



Concept of Constitution as a Phenomenon in Homoeopathy

ABSTRACT: In this article, the author has tried to give an understanding of the Essential Evolutionary Totality as defined by Dr M L Dhawale

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Constitution is a term used in different disciplines with different perspectives. In Homoeopathy constitution is defined as the physical and mental make up of an individual. Constitution is a phenomenon – ie it has antecedents; it evolves over a period of time and unfolds itself by constant interactions with the environment. Thus constitution has:

1. CAUSATION
2. ENVIRONMENT
3. EXPRESSIONS

Totality which is formed by taking into account these 3 factors is called as Constitutional Totality and the prescription which is based on these factors is called Constitutional Prescribing.

Dr M L Dhawale represented this type of prescribing in Essential Evolutionary Totality (EET) format. He emphasized a need to consider these 3 factors and their relationships with each other. Expressions are further classified into Mental, Physical, Miasmatic. In short, in order to identify the phenomenon we must take into account Cause, Effect, Environment and their Evolving relationship with each other. Following case will illustrate this idea of Constitutional Prescribing.

CASE RECORDED ON 02/03/2006

HISTORY FORM WRITTEN BY PATIENT

Mrs XYZ, DOB 19/09/1949, Married 18/06/1979. Hindu, Non-vegetarian, Tea 3-4/ day, now reduced. Coffee occasionally. No alcohol or soft drinks ever.

Education: BA (Hons) with psychology, Bombay University. Worked in SBI from 1971 to 1982. After marriage, in-laws forced to resign.

HUSBAND: 56 years, Architect, presently not working because of head injury, diabetes and no stamina He had eczema but not since last 5-6yrs.
DAUGHTER: 25yrs, BE Civil Eng, Lecturer in college. We have good relations. Behave like mother or friend as per situation.
SON: 20 yrs, Mech Eng 3rd yr. Good relations. Behave like mother or friend as per situation.

Mother died when I was 8 yrs old. 4 siblings: Elder brother, myself, sister and younger brother. Father expired 5 years back at the age of 85. He was in diabetic coma. One paternal aunt and maternal aunt: diabetic.

IN-LAWS: MIL, FIL and 2 SIL have been dominating since my marriage. They mentally harass me, my husband and my 2 children. That's why whole family is under pressure till now.

NATURE: I am selective. Good relations with friends and everyone at maiden family. In-laws family, good relations with everyone except MIL, FIL, 2 SIL. Married life, good relations with husband, very few arguments that too owing to his family background. Sexual relations fine.

DISPOSITIONAL QUALITIES FOUND AFTER ANALYSIS OF HISTORY FORM

Emotional Stress <² many complaints.

Selective, Sensitive to Domination—Egoistic.

Sensitive about Responsibilities.

Emotions expressed or suppressed?

PROBABLE REMEDIES- *Nat-mur, Nat-silicata, Nat-carb*

AFTER CASE TAKING

CHILDHOOD: Joint family. Father was a well settled businessman. Mother was Principal in Govt.



school, a popular, generous lady. Died suddenly when patient 8 years old. Sudden shock, nobody was there.

INTERPRETATION: Unexpressed Grief / self compulsion to take responsibilities. Grief - loss of mother - didn't express - she forced herself to take responsibilities of family though older brother and father were there to take care. Paternal side good financially but not educated. Lot of comparison between patient and siblings with cousins. Helpless, took all responsibilities of siblings, used to think about future. Maternal aunt well educated, socially oriented, taught right and wrong. Close to them. Patient never sat idle, wanted to do different. Did MA (psychology) then took job in SBI.

IN-LAWS: MIL, FIL, 2 SIL harassed and taunted patient a lot. Never accepted as DIL. Never gave her a due position. Husband told not to back answer. Patient never gave back answer since people will come to know and it was also a matter of status and maiden family's reputation.

INTERPRETATION OF FEELING: Helpless. In-laws forced

her to leave the job, felt inferiority complex. Didn't want to hurt anybody, even from maiden family. Emotions, Anger, Vexation, Sadness which was not Expressed, Rationalization and Intellectualization.

HUSBAND'S ACCIDENT: Admitted in ICU. Shock for patient and didn't have courage to see him. Husband's psyche was affected, hit patient and throttled her. Abused everyone, not allowed children to do work. Patient took care of the situation and stood firmly with children with the help of Maternal family.

DIABETES MELLITUS: In Dec 2005, husband, patient's brother and his friend decided to purchase a land. Friend died and gave power of attorney to husband. Friend's relatives were asking for money, but they didn't have much. Patient was in shock and guilt, thought she was responsible for this and started having skin complaints. After 2 months patient was detected to have diabetes with polyurea and BSL 322.

CHIEF COMPLAINTS

LOCATION	SENSATION	MODALITIES	CONCOMITANT
RS Since childhood D=1 day F= 2/week	Coriza, Sneezing cough, epistaxis	< cold drinks ² < extreme heat and winter ² < dry climate ²	Headache(occ)
General Since 1984 D= 2 days	Giddiness ² No strength ² Black Eclipse in front of eyes	< summer ² < mental stress ² < slight movement of eyes ² ,	
Skin Dec2005 Abd, Back, Legs, Chest	Maculo-papular rash Redness Hyper pigmentation ITCHING	A/F= Self reproach < 1-2am ³ < warm water > scratching	
Endocrine Since Jan2006	Polyurea	A/F= Self reproach	

PHYSICAL GENERALS

HEIGHT 5.4'', WEIGHT 40kg. Thin, tall, fair, flat chest, bony.

SKIN, Heel, cracks < winter

COLDNESS- Palms, soles

PERSPIRATION- occasionally

CRAVINGS- FISH, SWEETS

MENSES- Menarche-15yrs. Regular 6/28 Clots,



Brownish, staining indelible.
 Hysterectomy in 1990 due to prolapse.
 < Menses Before- Uneasiness, abdominal pain²
 < Menses During - Nausea, abdominal pain²
 SLEEP- Disturbed, due to thoughts, anxiety of children.
 DREAMS- Snakes and water
 THERMAL- CHILLY < sun² uneasiness, headache.
 F/H/: MA, PU, Sis, Br- Diabetes. Fa-Diabetes-
 Coma, PA- Diabetes, Ca Breast

CONSTITUTION IN EVOLUTION AS A PHENOMENON

CAUSATION

PREDISPOSITION

P/H/: Uterine prolapse à Hysterectomy F/H/: PU, MA, Br, Sis: Diabetes, FA: Diabetes, coma, PA: Diabetes, Breast Ca.

DISPOSITION

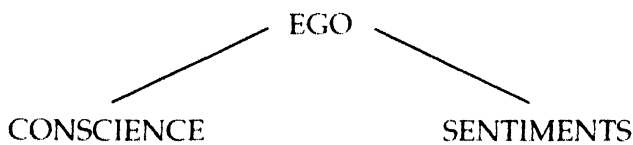
Sentimental, Irritable, Preoccupied with Responsibility conscious, Selective, Sensitive to Domination, Emotional outwent expression

ENVIRONMENTAL

PRECIPITATING FACTOR

A/F: Vexation, Humiliation, Self reproach, Shock

MAINTAINING FACTOR: Constant battle between



EXPLANATION: In this case, what we see is combination of 2 distinct blocks.

- Sensitive to Domination
- Suppression of Emotions
- Emotional Stress -> Physical Complaints
- Craving fish
- Sun and Heat Sensitivity

EXPRESSION

PHYSICAL GENERALS

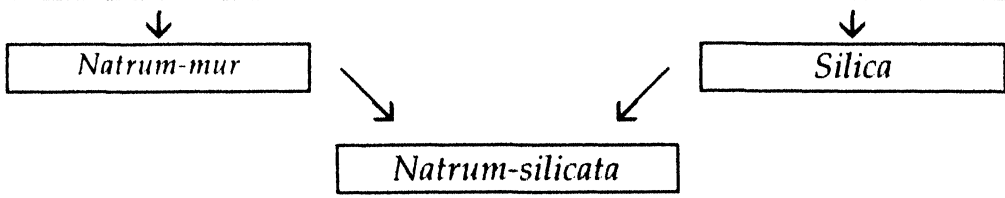
Tall, thin, bony, flat chest
 Chilly, <sun², Sleep disturbed³ < thoughts
 Cravings: Fish³, Sweets³, Menses-clots, Indelible stain <² Menses before and during
 Coldness palms, soles. Heel-cracks

PHYSICAL PARTICULAR

- 1) Respiratory System- Sinusitis < cold drink², <² extreme cold/ heat
- 2) Skin and D.M.- A/F Self reproach.

Predisposition: Family history of Diabetes Mellitus Type II has made a soil susceptible due to improper handling of emotions, self generated status, pride and values didn't allow this sensitive individual to express her emotions or resolve her on-going negative emotions of anger, vexation, frustration, etc. When a support system of brother also suffered a financial loss due to her (as she perceived this), then it was a final straw on camel's back when she started self reproachment. This precipitated Diabetes Mellitus in her. Thus unless these interactions of various feelings of Predisposition / Disposition and Precipitating factors are considered, it won't be possible to arrive to a constitution of *Nat-silicata*. Expressions at physical level of heat and cold sensitivity, menses indelible, palms and soles cold further explain the prescription progress.

- Conscientious - Guilt
- Intellectualization
- Rationalization
- Dreams - Water
- Menses - Indelible stains
- Sensitive to cold
- Coldness of soles





FIRST PRESCRIPTION:

9/3/2006 – Nat-sil 200 Single dose.

FOLLOW UP CRITERIA

1. Sleep / Thoughts
2. Giddiness / Black out

3. Poly urea
4. Skin Complaints
5. Heel Cracks
6. BSL

FOLLOW-UPS

9/3/2006		Nat-sil 200 Single dose
14/3/2006	All Complaints > ²	SL
21/3/2006 to		
28/12/2006	All complaints were improving.	3 doses of Nat-sil 200 were given
	No major breakdown	

BLOOD SUGAR LEVELS:

DATE	FASTING BSL	PP BSL
14/2/2006		322
28/3/2006	92	115
3/7/2006	82	85
7/11/2006	99	112
Last 5/7/07	90	110



Because they had no reservations at a busy restaurant, my elderly neighbor and his wife were told there would be a 45-minute wait for a table.

"Young man, we're both 90 years old," the husband said. "We may not have 45 minutes." They were seated immediately.



An old man goes to the Wizard to ask him if he can remove a curse he has been living with for the last 40 years.

The Wizard says, "Maybe, but you will have to tell me the exact words that were used to put the curse on you."

The old man says without hesitation, "I now pronounce you man and wife."

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