

Constitutional Approach of Treatment of Multisystemic Disorder: A Case Report

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Abstract

Received: 26 March 2025

Accepted: 28 April 2025

As we all know that Homoeopathy has an individualistic approach for treatment of various disease among which constitutional approach is the best. Constitution is defined as a person's physical and mental make-up which is revealed through his physical built, his characteristic desires, aversions and reactions as well as emotional and intellectual attributes. Physical make-up of the individual illuminates many aspects of personality and many of the behavioral patterns. Physical characteristics are linked closely to the genetic make-up and this suggests that the physical and psychic characters are intimately related. The term constitution emphasizes on physical structure as well as the biological function, comprising inherited qualities modified by the environment. Every person is born with a certain part of organization which is determined by the genes and the environmental influences. During intrauterine life, the embryo is liable to receive the effect of various physical and emotional factors on mother. It develops certain attributes during this stage of life. After nine months of intrauterine life, it comes out with certain attributes and enters the world which has altogether different environment. In the course of its growth, it comes across different environment and accordingly modifies its reaction by learning through experiences. It develops certain likes and dislikes, certain positive and negative attitudes which, in due course, become a part of its behavioral pattern. Throughout his life, a person learns through his personal experiences, but the impact of early environment plays a great role in the making of his constitution. Thus, the constitution of a person is the sum total of the result of the influences of early environment on hereditary characteristics.

Keywords: Constitution, totality of symptoms, repertorisation, homoeopathic treatment.

1. Introduction

“No knowledge is perfect unless it includes an understanding of the origin – that is, the beginning; and as all man’s diseases originate in his constitution, it is necessary that his constitution should be known if we wish to know his diseases.” – Paracelsus.

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, disruption of the equilibrium in the functioning of the individual. The imbalance is expressed through the signs and symptoms, the reaction to his unfavorable 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.

The constitution of an individual plays an important role in the drug proving and also in the occurrence of natural diseases. Hence the role of constitution is crucial in treatment and achieving a cure. The Knowledge of constitution of a medicine and constitution of a person on the part of a physician helps to arrive at a greater level of similarity between the person and the medicine.

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To understand the constitution of a person, the physician must know the person's physical make up, 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. Various concomitants expressed in relation to the stressful situations like dentition in a child, menstruation, pregnancy and menopause in a female are important expressions which reveal the quality of a constitution.

A constitutional prescription should be based on the totality of the mental and physical reactions. It should be able to cover the level of susceptibility, the tendencies, the behavioral pattern and the underlying miasm.

Administration of a 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. Constitutional medicine should be prescribed only after the acute crisis. It helps the individual to have a quick and uneventful convalescence, also effectively checks the tendency to relapse.

Chronic diseases do not resolve themselves, but can be treated with the help of well-chosen homeopathic remedies known as constitutional remedies. To select such a constitutional remedy, knowledge about the constitution is necessary.

In Homoeopathy, the choice of remedy is based on a consideration of the totality of an individual's symptoms and circumstances, including personality, behaviors, fears, responses to the physical environment, food preferences and so on.

2. Case Report

A 62-year-old patient with T2DM, hypertension on allopathic medicine attended Bandana Homoeo Clinic on 25th Sep 2020 with the following complaints:

- Frequent hyperacidity and gas formation.
- Irregular bowel movement, constipated
- Frequent urging for urination
- Sleep disturbed, almost sleeplessness since retirement.

Patient also brought the reports of USG from outside, which suggestive of

1. Bilateral bright kidney
2. Grade I Prostatomegaly
3. GB polyps.
4. An Echogenic focus in GB lumen and is seen adherent to GB wall.

*Reports attached

H/o present complaints:

He was treated with conventional methods of treatment of modern medicine and was on medication for the above symptoms but with no relief.

- There was eructation which was acrid in nature but there was relief of his gas for a little time after eructation.
- There is distention of abdomen towards the evening almost everyday
- His bowels were never ok since many years. He was always constipated,

his stools were offensive and consisted of undigested food particles most of the time.

- There was frequent desire to urination towards the evening.

3. Physical generals

Headache almost every evening when he starts to read a book or newspaper or watches TV.

- Thirst – less
- Sleep is disturbed, very less almost absent since he was retired. He was habituated with sleepless night due to his profession.

4. Mental generals

- He is very anxious regarding his health.
- He is very serious regarding his duties and responsibility.
- He forgets things when he has a lot of stress.

Past h/o: B/L renal calculi operated.

Family h/o: Father suffered from IBS

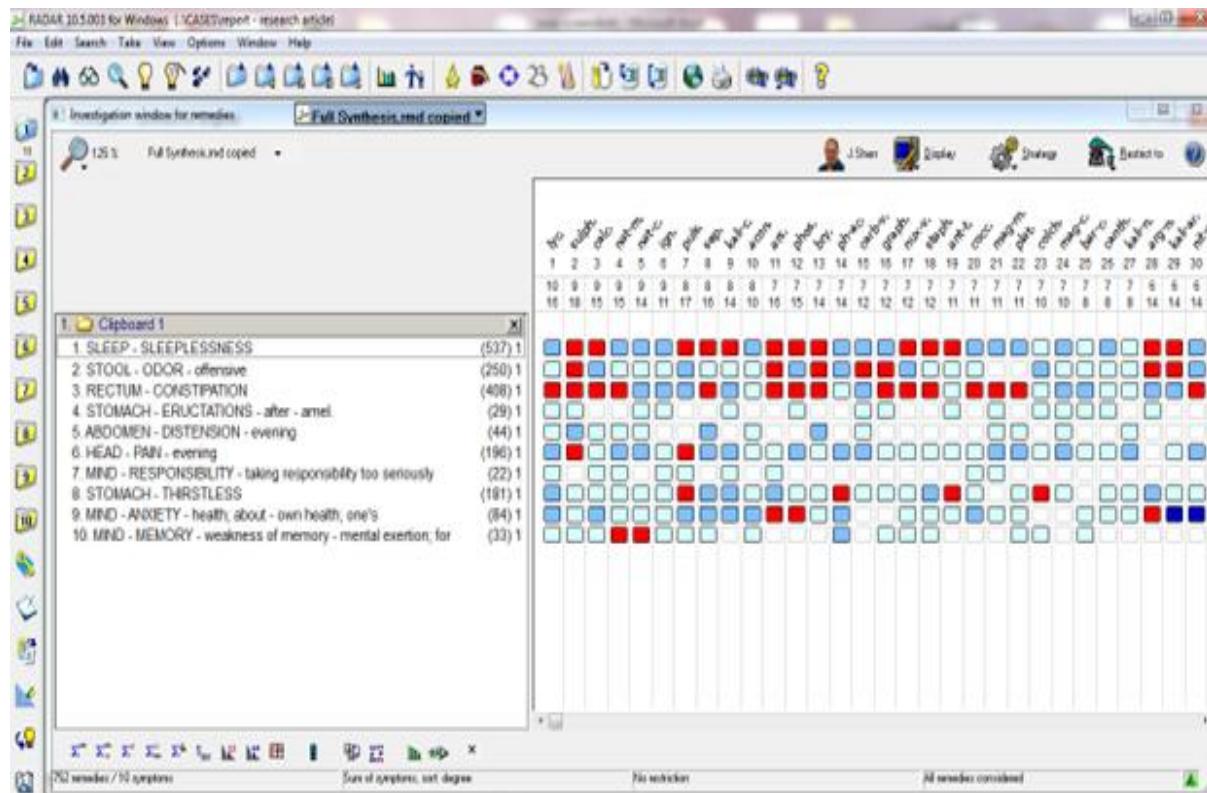
Analysis of the case:

Totality of symptoms:

1. Mind-weakness of memory-mental exertion from
2. Mind-taking responsibility very seriously
3. Mind-anxiety about own health
4. Sleep-sleeplessness
5. Thirstlessness
6. Head-pain in the evening, eye straining from
7. Abdomen-distension towards the evening
8. Stomach-amelioration after eructation
9. Stool-offensive, with undigested food particle
10. Constipation

5. Repertorisation and its result

Repertorisation done with the help of Schroyens synthesis Repertory in Radar.



Tabular representation of patient's visits and medication:

Sr. No:	Date	Medicine with doses:
1st prescription:	10/10/2020	1. Lycopodium 30/ 1/2drum 4 pills morning empty stomach for 7 days. 2. Phytum 30/ 2drum 4 pills at bed time daily for 15 days
1 st follow up	25/10/2020	1. Lycopodium 200/ 1 drum 4 pills morning empty stomach for 7 days. 2. Phytum 30/ 2drum 4 pills at bed time daily for 15 days
2 nd follow up	10/11/2020	1. Phytum 30/ 2drum 4 pills at bed time daily for 10 days
3 rd follow up	20/11/2021	1. Lycopodium 200/ 1 drum 4 pills morning empty stomach daily for 7 days
4 th follow up	28/11/2020	1. Phytum 200/ 2drum 4 pills at bed time daily for 10 days
5 th follow up	3/12/2020	1. Lycopodium 1 M / 1 drum 4 pills morning empty stomach daily for 3 days alternatively.
6 th follow up	15/12/2020	1. Phytum 200/ 2drum 4 pills at bed time daily for 20 days

Before treatment and After treatment ultrasonography results:

LIFE CARE DIAGNOSTICS		AIG HOSPITALS	
RADIOLOGY REPORT		DIVISION OF ADVANCED IMAGING & INTERVENTIONS	
Req ID : 60310720	ULID No : LCDB 6708092019	Patient Name : MR. SAMARENDU KUMAR NATH	USG Reporting
Name : SAMARENDU KUMAR NATH / 1037402945	Req Date/Time : 17-Sep-2020 09:01:50 AM	Age : 64 Yrs 9 Mth	IP ID : 1
Age/Par : 64 Years / Male	Printing Date/Time : 17-Sep-2020 09:46:22 AM	Gender : Male	UHID : 2000189066
Hol. By :		Ref. Doctor :	Bill No. : AGOP210029556
USG OF WHOLE ABDOMEN		Ref. Date :	Bill Date : 22-01-2021 10:18:05
<p>Liver : Liver is normal in size, shape & echotexture. No focal or diffuse lesion is seen. Intrahepatic biliary radicles are visualized.</p> <p>Gall Bladder : Gall bladder is partially distended. An echogenic foci measuring 6.4 mm is noted in GB lumen.</p> <p>Common Bile Duct : CBD is normal in calibre and measures: 3 mm. No free calculi seen.</p> <p>UPPER ABDOMINAL AORTA AND PIMA AORTA: AORTA: NORMAL.</p> <p>Pancreas : Pancreas is seen in its entirety and reveals normal echotexture. MPD is normal in calibre.</p> <p>Spleen : The spleen is normal in size, and shows normal echotexture. No focal lesion is seen.</p> <p>Kidneys : Both the kidneys are normal in size & contour. Bilateral renal parenchymal echotexture are mildly bright.</p> <p>Right Kidney measures: 111 mm in length. Left Kidney measures: 112 mm in length.</p> <p>BOWEL LOOPS AND MESENTERY ARE NORMAL.</p> <p>Urinary Bladder: Urinary bladder is normal in shape, contour & capacity. UB wall thickness is within normal limit.</p> <p>No intraluminal lesion is seen.</p> <p>Prostate : Prostate is enlarged in size and normal in echotexture. It measures 4.7 x 3.3 x 3.0 mm, weighs 24 gm.</p> <p>No free fluid seen within the peritoneal cavity.</p>		<p>LIVER: Measures 13.2 cm, normal in size and echotexture with smooth contour. No focal parenchymal lesion noted. Intrahepatic biliary and vascular radicles are normal.</p> <p>PORTAL VEIN: Measures 8.5 mm, normal.</p> <p>CBD: Normal, measures 5.5 mm.</p> <p>GALL BLADDER: Well distended. Wall thickness appears normal. No calculi noted within.</p> <p>SPLEEN: Measures 6.8 cm, normal in size and normal echotexture. No focal lesions seen within.</p> <p>PANCREAS: Visualized pancreas is normal in size and echotexture. No calcifications / calculi. No ductal dilatation. No evidence of peripancreatic fluid collection. Tail of pancreas - Poor window.</p> <p>BOTH KIDNEYS: Both kidneys are normal in size and echogenicity. Corticomedullary differentiation well maintained. No hydronephrosis or calculi noted.</p> <p>Right kidney measures 9.3 x 3.8 cm. Left kidney measures 9.9 x 4.7 cm.</p> <p>URINARY BLADDER: Well distended. Normal wall thickness. No calculi noted.</p> <p>PROSTATE: Vol = 23 cc. Normal in size and echotexture.</p> <p>No free fluid in the abdomen.</p>	
<p>IMPRESSION : * BILATERAL BRIGHT KIDNEYS (Advice : RFT correlation).</p> <p>* GRADE-I PROSTATOMEGLY.</p> <p>* GB POLYP.</p> <p>* AN ECHOGENIC FOCI IN GB LUMEN AND IS SEEN ADHERENT TO GB WALL.</p> <p>--- ? CHOLELITHIASIS / ?? LARGE GB POLYP --- SUGGESTED MRCP.</p>		<p>IMPRESSION:</p> <ul style="list-style-type: none"> No sonographic abnormality detected. <p>For clinical correlation and further evaluation</p> <p> DR. GAYATRI S CONSULTANT RADIOLOGIST</p>	
<p>Dr. Hemal Jain MD (General) Consultant Radiologist</p> <p>Dr. Hindol Kakoti MD, Dr. Indravardhan Garami MD, Dr. Bhupathy Devi, MSc Consultant Radiologist, Consultant Radiologist</p> <p>Dr. Rohit Kulkarni MD Consultant Radiologist</p>		<p>.....End of Report.....</p> <p>Note : The information in this report is based on interpretation of images. This report is not the diagnosis and should be correlated with clinical details and other investigation.</p> <p>CIN: U99999TG994PTC018352</p> <p>Page 1 of 1</p>	

6. Discussion and Conclusion

Constitutional prescribing is based on the patient's symptom profile and specific aspects of homeopathic theory. Constitutional prescribing is based on the whole person – that is the mentals, generals and particulars. Some methods also include a miasmatic interpretation.

The way constitutional prescribing is applied throughout the profession can be sorted into various categories – essence is a broad term that implies the “heart” or totality of the person is being taken into account and is a subcategory of constitutional prescribing.

Organon of Medicine is a work of intense interest and codification of the medical philosophy. It is the foundation on which the practice of Homeopathy remains. Through this, Hahnemann conveys that the physician's high and only mission is to restore the sick to health, what he termed as to cure. Further, he defines that the preserver of health (Physician) is the one who must have adequate knowledge about the things that derange health and cause disease, and also knows how to remove them.

In Homoeopathy, the choice of remedy is based on a consideration of the totality of an individual's symptoms and circumstances, including personality, behaviours, fears, responses to the physical environment, food preferences and so on.

Dr. Hahnemann gives a fair idea on the importance of the constitution in Aphorism 5 of Organon of Medicine, wherein he states “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.

In these investigations, the ascertainable physical constitution of the patient (and intellectual character, his occupation, mode of living and habits, his social and domestic relations, his age, sexual function, ..etc., are to be taken into consideration. Thereafter, at least at 20 places he mentions about the constitutions in different context. He mainly refers constitution to the inherent in the natural frame, or inherent nature of the individual. Hahnemann used the word *Beschaffenheit* in German, which usually translated as constitution in relationship to the Latin root "constitute" in Homoeopathic works. Chambers Dictionary defines constitution as the natural condition of the body or mind; disposition.

The term constitution is used at least 16 times in *The Chronic Diseases*. Pages 30, 34, 35, 48, 75, 90, 98, 99, 101, 103, 142, 143, 145, 181, 242, 243, etc.

Historical perspective

Hippocrates taught that all diseases (excluding injuries) were initially general in nature and only become local to provoke a crisis at a later stage. All natural diseases are originally functional and then proceed toward pathological damage over time. He also taught that there was no such thing as a single cause in a natural disease. He taught that causation was of an interdependent origin rather than any one isolated factor. There is always the merging of the susceptibility of an individual or group with a sympathetic pathogenic influence. Therefore, the etiological constellation includes the predispositions of the physical constitution and mental temperament, the nature of the disease state, as well as environment conditioning factors. Hippocrates classified constitution into 2 types, short and thick – is prone to apoplectic conditions and Long and thin – is prone to tubercular affection.

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