

# Study Of Various Constitutions With The Help Of Clarke's And Murphy's Repertory

Dr. Atul Rajgurav<sup>1</sup> \* & Dr. Parth Aphale<sup>1</sup>

<sup>1</sup>Dr. D.Y. Patil Homoeopathic Medical College & Research Centre, Pune

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## INTRODUCTION

In Homoeopathy Dr. Hahnemann has given highest importance to INDIVIDUALIZATION, if we are able to find individualized picture of patient, we can able to prescribe similimum. Dr. Boenninghausen has followed the same concept of Dr. Hahnemann. Dr. Hahnemann has given the definition of totality in his book i.e. Organon of Philosophy, and Dr. Boenninghausen has given how to form totality in his therapeutic pocket book. For this he considered seven points to form complete picture of the patient. In his preface he has given highest importance to 'QUIS' means change in the personality i.e. CONSTITUTION. If we are able to find this QUIS factor then we can take this as highest ranking symptom in the evaluation.[1,2,3]

Constitution and prescribing on the basis of it forms a very important part of homoeopathic prescribing. So it is very important to have clear view on constitution. Constitution is defined as the Physical and mental make-up of a person, which is revealed through its physical built, its characteristics desires, aversion and reactions, emotional and intellectual attributes.

Every person is born with a certain plan of organization which is determined by the gene and the environmental influences. During intra-uterine life the embryo is liable to receive the effects of various physical and emotional factors of mother. Accordingly it develops certain attributes during this stage of the life. After completion of its nine months life in mother's womb it comes to this world with certain attributes into an all together different environment. It matters to him very much how he has been received on his arrival in this world. This great change in the environment and the first reception has a greater impact in the future life of the person. As it grows it comes across with various types of environment and it modifies its reactions by learning through experiences. It develops certain likings and disliking, certain positive and negative attitudes, which becomes his behaviour pattern in due course. No doubt, a person learns through his experiences throughout his life but the impact of early environment has a great role in result of the influences of the early environment on hereditary characteristics.[4,5]

The person inherits the soil, the tendencies, the attributes and the miasms, which decides the pattern of reactions (susceptibility) to the environment. A person is constantly reacting to his environment and trying to strike balance. The balance means health, which allows a discomfort. The imbalance means disease, which causes functioning of the individual giving rise to signs and symptoms. Since the disease represents the reaction of a person to his unfavourable environment the pattern of this reaction will be determined not only by the factors which have caused the illness but also by the constitution of the afflicted person. Though, the nosological diagnosis may be one, the symptoms of 'the sufferings are not the same. There is a difference during the health and during sickness between two persons. No two persons are alike and they maintain their characteristics during every stage of life. This universal law that individuals always differ has given rise to the concept of individualization in Homoeopathy. The concept of individualization delineates that every individual is unique and thus needs unique treatment when he is sick. It is possible to handle every case according to its individual presentation in Homoeopathy because of its nature of Materia Medica and its therapeutic application based on law of similars. [6,7,8]

The medicines in Homoeopathic system are proved on healthy human beings of all the ages and of both sexes. A group of healthy persons are administered a medicine in minimum dose and the changes in sensations and functions are noted down. This record of changes after administering the medicinal agents in healthy human being form the basis of Homoeopathy. Materia Medica. The physicians who supervised and conducted drug proving that medicines while others prove it easily and express symptoms in abundance on the mental and physical plan have noticed it. This fact has helped us to come to a conclusion that certain types of persons are prone to react faster to certain stimuli. The type of person, therefore, is an important factor in drug proving which has been discussed, explained and described in length by the Masters of Materia Medica. Thus, Homoeopathic Materia Medica is not only enriched with information of changes in functions and sensations but it also tells us the physical and mental make-up of a person who readily proves particular types or the constitutions of medicines in study of Materia Medica. We do notice

that all individuals do not fall sick in spite of exposure to the common adverse environment. Thus the origin and development of a disease also depends on individual factor. This factor is also known as susceptibility, which governs all the reactions of an individual to the environment.[9,10,11]

Therefore, the constitution play an important role in drug proving (production of artificial disease) and in occurrence of natural diseases, and thus, its role is important in treatment and achieving a cure. The knowledge of constitution of a medicine and constitution of a person helps a physician to form a greater level of similarity between the person and medicine.

The constitution of medicines is known by the study of various Materia Medica books from a different angle: In order to know the constitution of a person a physician must know the person's physical make up, his built, his desires, aversions, and disagreement with the foods, the characteristics of his discharges and eliminations, information related to sex, his thermal reactions. The mental attributes; emotional and intellectual reactions and performances are also important to know the person's constitution. The pattern of reactions to the environment also gives us the quality of susceptibility a constitution possesses. The study of susceptibility is an important factor to understand the constitution qualitatively. The various concomitants expressed in relation to the stressful situation like dentition in a child, menstruation, pregnancy and menopause in a female are important expressions, which reveal the quality of a constitution.[12,13,14]

Thus constitution prescription should be based on the totality of all the mental and physical reaction. It should be able to cover the level of susceptibility, the tendencies, the behaviour patterns and the underlying miasms. The constitutional medicine has a capacity to correct the tendencies and abnormal behaviour and reactions to the environment by modifying its susceptibility. It is useful to overcome the chronic diseases, which have a constitutional basis.

Constitutional medicine is a potential force and it should not be misused in the course of treatment. It should be noted that administration of constitutional medicine during acute stage of a disease might prove hazardous. In acute stage of a disease an acute remedy should be selected only on the basis of Acute Totality (Acute totality means the totality of characteristic symptoms expressed at the level of parts or system and the characteristics expressed at the level of generals) These general symptoms expressed prior to or during the acute disease are also called Fixed Generals since they are comparatively stable in relation fast changing particular symptoms. Therefore, acute totality is the total of characteristics, particulars and fixed generals).[15]

Constitutional medicines should be prescribed only when the acute crisis is overcome with the help of

acute medicine to facilitate the individual to have a quick and uneventful convalescence. It also checks the tendency to relapse effectively. All these are achieved not by direct action on the causative organism, if any, but the conservation and stimulation of natural defense mechanism of the person. Thus, an artistic Homoeopathic prescriber successfully evolves an undistorted, accurate conceptual image of the person' during acute and chronic illnesses and uses his discretion to find it's exact replica in Homoeopathic Materia Medica i.e. Acute or constitutional in order to achieve the highest and only 'mission that is to restore the sick to health'. [16,17]

'Constitutional' - in homoeopathy this term is often used with various meanings. Hahnemann used the word 'constitution' only once in the 81st aphorism in the 6th edition of German Organon, though he already used the word here and there in his writings. Hahnemann writings demonstrate the importance of the congenital physical constitution (inheritance) to predisposition and diathesis. The individual constitution and temperament are that which individualize the symptoms syndromes of the chronic miasms. In the Chronic Diseases again he speaks about how Psora can produce so many different signs and symptoms in different individuals. He points out that the individualizing factor is the bodily constitution, psychology, and hereditary dispositions as well as the mode of living, environment, etc. Hahnemann includes both inheritance (nature) and environment (nurture) in his pathological theory. Vide page 102 of The Chronic Diseases.[18,19]

Hence, to conclude, an individual's constitution is the sum-total of that individual's being which is manifested at a particular moment in time. It comprises the form patterns which their life, inheritance & experience upto that point have produced, by implication, includes the influence of past diseases, and the malaises of the present, as well as the susceptibility to future imbalances from the perspective of the present.

In 1904 Dr.J.H. Clarke who was from clinical group of repertories has given separate chapter for constitution and temperament in his repertory and this is the unique contribution to homoeopathy as no one has given such a broad view for constitution.

Dr.Murphy has given recent repertory as homoeopathic medical repertory, in which he has given separate chapter on constitution so we can study constitution of different drugs in well manner or in detail.

It will be endeavor of this dissertation to study the details of constitution starting from exact meaning, different types to show its significance in Homoeopathic clinical practice and an attempt will be made to study these aspects in selected cases. I have used Murphy's & Clarke's repertory in solving the cases as they had considered different constitutions in their repertories.[20,21]

**\*OBJECTIVES\***

1. To study the various constitutions and their application in clinical cases.
2. To understand the role Environment and its effects on different constitutions.
3. To study and to understand the inherited traits.
4. To study the different types of diseases and their relation with different types of constitution.
5. To study the application of Clarke's & Murphy's Repertory in solving the cases with different constitution.

**MATERIAL AND METHODS**

**SOURCES OF DATA:**

1. The present study was undertaken at own practice.
2. 30 cases are studied to know their clinical presentation.
3. Patients of various age groups and both sexes involved are assessed in the study.
4. Cases were recorded keeping the holistic approach in mind.
5. In all cases family history and past history was recorded to evaluate hereditary tendencies.
6. The cases were analyzed and evaluated, later repertorization done by Robin Murphy's & J.H Clarke's repertory.
7. Drugs were selected as per the totality and potency and repetitions followed as per the susceptibility of the case.
8. The posology and remedy reaction was studied in the follow up.
9. Auxillary measures like alteration in diet and relaxation of mind were advised.

**INCLUSION CRITERIA**

Patients of both sexes from all age group will be taken for this study .diagnostic criteria are mainly based on clinical presentation, examination findings and investigation reports.

**EXCLUSION CRITERIA:**

Patients with advanced pathologies will be excluded. Patients who are not willing to follow the guidelines regarding Homoeopathy such subjects are also excluded.

**CRITERIA FOR ASSESMENT**

Regular follow up will be done. Each case will be evaluated which includes the intensity of complaints before and after treatment, functional ability to do daily work etc. Importance will be given to general sense of well being of the patient keeping in mind of Homoeopathic prescription. By noting their past history, personal history & understanding Mental state as well as Vital data on respective separate case papers.

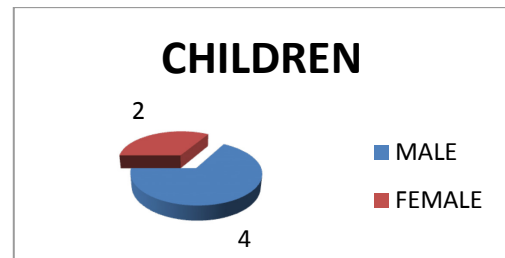
**OBSERVATION AND ANALYSIS  
 SEX RATIO IN STUDY OF CASES:-**

The study carried out in 30 cases of various constitutions, which are randomly selected shows that male represents 15 cases (50%) and female represents 15 cases (50%) of the group. Out of these 6 cases were representing from the age group 1-12 years (children) .

**CHILDREN**

GENDER	NO. OF CASES
MALE	4
FEMALE	2

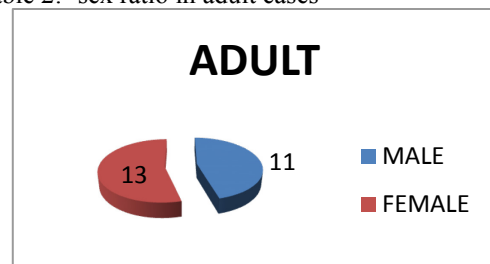
Table 1 : sex ratio in children cases.



**ADULT**

GENDER	NO. OF CASES
MALE	11
FEMALE	13

Table 2:- sex ratio in adult cases



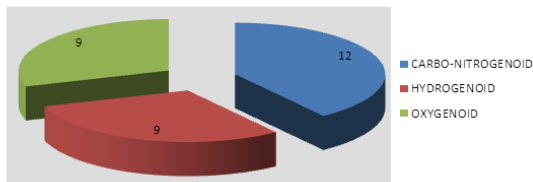
Discussion: The male – female ratio in constitutions cases is 50:50, in our study that shows the ratio for study of various constitutions is equally consider.

**STATISTICAL STUDY OF CONSTITUTIONS**

CONSTITUTIONS	NUMBER OF CASES ACCORDING TO TYPE OF CONSTITUTIONS
CARBO-NITROGENOID	12
HYDROGENOID	9
OXYGENOID	9

Table 3: shows the cases of various constitutions.

NUMBER OF CASES ACCORDING TO TYPE OF CONSTITUTIONS



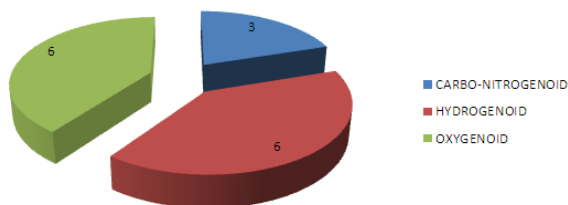
Discussion: The constitution predominantly found in cases was carbo–nitrogenoid (40%). Hydrogenoid and oxygenoid constitutions cases were present 30% each. Carbo-nitrogenoid types of personality are more likely to be present predominantly in society.

STATISTICAL STUDY OF CONSTITUTIONS MALE

CONSTITUTION	CONSTITUTIONS COVERED BY MALE PATIENTS
CARBO-NITROGENOID	3
HYDROGENOID	6
OXYGENOID	6

Table 4: Constitutions predominantly present in males.

VARIOUS CONSTITUTIONS- NUMBER OF CASES [MALE]



Discussion: After studying male cases, it has found that hydrogenoid and oxygenoid constitutions were 40% cases present in each. The carbo-nitrogenoid constitution cases was only 20% in males.

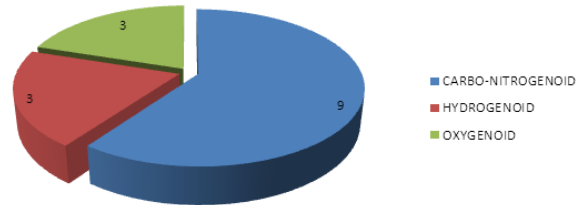
The hydrogenoid and oxygenoid constitution is predominantly present in male cases.

STATISTICAL STUDY OF CONSTITUTION FEMALE

CONSTITUTION	CONSTITUTIONS COVERED BY FEMALE PATIENTS
CARBO-NITROGENOID	9
HYDROGENOID	3
OXYGENOID	3

Table 5: Constitutions predominantly present in females.

VARIOUS CONSTITUTIONS- NUMBER OF CASES [FEMALE]



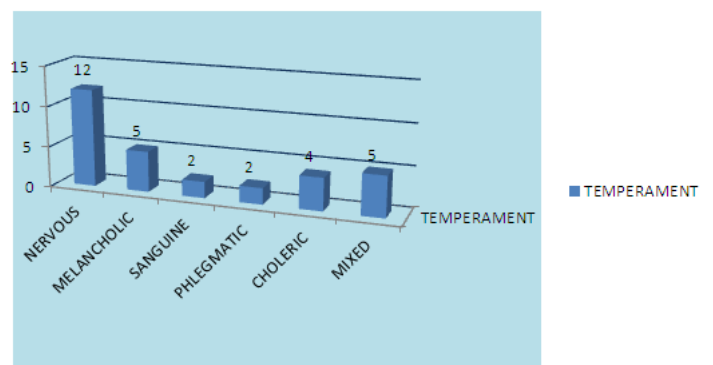
Discussion: After studying female cases, it has found that hydrogenoid and oxygenoid constitutions were 20% cases present in each. The carbo-nitrogenoid constitution cases was only 60% in females. The carbo-nitrogenoid constitution is predominantly present in female cases.

STATISTICAL STUDY OF TEMPERAMENTS

TEMPERAMENTS	TOTAL NO. OF CASES	MALE	FEMALE
NERVOUS	12	8	4
MELANCHOLIC	5	2	3
SANGUINE	2	1	1
PHLEGMATIC	2	1	1
CHOLERIC	4	1	3
MIXED	5	2	3

Table 6: showing number of cases according to various temperaments.

TEMPERAMENTS



Discussion: After studying 30 cases, it is noted that nervous temperament is predominantly presents (40%) in both i.e. male and female.

- Melancholic temperament cases were 16.66%.
- Sanguine and phlegmatic temperament both were 6.66% each
- Mixed types of temperament were 16.66%.

**STATISTICAL STUDY OF TEMPERAMENTS**

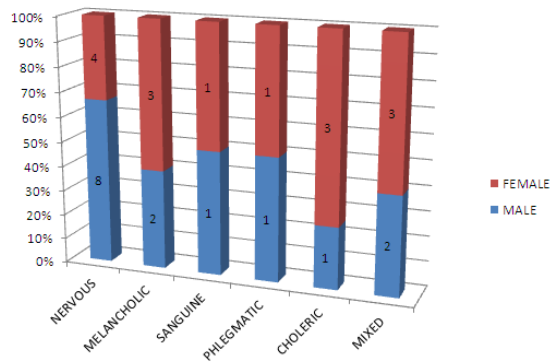


Table 7: SHOWING SEX DISTRIBUTION IN VARIOUS TEMPERAMENTS.

Discussion: After analyzing the cases it has found that 66.66% males having nervous temperament and females having 33.33% nervous temperament.

In females; melancholic (60%) and choleraic (60%) temperament is predominant, whereas males cases were only 40% of both temperament.

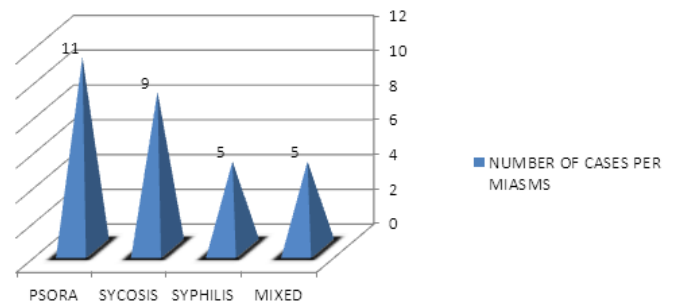
Sanguine and phlegmatic temperaments are equally present in male (50%) and female (50%) cases. In mixed type of temperament female cases covers 60% and male covers 40%.

**STATISTICAL STUDY OF MIASMS**

MIASMS	NUMBER OF CASES AS PER THE TYPE OF MIASMS
PSORA	11
SYCOSIS	9
SYPHILIS	5
MIXED	5

Table 8: study of miasms

**NUMBER OF CASES AS PER THE TYPE OF MIASMS**



Discussion: After statistical analysis it is found that predominantly miasms which were present in 30 cases was psora (36%), Sycosis (30%), syphilis (16.66%), mixed miasm (16.66%).

**STATISTICAL STUDY OF MIASMS DISEASES AND THEIR RELATION WITH CONSTITUTIONS AND TEMPERAMENT**

Case no.	Diagnosis	Miasm	TEMPERAMENT	Constitution
1.	Silicosis	Syco-syphilis	Nervous	Oxygenoid
2.	Lumbar spondylosis	Syco-syphilis	Nervous	Oxygenoid
3.	Bronchial asthma	Sycosis	Nervous	Hydrogenoid
4.	Otitis media	Syphilis	Phlegmatic	Oxygenoid
5.	Lumbar spondylosis	Syco-syphilis	Nervous	Oxygenoid
6.	HT since 4 months with hyperlipidemia	Sycosis	Melancholic	Hydrogenoid
7.	Habitual abortion	Syco – syphilitic	Phlegmatic	Oxygenoid
8.	Emphysema	Syphilis	Choleric	Oxygenoid
9.	Gastro esophageal reflux disease (GERD)	Psora	Nervous and Melancholic	Carbo-nitrogenoid
10.	Gastro esophageal reflux disease (GERD)	Psora	Nervous and Phlegmatic	carbo-nitrogenoid
11.	Gastro esophageal reflux disease (GERD)	Psora	Nervous and Melancholic	carbo-nitrogenoid
12.	Nocturnal enuresis	Psora	Melancholic	Carbo-nitrogenoid
13.	Acne vulgaris	Syphilis	Melancholic	Oxygenoid
14.	Diabetes mellitus	Sycosis	Nervous	Hydrogenoid

15.	Menstrual disorder	Sycotic	Choleric	Hydrogenoid
16.	Irregular menses	Psora	Melancholic	Carbo-nitrogenoid
17.	ADHD ( attention deficit hyperactive disorder)	Psora	Nervous	Carbo-nitrogenoid
18.	Allergic Rhinitis	Psora	Sanguine	Carbo-nitrogenoid
19.	Urinary tract infection	Sycotic	Nervous	Hydrogenoid
20.	Emphysema	Syphilis	Nervous and choleric	Oxygenoid
21.	Allergic dermatitis	Psora- Sycosis	Nervous	Carbo-nitrogenoid
22.	Dysentery	Syphilis	Choleric	Oxygenoid
23.	Acne rosacea	Sycotic	Bilious & Lymphatic	Hydrogenoid
24.	Allergic bronchitis	Sycotic	Nervous	Hydrogenoid
25.	URTI	Psora	Sanguine	carbo-nitrogenoid
26.	Urethritis	Sycosis	Melancholic	hydrogenoid
27.	Gastro esophageal reflux disease (GERD)	Psora	Nervous	carbo-nitrogenoid
28.	Exostosis	Sycosis	Nervous	Hydrogenoid
29.	Gastro esophageal reflux disease (GERD)	Psora	Nervous	carbo-nitrogenoid
30.	<b>Gastro esophageal reflux disease (GERD)</b>	<b>Psora</b>	<b>Choleric</b>	<b>carbo-nitrogenoid</b>

Table 9: Showings The Study Of Various Diseases And Their Relation With Constitutions And Temperament.

**Statistical Study Of Psora Miasm, Diagnosis And Their Relation With Constitutions And Temperament**

Sr. no.	Case no.	Diagnosis	Miasm	TEMPERAMENT	Constitution
1.	9	Gastro esophageal reflux disease (GERD)	Psora	Nervous and Melancholic	Carbo-nitrogenoid
2.	10	Gastro esophageal reflux disease (GERD)	Psora	Nervous and Phlegmatic	carbo-nitrogenoid
3.	11	Gastro esophageal reflux disease (GERD)	Psora	Nervous and Melancholic	carbo-nitrogenoid
4.	12	Nocturnal enuresis	Psora	Melancholic	Carbo-nitrogenoid
5.	16	Irregular menses	Psora	Melancholic	Carbo- nitrogenoid
6.	17	ADHD ( attention deficit hyperactive disorder)	Psora	Nervous	Carbo-nitrogenoid
7.	18	Allergic Rhinitis	Psora	Sanguine	Carbo-nitrogenoid
8.	25	URTI	Psora	Sanguine	carbo-nitrogenoid
9.	27	Gastro esophageal reflux disease (GERD)	Psora	Nervous	carbo-nitrogenoid
10.	29	Gastro esophageal reflux disease (GERD)	Psora	Nervous	carbo-nitrogenoid
11.	30	<b>Gastro esophageal reflux disease (GERD)</b>	<b>Psora</b>	<b>Choleric</b>	<b>carbo-nitrogenoid</b>

Table 10 showing relation between the psora miasm, temperament and constitution. psora miasms is resembled to carbo-nitrogenoid constitution.

- In observed 30 cases, it was found that psora miasms is predominantaly present i.e. carbo-nitrogenoid personality is prominently present.
- Most of the cases, (case no.9, 10, 11, 27, 29 and 30)from carbo-nitrogenoid constitution are of **Gastro esophageal reflux disease (GERD)**.
- Cases of Respiratory diseases were studied was two URTI<sup>25</sup> and allergic rhinitis<sup>18</sup>.

- Other 3 cases was of nocturnal enuresis, irregular menses and attention deficit hyperactive disorder (ADHD).
- NERVOUS AND MELANCHOLIC temperament was predominantly present in carbo-nitrogenoid constitution and psoric miasm.
- Sanguine temperament is predominantly present in psoric respiratory diseases.case no. 18 and 25.

**Statistical Study Of Sycotic Miasm, Diagnosis And Their Relation With Constitutions And Temperament**

Case no.	Case no.	Diagnosis	Miasm	TEMPERAMENT	Constitution
1.	3	Bronchial asthma	Sycosis	Nervous	Hydrogenoid
2.	6	HT since 4 months with Hyperlipidemia	Sycosis	Melancholic	Hydrogenoid
3.	14	Diabetes mellitus	Sycosis	Nervous	Hydrogenoid
4.	15	Menstrual disorder	Sycotic	Choleric	Hydrogenoid
5.	19	Urinary tract infection	Sycotic	Nervous	Hydrogenoid
6.	23	Acne rosasea	Sycotic	Bilious & Lymphatic	Hydrogenoid
7.	24	Allergic bronchitis	Sycotic	Nervous	Hydrogenoid
8.	26	Urethritis	Sycosis	Melancholic	hydrogenoid
9.	28	Exostosis	Sycosis	Nervous	Hydrogenoid

Table 11 showing the relation of Sycosis miasms with constitution and temperament

Case no 3, 6, 14, 15, 19, 23, 24, 26, and 28 having syphilis as predominant miasm

Nervous<sup>3, 14, 19, 24, & 28</sup>. Temperament is predominantly present in hydrogenoid constitution.

Diseases like bronchial asthma, hypertension, hyperlipidemia, diabetes mellitus, urinary tract infection, acne rosasea, allergic bronchitis, Urethritis and exostosis are predominantly present in oxygenoid constitution.

**Statistical Study Of Syphilis Miasm, Diagnosis And Their Relation With Constitutions And Temperament.**

Case no.	Case no.	Diagnosis	Miasm	TEMPERAMENT	Constitution
1.	4	Otitis media	Syphilis	Phlegmatic	Oxygenoid
2.	8	Emphysema	Syphilis	Choleric	Oxygenoid
3.	13	Acne vulgaris	Syphilis	Melancholic	Oxygenoid
4.	20	Emphysema	Syphilis	Nervous and choleric	Oxygenoid
5.	22	Dysentery	Syphilis	Choleric	Oxygenoid

Table 12 showing the relation of syphilis miasms with constitution and temperament

Case no 4, 8, 13, 20, and 22 having syphilis as predominant miasm and oxygenoid as constitution.

Choleric<sup>8, 20, 22</sup>. Temperament is predominantly present in oxygenoid constitution.

Diseases like otitis media, emphysema, acne vulgaris, and dysentery are predominantly present in oxygenoid constitution.

**Statistical Study Of Mixed Miasms, Diagnosis And Their Relation With Constitutions And Temperament.**

Case no.	Case no.	Diagnosis	Miasm	TEMPERAMENT	Constitution
1.	1	Silicosis	Syco-syphilis	Nervous	Oxygenoid
2.	2	Lumbar spondylosis	Syco-syphilis	Nervous	Oxygenoid
3.	5	Lumbar spondylosis	Syco-syphilis	Nervous	Oxygenoid
4.	7	Habitual abortion	Syco – syphilitic	Phlegmatic	Oxygenoid
5.	21	Allergic dermatitis	Psora- Sycosis	Nervous	Carbo-nitrogenoid

Table 13 showing the relation of mixed miasms with constitution and temperament

Case no 1, 2, 5, 7 and 21 having mixed miasms and oxygenoid as constitution. nervous<sup>1, 2, 5, & 21</sup>. Temperament is predominantly present in oxygenoid constitution. Diseases like silicosis, lumbar spondylosis, habitual abortion and allergic dermatitis are predominantly present in oxygenoid constitution.

**STATISTICAL STUDY OF RESULT**

Result of treatment	No. of patients	Percentage
Improvement	27	90%
Moderately improvement	2	7%
Discontinued treatment due to long distance	1	3%

**PERCENTAGE OF RESULT AFTER TREATMENT OF PATIENTS**

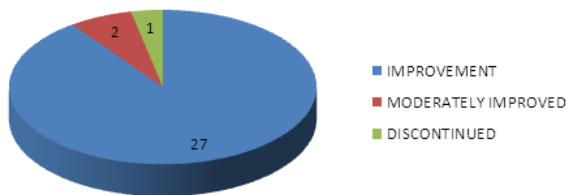


Table 14: showing the result of cases after treatment.

Discussion: After solving 30 cases with the help of murphy’s and clarke’s repertory I got the following result.

- 90% cases improved
- 7% cases moderately improved and
- 3% cases discontinued the

In observed 30 cases, it was found that after considering the constitutional approach the percentage of success is improved.

**DISCUSSION**

This study has shown an insight into the various aspects of constitutions and the role of Murphy’s and clarke’s repertory in treating them.

After studying 30 clinical cases, I came across to some important rubrics related to constitution and temperament.

- ❖ The age groups of patients taken were, adults, middle age and also from the old age there were 6 patients of age group 1-12 yrs, 21 patients of age group 13-50 yrs

and 3 patients of age group 51-70 yrs. Children (1-12) - 6

- ❖ The predominant miasm<sup>11</sup> was Psora, in nine cases the dominant miasm was sycosis. There was five cases of syphilis and five of mixed miasms.
- ❖ The topic of study was to study different constitutions, temperament, personalities and therefore to understand the constitution following points were considered-
  1. The discernible body constitution (especially, in protracted cases)
  2. The mental and emotional character.
  3. The occupation.
  4. Lifestyle and habits.
  5. Social and domestic relationships.
  6. Age.
  7. Sexual functions.
- ❖ The utility of Murphy’s and Clarke’s repertory was well established as we had mostly considered all seven points in cases.
- ❖ After statistical analysis it is found that predominantly miasms which were present in 30 cases was psora (36%), Sycosis (30%), syphilis (16.66%), mixed miasm (16.66%).
- ❖ The study carried out in 30 cases of various constitutions, which are randomly selected shows that male represents 15 cases (50%) and female represents 15 cases (50%) of the group. Out of these 6 cases were representing from the age group 1-12 years (children).
- ❖ The male – female ratio in constitutions cases is 50:50, in our study that shows the ratio for study of various constitutions is equally consider.
- ❖ The constitution predominantly found in cases was carbo–nitrogenoid (40%).
- ❖ Hydrogenoid and oxygenoid constitutions cases were present 30% each.
- ❖ Carbo-nitrogenoid types of personality are more likely to be present predominantly in society.
- ❖ After studying male cases, it has found that hydrogenoid and oxygenoid constitutions were 40% cases present in each. The carbo-nitrogenoid constitution cases was only 20% in males.
- ❖ The hydrogenoid and oxygenoid constitution is predominantly present in male cases.
- ❖ After studying female cases, it has found that hydrogenoid and oxygenoid constitutions were 20% cases present in each. The carbo-nitrogenoid constitution cases was only 60% in females



- ❖ The carbo-nitrogenoid constitution is predominantly present in female cases.
- ❖ After studying 30 cases, it is noted that nervous temperament is predominantly presents (40%) in both i.e. male and female.
- ❖ Melancholic temperament cases were 16.66%.
- ❖ Sanguine and phlegmatic temperament both were 6.66% each
- ❖ Mixed types of temperament were 16.66%.
- ❖ After analyzing the cases it has found that 66.66% males having nervous temperament and females having 33.33% nervous temperament.
- ❖ In females; melancholic (60%) and choleraic (60%) temperament is predominant, whereas males cases were only 40% of both temperament.
- ❖ Sanguine and phlegmatic temperaments are equally present in male (50%) and female (50%) cases.
- ❖ In mixed type of temperament female cases covers 60% and male covers 40%.
- ❖ After statistical analysis it is found that predominantly miasms which were present in 30 cases was psora (36%), Sycosis (30%), syphilis (16.66%), mixed miasm (16.66%).
- ❖ In observed 30 cases, it was found that psora miasms is predominantaly present i.e. carbo-nitrogenoid personality is prominently present.

## SUMMARY AND CONCLUSION

Constitution is one of the important aspects of homoeopathy. Hahnemann paid close attention to the constitution in both acute and chronic diseases. Hahnemann used Hippocratic terms choleric, phlegmatic, sanguine and nervous temperature as a category of natural mind/body types. They are also prone to particular diathetic states such as the venous, lymphatic etc. In case taking homoeopath should paid more attention to record all the significant moments of the complete case history, the potential causations, and chronic miasm, as well as the following seven constitutional factors, which form a basis of constitution and temperament.

1. The discernible body constitution (especially, in protracted cases)
2. The mental and emotional character.
3. The occupation.
4. Lifestyle and habits
5. Social and domestic relationships.
6. Age.

## 7. Sexual functions.

I have tried to understand and study this topic with the following objectives:-

1. To study the various constitutions and their application in clinical cases.
2. To understand the role Environment and its effects on different constitutions.
3. To study and to understand the inherited traits.
4. To study the different types of diseases and their relation with different types of constitution.
5. To study the application of Clarke's & Murphy's Repertory in solving the cases with different constitution.

## RESULT

- With the study of cases, the constitution and temperament and their relation with the disease was established.
- Relation between constitution and miasms were studied; with the study it was found that it is very useful in treating the patients.
- Expansion of the knowledge of Materia medica was achieved through repertory.

After completing this work concerning constitutions, I have come to the following conclusion-

All disease process starts at the level of "will and understanding." Since the mind is the deepest level in the hierarchy of the physical body, treating the symptoms expressed through the "will and understanding" will heal that level, and permit it, in turn, to heal the other levels. To treat "constitutionally" was to treat that level - the symptoms expressed as those of the whole being, the "general symptoms" as Kent called them - those expressed by the "I", as seen in the expressions "I am tired at 3 p.m.", or "I have no appetite," etc. These expressions of the whole person would take precedence over expressions of a part, "My leg hurts," or "My nose is running." This is not to say that the particular symptom should not be considered in the case, but, rather, that in a deep-seated chronic case, the "constitution" is what needs to be treated."

We may say that the constitution is the inherent tendency to respond automatically along qualitatively predetermined individual, characteristic pattern. Constitutional differences are the differences of response patterns to identical situations. Constitutions can be defined by characterizing these fixed response patterns.

It is an important thing to know the constitutional state of a patient before prescribing. It will always

be able to do better for the patients when we know all of their tendencies/temperament/diathesis, etc. Constitution is not just a tool for arriving at a right remedy.

Constitution furthers our knowledge of a particular drug

constitution enhances our understanding of the mental make up of a particular drug and adds more dimension to the already pre existing knowledge of a drug from the source books as was the case in this work with constitution.

Constitution and Source Materia medica's form a potent combination for deciding the similimum, complementing and completing each other, going hand in hand to arrive at a similimum.

I have studied 30 clinical cases with their varied presentations. This study has shown an insight into the various aspects of constitutions and the role of Murphy's and Clarke's repertory in treating them.

**Murphy's repertory** is found very useful tool while doing this work. As Murphy's repertory had added a separate chapter on constitution.

**Constitution** chapter contains all the genetic, dispositions and body types from the generals chapter. The constitutions chapter contains constitutions, temperaments, body type, body size, hair in general, complexions, age, growth, gender, habits, defects, miasms, infants, inheritance, children, boys, girls, elderly people, men, occupations, women, young people.

Whereas the **Clarke's repertory** though being a clinical repertory has a separate chapter on repertory of temperaments, dispositions, constitutions and states., and was found very helpful in solving some of the cases.

Many other remedies have preferences marked more or less well marked for particular temperaments. These are mentioned in the Dictionary under the heading "Characteristics" as the types or constitutions the particular remedy is specially "suited" to. But under "Suited to" are included not constitutions, temperaments and persons only, but also occurring in persons of particular age and type, so this becomes a complement of the Clinical repertory.

At the end I want to say that Homoeopathy is a science that has to practiced artistically and systematically and the success of this system comes not only in the selection of similar remedy, but the suitable application of the same in its original and pure form, in required potency and dose so as to get the expected results. And we the young homoeopaths, should practice like our pioneers, should practice it as a passion not as a mere fashion.

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