



## IMPORTANCE OF CONSTITUTION IN HOMOEOPATHY: A REVIEW

Prof. (Dr.) Nivedita Pattanaik<sup>1</sup>

Dr. Nishant Daryani<sup>2</sup>

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### Abstract:

In homoeopathy, the choice of remedy is based on a consideration of the totality of an individual's symptoms and conditions, including personality, behaviours, mind-set up, responses to the environment both physically and mentally, food liking and so on. During Homoeopathic Treatment there are many remedies available for one disease and the best suited medicine is prescribed by Homeopathic Doctor based on person's **Constitution** based on the Principle of Homoeopathy "**Similia Similibus Curanter**" i.e. **Likes treated by likes** to established the cure of disease.

**Key Words:** Constitution, Homoeopathy, Homeopathic treatment.

### Background:

*As per Paracelsus says that there is no knowledge is perfect unless it consist of an understanding of the beginning. So he says that all the diseases are originated from the constitution. It is necessary that the constitution should be known if we wish to know the diseases.*<sup>3</sup>

The English word, constitution, comes from the Latin root, constituere, which means *constitutes* i.e. to establish or to set up or make up or to form, to assign to give being to.<sup>4</sup>

Constitution is defined as the structure, composition, physical make up or nature of a person, comprising inherited qualities and modified by the environment.<sup>5</sup>

### HISTORICAL PERSPECTIVE:

#### Classification of Constitution in Various System of Medicine:

❖ **Hippocrates's view:** *Hippocrates says* that all diseases (except injuries cases) are originally common in nature and only become local to aggravate an emergency at a later stage. All natural diseases are originally functional which latter on proceed toward pathological damage over a time period. He also says that in a natural disease have not a single cause. The causation of the natural diseases are interdependent origin instead of any one isolated factor. Without the susceptibility of an individual

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<sup>1</sup> MD (Hom.), Ph.D.(Hom.) Dept. of Homoeopathic Materia Medica, R.V. Homoeopathic Medical College & Hospital, Udaipur, Rajasthan, India, **Email:** [niveditapattanaik11@yahoo.com](mailto:niveditapattanaik11@yahoo.com), **Orcid:** <https://orcid.org/0000-0002-6286-7705>

<sup>2</sup> MD (Hom.), Senior Consultant Homoeopath, Homoeopathic Migraine Clinic, Jaipur, Rajasthan, India.

<sup>3</sup> Das Eswara. Constitution and Constitutional approaches in Homeopathy [Internet]. Zahid; 2016 Feb 05 [updated 2016 Feb 05; cited 2019 Oct 29]. Available from: [https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy\\_mtl](https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy_mtl)

<sup>4</sup> Ibid

<sup>5</sup> Ibid

or group with a sympathetic pathogenic influence the disease cannot manifest. There is the aetiological group of factors of diseases are “the tendencies or predisposition of the physical constitution, mental temperament, the nature of the disease state and the environmental factors.”

***Hippocrates classified constitution into 2 types, short and thick – is prone to Apoplectic conditions and Long and thin – is prone to Tubercular affection.***<sup>6</sup>

❖ ***China Association for Traditional Chinese Medicine (CACM):*** According to the *China Association for Traditional Chinese Medicine, body constitution can be divided into 9 types, named as neutral, qi deficiency, yang deficiency, yin deficiency, blood stasis, phlegm & dampness, damp-heat, qi stagnation and special constitution.* Generally, the classification of body constitution is based on physical outlook, personality, common health problems, and adaptation to external environment.<sup>7</sup>

❖ ***Ayurveda:*** Ayurveda describes a unique concept of constitution, genetically determined, categorising the population into several subgroups based on phenotypic characters like appearance, temperament and habits. . According to this concept, the basic constitution of an individual is determined at the time of conception. This constitution is called *Prakruti*. The term *Prakruti* is a *Sanskrit word that means, "nature," "creativity," or "the first creation."* One of the very important concepts of Ayurveda is that one's basic constitution is fixed throughout his lifetime. ***The combination of Vata, Pitta, and Kapha that was present in the individual at the time of conception is maintained throughout his lifetime.***<sup>8</sup>

## HOMEOPATHIC CONCEPTS:

❖ ***Hahnemann's Concept :-***

Dr. Hahnemann gives a fair idea on the importance of the constitution in Aphorism 5 of Organ on of Medicine, “Useful to the physician in assisting him to cure are the particulars of the most probable exciting cause of the acute disease, as also the most significant points in the whole history of the chronic disease, to enable him to discover its fundamental cause, which is generally due to a chronic miasm.”<sup>9</sup>

A person inherits a definite organizational plan, tendencies, attributes and the miasm which decide his pattern of reactions or susceptibility to the environment. He constantly reacts and thereby tries a state of balance to enjoy the environment without giving rise any discomfort. The imbalance causes sickness which give rise to discomfort, disharmony, and disruption of the equilibrium in the functioning of the

<sup>6</sup> Das Eswara: Constitution and Constitutional approaches in Homeopathy [Internet]: Zahid; 2016 Feb. 05 [updated 2016 Feb. 05; cited 2019 Oct 29]. Available from: [https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy\\_mtl](https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy_mtl)

<sup>7</sup> Ibid.

<sup>8</sup> Ibid.

<sup>9</sup> Das Eswara: Constitution and Constitutional approaches in Homeopathy [Internet]: Zahid; 2016 Feb. 05 [updated 2016 Feb. 05; cited 2019 Oct 29]. Available from: [https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy\\_mtl](https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy_mtl)

individual. The imbalance is expressed through the signs and symptoms, the reaction to his unfavourable environment. The pattern of this reaction is determined not only by the factors which have caused the influence but also by the constitution of the person.<sup>10</sup>

In Aphorism 81 of the German *Organon* Hahnemann uses the term "angeborenen Koerper-Constitutionen", which means the congenital bodily constitution. The genetic constitution represents the essence of the paternal and maternal lineages. This represents the inherited diathetic constitution and temperament including all its predispositions. The interdependence of the mind/body constitution is inseparable as the link between the essential nature (Gr. *wesen*) and the instinctive vital force (Gr. *Lebenskraft*). One does not appear without the other. Such relationships are called functional polarities and complementary opposites. This bipolar phenomenon is innate in nature.<sup>11</sup>

#### ❖ *Bazin's Concept:-*

He classified *constitution into 3 types as Scrofulous, Gouty and Syphilitic.*<sup>12</sup>

#### ❖ *Vanier's & Zissus Concept :-*

He classified constitution into *Carbonic constitution, Phosphoric constitution and Flouric constitution.*<sup>13</sup>

- **Carbonic constitution** – The characteristics of carbonic constitution are mentally and physically upright persons, having square white regular teeth, slight acute angle between Lower-arm and upper-arm, orderly, undemonstrative, responsible and capable. Cal carb, Kali carb, Mag carb, Nat carb, Graph, Carbo veg, Carbo anim are the drugs having this constitution.<sup>14</sup>
- **Phosphoric constitution:** Phosphoric constitution has well marked scrofulous or tubercular diathesis. Person should be tall, lean & thin, delicate, easily exhausted with long yellow teeth but well fitted. Arms are perfect straight in line when overextended. Although work is very orderly and fastidious but Dislike hard work. Calc phos, Phos acid, Kali phos, Phos, Mag phos are the main drugs.<sup>15</sup>
- **Flouric constitution:** Flouric constitution is characterized by unbalanced irregular body formations with obtuse angle or outstretched arm, teeth irregular and ill fitted, untidy, cunning and unreliable.

<sup>10</sup>Das Beena: Role of Constitution in Homeopathy [Internet]: 2012 April 10 05 [cited 2019 Oct 29]: Available from: <https://www.homeobook.com/role-of-constitution-in-homeopathy/>

<sup>11</sup> Hahnemann on Constitution and Temperament [Internet]: David Little 1996-2007; [cited 2019 Oct 29]: Available from: <http://www.simillimum.com/education/little-library/constitution-temperaments-and-miasms/hct/article01.php>

<sup>12</sup> Ibid.

<sup>13</sup> Ibid.

<sup>14</sup> Das Eswara: Constitution and Constitutional approaches in Homeopathy [Internet]: Zahid; 2016 Feb 05 [updated 2016 Feb 05; cited 2019 Oct 29]: Available from: [https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy\\_mtl](https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy_mtl)

<sup>15</sup> Ibid.

Talented or bravery, blessedness and naughtiness. Mainly susceptible to diseases of nervous system and dislocation of the joints and suicidal tendency. Flouric acid, Calc flour are the main drugs.<sup>16</sup>

❖ **Von Grauvogl's Concept :-**

As per him *constitutions are 3 types i.e. Oxygenoid, Carbo – nitrogenoid and Hydrogenoid.*

- **Oxygenoid constitution:** IT is characterized by the accumulation of excess of oxygen with resultant destruction of tissues. Lean thin body and very prone to affected by change of season. Degenerative changes marked in the genitalia and diseases of central nervous system. Person is very prone to ulcerations of affected parts and self –destruction. Plentiful white spots on the nails. Calc phos, Ferr phos, Nat phos, Phos, Phos acid, Iod, Sil, Calc, Nat mur, Hell, Tuberc, Syph, Merc sol are the main drugs.<sup>17</sup>

○ **Oxygenoids Constitutions** Other symptoms constantly found in are :<sup>18</sup>

- Excessive elimination of urea and phosphates ;
- Plethora – excess circulation of blood
- Much oxygenated hemoglobin.
- Excessive thinness.
- Increased appetite which persists surprisingly during illnesses also.
- Self-denial, on the contrary, she / he can badly tolerate anything.
- Amel. by Rest and after Food.
- Agg. by Cold in general, Sea-air, Low heights.
- Agg. Confined air.
- Agg. Chagrin.
- Agg. Respiratory insufficiency.
- Agg. Loss of blood or blood-letting which diminishes the number of blood globules and consequently oxidation.
- Agg. Excess of Sodium salts, like sea salt, which hinders cellular osmosis and diminished the quantity of water in the tissues.
- **Hydrogenoid constitution:** *IT is characterized by the excess of water in the body. They are aggravated by moisture and humidity, prone to dropsy and anasarca, and suffers from tissue growth of benign type. They are slow, fatigued, without life, apathetic, heavy, and indolent. Slow*

<sup>16</sup> Ibid.

<sup>17</sup> Ibid.

<sup>18</sup> Das Beena: Role of Constitution in Homeopathy [Internet]. 2012 April 10 05 [cited 2019 Oct 29]: Available from: <https://www.homeobook.com/role-of-constitution-in-homeopathy/>

*nutrition. Asthmatics, rheumatics, obesity. Ars, Dulc, Nat sulph, Nit acid phytolacca, Rhustox, Thuja, Dig etc. are the main drugs.*<sup>19</sup>

- Hence the symptoms of a disease in this constitution of the body are aggravated by everything which in any way increases the atoms of water in the organism, for example by baths- mineral baths or simple water baths; eating of animals which have lived in the water, as fishes; by cold and cooling food and drinks- sour milk, hard eggs, cucumbers and mushrooms, but chiefly by living near water, and especially standing water. The complaints which are aggravated by electric disturbance find a special place under this constitution.<sup>20</sup>

❖ **Ernst Kretschner's Concept : -**

By taking a limited number of physical characteristics Kretschner in his book "The character and physique" *classified constitution into Asthenic, Athletic And Pyknic.*<sup>21</sup>

- **Asthenic:** Asthenic refers to frail, linear physique. A deficiency in thickness combined with an average UN lessened height. Lean narrow built with a skin poor in secretion, narrow shoulders, muscles, delicately bones limbs, narrow flat chest, sharp rib angle, and thin stomach.<sup>22</sup>
- **Athletic:** Athletic constitution is characterized by strong development of the skeleton, musculature and skin, a middle sized man with projecting shoulders, superb chest, firm stomach and trunk tapers in its lower edge so that the pelvis and the magnificent leg seem almost graceful compared with the size of the upper limb particularly hypertrophied shoulder.<sup>23</sup>
- **Pyknic:** Fat person

To understand the constitution of a person, a physician must know the person's physical make up, namely, his build, desires, aversions, and disagreement with foods, characteristics of his discharges and eliminations, and his thermal reactions. Also mental attributes, namely, emotional and intellectual reactions and performances.<sup>24</sup>

## OTHER TYPE OF CONSTITUTION:

❖ **Plethoric constitution**<sup>25</sup>

- Robust

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<sup>20</sup> Ibid.

<sup>21</sup> Ibid.

<sup>22</sup> Ibid.

<sup>23</sup> Das Eswara: Constitution and Constitutional approaches in Homeopathy [Internet]: Zahid; 2016 Feb 05 [updated 2016 Feb 05; cited 2019 Oct 29]: Available from: [https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy\\_mtl](https://www.nhp.gov.in/Constitution-and-Constitutional-approaches-in-Homeopathy_mtl)

<sup>24</sup> Das Beena: Role of Constitution in Homeopathy [ Internet]: 2012 April 10 05 [cited 2019 Oct 29 ]: Available from: <https://www.homeobook.com/role-of-constitution-in-homeopathy/>

<sup>25</sup> Singh Aparajita: What is Constitution in Homeopathy? [ Internet]: 2018 February 12 [cited 2019 Oct 29 ]: Available from: <https://www.draparajita.com/info/constitution-homeopathy/318/>

- Have strength of body
- Strong and full pulse

❖ **Feeble constitution**<sup>26</sup>

- Deficiency of various elements in body
- Easy fatigued from slight exertion
- Pulse is feeble and soft
- Inactivity of body functions

❖ **Bilious constitution**<sup>27</sup>

Apoplectic constitution-

- Complaints of digestive system.
- Dark complexion or yellow skin.
- Diseases like constipation and piles.
- Have slow full pulse.
- Large head with short, thick neck, thick set frame.

❖ **Nervous constitution**<sup>28</sup>

- This type of individual has nervous disorder.
- Excitability of body and mind
- Extreme sensitiveness
- Flesh is soft and flaccid
- Muscle is relaxed
- Full and rounded
- Light complexion
- Lymphatic constitution or mucous-
- Pulse is slow
- Pulse is variable, quickly changes from rapid to slow
- Sensitive to cold

❖ **Consumptive constitution**<sup>29</sup>

- Clear skin with bright spot on the cheek
- Flatness of the chest
- Patient has respiratory complaints

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<sup>26</sup> Ibid.

<sup>27</sup> Ibid.

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<sup>29</sup> Ibid.

- Quick and small pulse
- Rapid growth
- Slender in built

❖ **CONCLUSION:**

❖ **IMPORTANCE OF CONSTITUTIONS IN HOMOEOPATHIC LITERATURE :-**

- ❖ Homeopathic prescriptions are made based on the totality of the patients life span that includes past illnesses, family history, constitution & temperament, maismatic background and peculiar symptoms of the present illnesses. Based on these a portrait of the patient is created in the mind of the treating physician and his co relate this diseases partite with that of the portrait of a remedy. When these two portrait matches, a homeopathic response is established and body shall make efforts to cure the illness. This is called the “Similia Principle”.<sup>30</sup>

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