

Analects of A. T. Still

Stagnation Quotes

Curated by: Steve Paulus, DO, MS

*Any blockage of any fluid forms the foundation of a key clinical source of dysfunction—**passive congestion**. By removing the obstructions to fluid flow, fluctuation, or free movement by utilizing Osteopathic Manipulation, we help to restore health locally and globally to our patients.*

Key Words and Phrases: Stagnation, congestion, overflow, stoppage, accumulation, venous congestion, stop venous return, variation from normal venous drainage, shut off the blood supply, ligation of blood supply, vein bung-holes are shut up, obstructed venous circulation, hindering the blood drainage, interfering with the normal flow of blood, stop the blood, death of fluids, delay of fluids, interference with the excretory system, the fluids of the body are stopped, the venous blood has been obstructed, and venous drainage is shut off.

Local shocks affect the whole system, the nerve and blood supply to every part of the body. They disable or confuse the secretory and excretory systems and the fluids retained become deadly poisons. . . Extremes of atmospheric temperatures so shock the pleurae, lungs, pulmonary nerves and blood-vessels as to produce stagnation of fluids and result in tuberculosis and death.

Osteopathy Research and Practice, page 9

A jar or slip of the hip produces an inflammation the result of which will extend over the whole body. There is stagnation and fermentation of the fluids and a cheesy deposit is the result . . . The importance of injuries to the hip are too much overlooked. To the osteopath it should be a subject of the deepest thought.

Osteopathy Research and Practice. Page 10

After critical examination I found that a dislocation of the head of the thigh bone from the socket would produce tightening of the muscles and flesh in that region and stop the venous return producing congestion, stagnation, fermentation and varicose veins of the whole limb from socket to sole of foot. I find that fermentation extends to the degree of inflammation; that the

inflammatory process will extend from the hip joint to the occiput producing most all of the effects known as neuralgia, sciatica, lumbago, hardening and stiffening of the spine.

Osteopathy Research and Practice, page 22

If the arterial gates are open and the venous are closed, a variation from normal venous drainage results, and the detained venous blood becomes stagnant; stagnation means fermentation, inflammation and death to that substance or marrow.

Osteopathy Research and Practice. Page 24

As the thigh bone has openings or doors to receive arterial blood at the upper end, a partial or complete dislocation of the head of the femur from its socket would naturally shut off the blood supply. A dislocation of the femur produces a twist of the muscles around the neck of the bone putting the muscles and membranes on a stretch and producing pressure sufficient to shut off the nerve and blood supply to this bone. Then we have inflammatory rheumatism, and we are in possession of the knowledge of the cause that has produce this abnormality.

Osteopathy Research and Practice, page 22

I have found a looseness at and around the acetabulum indicating a ligation of the nerve and blood supply as it passes to and from the thigh bone. To retain venous blood in the medullary substance in a femur produces congestion, stagnation and neuralgic manifestations all the way from the acetabulum to the dorsal vertebrae. The solar plexus throws its branches in great numbers from the crura to the coccyx and it is reasonable and undisputable that confusion and disease, such as paralysis of the lower bowels, and nerve and blood supply of the uterus, may be expected to follow such injuries. Then we may expect nerve irritation periodically which carries on its convulsive or spasmodic action known as hysteria and various other abdominal and pelvic disorders.

Osteopathy Research and Practice, page 31

Now don't you know that if the vein bung-holes are shut up, the heart will pump enough blood into the head to produce congestion of the brain? On the other hand, when we find the arterial bung-hole stopped up the heart continues to pump up the blood. As soon as one stroke stops another follows. There is no cessation there. If this arterial blood cannot get through that hung-hole it will overflow into the surrounding tissue and organs and deposit more than a normal quantity of blood in some place between the heart and bung-hole, commencing at the base of the skull to make its deposits. As a result of this you will have enlarged glands which have received some of this arterial blood. The heart pumps away until this locality refuses to take any more blood, then you have congestion, stagnation, inflammation, chills, fever and all the symptoms that would accompany such conditions.

Osteopathy Research and Practice, page 46

One etiological factor of disease of the pharynx is obstructed venous circulation, hindering the blood drainage from its structures back to the heart. This venous blood, as the student well knows, should not be tolerated to remain long enough for stagnation, fermentation and inflammation, because when it is detained by any sort of ligation, pressure or constriction, it loses its vitality and is in a condition that allows it to set tip the process of decomposition. Thus we have the irritation caused by a venous congestion in the parts, which soon passes on to inflammation, fermentation, decomposition and sloughing of the pharyngeal membrane.

Osteopathy Research and Practice, page 50

The factors which tend to cause such an enlargement of the tonsils as is seen in acute tonsillitis are in my opinion the action of atmospheric changes, the result of which is a contraction of the neck muscles sufficient to draw the inferior maxilla too far backward. This interferes with the normal flow of blood to the head and so causes an overcharging of the arteries to the tonsils which is followed by congestion. The atmospheric shock affects the skin, then continues to the fascia affecting its nerve and blood supply. It then continues on to the muscles and their nerve and blood supply. This contraction holds the fluids shut up in the tissues till stagnation and decomposition set in.

Osteopathy Research and Practice, page 52

To find the causes which produce the effect called myxedema, or sporadic cretinism, search for the cut-off in the thyroid arteries whose business it is to supply nutrition to the gland itself. When arteries supply blood, and veins refuse to carry off drainage then we have fermentation, sore tonsils, congestion of the cervical glands generally, with a face puffed up by stagnation due to such a stoppage of the return fluids. Hence we have a long list of effects, which should all be under the head of strangulated circulation of blood in the neck, face, brain and all organs pertaining to the head. Put these effects all together and to me they are each and all the result of pressure on some artery or vein. this is my opinion of the cause which has produced this long list of effects.

Osteopathy Research and Practice, page 49

In my opinion heredity has nothing to do with this condition except in so far as some people are born with slender bones, which are easily moved from their normal position, producing interference and obstruction to the perfect circulation. As to the falling off of the hair, I have long since told you that stagnation of blood in the venous system of the scalp is the cause of hair falling off and out.

Osteopathy Research and Practice, page 61

The result is death, instantaneous or progressive. Then come in the natural processes such as a strong and normal arterial supply with a venous return which fails to carry away substances that should be passed off. We know the result is to accumulate bodies which require space in proportion to the size of the substance retained. Then atmospheric changes, eruptive fevers and

many other causes produce retention, stagnation, inflammation, fermentation and a deposit of such substances as are left at the end of fermentation.

Osteopathy Research and Practice, page 69

We must remember that a chemical process soon begins in the venous blood when not in motion, as it is far from being pure. The change continues until the blood becomes poisonous in quality and an overplus in quantity, engorging the lungs with impure blood, making it impossible for them to separate the impure from the pure, and to return a sufficient quantity of arterial blood, having the constructive ability of a healthy circulation.

Osteopathy Research and Practice, page 86

The microscope, the thermometer, the chemical laboratory all together have never given us a single trustworthy remedy, for the reason that they do not go back to the cause, which is, in all cases, obstruction to venous and arterial normal action.

Osteopathy Research and Practice, page 86

He realizes that there is friction in the pulmonary system or in the region of the thorax, and that it must be found before he can proceed intelligently to give his patient relief. He proceeds to remove from any point between the base of the skull and the coccyx, any pressure sufficient to produce a constriction of the nervous system or obstruct the flow of venous blood to the heart. Such retention is followed by stagnation, fermentation and destructive decomposition.

Osteopathy Research and Practice, page 65

We must remember that a chemical process soon begins in the venous blood when not in motion, as it is far from being pure. The change continues until the blood becomes poisonous in quality and an overplus in quantity, engorging the lungs with impure blood, making it impossible for them to separate the impure from the pure, and to return a sufficient quantity of arterial blood, having the constructive ability of a healthy circulation. The engineer sees pneumonia as an effect, the cause being a tightening of all parts of the entire system.

Osteopathy Research and Practice, page 86

How is the inflammation resulting from imperfect venous drainage or failure of the blood to properly return from the pleura or lung supposed to be produced? In such cases the arteries are abnormally active and the supply is greater than the consumption because the venous system does not appropriate it. Thus we have congestion simply by blood being retained in the venous system when it should have passed on. Had the venous system drained the parts normally then we would have no overplus to go through the process of fermentation to the degree of pus.

Osteopathy Research and Practice, page 86

By this philosophy the reader can easily see what has caused the whole abnormal condition found before and after death. The chemist says something; the pathologist says much; and the microscopist says a great deal. But to the osteopath the results are due to stagnation and fermentation; and to him such voluminous stories are of but little if any benefit in the successful treatment of lung diseases.

Osteopathy Research and Practice, page 86

Before you leave your patient carefully adjust the vertebrae of the dorsal and lumbar regions, then turn him on his right side and carefully adjust all the ribs of the left side, because you want no intercostal blood or nerve stagnation.

Osteopathy Research and Practice, page 111

In tumors of the uterus I have found abnormalities between the eighth dorsal and the coccyx, which have produced stagnation of nerve and blood force and local paralysis of the uterus and its appendages. I find a bad condition of a symphysis

Osteopathy Research and Practice, page 127

I think that all the symptoms marshalled in the description simply testify to the effects that follow stagnation of the fluids, both nerve and blood, that should supply the muscles, ligaments, bones and the nervous system of the parts affected.

Osteopathy Research and Practice, page 163

But since reasoning as a mechanic I see that such a contraction in the neck between the heart and the brain will leave the blood in an inactive condition and will retain it long enough for decomposition to take place in all organs of the system, and the patient will die from the effects of dead blood the result of stagnation due to obstruction of nerve and blood circulation.

Osteopathy Research and Practice, page 191

For instance, a tooth receives its arterial blood supply, its venous drainage is shut off, congestion, stagnation, fermentation, inflammation, is the result. Thus we may have neuralgia when the nerve and blood supply are not normal from any cause whatsoever. Outside of surgical injuries, we must look for the cause of such confusion in the lack of perfect nerve and blood circulation. I have proven to my satisfaction that this is true in toothache, in tic douloureux, headache, rheumatism of shoulders, of the spine, sciatica, lumbago and all parts of the body where rheumatic or neuralgic suffering is located.

Osteopathy Research and Practice, page 198

When venous blood has been obstructed and retained in the region of the spinal cord and of the cerebellum by impingement or muscle contractures operating to hold the upper cervical bones out from their normal positions, we have a condition that will result in rheumatism. To stop the return of blood from above the articulation of the atlas with the occiput until stagnation sets up

in the venous blood will result in heat and inflammation. Constriction and stoppage of blood at this place long enough will form poisonous compounds that take the place of the healthy nerve fluid which should come from the brain. This poisonous fluid taken up by the pneumogastric and cardiac nerves is soon distributed to the entire body and this delivery of impure fluids results in a stagnation in the heart, liver, kidneys and the entire excretory system. Here the mystery of rheumatism disappears. This applies to both acute and periodic or chronic rheumatism. Open the gates and let the bondman go free.

Osteopathy Research and Practice, page 205

We conclude that when the fluids of the body are stopped in the fascia, organs and other parts of the system, stagnation, fermentation, heat and general confusion will follow until the system grows hot enough to produce a finer gas or cold enough to relax the skin and let those poisonous fluids pass out and off.

Osteopathy Research and Practice, page, 158

The osteopath sees at once that this irritating poison is the cause that produces inflammatory action which converts the fluids of the fascia into pus. The local gangrenous spots of the skin, when suppured, make openings for the pus to leave the superficial fascia and pass out of the system. Nature has many methods of renovating the body from the deadly poisons resulting from stagnation, decomposition, etc., and this is one of them.

Osteopathy Research and Practice, page 230-231

The mechanic asks, "What is the irritating cause that produces such universal interference with the excretory system and allows the deadly decomposition to get in its work?" The mechanical philosopher must reason from effect to cause. Then he will raise the lever that holds the fluids in stagnation. When he does this he is like an engineer who opens the mud valve and lets all impurities pass from the boilers. In comparison he says, "This human engine must have the mud valve raised and give the boilers a chance to produce pure and healthy steam or all will be wrecked."

Osteopathy Research and Practice, page 231

In the upper dorsal of typhoid patients I generally find contracture of muscles strong enough to force the ribs so close together that the normal intercostal blood and nerve circulation is impossible. We must also consider the importance of the inferior cervical ganglion which when inhibited by pressure of rib, clavicle or muscle produces delay and stagnation in the nervous, venous and lymphatic currents.

Osteopathy Research and Practice, page 261

When I am called to a case and enter the room to find a typhoid fever patient I realize at once that I have universal stagnation to deal with. I know this stagnation is the effect of inhibition of nerve and blood circulation. I begin my treatment by adjusting the atlas and all of the bones of

the neck to the truly normal. When there is much muscular rigidity I inhibit the nerves in the region, both front and back of the neck. After this is done I adjust the clavicles to their normal articulations.

Osteopathy Research and Practice, page 262

Many persons after having to all appearances recovered from an attack of typhus, bilious fever, overheat, flux, dysentery, chills and fever, or other disease producing great nervous prostration, have a return of the condition due to over exertion, exposure, fatigue or over-loading the stomach while the system is weak from the preceding attack. I call this condition relapsing fever. When you are called to treat a case of relapse, I will say for the benefit of the operator that you have a case of fluid stagnation of the whole system. The nerve supply is exhausted and the blood supply impure and oppressive to the whole nervous system because it has been retained long enough to be in a state of fermentation.

Osteopathy Research and Practice, page 269

Careful attention to the normal position of all the ribs to which the diaphragm is attached is essential. The eleventh and twelfth ribs are often pushed so far from their normal bearings that they are found turned in a line with the spine, with cartilaginous ends down near the iliolumbar articulation. When in such a position, they draw the diaphragm down heavily on to the vena cava at about the fourth lumbar. Then you have a cause for an intermittent pulse, as the heart finds poor passage for blood through the prolapsed diaphragm, which is also stopping the vena cava and producing universal stagnation of blood and other fluids in all the organs and glands below the diaphragm.

Philosophy and Mechanical Principles of Osteopathy, page 51

When you deal with the fascia you are doing business with the branch offices of the brain, under a general corporation law, and why not treat these branch offices with the same degree of respect? The doctor of medicine does effectual work through the medium of the fascia. Why should not you relax, contract, stimulate, and clean the whole system of all diseases by that willing and sufficient power you possess to renovate all parts of the system from deadly compounds that are generated on account of delay and stagnation of fluids while in the fascia?

Philosophy and Mechanical Principles of Osteopathy, page 62

We present the arterial system of the supply, then the venous system of drainage, in order that by reasoning you may arrive at a conclusion that there can be no such thing as a healthy venous stagnation. We find a system of maltage [sic] in which the alcohol of decomposition does its work in erysipelas from start to finish. This process goes on and on poisoning the blood with its deadly yeast until the whole lump is in fermentation. A simple question seems to be in place at this time.

Philosophy and Mechanical Principles of Osteopathy, page 84

We find stagnation, stoppage, accumulation, and congestion to the degree of irritability of a part or whole of the lungs. Now we have a condition of inactive fluids deposited in some part of one or all five divisions of the lungs, which take on themselves the first step of fermentation. This is followed by another action caused and known as inflammation, which brings in the higher and more active forces, which produce an increase in temperature to the degree known as fever, which may be many degrees hotter than the normal temperature of the body. We may have what is well known as pneumonia or lung fever, which passes on in quick succession to other stages, such as coughing up blood for a day or a longer period, until this increased temperature and augmented action have changed the dead blood into gaseous fluids and thrown them off from and out of the lungs. With the change from coughing up of blood we have healthy and healing pus.

Philosophy and Mechanical Principles of Osteopathy, page 48

We see in pneumonia a disease beginning in an irritation of the sensory nerves, and progressing from that condition of irritation to congestion, inflammation, recovery, or death.

Philosophy and Mechanical Principles of Osteopathy, page 105

After all this has been done, and a twist, pressure, or obstructing fold should appear from any cause, would we not have a cut-off in the machinery returning chyle and lymph, sensation to supply vitality, and in the venous motion to carry off arterial supply that has been driven from the heart above? Have we not found a cause to stop all processes of life below the diaphragm? In short, are we not in a condition to soon be in a state of complete stagnation? As soon as the arteries have filled the venous system, which is without sensation to return the blood to the heart, then the heart can do nothing but wear out its energies trying to drive blood into a dead territory below the diaphragm known as the venous system. It is dead until sensation reaches the vein from the solar, sacral, and pudic plexuses.

Philosophy and Mechanical Principles of Osteopathy, page 63

Also, for the want of this nourishment, we would expect to discover a weakness in the nerves of the mesenteries, which would be followed by elongation of the mesentery. This would lengthen the mesentery and allow the bowels, by their weight of faecal matter and blood- and lymph-stagnation, to fall very low down into the abdomen and pile up in a confused mass. The caecum would fall to the very bottom of the pelvic floor, and the ileo-caecal valve would be obstructed under this pile of fallen bodies.

Philosophy and Mechanical Principles of Osteopathy, page 181

The demand for a perfect spine and ribs, with all their connections and articulations, is imperative, because the intercostal nerve and blood-supply must be normal, or disease will follow from stagnation of fluids.

Philosophy and Mechanical Principles of Osteopathy, page 243

We will bruise, poison, ligate, kink, or twist the colon from the caecum to the descending curve on the left side. If we stop the blood, we have stagnation, congestion, fermentation, death of fluids, and poisonous blood to be absorbed by the lymphatics and other members of the secretory family, and to be conveyed to the liver through the venous system. This diseased blood becomes the nourishment for the liver, which is expected to be healthy and act as a purifying laboratory, preparing substances through purification for blood—the blood of life, and not the blood of death, with poisonous impurities. A physiologist with even a moderate degree of anatomical knowledge knows just what arteries supply the liver and what veins keep the organ pure. He also knows just as well that the drainage of the whole abdomen passes directly to the liver, through

Philosophy and Mechanical Principles of Osteopathy, page 253

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