

CONSTITUTION AND TYPOLOGY IN HOMEOPATHY AND AYURVEDA

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Abstract: Understanding health condition, the appreciation of the disease stage with the recognition of the relation between them represents the basic condition of the healing process. To apply a certain therapy by the homeopath practitioner requires certain knowledge about the biotypology concept and besides this, the designation of the disease process. Ayurveda, as a traditional medicine, considers constitution, as a determining factor of disease susceptibility. A close cooperation between the conventional medicine practitioner and the complementary medicine practitioner may determine an evolution in the interdisciplinary cooperation, all in the benefit of the patient.

Keywords: constitution, homeopathy, Ayurveda

Rezumat: Înțelegerea stării de sănătate, aprecierea celei de boală cu recunoaşterea relaţiei dintre ele reprezintă condiţia de bază a vindecării. Aplicarea unei terapii eficiente de către homeopat presupune cunoaşterea noţiunii de biotipologie precum şi a denumirii procesului de boală. Ayurveda, ca medicină tradiţională consideră constituţia factor determinant al susceptibilităţii la boală. O cooperare a profesioniştilor medicinei convenţionale cu practicienii medicinei complementare pot determina dezvoltarea unei colaborări interdisciplinare în beneficiul pacientului.

Cuvinte cheie: constituţie, homeopatie, ayurveda

In the last decades scientific discoveries and the development of technology have produced an incredible extension of knowledge.

The ones who work at the theoretical frontier of knowledge are aware of the fact that there can exist some true facts in the ancient wisdom more than can be found by the pure technological eye.(10) Medicine is the science of prevention, of healing the diseases and maintaining health.

The main condition in accomplishing the healing process represents the understanding of the state of health and the state of sick and the relationship between those two. A correct comprehension of the rapport between the individual and general, of the notion of the constitution (biotypology), and also the understanding of the dynamic process of disease are indispensable for an efficient therapy.

Medicine needed the integration of the diversity apparent infinite of the healthy and sick person in a logic system based on the morbid physical dominant features. The last morphological and biological research demonstrated the validity of a system of typological classification of the human beings.

It had been considered that each human being represents a perfect biological unit with independent function and relationships and there is no local phenomenon without a general response of the organism, as there is no general phenomenon without local organic expressions.(1)

The dominance of one function gives the human being the anatomic physiopathologic and psychic features.

Modern research of the human typology has grounded two theories:

- All the particularities of the human being are determined in respect to the general type
- Possible types in normal order are limited as the number which makes them knowable and describable.(1)

Medicine knows numerous typological classification systems, each one having at its basis a biological criterion of differentiation of a person. The main typological classifications are:

- Homeopathic medicinal typology
- Temperamental-constitutional typology
- Toxic-infection typology

All the classifications are found in homeopathy and in classic medicine. Homeopathy as a part of holistic medicine, takes a human as a whole. It treats each organism as a whole and his dynamic evolution applying strictly individualized each therapeutic indication. This way of taking the sick person, as a whole and individualized is the specific characteristic of the primary medicine.(16)

W.H.O. defines the condition of health as a characteristic state, not only by the absence of the disease but by a physic, social and psychic wellness.

Health for homeopathy is the state of equilibrium of the mind and body of the entire person, an unconditioned state of well, the perception and correct integration of the reality, the ability of being in present and to react adequate in every situation through a

transitory, proportional adjustment. The adjustment position is left after the ceasing of the stimulus.(14) The state of health assumes the capacity of metabolizing the past by synthesizing of individual experience and reporting it to the future by goals and ideals. This is realized by a psychological equilibrium. Two centuries ago homeopathy was already a modern conception of health and disease, understanding that not only the physique is responsible for the genesis of a disease, but also the psychic.

Through the complementary therapies, it is a simple method, sure, efficient, cheap and now accepted by the world of medicine. The modern homeopathy explains the functioning of the organism as it is due to a bioelectrical field “vital force” that can influence by the subtlest energies of the intensified remedies. These remedies, through the inherent energies of the successive dynamics and forces which we don’t talk about the substance, establishes a resonance with vital force of the organism that could initiate the healing.(14)

The fact that there are more typological classifications does not suppose the understanding of the typological principle value; on the contrary, any of them could be adapted and considered like a guidebook in practical medicine.

For the homeopath practitioner, the typological classification represents the main therapeutically doctrine of this way to consider the patient. The current typology, without which we could not practice homeopathy, is the medicinal base.

This is done through the analogy between the human types and the clinical symptoms resulted of the intoxication with different medicinal substances. It been arrived at two identifications of certain morbid types carrying the name of the remedy what looked very much alike.

This classification is supported by two statements in which every morbid human type corresponds to a morbid medicine type. The second statement has a therapeutic value and it says that the remedy that will equilibrate the physiology of the organism is medicinal substance that generated the disease. Examples of medicinal types: the obese Calcarea Carbonica, the shy Pulsatilla, the emotive Ignatia, the agitated Gelsenium etc.(2,3)

In homeopathy, we are talking about individualization although there basically there are as many individual syndromes as many sick persons.(1,9) In reality, there is no single person that corresponds to the syndrome, example Nux Vomica, but many persons closed in terms of appearance but not identical.(1) Each homeopathic syndrome is not the expression of a person but a typological category which carries the name of the remedy.

In the therapeutic homeopathy, this typology is not enough because during the disease evolution, a person may pass successively from one drug type to another. Also, the same person corresponding to a drug type may evolve marking the main characteristics of other medicine

type. This determined the conclusion of the medicinal typological classification. It is a minor subunit or a morbid static phase, belonging to the real typology based on the temperament-constitution and toxic-infectious.

The constitution refers to the somatic aspect of the person and may vary in restricted limits, but it had to be known that a fundamental constitutional type cannot transform into another.

The temperament refers to the modifiable functional aspect and it includes the whole reactional modes: physical (constitutional), psychic (the character), psychological (the state of health), physiopathologic (the morbid state).

In conclusion, the temperamental-constitutional base includes all the personal abilities: physical, psychical (fixed and dynamic), physiological, morbid (inherited and accomplished).(1)

Every person is born with a certain inherited propensity to function and react. Knowing the temperamental-constitutional typology allows the understanding of the particularities that separates the human being, regarding reactionary or evolutive and it shows some morbid predispositions.

The morbid predispositions are predetermined, not everybody can make a disease but only the ones who has a predisposition about it. The morbid reactions of a sick person are but the overreacting of his normal usual reactions, said dr. L. Vanier.(19) The morbid temperamental typological classification based on the functional clinic dominancy belonging to von Grauvogl is: oxygenic, hydrogenic, carbonitrogenic. Oxygenic corresponds to the sanguine temperament and bilious characterized by exaggerated oxidizing and metabolism. It corresponds to an emancipated and excitable person with the tendency for temperature curve and diseases ameliorated by the cold air.

The main homeopathic remedies are: Iodum, Arsenicum Album, Phosphorus etc.

The hydrogenic corresponds to sanguine and lymphatic temperament. He is a pale, slow, sensitive at flues, with a propensity to swellings, with diseases that evolves in steps. The main remedies are: Natrium Muriaticum, Dulcamara, Calcarea Carbonica etc.

The carbonitrogenic corresponds to the nervous temperament with a propensity, because of slowing down of nutrients exchanges to: gout, rheumatism, asthma, dermatosis, psychosis, etc, and has several remedies: Carbo Vegetabilis, Lycopodium, Graphites.(1)

A more modern typological classification belongs to the homeopath practitioner L. Vanier, who classifies the constitution in: carbonic, phosphoric and fluoric. The carbonic is the rigid type with a straight position, with a stiff walk, with sober gestures, patient, tenacious, meticulous, who imposes himself with authority. He is a massive person with big bones, small-medium height, with forearm and arm doing an obtuse angle opened forward. He is resistant to fatigue and sickness and he represents the type of equilibrate builder. The phosphoric is a tall, nervous, lively, chilly person

with an elegant and slim walk. He is sensitive, delicate and moves psychically between enthusiasm and depression. His physical aspect is long, has an expressive face, with a particular charm; his forearm and arm extended and straight. The dominance of his movements is elegance, the distinction of his attitude and harmonious gestures. He is the dream creator and poetry. The fluoric is essentially instable, with untidy gestures, unbalanced in his physical-psychical activity. Morphological he has bulk bones, deformed ones, venous system well represented increased articular mobility and his forearm and arm form an obtuse opened angle. He is the intuitive guy with brilliant sparks.

The toxic-infectious basic typological referring to the influence of the different morbid things of the biological individual field are the same as in 1828 when they were described by S. Hahnemann. Hahnemann offered to the medicine a synthesis of disease reporting to the toxic-infectious field in which it develops and evolves. He said that the origin of the maladies could be found in one of the greatest fundamental voice: syphilis, sycosis, psoris, tuberculosis and that the organism can become receptive of the development of a certain group of diseases.

The acute and chronic diseases which we fight in our life represents morbid outbreaks of the same voice substratum.(9) Duprot said that there was a doctrine of the general pathology based on very much observation which considers the diseases logic as a discontinuous manifestation of a chronic pre-existent morbidity.

The tuberculosis or the tuberculosis voice is a state of intoxication and a receptivity of the organism which in one moment can contact tuberculosis. The voice can be inherited or obtained.

The inherited tuberculosis corresponds to the phosphoric constitution described by Vanier. On this field it can develop a sum of diseases like: rubella, frequent colds, repeated bronchitis, convulsive coughing, etc. The homeopathic remedies are: Phosphorus, Iodum, Natrium Muriaticum, Arsenicum Album etc. The syphilitic diathesis is an inherited or acquired diathesis. The inherited impregnation is translated by the fluoritic constitution. The syphilitic diathesis background represents a field of apparition and evolution for diseases such as: scarlet, fever, repeated angina, slow growing. The homeopathic remedies are: Mercurius, Aurum, Platina, etc.

Sycosis is a consequence of vaccines, particularly of the rubella vaccine or gonorrhoea and can be inherited or obtained and it may take to cutaneo-mucosis malformations, excrescence, polyps, papilloma. The homeopathic remedies are: Thuya, Causticum, Dulcamara, Natrium Sulfuricum etc.

Psoris is a complex diathesis without correspondence in classic medicine which carries the profound signature of the inheritance and may appear and disappear suddenly in someone's life. It is externalized by functional and lesion manifestations, which occurred suddenly. The diseases developed on a psoric field are:

dermatosis, asthma piles or morbides alternations (apparition of a brillness at the same time with the end of TBC evolution). The homeopathic remedies are: Sulphurs, Hepar Sulphur, Silicea etc.

The cancerous diathesis results from a complex chronic intoxication of the organism in which contributed one of front voice through the spoiling of the individual strength and the creation of the precancerous propensity.

The neoplasm has to be understood by a late reactive phenomenon of a morbid state with complex origin.

The knowledge of the constitutional types (morphological) of the way of reactivate (temperament) is useful for the homeopath practitioner because:

- It can conceive a classification of the remedies in function of the person constitution
- The observation of the constitutional type permits the orientation of the dialogue and investigation
- The poverty of the manifestations (objective/subjective) with sensing the biotype constitutes the indication of a remedy.
- The anticipation of the possibilities of the sick person adaptability to the therapy
- It allows the prophylaxis and sensing the deficiency of the person

Ayurveda, as other traditional systems of medicine puts a special accent on the human constitution. All the prevention measurements and cure of the diseases are made by the individual constitution.(11,15) The individual constitution is considered as a factor which determines the susceptibility or the sensitivity on the different diseases, the way of their manifestations, the way the morbid process evolves, the eventual complications and the prognosis of the disease evolution.(5,6,12) Also, the constitution determines the individual reaction at the applied theory. In the ayurvedic medicine is fundamental and directed on the study of the three fundamental states: vata, pitta, kapha. Describing of these demonstrates that the form the main structure of the entire body functioning. The equilibrate functioning of those three elements maintains the vital processes from a body and promotions the health process.(8,17,18)

The type constitution or "dosa prakrti" stores not only physic features, but also the mental ones, representing the entire psychosomatic constitution of a human being.

Table no. 1 The classification of the human constitution from the ayurvedic point of view.(7,17)

Vata	Pitta	Kapha
Apoplectic	-	Phlegmatic
Sanguine	Choleric	Phlegmatic
Warm/humid	Warm/dry	Cold/ humid
Muscular type	Cerebral	Digestive
Athletic	Cerebral	Phlegmatic
Happy, full of life	Impetuous	Calm
Carbonic	Phosphoric	Fluoric
Extroverted	-	Introverted
Neurogenic	Vasogenical	Hystogenical
Urid acid	-	Cholesterol

ESSAYS

The importance of knowing these biotypes results from the fact that the constitutional type directs the person reaction.(4)

Knowing the biotypes, the ways of reacting, inclusively the biorhythms, is useful to the homeopath practitioner in order to know how to orientate the anamnesis and investigation and to see the possibilities of resistance and adaptability of the patient in development of treatment.

At the same time, it reveals us the neurological points of the sick person.

Practically, the biotypology itself, is inefficient in solving a case; that is why homeopathy permanently resorts to individualization.

The typology must be considered as an element, we could say a symptom near by other symptoms which translate the way of reacting of a sick person.(4)

The constructive co-operation between the advocates of the conventional (classic) medicine and the complementary medicine can lead to a development of an interdisciplinary collaboration and the complementary therapies can be included in the nursing draft of the patient.(13)

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