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Study of concept of constitution utilising homeopathic medical repertory by robin murphy

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Abstract

Constitution can be explained as the physical as well as mental make up of the person. This basic structure prepared with unique characteristics of the person is inherited and modified by the early environment. The constitutional characteristics expressed on the mental and physical plane in due course of life, from time to time, are unique to the individual and help to single out the person. Constitution chapter of Murphy's Repertory contains valuable information regarding different constitutions that can be very useful in individualising a person.

Keywords: Constitution, murphy's repertory, homeopathy

Introduction

Every individual is born with a unique level of organization shaped by both genetic makeup and environmental influences. During the intrauterine period, the developing embryo is affected by various physical and emotional conditions experienced by the mother. These factors contribute to the formation of specific traits even before birth. After spending about nine months in the womb, the baby enters a completely different external environment. The manner in which the newborn is welcomed into the world and the immediate surroundings it encounters play a crucial role in influencing its overall constitution and development^[3].

As an individual grows, they encounter various environments and adapt their responses based on learned experiences. Through this process, they develop preferences, aversions, and both positive and negative attitudes that gradually shape their overall behavior. Although learning continues throughout life, the influence of early environmental conditions has a profound effect on forming one's constitution. Therefore, a person's constitution can be understood as the combined outcome of hereditary traits and the effects of early environmental influences^[3].

Every individual is born with a distinct organizational pattern, inherent tendencies, characteristics, and miasmatic influences that shape their reactions and susceptibility to environmental factors. A person is in a constant process of reacting to their surroundings in an effort to maintain internal balance. When equilibrium is preserved, one can interact harmoniously with the environment without discomfort. However, any disturbance in this balance leads to illness, resulting in unease, disharmony, and disruption of normal functioning.

This imbalance manifests through various signs and symptoms, which reflect the body's response to unfavorable external conditions. The pattern of such responses depends not only on the external causes but also on the person's individual constitution. Even when multiple individuals share the same medical diagnosis, the symptoms they experience may differ significantly. No two people are identical; each retains unique characteristics throughout life, both in health and in disease. This universal principle of individuality forms the foundation of the concept of individualization in Homoeopathy^[3].

Discussion

Different classifications prevail for the concept of constitution:

- **Ayurvedic concept:** Vata, Pitta and kapha
- **Chinese concept:** Yang and Yin
- **Hippocratic concept:** Short & thick, long & thin^[2].

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Grauvogl classified constitution into 3 as oxygenoid, hydrogenoid and carbo-nitrogenoid constitutions [2].

The Hydrogenoid Constitution

This constitution is marked by an excess of hydrogen, which leads to an accumulation of water in the blood and tissues. It closely relates to Hahnemann's concept of Sycosis, though it extends beyond the effects of acquired or inherited gonorrhoeal conditions. It also includes tendencies toward intermittent fevers and other periodic ailments, as well as conditions arising from vaccinosis [1].

Individuals with a hydrogenoid constitution often experience worsening of symptoms in cold, damp, or rainy weather. Complaints may also intensify after exposure to water or moisture-related elements such as bathing, aquatic foods like fish, and plants or fruits grown in water. Living near ponds, rivers, or stagnant water can further aggravate their condition. They are sensitive to cold foods and drinks, sour items, milk, hard-boiled eggs, cucumbers, and mushrooms. Disturbances caused by electrical changes in the atmosphere may also trigger their ailments, which often follow a periodic pattern. Homeopathic remedies that correspond well to this constitution include Natrum sulphuricum, Thuja, Antimonium tartaricum, and Ipecacuanha [3].

The Oxygenoid Constitution

This type is defined by an excess or heightened influence of oxygen on the body and corresponds to Hahnemann's Syphilitic miasm. People of this constitution are generally lean and may lose weight despite a good appetite. They tend to have prominent glands, fragile bones, and anaemia. Their food preferences often include a liking for fatty substances while avoiding carbohydrates.

They are usually sensitive to weather changes, feeling worse when dry air turns humid, before storms, or during strong winds, but better when it begins to rain or snow. They also tend to feel worse in foggy or damp conditions. Such individuals are often described as highly active both mentally and physically, displaying nervous energy. Remedies suited for this constitution include Kali iodatum, Ferrum, and various members of the Carbon group [3].

The Carbo-nitrogenoid Constitution

This constitution involves an excess of carbon and nitrogen and aligns with Hahnemann's Psoric miasm. It is characterized by sluggish metabolism and impaired nutrition. Individuals often experience obesity initially, followed by gradual emaciation. They may suffer from shallow breathing, rapid heartbeat, constipation alternating with diarrhoea, flatulence, urinary issues, and general irritability. Fatigue, laziness, and an aversion to physical activity are common traits. Additionally, they might emit offensive body odour, have unhealthy perspiration, and develop skin eruptions like boils.

Aggravations occur due to overfeeding, physical exertion, or anything that disrupts the body's energy balance or causes energy depletion. Medicines that correspond to this type include Lycopodium, Phosphorus, and Sulphur [3].

Why its important to consider the constitution of a patient in Homeopathic Practice: [2]

1. Aids in Case Taking: Understanding a patient's constitutional type helps the practitioner assess

susceptibility and recognize characteristic symptoms more effectively.

- 2. Helps in summarizing the Totality of symptoms:** Constitutional analysis supports the holistic understanding of the patient's symptom picture.
- 3. Guides Prescription:** It assists in choosing the most suitable remedy by comparing the quality and intensity of symptoms.
- 4. Assists in Potency Selection:** The level of susceptibility helps determine potency-higher susceptibility often requires higher potency.

Robin Murphy has mentioned different rubrics related to constitution in chapter CONSTITUTIONS in his clinical repertory – Homeopathic Medical Repertory which is a very useful tool for clinical practice for a homeopathic physician. Some Important Rubrics from CONSTITUTIONS [4]. Chapter are as follows:

CONSTITUTIONS, general
ACROMEGALY
ALCOHOLIC, constitutions
ANEMIC, constitutions
ATONIC, body
ASTHMATIC, constitutions
BILIOUS, constitutions
BILIOUS, disposition
BIRTHMARKS, nevi
BODY, types, general
BONY, constitutions
BOYS, constitutions
CANCEROUS, constitutions
CARBO-NITROGENOID, constitutions
CATARRHAL, constitutions
CHOLERIC, constitutions
COMPLEXIONS
DELICATE, constitutions, tender, sickly, easily enervated\
DEVELOPMENT, arrested
DWARFISH, constitutions
ELDERLY, constitutions
EMACIATED, constitutions
FIBRE, lax, constitutions
FIBRE, rigid, constitutions
GIRLS, constitutions
GOUTY, constitutions
GROWTH, disorders
GROWTH, too fast
HAIR
HAEMORRHAGIC, constitutions
HERPETIC, constitutions
HYDROGENOID, constitutions
HYPERSENSITIVE, constitutions
HYSTERICAL, constitutions
INFANTS, constitutions
INHERITANCE, bad, defective, constitutions
LARGE, people, fat, bloated
LEAN, thin, constitutions
LYMPHATIC, constitutions
MELANCHOLIC, constitutions
MEN, constitutions
MONGOLISM
MUTISM, of childhood
NERVOUS, constitutions
OCCUPATIONS
OLD, age, premature

OLD, people
 PARALYTIC, constitutions
 PHLEGMATIC, constitutions
 PLETHORIC, body
 PLETHORIC, constitutions
 PSORIC, constitutions
 RACHITIC, constitutions, rickets
 REACTION, lack of
 RHEUMATIC, constitutions
 SANGUINE, constitutions
 SCORBUTIC, constitutions
 SENSITIVE, constitutions
 SICKLY, constitutions
 SLUGGISHNESS, body
 TALL, persons
 TEMPERAMENTS
 TUBERCULOSIS, constitutions
 VENOUS, constitutions
 WARMBLOODED
 WEAK, constitutions
 WEAKNESS, general
 WOMEN, constitutions
 YOUNG, constitutions

Conclusion

Constitution chapter of Homeopathic Medical Repertory by Robin Murphy offers well organized and easy to use treasure of rubrics that improves constitutional prescribing. Its alphabetical arrangement and authenticity are much useful tool for a holistic prescription of a homeopathic physician. In complex cases, it should be used with other chapters in synchronization for better results. Clinical confirmation of its rubrics in various clinical set ups strengthen holistic concepts of treating patients.

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Conflict of Interests

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