 - Spirit = Mercurius
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because he/she usually doesn't know how an inner harmony can be attained, and/or he/she no longer possesses the necessary energy to do so. Despite this, though, there is help in sight. Because the trinity principle is found in all things, a disharmonious energy in a human being can be "replaced" by a corresponding one from the plant world in order to create a state of health.

This leads us to the following two requirements that need to be fulfilled in order to produce a holistic, optimal medicinal remedy:

1. We have to concentrate the healing energies of the body, mind and spirit into the remedy.
2. If it is not our intention to bring in energies that support disease then we need to separate the medicinal healing properties of each of the three principles from the disturbing, toxic properties.

Basic Spagyric Methods

Methods for creating spagyric remedies are set up so that each of the following requirements, which are summarized below, is fulfilled.

Dissolution – Separation – Purification – Reunification

We have to release the Sal, Sulfur and Mercurius principles from the plant and break apart (dissolution) the inherent polarities of the three principles in order to, through separation and purification processes, finally obtain the pure medicinally effective parts of the plant. Because this takes place on all three levels, body, mind and spirit, a spagyric essence is first obtained once the three purified principles have been reunified.

Now the meaning of the term spagyric is revealed. The word spagyric comes from a combination of the Greek words "span" (separation, dissolution) and "ageirein" (combination, unification.) So, when, as quoted at the beginning of this text, Paracelsus advised doctors to "Study alchemy, otherwise known as spagyric, for this reason: to learn to differentiate between what is correct and what is false", he meant that the physician should use spagyric methods if he wants to obtain medications that can be used for healing purposes.

The use of spagyric remedies is the reason for the historically verified success of many well known physicians in the past. The same would hold true nowadays if spagyric essences were used to a greater extent.

Properties of Spagyric Essences

- Spagyric essences contain no toxic substances. Therefore, they are perfectly safe when taken in appropriate dosages.
- Spagyric essences may be given for long-term therapy without habit-forming concerns.
- Spagyric essences have a relatively low alcohol content of approximately 20% volume.

The Production of Spagyric Essences from Plants

There are varieties of ways in which spagyric producers use plants to make spagyric remedies. However, an in-depth discussion of all of these methods is well beyond the capacity of this text. It is enough to know that, regardless of the methods employed, a more or less high quality product is obtained. The essences that are currently the most effective are so-called "whole spagyric" or "standardized spagyric essences".

Because the principles of Sal, Sulfur, and Mercurius are still tightly bound to each other in a fresh or dried plant, the separation of these three principles from one another is only possible when the form of the plant is changed. The plant must "die" in order to release its medicinally effective substances. This is possible through the process of fermentation. On the one hand, fermentation/maceration enables the three principles to release themselves from their tight connection to each other and, on the other hand, it allows for the separation between the medicinally effective aspects of the plant and the toxic aspects, which are responsible for side effects. Because this process isn't used in any other type of method for producing medications, spagyric remedies distinguish themselves from all other plant-based remedies. In the section entitled "Basic Spagyric Methods" we can follow what happens to a plant when it is put through basic spagyric methods.

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- They store practically indefinitely without losing their effectiveness.
- Their typically strong and good aroma makes them easy to take.
- Because they are nontoxic, they are perfect remedies to give to children and elderly patients.
- The dosages needed for therapy are smaller than those of other plant tinctures. This justifies the higher price of spagyric remedies.
- Generally, their effectiveness is stronger and has a broader spectrum than other well-known phytotherapeutic remedies.
- Spagyric essences can be used for both acute and chronic symptoms.
- Normally, they are taken internally in the form of drops but they can also be applied topically in the form of salves, creams, etc.

Value in Modern Medicine

Currently, the application and effectiveness of spagyric plant essences are still primarily based upon experience and observation. This is because, despite the fact that they have been used for decades and even centuries, up until now detailed, controlled clinical studies have been lacking. It is left up to future researchers to scientifically verify the effectiveness of spagyric essences.

However, even without scientific evidence, impressive and successful therapy results support the use of spagyric essences in practice. This can be illustrated through the following two examples:

- **High blood pressure (Hypertension):** A 72 year old woman, who has been taking beta-blockers for years to treat her high blood pressure, would like to discontinue taking them and is searching for an alternative therapy. Under the observation of her physician, she regularly takes a mixture of four different spagyric essences at a dosage of 12 drops 3 times daily. After one month of therapy, her blood pressure normalized without having to rely upon beta-blockers.
- **Diabetes:** A 60-year-old overweight man has a high blood sugar level. He is aware of the fact that this blood sugar could normalize if he loses weight, however, because he hasn't been able to do this, he is searching for other treatment possibilities. He takes 15 drops of a mixture of 3 different spagyric essences in the mornings and evening. At a medical check up some 2 months later, there is no evidence of raised blood sugar levels.

Application of Spagyric Essences

The use of spagyric remedies follows normal phytotherapeutic guidelines. For example, a spagyric essence made from hawthorn can be used to therapy a weak heart, just as a spagyric melissa (lemon balm) essence can successfully be applied for nervous conditions.

Whereby poisonous plants can rarely be applied in classical phytotherapy, spagyric essences made from toxic plants can be administered as safely as those made from non-toxic plants. In this respect, **the use of spagyric essences leads to a broadening of the phytotherapeutic spectrum because they include plants which otherwise could not be used in therapy.** Many illnesses are either poorly treated or not treated at all through the use of normal phytotherapeutic remedies. The powerful effectiveness of spagyric essences, which has been observed in the practice, justifies their use for illnesses that are otherwise difficult to treat.



About Soluna Medicines

Soluna is a world leader in biological medicines. This advanced line of formulations was created in 1921 in Germany, and has a long history as a high quality producer of natural medicines. The line of 21 remedies combine homeopathy, herbology and pharmacology in a purified and concentrated form that allows for safe and effective regulation of systems and organs of the body while addressing all root cause dysfunctions.

The information presented in this article has been provided as general information. It is not intended, nor should it be used as a substitute for standard medical treatments and the physician's clinical judgment.



Nature meets Science