



A REVIEW OF CONSTITUTION CHAPTER FROM HOMOEOPATHIC MEDICAL REPERTORY BY DR ROBIN MURPHY (3RD REVISED EDITION)

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ABSTRACT Constitution plays an important role in individualized homoeopathic prescribing. Dr. Robin Murphy's Homoeopathic Medical Repertory (3rd Revised Edition) contains a Constitution Chapter with rubrics related to constitutional types, temperament, body build, heredity, miasms, age, gender and other individual characteristics.

KEYWORDS : Constitution, Murphy Repertory, Homoeopathy

INTRODUCTION

Constitution is defined as "The genotypic inheritance of an individual, the physical make up of body, including its functional ability, metabolic activity, reaction to stimuli and resistance to infection."

The word "constitution" is derived from the Latin "constituere," which means "to set up, to establish, or to make up."

Different Concepts of Constitution

Chinese Concept -Yang & Yin. Yin constitution Prefers warmth, feels cold easily, may have cold hands and feet. Yang constitution Feels warm easily, prefers cooler environments, may sweat readily.

Ayurvedic theory: Vata, Pitta, and Kapha are the three types of doshas that make up an individual's constitution. People of the Kapha type typically have robust bodies. Kapha persons are prone to weight gain due to this imbalance. People of the Pitta type are medium-framed. They are highly intelligent and driven. People of the Vata type are petite in stature.

Hippocratic Concept – Short and Thick & Long and Thin. According to him first type is prone to apopleptic conditions and the second type is prone to tubercular affection.

The four humors that make up the body are phlegm, yellow bile, blood, and black bile, according to humoral theory. Hippocrates proposed that when the four humors were in harmony, health reigned; when this balance was upset, sickness resulted.

Bazin once more divides all chronic illnesses into three categories: syphilis, gout, and scrofula. He believes that all other pathological manifestations stem from these three categories.

Dr. Von Grauvogl, a German homoeopath, divided the constitution into several categories in 1870. Dr. Clark described these Grauvogl constitutions in his book "Constitutional Remedy." The various biochemical components of the body served as the basis for Grauvogl's classification. Grauvogl asserts that oxygen, carbon, nitrogen, and hydrogen make up all living things. Different constitutions occur as a result of these elements' excess or lack in the tissues. [Babu, G. N. (2009)]

Grauvogl's Constitution are 3 types

- Carbo-nitrogenoid constitution
- Oxygenoid constitution
- Hydrogenoid constitution

Dr. Robin Murphy's Homoeopathic Medical Repertory's "Constitution chapter contains all the genetic disposition and body types from the generals chapter." Hering's guiding symptoms provided a wealth of further information. Constitutions, temperaments, bodily types, body sizes, hair in general, complexions, age, growth, gender, habits, defects, miasms, infants, inheritance, children, boys, girls, elderly people, men, occupations, women, and young people are all included in the constitutional chapter. [Homeobook.com. (n.d.)].

REVIEW

Development of Constitution

The constitution of an individual is the result of the combined effects of hereditary and environmental factors. At birth, every person inherits a unique set of genetic characteristics from their parents. These inherited traits, known as endogenous factors, form the basic constitutional framework and are responsible for many physical and mental similarities between parents and their children.

As an individual grows, continuous interaction with the surrounding environment further influences constitutional development. Family life, education, social relationships, cultural background, media exposure, and personal experiences all contribute to shaping an individual's behavior, personality, and responses to various situations. These external influences are collectively referred to as exogenous factors.

The final constitution of a person is therefore not determined by heredity alone but by the lifelong interaction between inherited qualities and environmental influences. This dynamic relationship affects both physical characteristics and psychological attributes, making every individual constitutionally unique.

In homoeopathy, constitution has a close relationship with susceptibility. Individuals differ in their tendency to develop diseases and in their response to different miasmatic influences because of variations in their constitutional makeup. This inherent tendency, known as susceptibility, plays a significant role in the manifestation and progression of disease. [Babu, G. N. (2009)]

Although the exact process by which a constitution evolves cannot be fully measured or quantified, constitutional evaluation remains an essential principle of homoeopathic practice. Proper constitutional assessment assists the physician in selecting the most appropriate individualized remedy and helps determine the suitable potency, dosage, and frequency of repetition, thereby enhancing the effectiveness of treatment [Master, F. J. (2015)].

Factors Related to Constitution: [Sengupta, D., & Ghosh, S. (2013).]

1. The body's physical composition.
2. Temperament.
3. The relationship between heat and cold.
4. Food intolerance, aversion, and desire.
5. Miasm.
6. Diathesis.
7. Susceptibility and response
8. Habits, addictions, etc..

It also encompasses all other elements that contribute to his frame and that set him apart from others by making him unique, distinct, and distinctive.

Constitution in the History [Mondal, T. C. (2006)]

Aristotle was the first to classify people into many categories. According to Hippocrates, each person has a unique nature (constitution) that is extremely difficult to alter. Hippocrates believed

that an organism develops ill in its early stages and that symptoms only become localized in its later stages. The idea of illness in homeopathy is more comparable to this one.

Dr. Leon Vannier's Constitutions

Constitutions were categorized by Dr. Leon Vannier into types such as carbonic, fluoric, and phosphoric. His categorization was determined on the body's chemical elemental predominance.

1. The carbonic type of constitutions correspond to the vitality, originates from the Psora and affect the epithelium.
2. The phosphoric type, which comes from the tubercular miasm and affects serous membranes, is associated with a lack of vitality.
3. The syphilitic miasm is the source of the unstable fluoric constitution, which affects the elastic tissues.

We are aware of the Hahnemann's classification of the patients into psoric, syphilitic and sycotic types based on the miasm that affects him. But most of the homeopaths follow

Dr. Von Grauvogl's Constitutional Classification

1. Carbo-nitrogenoid Constitution

This constitution is the outcome of inadequate or insufficient oxygenation. Excess carbon and nitrogen, low oxygenation, deficiency illnesses, and twisted nutrition are its hallmarks. In these kinds of constitutions, malnutrition or retardation lead to the development of diseases. Tissue does not take in enough nutrients or oxygen. A functional inadequacy exists

The Usual Symptoms Found in this Constitution are:

- Breathlessness, respiratory disorders, frequent and shallow respiration
- Rapid heartbeat, flatulence, constipation or diarrhea, vertigo, ataxia, somnolence, hypochondriacs, irritability, and extreme impatience.
- Swelling of joints, gout.
- Patient is irritable and impatient.
- The skin appears dirty, unhealthy, and covered in foul-smelling sweat.
- Symptoms aggravate by excessive eating, resting and sexual excess.

2. Oxygenoid Constitution

An excess of oxygen or an increased impact of oxygen on the organism are characteristics of the oxygenoid constitution. Hydrocarbons and nitrogen break down when there is too much oxygen in the system. Bones and tissue are destroyed as a result. In an environment rich in carbon and nitrogen, the patient's symptoms improve.

Oxygenoid Constitution Symptoms Include:

It feels better in cold or rainy conditions.
Complaints are more common along the coast or at low altitudes.
A strong appetite, even while sick.
Patient feels better by rest and taking food.
Excessive elimination of urea and phosphates.
Plethora and great quantity of blood.
Much oxygen fixed on the hemoglobin.
Excessively thin patient, cachexia.
Animal heat is strong after meals and feeble in the intervals.
Vigorous appetite that remains even during illness.

3. Hydrogenoid Constitution

This composition describes excessive hydrogen. Water retention in blood and tissue results from this. Hahnemann's "sycosis" is similar to the hydrogenoid constitution. However, not every sycotic treatment is hydrogenoid in nature.

The Most Prevalent Symptoms of this Constitution are

- Symptoms are aggravated by bathing.
- Eating seafood or aquatic animals, such as fish or prawns, exacerbates symptoms..
- Vegetables that grow close to water or have a high water content irritate the patient.
- Frequent, heavy mucus production, such as chronic runny noses, respiratory congestion, or productive coughs

Some Constitutions From Murphy Repertory [Homeobook.com. (2019)]

Constitutions	Meaning And Symptoms	Remedies
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Anaemic constitution	Aiming to improve the body's natural iron absorption, stimulate bone marrow function, and treat underlying digestive or bleeding issues.	CALC-P., CHIN., FERR., FERR-P., NAT-M., ph-ac., phos.,
Asthmatic constitution	An asthmatic constitution refers to a chronic, underlying hypersensitivity of the immune and respiratory systems that predisposes individuals to recurring airway inflammation	ARS, KALI-C, LOB, MERC, NAT-S, TUB, ambr, arg-n, ars-i, aur, puls, sulph
Dwarfish constitution	A condition originating in foetal life or early infancy, due to some systemic diseases of mother or some hormonal disbalance of infant, characterised by stunting of physical and mental development	BAR-C., MED, SIL., SULPH, bar-m., calc., CALC-P, carbun-s, carc., con., lap-a, thyr, tub,
Plethoric constitution	This constitution characterised by florid complexion, a full and robust frame, activity of strength of body and strong full pulse. There is an activity in calculative system and a predisposition to local or general congestion	AUR, BELL, BRY, CALC, HYOS, KALI-BI, LYC, NAT-M, PHOS, SEP, SIL, SULPH, acon, am-c, arn, ars, bar-c, carb-an, chin, croc, ferr, graph, kali-c, lach, merc., nux-v, op., ph-ac, puls, thuja
Tuberculosis, constitution	Refers to a deeply rooted physical and mental predisposition. Individuals with this constitution often present with a history of recurrent respiratory issues, glandular swellings, and a strong family history of tuberculosis	ACET-AC, BAC, CALC, CALC-P, PH-AC, PHOS, SIL, SPONG, STANN, TUB, agar, ars, ars-i, arum-t, brom, hep, iod, kali-c, kali-i, lach, lyc, nat-s, sep
Lymphatic constitution	This constitution recognised by Circulation is sluggish, pulse is slow. Sensitiveness to cold. Affections to catarrhal diseases, abscesses, accumulation of water in various organs	BAR-C, BELL, CALC, FERR., GRAPH, MERC, apis, cann-i, dulc, lyc, nat-m, petr, puls, sep, sil
Gouty constitution	A constitutional hereditary condition of uric acid metabolism	COLCH, BENZ-AC, LED, LITH-C, LYC, URT-U, apis, calc, caps, cham, guai, mag-c
Rachitic constitution	Tendency to rickets in infants and children in the growing period	CALC-P, calc, rhus-t, sil
Rheumatic constitution	A disease marked by inflammation of the body, especially the muscles and joints, by pain in those parts, vegetation on the valves of heart and the presence of Aschoff's bodies in the myocardium and skin.	RHUS-T, CIMIC, CAUST, CHAM, COLCH, LED, LYC, RHOD, acon, act-sp, bad, calc, crot-h, guai, lac-ac, kali-i, kali-m, kalm, med, phyt
Scorbutic constitution	Tendency to scurvy.	Carb-v, kali-m, merc, nat-m, nit-ac, ph-ac, sul-ac

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