

Constitutional MEDICINE



With special reference to the
three constitutions of
Dr. Von Grauvogl

John H. Clarke

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THE THREE CONSTITUTIONS
OF
DR. VON GRAUVOGL

BY
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“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*.



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PREFACE.

Having projected the compilation of a "Repertory of Generalities" it became apparent to me that the work of Dr. von Grauvogl would have to be taken into account, and especially his famous "Constitutions." A reference to such works as I possess, including his *Text-book of Homœopathy* in the American translation by Dr. George W. Shipman, published in 1870, showed me that no process of repertorial condensation could do justice to the subject, and that a complete setting out of it was necessary. As I know of no work of the kind in the English language, and as the subject is of most vital importance not only to Homœopathy but to medicine in general, I have thought well to put it together as best I may, leaving to others to complete what may be lacking in my account of it.

Grauvogl was certainly one of the most remarkable men who were drawn into the Homœopathic fold in the period of its adolescence. For clarity of vision, philosophical and logical mentality, he has no superior. At the same time he was quite in the first rank as a practical physician. He has left on record a series of observations, the parallel of which I have never met. Every one of the cases recorded is a little drama complete in itself, a spring as full of medical wisdom from which every practitioner

may draw according to his capacity as it is of human interest. These will all be found in my pages, and to them I have added the cases, no less dramatic and no less vital, of Grauvogl's friend and disciple, Dr. Bojanus, of Moscow, the ablest of Russian Homœopaths.

Apart from the record of clinical observations which it contains, the *Text-book* is not easy reading for moderns. It is in two parts, each part containing some 400 pages, and is divided up into numbered paragraphs something after the manner of the *Organon*. This is exceedingly useful for reference, but it does not make for continuity of thought and reading. Also much of the work is necessarily occupied with the current medical doctrines of his day, and these Grauvogl deals with in a spirit of absolute fairness.

The great medical Panjandrum of Grauvogl's day was Virchow with his "Cellular Pathology" and "Leukæmia," and his dicta had to be taken count of. Grauvogl correctly described Virchow as a "politician and phrase-maker," for Virchow was a leader of Liberals as well as of Medicals. In Grauvogl's view it was not the cell but the molecule which was the unit of living processes, and on this perception his division of the basic constitutions of man into three is founded.

Of the human body three-fourths are made up of water—that is of Oxygen and Hydrogen. Carbon and Nitrogen account for most of the remainder. On the constant and regular interchange between the tissues and the gases

effected by the blood the health of the body depends. On any constant *plus* or *minus* of any of these elements in the blood and tissues depend the basic differences in the constitutions of the individuals so affected. And in these differences—revealed in their symptoms—are found indications for remedies which over-ride indications which might be drawn from the separate symptoms taken independently.

Grauvogl's mind was the reverse of everything that savoured of fanaticism or bigotry. His vision was of the *whole*; he did not regard the human organism as made up of independent parts. A born physician, with the genius of cure driving him on, he was compelled to seek and find in Homœopathy the guidance he needed in his search for remedies. But that did not make him abjure all that he had been able to do under the teaching of the physiological or Allopathic school. A man who cannot cure some proportion of his cases with Allopathy is not likely to be very successful in Homœopathy. The physician must be born before he can be made.

In Homœopathy Grauvogl found this supreme merit—it provided a counterfoil or counterpart for comparison with disease-pathology in a drug-pathology which it created. Health, he said, is an abstract idea, disease is something concrete added. Physiological medicine depends on chance experience in isolated cases and experiments on the sick for its progress. As Dr. Dudgeon put it, physiological medicine claims to be orthodox, but it has no "doxy"; it claims to be regular, but it possesses no "rule."

Now that Professor August Bier, of Berlin, has opened the way for a saner attitude towards Homœopathy on the part of the Academies, the work of von Grauvogl should find a welcome in all the Schools. There is no real ground of conflict between the two branches of medicine. It is not a matter of *belief*, it is one of *knowledge*. Either a man knows a certain fact or series of facts, or a certain law and how to use it, or he does not know, and there's an end. It makes no difference to the fact whether it is believed in or not, and disputes about a belief are idle when by taking trouble it is possible to know.

Grauvogl's great achievement consists in his having shown that in prescribing for a patient his constitution often counts for more than the particular complaint in which it manifests itself. He also showed how these different constitutions could be recognised and remedied. Once the constitution is known and cured, all the rest of the symptoms clear up.

This is done in a minor degree by most homœopathic practitioners who have learned from Hahnemann the importance of observing the Conditions under which a symptom occurs or is worse or better; also the Times of recurrence and disappearance, and the Concomitant Symptoms with which it is associated. These particulars, which in general arise from the constitution of the patient and not from the disease from which he is suffering, are often of greater importance than the actual symptoms which they characterise; and it was through patient observance of these that Grauvogl was

led to discover the threads running through them.

That the last word has been spoken on this subject by Grauvogl it would be absurd to contend. The modern use of Nosodes by Homœopaths, and of Vaccines and Serums by Allopaths, are instances in which Grauvogl's principles are being carried out in other directions. But nothing new that can be discovered can in any way affect the solid work which Grauvogl has achieved and I feel it a great privilege to be able to set it forth for all to comprehend and use, as I trust it will be found that I have done, in the following pages.

JOHN H. CLARKE.

CONTENTS.

CHAPTER	PAGE
I. INTRODUCTORY	13
II. THE MORBID CONSTITUTIONS ACCORDING TO VARIOUS AUTHORS	17
III. THE THREE CONSTITUTIONS OF VON GRAUVOGL	23
IV. THE HYDROGENOID CONSTITU- TION	25
V. EXAMPLES OF THE HYDROGENOID CONSTITUTION FROM VON GRAUVOGL'S PRACTICE	31
VI. EXAMPLES FROM THE PRACTICE OF DR. BOJANUS	76
VII. THE OXYGENOID CONSTITUTION	130
VIII. THE CARBO-NITROGENOID CON- STITUTION	136
IX. EXAMPLES OF THE CARBO- NITROGENOID CONSTITUTION	138
X. CONCLUSION	175

CHAPTER II

THE MORBID CONSTITUTIONS ACCORDING TO VARIOUS AUTHORS

MANY observers in all schools have noticed certain tendencies to particular disease-manifestations in certain types of individuals, and among those who have succeeded in reducing the different forms to specific types there is a fairly unanimous selection of the number THREE.

After years of patient observation Hahnemann saw that a superficial symptom-resemblance between drug-symptoms and disease-symptoms was sometimes insufficient to show the true specific correspondence. Eventually he tracked down the underlying constitutional dyscrasiæ to the three "miasms," and he named them, Syphilis, Sycosis and Psora. The first of these was due to the initial sore of the chancre, the second to the constitutional effects of gonorrhœa and the third to the chronic effects of itch poisoning. The three typical remedies indicated in the three dyscrasiæ were (1) *Mercury*, (2) *Thuja*, (3) *Sulphur*. These were the typical remedies of each of the three classes.

Bazin again reduces all chronic diseases to three forms: Scrofula, Gout, and Syphilis, from which he thinks that all other pathological forms originate.

Rademacher again, also found a three-fold division. His division was an ætiological or causative one, and varied as the peculiar cause at work. In some epidemics one type would rule and the remedy for that type would be *Copper*. At another season a somewhat different type would prevail and for that *Iron* would be needed; for a third again *Cubic Nitre* or *Natrum Nitricum* would be the remedy. And each of these remedies had allied remedies of its own type.

Grauvogl, who did not deny the value of these classifications, did not find that any of them went far enough or deep enough. So he re-stated them in terms of the tissues themselves. He also widened their borders.

It was through Hahnemann's insistence on the necessity of observing *Concomitant Circumstances* in relation to symptoms that Grauvogl was led to make his great generalisation. In the practice of Homœopathy it makes all the difference whether a symptom is *worse* or *better* in hot weather or cold, wet or dry, summer or winter. Grauvogl with his critical and analytical instincts asked himself what these conditions meant in the organism. Being well versed in chemistry, he asked himself what changes in the organism took place differently under these different conditions and he tracked them down in the first place to the changes that take place in the blood in respiration.

The animal body, solid as it looks, is made up in two thirds of its bulk of water. "It (water) is used for keeping up the physical properties

of the body, and renders function and nutrition possible. It is a universal solvent chemically employed for dissolving solid substances and mechanically as a carrier of the insoluble. Water is lacking in no part of the organism and it is in relation to the manifold solid matters its most universal unit. The whole nutrition consists in the new formation of *hydrates* for supplying the place of that which is dissolved and excreted, and forms by that alone an immense *source of heat*; the water of the body absorbs *all kinds of gases* and thus alone respiration and access of oxygen becomes possible. Every process of combustion is preceded by a *polarisation of oxygen*. Ozone vanishes in the combinations which arise as products of combustion; the antozone (positively electrified ozone) remains with the water for which it has an affinity. The water can also supply the place of acids and bases, and is amphoter (both), and with a mixed food oxygen is expired, which is followed at the expense of the oxygen contained in the carbohydrates, while with the exhaled hydrogen a small quantity of *peroxide of hydrogen* is mixed. Water maintains the equilibrium of the normal temperature of the organism, while neither the blood nor the nerve centres alone regulate the production of heat." (I. p. 116.)

Respiration is a function which is not confined to the lungs, all parts of the body respire and consequently oxygen is found in all organs and tissues, sometimes as ozone (neutral) and sometimes as antozone (positive). The air we breathe is composed of Oxygen, Carbon, Hydrogen

and Nitrogen, of which the whole organism is composed and which are even contained free in the blood. Thus changes of the atmospheric constituents affect the constant whole of the organism.

It is in this conception as explaining Hahnemann's observation of the effect of the various seasons and climatic conditions on patients and drug-provers that Grauvogl's arrangement of the Constitutions is based. "The Homœopath *abstracts* first from the symptoms the individuality of the patients in connection with the state of the outer world in which they have existed from their birth and out of which the *bodily constitution* is developed. The *bodily constitution* is hence the *general cause*."

Grauvogl made the true observation that if the organism is not able to adapt itself to varying conditions there is something wrong with the organism. "If, for example, a patient with intermittent fever, even before his sickness, was always affected by damp weather, *he is not cured*, even though the last paroxysm occurred years ago, *so long as he does not feel quite as well in damp as in dry weather*.

"Or, if a patient who has been for a long time annoyed by this circumstance *that every draught of air affects him unpleasantly, he is not cured*, even if, for instance, many years have elapsed since he recovered from his last pneumonia. As long as the disposition to take cold is not removed from him, every relapse to which he is exposed under such circumstances is proof