

I'm not a robot































Take the Homeopathic Constitution Survey now!GENERAL DESCRIPTION:Can be slightly overweight. Gentle and kind appearance. Can look younger than actual age. Hair is fair and skin has a rosy complexion. Blushes easily. Often rests with hands behind head. Shy and easily embarrassed. Kind and gentle and makes friends easily. Likes to be supported by others. Not assertive and can be indecisive. Cries easily, in particular over cruelty to children and animals, tragic news or weepy movies.APEARANCE: Can look younger than actual age. Hair is fair and skin has a rosy complexion. Blushes easily. Often rests with hands behind head.MENTAL AND EMOTIONAL ASPECTS: Shy and easily embarrassed. Kind and gentle and makes friends easily. Likes to be supported by others. Not assertive and can be indecisive. Cries easily, in particular over cruelty to children and animals, tragic news or weepy movies. Also laughs easily. Avoids confrontation. Loves animals. Can suppress guilt and anger. Occasionally prone to obsessive or compulsive behavior.PHYSICAL WEAKNESSES: All female reproductive problems including menstrual cramps and breasts swelling at menses. Catarrh. Irritable bowel syndrome. Skin problems. Varicose veins. Styes. Physical symptoms can fluctuate and change rapidly.DIETARY FACTORS: Likes sweet foods, cold foods and cold drinks. Dislikes fatty foods such as cream and butter which irritate digestion and very rich, spicy foods. Thirstless.THE PULSATILLA CHILD: Fears the dark and dislikes bedtime. Sensitive to changes in the weather. Becomes tearful and weepy when overtired. Prone to coughs and colds.GENERALITIES: The Pulsatilla types often rest with their hands behind their heads. Changeable symptoms and mood. Sensitive, can be clinging when unbalanced and seek consolation and affection when upset. Better in open air. Take the Homeopathic Constitution Survey now!GENERAL DESCRIPTION:Slim and tall. Often sits with legs crossed. Likes to look attractive and elegant. Medium to dark hair, often with brown eyes. Can be irritable and easily offended. Tendency to be aggressive to loved ones. Cannot handle too much stress and tries to avoid pressure and deadlines. Can feel better after weeping, but does not like when others are fussing around.APEARANCE: Slim and tall. Often sits with legs crossed. Likes to look attractive and elegant. Medium to dark hair, often with brown eyes.MENTAL AND EMOTIONAL ASPECTS: Can be irritable and easily offended. Tendency to be aggressive to loved ones. Cannot handle too much stress and tries to avoid pressure and deadlines. Can feel better after weeping, but does not like it when others are fussing around. Avoids crowds but fears being alone. Hates being contradicted, as holds strong opinions.PHYSICAL WEAKNESSES: These include all menopausal problems. Headaches and migraines. Skin problems. Other common ailments include constipation and hemorrhoids, chronic fatigue syndrome and depression. Conditions usually improve with exertion. Physical problems mostly occur on left side.DIETARY FACTORS: Likes spices, sour and savory foods, citrus fruits, sweet foods and alcohol. Dislikes dairy products, especially milk, rich and strongly flavored meats and fatty foods.THE SEPIA CHILD: Prone to constipation. Can become a bed wetter. Moody. Feels the cold and can become tired easily. Does not like being alone.GENERALITIES: The Sepia type doesn't like crowds but fears being alone. Who's stressed can become very irritable to loved ones and want to run away. Hike you ever thought how nice it would be to have your own individually tailored tonic? In this post I explain what homeopathic constitutional remedies are. And why they are the Holy Grail for homeopaths and their patients.What Are Homeopathic Constitutional Remedies?The Difference Between Acute and Constitutional RemediesWe have around 4000 homeopathic remedies to call. They are made from a range of sources. From plants such as Arnica and minerals like calcium. Each with their own profile of physical and emotional characteristics. They vary in their realm and depth of action. Remedies can be taken for acute conditions or for deeper constitutional support.The acute remedies are for passing problems. Such as Arnica for minor sports injuries. Or for minor self-limiting conditions such as in a cold or flu.Your constitutional remedy will be the one that fits the whole picture for you at a given point in time. It is a genuinely holistic approach. Chosen to take into account the many different aspects of your health. This will usually act more deeply than a remedy for an acute condition.A Constitutional RemedyYour constitutional remedy reflects your personal and medical history. Including what has happened in your life and how you are responding. As well as the things that make each of us who we are.People may see a homeopath for the same reason, maybe menopause or trouble sleeping. But as each of those people are individuals we may use different remedies to reflect that.Our constitutional remedy can change throughout our lives. I believe we have a few core remedies that we go to as life sometimes pushes us into different spaces. So different remedies can be useful at different times.Many self-help books will often have a fairly brief description of a remedy. This can be sufficient for using remedies in minor acute conditions. But a homeopath will work from professional Materia Medica that have pages of detail for remedies. We take into account more aspects of the individual than is required in the instance of a minor ailment. But these books are fairly hefty tomes. Generally more than a home prescriber needs. You can learn more about using remedies for everyday ailments in Miranda Castros Complete Homeopathy Handbook.The Role of the HomeopathWhen you have your first homeopathy session with a homeopath they will take a detailed process. Aiming to get a real understanding of you and how you feel. They will then select the remedy that matches best to prescribe your homeopathic constitutional remedy. At follow up appointments the goal is to review and to update the prescription.Can I Work Out My Own Constitutional Remedy?When I tell people I have my own homeopathy they are often surprised. They expect me to treat myself. And for minor ailments I do. But it is because the constitutional remedy is so all encompassing and works so deeply that we need to see someone who can see us objectively.I find there is profound value in the consultation itself. It is a space in which to review. To explore and move forwards. How easy it is in most people's hectic lives to find ourselves forever on the hamster wheel. We can benefit from the clarity we find when we pause to take stock.Why Are Constitutional Remedies So Important?A constitutional prescription aims to help your system centre itself. To gather and strengthen your resources.In a culture that defines health by disease labels this is not always an easy concept to explain. We approach it from the other side. By supporting the constitution to do what it needs to do. Put simply, the aim is for it to be an individually tailored tonic.Curious to know What Your Remedy is?I share with my patients what I believe their constitutional remedies are. And why we are using them at that particular point in time. I think it is the greatest gift homeopathy has to offer. A remedy that respects and meets you as an individual. Without judgement to help support you in your life.I hope you have found this post on Homeopathic Constitutional Remedies to be of interest. If you feel you would like to explore how homeopathy might be able to help you, please contact me, Lynne Russell, or give me a call on 07970 245118.Thank you, I look forward to hearing from you. Take Your Homeopathic Constitution Survey Now!There are 15 basic homeopathic constitutional types considered in homeopathic prescribing. In classical homeopathy, the Homeopath will analyze a persons homeopathic constitution when treating a person for a chronic or long term care. The constitutional type takes into consideration someones mental and emotional nature. Also considered are a persons fear and phobias along with food likes, aversions and dislikes. The homeopathic constitution takes into consideration persons responses to different weather conditions and their overall temperament and biochemical nature is taken into account as well. Other factors considered in determining a homeopathic remedy, usually given in the patients daily dropper bottle. If there is still enough of a corner of a healthy state of mind remaining, it is possible to diagnose both the genotype and the phenotype, and prescribe for both simultaneously. Also, the phenotype will gradually melt away (sometimes faster, sometimes slower) over time as the patients time line of shocks and traumas are gradually whittled away, moving them always one step closer towards their natural state of health. As this process unfolds, their natural genotype becomes more and more visible, and the heavier elements of their personality fall away. I prefer to speak of the constitution of our remedies instead of constitutional remedies. You will agree with me that Sulphur, Calcarea carbonica, Lycopodium, and Thuja should be mentioned first, if I am to speak of constitutional remedies, which I shall try to present in pictures.Sulphur is the most important, the main remedy in Hahnemanns psora treatment. It is the best agent where there is lack of reaction of the body. This lack of reaction is, of course, more or less dependent upon constitutional conditions. It is therefore indispensable also in acute conditions, and the chief remedy in diseases following suppressed skin troubles. Farrington thinks it is a racial remedy for negroes, because they are widely suffering from scrofulosis. The constitutional indication for Sulphur is found in those who have all kinds of skin affections, unpleasant skin odour, aversion to water and bathing; they drink much and eat little, have a stooping walk; all orifices are red, red ears especially in children; they are vexed easily and tend to melancholia. Intuitively I recognize a Sulphur patient when he enters the room; he looks dirty. There is disturbed circulation, irregularity of the blood distribution, tendency to congestion in any part of the body, sometimes with burning heat. Sulphur acts especially on the lymph channels and glands, hence it dominates the scrofulous constitution. Three cardinal indications are: burning on vertex, burning of feet evenings in bed, and feeling of hunger at 11 a.m.Calcarea carbonica is just as important and indispensable. It is easily differentiated from Sulphur. In the exterior, it differs from the lean, sinewy Sulphur patient in being fat, or at least in being inclined to be so. The children have pot bellies. The colour of the face is watery, pale. Temperamentally the patient is indolent, clumsy and slow in his motions, does not like to work, while the Sulphur patient is lively and changeable. Calcarea carbonica acts pre-eminently upon the bony structure, hence such patients have under-developed bones, disturbed growth, soft or bent bones. They dispose to glandular enlargement and swellings, polypi, etc., and to skin affections, which in contradistinction to Sulphur are more moist. While Sulphur has heat and burning, the Calcarea patient feels cold, and complains of cold head, and his feet are cold as from wet socks. Typical are partial perspirations, in children especially around the head, in men of the sexual organs with sexual weakness; women have too early and profuse menses with copious leucorrhoea. Peculiar is the Calcarea patients desire for eggs, while milk is not tolerated, often vomited.Sulphur is well followed by Calcarea in constitutional treatment, and then Lycopodium or Silica are usually the sequence unless some other remedy is more indicated.Lycopodium is a priceless remedy. Its patient is lean, dark complexioned and yellow. Its patient is lean, dark complexioned and yellow, and appears to be older than he is. Dark circles around the eyes. His muscles are weak, and he is disposed to liver affections and uric acid diathesis. He is either irritable or sad, or dominating, thinks himself important, and often seems to be haughty. His memory is weak. He is inclined to varices and naevi. Constipation is always present, contrary to Sulphur and Calcarea. Older patients are impotent. Peculiarities are: the Lycopodium patient can never eat to satiety, suffer from flatulency, distension of lower abdomen (Carbo veg. of upper, china of entire abdomen), he craves open air, i.e. he wants open windows. One foot is cold, the other warm. It acts, especially on the right side, and has aggravation afternoon from 4 to 8 pm. I had a diphtheria epidemic which was prevalent in patients of Lycopodium constitution, in which this remedy quickly cured. During the cholera epidemic in Hamburg in 1894, Sulphur was always the curative remedy, when I found the Sulphur constitution at the beginning presented cholera-like symptoms. This shows how important it is to pay close attention to the constitution, even in acute diseases. See also The New Era of Homeopathy in BrazilSilica patients give the impression of weak people, physically and temperamentally are easily depressed, indecisive and irritable. This general weakness shows also in the nervous system with inclination to paralysis. The children are lean because of poor assimilation; they eat enough, but continue getting weaker, and may finally die from marasmus. Characteristic is that inflammations in tissues and bones have a tendency to supuration without healing reaction. Foetid perspiration of feet is frequent. It has cured cases of epilepsy which had decided aura from the solar plexus, and which appeared especially during new moon. Also whooping cough of severe degree was cured by it if the constitution corresponded.From Silica I come to Thuja of the conifer family, because it is complementary to Silica. It is Hahnemanns antiscyticum, also a great agent. Of course there are constitutions for which Thuja is suitable, even if contagion has not created that constitution. There are two poisons: the gonorrhoeal and vaccination; if they are implanted in the system, they will act so much more violently in a constitution present, and they even can create such a constitution. Formerly vaccination was done from arm to arm, and there I have many observations and cured many children with Thuja. How does the Thuja patient look? He is hasty, impatient and quarrelsome, often has fixed ideas, e.g. that he considers himself fragile like glass, and permits not one to come near him; he has many symptoms of a sick nervous system. His hair is thin, dry, and split at the ends. Warts appear all over the body, or condylomata, or cauliflower-like excrescences. There is a tendency to hardening of epithelium, hypertrophies with following softening. Often we find misshaped nails. Characteristic perspiration of uncovered parts; sweet smelling perspiration on genital organs. Women often have the sensation of something live in the abdomen.I shall now mention a constitutional remedy which many do not consider capable of changing the body or soul. Natrum muriaticum, a remedy for nordic races. For many years in my practice not a day passed that was without the Natrum muriaticum constitutions, or that I did not have to treat patients for ailments springing from this constitution. I have previously pointed out that chiefly climatic, geologic and nervous temperament; their faces are often bloated with swollen upper eyelids. Like phosphorus it is suitable for individuals weakened by loss of body fluids or after a long siege of sickness. They are sensitive to cold and local congestion. Their pains are stitching and independent of motion. Circulation and metabolism are low, muscle degeneration and weakness extend even to the heart. Characteristic are the great weakness and pain in the small of the back and loins; all aggravations are between 2 and 3 a.m. If there is inclination to perspiration the sweat is not connected with sleep as in phosphorus.Graphites was designated by Hahnemann as a dead acting anti-psorium, with the characteristic especially on the skin, usually in the form of moist eruptions, predominating on and behind the ears and on the eyelids with honey-like, viscous secretions. The patients are usually fat, bloated, sad and depressed, with lack of body warmth and poor circulation. The nails of fingers and toes are thickened and deformed. The rectum and anus are points of minor resistance.Iodum is another important constitutional remedy, much abused, but very valuable in torpid forms of scrofulosis and luetic conditions. These people are lean, brunette with dark hair and eyes; they have unclear skin. They dispose to diseases of glandular organs and hyperplasias of connective tissues. The ductless glands function poorly, or wrongly (Basedow). The mucous membranes show increased secretions, which are acrid and corroding. They are always hungry and feel better after eating. They dislike warm or warm rooms, prefer cool air, and love to walk in the open.Ferrum is almost as much abused as Iodum. It is indicated in young, slender people, healthy countenance in consequence of false erethism when excited, but in reality they have sallow, pale complexions, and pale mucous membranes. The gums are almost white. Local congestions are often found all over. Their system is not strong enough to assimilate the iron from the food. They have aversion to meat, but love bread and butter. The characteristic that they cannot lie on the left side, and that their hands wring, they are sleepy in day time. They perspire during sleep, which stops when they awaken, but begins again when they go to sleep. See also Polypharmacy and AlternationKalacarbonum is composed partly phosphorus and follows the advantages of such patients. Such patients are anemic, of nervous temperament; their faces are often bloated with swollen upper eyelids. Like phosphorus it is suitable for individuals weakened by loss of body fluids or after a long siege of sickness. They are sensitive to cold and local congestion. Their pains are stitching and independent of motion. Circulation and metabolism are low, muscle degeneration and weakness extend even to the heart. 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