

ROCINE'S SYSTEM OF GENOTYPE CONSTITUTIONS - summary.

3. ROCINE'S SYSTEM OF GENOTYPE CONSTITUTIONS.

The system of Genotype Constitutions developed by Rocine, is one of the most complete available to us. Its principles have been used in the development of the Iridology types and in the determination of Homeopathic constitutions. Indeed, this system has had a greater influence on the traditions and method of treatment of Holistic Medicine than any other, and has been the basis of diagnosis and treatments of some of the most renowned and successful Natural Healers in this century.

The first part of this volume consists of an outline of the Rocine constitutions and their mineral analogues. In the second part, notes which have been collected from the lectures given by Rocine in the early 1920's have been compiled and somewhat edited and updated, with every effort having been made to preserve in these notes the essence and quality of his original teachings. We will therefore now commence to explore Victor Rocine's ideas by considering his system, and his definitions, analyses, and by means of a discussion and a comparison of the 20 types, each of the five groups headed by an outline of their primary constitutional types.

3.i. Classification of the Rocine Constitutions.

Mental Primary Constitutional type.

Types: Neurogenic, Nervi-Motive, Exesthetic and Pathetic.

Dominant structures: Brain, nerves, ganglia, nerve plexuses, adrenal medulla and skin.

Temperamental Predisposition: Choleric.

Physical response: Poor endurance, cannot take strong medicines, fevers tend to be low and typhoid, require tonics and stimulants.

Body Structure: Fine, delicate appearance, small or light frame, intelligent and thoughtful appearance.

Movements: Quick, restless.

Miasmatic Propensity: Sycotic.

Health: Easily affected by stress and overwork; nervous or digestive problems common.

Mental Constitutional type 1: NEUROGENIC.

Physical Characteristic: They are short of stature and of slender built, have a prominent forehead, and appear lively and restless.

Nature: Tactful, well-mannered, creative and gifted speakers; easily become anxious, apprehensive or irritable

Temperamental Predisposition: Choleric/Melancholic/Phlegmatic.

Health: Sensitive, easily affected by stress and worry.

Keynote Remedy: Humulus.

Special Requirements: Phosphorus foods and tonics, vitamin and mineral supplementation when run down; especially needs adequate sleep. Warm baths and fresh air exercise and invigorate, as does deep massage.

Mental Constitutional type 2: NERVI-MOTIVE.

Physical Characteristics: Small face and head with angular features, often small, short, bony body which is lean and desiccated and has long limbs; often appear prematurely aged and wrinkled; appear austere or severe.

Nature: Positive, optimistic and courageous, alert, organised and honest; can be curt, irritable and quarrelsome. **Temperamental Predisposition:** Choleric/Sanguine/Melancholic.

Health: Spasmodic, but generally good; a good immune system; may be prone to allergies.

Keynote Remedy: Scutellaria.

Special Requirements: Appetite may be deranged, and must be attended to, diet should be alkaline. Cold baths and relaxation are helpful.

Mental Constitutional type 3: EXESTHESIC.

Physical Characteristics: Tall and slender, gesticulate when talking and are continually mobile. The face is oval and chubby and rarely ages, appearing pale in the morning and rosy later in the day; the appearance is gentle and serious.

Nature: Active, sensitive, sympathetic and anxious. Memory is poor for details.

Temperamental Predisposition: Choleric/Sanguine.

Health: Life force is good, but has little endurance; both the life force and the digestive system are readily affected by illness or worry.

Keynote Remedy: Ceanothus.

Special Requirements: Sulphur foods should be avoided, as these may exacerbate mental conditions; cool baths, outdoor walks and exercise are helpful.

Mental Constitutional type 4: PATHETIC.

Physical Characteristics: Bones small, muscles flabby, arms short, hands and fingers long and tapered, torso lean, waist set low; appear frail, youthful with a rosy complexion, stout but not obese; appear aristocratic and professional.

Nature: Amicable, kind-hearted, congenial, affectionate, tenacious, somewhat Slow and deliberate, poor self-esteem.

Temperamental Predisposition: Choleric/Phlegmatic.

Health: General life force weak and has little endurance, nervous system also weak.

Keynote Remedy: Hypericum.

Special Requirements: Must avoid stress and heavy work, avoid fats, too much protein, and ensure adequate sleep. Tepid baths, gentle massage and light exercise are helpful.

The Osseous Primary Constitutional type.

Types: Calciferic, Isogenic, Sillevitic and Barotic.

Dominant Structures: Bones, joints, nails, teeth, white blood cells, spleen, pituitary, brain motor centers and spinal cord.

Temperamental Predisposition: Melancholic.

Physical Response: Good physical and mental endurance, propensity for hard work, nature is slow and deliberate, effects of doses and medicines unpredictable.

Body Structure: Straight stature, heavy, well developed bony frame, large joints, angular and rugged looking features.

Movements: Slow and deliberate.

Miasmatic Propensity: Psoric.

Health: Healthy when young, suffer mainly chronic and 'slow' diseases, often suffer from osteoarthritis in old age, often quiet, depressed and introverted types.

Osseous Constitutional type 1: CALCIFERIC.

Physical Characteristics: Tall and broad, thin when viewed from the side, bony with large joints; look old, even when young, are sanguine with little skin pigment and appear clumsy and awkward.

Nature: Stable, unemotional, slow but active; disciplined and self-sacrificing; pioneering type.

Temperamental Predisposition: Melancholic/Choleric/Sanguine.

Health: Good, easily affected by dampness, alcohol.

Keynote Remedy: Salix.

Special Requirements: Need plenty of fluids for kidneys, must avoid constipation, fats, refined starches and alcohol; should avoid obesity and cold damp weather. Exercise improves organic function.

Osseous Constitutional type 2: ISOGENIC.

Physical Characteristics: Heavy build, with large bones, often fleshy. Elongated face with a serious expression and a prominent forehead. Ruddy complexion.

Nature: Practical, independent, indifferent, conservative, tenacious, dependable and cheerful.

Temperamental Predisposition: Melancholic/Choleric/Phlegmatic.

Health: Strong constitution, with a good life expectancy; toxic accumulations may cause problems; prone to arthritis, kidney and liver problems.

Keynote Remedy: Ruta.

Special Requirements: Need vitamin supplements, iron, potassium and silicon; should practice proper breathing, avoid overwork. A warm, dry climate is best for this type.

Osseous Constitutional type 3: SILLEVITIC.

Physical Characteristics: These are based on the tonic effect of silicon; they appear lean, slender and flexible; the face shape is square or long and narrow; the skin is youthful and unwrinkled.

Nature: Full of fun, optimistic, friendly, never timid or reserved, selfless and generous.

Temperamental Predisposition: Melancholic/Sanguine.

Health: Good, maintain youthful appearance into old age. May suffer nervous problems from fatigue; over-exercise may cause structural damage.

Keynote Remedy: Withania.

Special Requirements: Must avoid too much sugar, starches and fats; take small amounts of fluids frequently; have adequate sleep, avoid over-exercise.

Osseous Constitutional type 4: BAROTIC.

Physical Characteristics: Nervous metabolism slow (Choleric-) Vital metabolism high (Sanguine and Phlegmatic+). Body fleshy, bony and muscular, thick set but proportional; face large, forehead and eyes small; movements powerful, but slow and awkward.

Nature: Sturdy and reliable, good sense and judgement, fair; lacks selfconfidence and holds grudges; difficulty in expressing thoughts and feelings, harbours deep and powerful underlying impulses.

Temperamental Predisposition: Melancholic/Phlegmatic.

Keynote Remedy: Guaiacum.

Health: Powerful life force, usually has excellent health; brain is physically weakest part.

Main problems: Nervous and rheumatic disorders.

Special Requirements: require brain and nerve support and foods such as magnesium, sodium, iodine and sulphur. Avoid fried foods, sweets, alcohol, purines, too much phosphorus and protein. Outdoor exercise, saunas and spas are helpful.

The Vital Primary Constitutional type.

Two basic types: 1. The active, happy type and 2. The sluggish, Phlegmatic type.

Types: Carboferic, Oxypheric, Hydripheric, Nitropheric, Lipopheric and Pallinomic.

Dominant Structures: Fluid metabolism, hormones and adipose tissue foremost; also the vital organs and vital fluids, including the blood serum and the lymph fluid; the lungs, kidneys, stomach, intestines, pancreas, endocrine glands, especially the thyroid, lymphatic system and all secretions.

Temperamental Predisposition: Phlegmatic.

Physical Response: Variable, doses of medicines may give exaggerated results or response may be very slow.

Body structure: Fleshy, rotund, full in body build; usually has a short neck and double chin.

Movements: Type 1: Energetic; Type 2: Sluggish.

Miasmatic Propensity: Tubercular (Scrofulous).

Health: Liable to inflammatory disorders, especially in youth; the indolent prone to chronic degenerative diseases.

Vital Constitutional type 1: CARBOFERIC.

Physical Characteristics: Tendency to putting on weight from carbohydrate consumption. If they have too much carbon the tissues become flabby, the nature phlegmatic.

Nature: Kind and compassionate.

Temperamental Predisposition: Phlegmatic/Choleric/Melancholic.

Health: Mental and physical health poor; nerves sensitive; affected by climate and weather; prone to diabetes; produce acid e.g.: in stomach and perspiration; lack free oxygen.

Keynote Remedy: Pulsatilla.

Special Requirements: Metabolism must be stimulated; avoid acid forming foods; high altitude and refined air helpful.

Vital Constitutional type 2: OXYPHERIC.

Physical Characteristics: Tall and portly, with a commanding appearance; they look healthy and proportionately build.

Nature: Joyful, active, energetic; restless and impulsive and gesticulate a lot.

Temperamental Predisposition: Phlegmatic/Sanguine/Melancholic.

Health: Generally good, full of vitality, but may have appetite problems; prone to hypertension and acute and inflammatory disorders.

Keynote Remedy: Crataegus.

Special Requirements: Plain food, vegetarian diet is best; must avoid too much animal protein in diet.

Vital Constitutional type 3: HYDRIPHERIC.

Physical Characteristics: Hands, feet and torso broad; face cubic and padded; lymphatic system active; retain fluid, and hold this and adipose tissue mainly around the hips and upper thighs. Much inner heat, but externally cold. Most of this type are female.

Nature: Distant and detached, serious, reserved or shy, do not smile much, Are unselfish.

Temperamental Predisposition: Phlegmatic/Melancholic/Choleric.

Health: Delicate health in childhood, but stronger later in life; poor nerve force, prone to anaemia and fatigue; also prone to tumours and oedema.

Keynote Remedy: Astragalus.

Special Requirements: Avoid cold or moist food and remedies; hydrotherapy treatments useful; mild climatic conditions, not too hot or cold also of assistance.

Vital Constitutional type 4: NITROPHERIC.

Physical Characteristics: Two basic types: 1. Tall, slender, brunette, professional type. 2. Short, stocky, business type. Lower abdomen padded; feet are small and the weakest part and fatigue easily.

Nature: Reliable, tactful, reserved, introverted; a real homebody.

Temperamental Predisposition: Phlegmatic/Sanguine/Choleric.

Health: Vitality is low, body health and life expectancy poor, nerves are easily upset; prone to stroke, heart disease, blood disorders.

Keynote Remedy: Hydrastis.

Special Requirements: Should eat plenty of vegetables, especially cruciferae, have exercise and fresh air; avoid chilling and damp air; avoid too much animal protein, starches and fats.

Vital Constitutional type 5: LIPOPHERIC.

Physical Characteristics: heavy body, overlarge trunk with short arms, small fat hands, short tapering fingers, heavy thighs and small feet. They have a fat ball on their cheeks and at the back of the neck.

Nature: Charming, extrovert, friendly, well groomed.

Temperamental Predisposition: Phlegmatic/Sanguine.

Health: Must avoid intemperate diet and promiscuity; prone to lung and heart problems, digestive disorders and obesity, especially to putting on "solid" fat.

Keynote Remedy: Scrophularia.

Special Requirements: Plenty of exercise, fresh air, skin brushing.

Vital Constitutional type 6: PALLINOMIC.

Characteristics: Portly and aristocratic appearance, with a large body, which is well proportioned. Hair is usually brunette, and stiff in texture.

Nature: Relaxed type, sincere, stable, serious, reserved and positive; movements are slow and deliberate.

Temperamental Predisposition: Phlegmatic/Melancholic.

Health: Generally good; nerves good. Prone to chest conditions, digestive disorders.

Keynote Remedy: Bryonia.

Special Requirements: Must avoid sweets, as these cause wind; vegetarian diet not well tolerated, normally require animal protein and vitamin supplements later in life.

The Muscular Primary Constitutional type.

Types: Desmogenic, Marasmic and Myogenic.

Dominant Structures: Muscular development, blood circulation, red blood cells, heart, liver and gonads.

Temperamental Predisposition: Sanguine.

Physical response: Good aerobic endurance; often suffer from injuries and wear and tear; can take strong medications.

Body structure: Large, muscular body: 'triangular', wide and broad at the shoulders, narrower at the waist. Oval shaped head and face.

Characteristics: Quick, active, energetic and adaptable type. Likes to have an active lifestyle. Mentally alert and practical in nature.

Movements: Quick and powerful, indicative of good endurance.

Miasmatic Propensity: Syphilitic.

Health: Usually good, strong and healthy; may suffer from problems due to physical neglect or oversteering the body.

Muscular Constitutional type 1: DESMOGENIC.

Physical Characteristics: Three basic types: 1. Tall and thin, 2. short and thin, and 3. stocky type. The frame is unusually wiry and ligamentous, cheekbones are prominent and cheeks sunken.

Nature: Tough, serious and determined; sometimes extremists; may harbour longterm grudges.

Temperamental Predisposition: Sanguine/Choleric.

Health: Appear weak as children, but are tough, have good nerves, are usually healthy. Health may give out suddenly.

Keynote Remedy: Serenoa.

Special Requirements: Sodium may be in excess or deficient, needs protein, calcium, phosphorus and trace minerals; strongly affected by weather changes; needs high fibre foods, warmth and exercise.

Muscular Constitutional type 2: MARASMIC.

Physical Characteristics: Very lean and haggard appearance: skin is wrinkled, dry and dark: they look old even in youth. Cheekbones prominent, cheeks and eyes are sunken. This is the leanest of all the types.

Nature: Honest, ethical, loyal, patient, industrious, uncommunicative, impassive and melancholic; they respect elders and are patriotic.

Temperamental Predisposition: Sanguine/Melancholic/Choleric.

Health: Health is good, but strongly dependent on the mental and emotional state; may have appetite problems (anorexia, bulimia); nerves are weak.

Keynote Remedy: Sarsaparilla.

Special Requirements: Has a low metabolism of fats, sugars and water. Must eat chlorine foods but avoid excess. Has poor water retention, but must not drink too much water. Must avoid drug abuse, spices and sweets. The element sodium balances the metabolism.

Muscular Constitutional type 3: MYOGENIC.

Physical Characteristics: Typical Sanguine type, youthful, ruddy-brown complexion, flushes easily; has sloping cheekbones and slightly rounded cheeks; chest large, strong muscular development. May look solid, but this is due to muscular development.

Nature: Physically active; pleasant, optimistic, idealistic, practical, curious and excitable; they do not show deeper feelings.

Temperamental Predisposition: Sanguine/Phlegmatic.

Health: Health very good, even when they abuse their body; healthy appearance may hide underlying developing weaknesses, which may appear suddenly and shorten life.

Keynote Remedy: Echinacea.

Special Requirements: They have good assimilative capacity, and often do well as vegetarians. They require plenty of vegetables for potassium and other minerals. Must avoid over exercising, discord in life and high living.

The Pathogenic Primary Constitutional type.

Types: Atrophic, Medeic and Pargenic.

Dominant Structures: Variable.

Temperamental Predisposition: Variable.

Physical Response: Determined by pathogenic dominance.

Body structure: Always unbalanced, disproportionate, e.g. long limbs, short torso (Atrophic), deformed or dwarfish (Medeic), heavy body, thin limbs (Pargenic).

Characteristics: Inherent predisposition to disharmony.

Movements: Unbalanced, ungainly, awkward, nervous.

Miasmatic Propensity: All.

Health: Mainly suffer from autotoxic, degenerative and congenital disorders.

Pathogenic Constitutional type 1: ATROPHIC.

Physical Characteristics: Stature short or tall, torso is flat and short; limbs long; face is either square or angular, and has fine wrinkles. The hair is oily, often matted or even odorous. They grow too fast between the ages of 10 and 20.

Nature: Serious, intelligent, quiet, unresponsive, non-committal introspective, indifferent; may be cranky and irritable.

Temperamental Predisposition: Choleric/Melancholic.

Health: Physical vitality and healing capacity poor. Prone to bronchial, tubercular, and lymphatic disorders and bone defects.

Keynote Remedy: Thuja.

Special Requirements: Digestion, assimilation and oxidation are poor, thus they must breathe properly and have a varied diet. They need vitamin supplementation, calcium and trace minerals. They should avoid hot and humid weather.

Pathogenic Constitutional type 2: MEDEIC.

Physical Characteristics: They are lean, square shaped in body and head, slender, sometimes emaciated. Body of medium size, usually has some deformity. Upper jaw larger than lower jaw, mouth often crooked. They look awesome and fearful; dwarfs are an extreme Medeic example.

Nature: Self-confident, tenacious, suspicious, critical or sarcastic, quick witted, intelligent but eccentric, melancholic; may be fanatical or rebellious.

Temperamental Predisposition: Choleric/Melancholic/Sanguine.

Health: Health periodic and erratic due to erratic body functions and effects from melancholy; Vital energy nevertheless strong, they are wiry and tough; prone to nervous and mental disorders. Life expectancy unpredictable.

Keynote Remedy: Phytolacca.

Requirements: They are assimilators of phosphate, in Potassium Phosphate form. Should cultivate a positive attitude; watch the appetite, which is often depraved; eat a good, easily digested diet; avoid craved foods; avoid over-exercise.

Pathogenic Constitutional type 3: PARGENIC.

Physical Characteristics: Heavy and wide torso, disproportionate limbs, abdomen large and heavy, legs misshapen; face is fleshy and cheeks puffy, skin flaky and scaly; appearance is rough, unkempt and overweight.

Nature: Emotions are intense, but repressed; they are cautious, sensible, stubborn, conceited, resentful, sarcastic, melancholic and often sulky and withdrawn.

Temperamental Predisposition: Choleric/Phlegmatic/Melancholic.

Health: They easily get obese. Digestion good, but elimination is poor, Causing autotoxaemia. Health is superb until chronic illness sets in which lasts for life. Prone to disorders of the skin, liver and immune system.

Keynote Remedy: Dulcamara.

Special Requirements: Must avoid fatty and oily foods, non-complex carbohydrates. Keep elimination channels open. May need vitamin supplements. Sunshine and outdoor exercise essential.

3.ii. Determining the Rocine Constitution.

In order to determine the constitution of an individual, a number of other considerations must be taken into account. Firstly, the physical appearance of a given constitutional type changes during different stages of life, this is the result of differences in the metabolic rate at different ages which produce changes in the acquired temperament. These changes may cause an individual to appear to be a different constitutional type than they truly are, and should be taken into account when determining the inherent constitutional type, as follows:

CHILDHOOD. During childhood the metabolism is unusually high, due to the rapid growth and accelerated physical development of the individual. Thus the individual will tend to look more Vital than they really are, and this propensity should be subtracted from their general appearance. The conclusion of childhood usually occurs around fourteen years of age and is marked by a clear change

in physical appearance which occurs at the completion of growth.

YOUTH. During youth the secondary sexual characteristics develop, but it is also the time when the mental and emotional development focuses on the external environment rather than upon the direct influence of the parents and family, and also focuses upon the processes of mentation, emotion, sense perception, speech and communication. This is therefore the time of greatly enhanced mental and nervous activity, and consequently the individual appears lankier and will tend towards the appearance of the Mental Primary constitution.

ADULTHOOD. During adulthood, from twenty-five years of age onwards, the physical strength is at an optimum and the muscles and ligaments at their highest development. This stage hallmarks the most physically active period of life, which also further contributes to the development of muscles and ligaments. During this period therefore, an individual will appear more ruddy and muscular than their inherent type and will tend towards the appearance of the Muscular Primary constitution. Towards the end of this period, usually between forty and fifty years of age, reproductive hormone production diminishes, which produces a slowing of the metabolism; the physical effects from this slowing may be further augmented because of a reduction in physical activity because the fruits of experience and personal achievement have brought about the a more sedentary lifestyle. This usually results in a greater propensity towards weight gain, and the individual will now tend towards the appearance of the Vital Primary constitution, which should be subtracted from the physical traits to arrive at their true constitutional type.

MATURITY. In maturity the metabolism slows down further, and assimilation of nutrients gradually diminishes in efficiency. The individual often also starts to suffer from a decline in the activity of the Vital force (Thymos).

Hence, if the Vital Primary constitution is not a dominant inherent quality, the metabolism will now be too slow to maintain the physical attributes which are representative of it. Thus any gained weight together with most of the Vital properties is gradually lost, and an individual's appearance temporarily returns towards that of the Muscular Primary constitution.

Usually this period will last for but a few years, but this may be longer if a person has a great deal of inherent constitutional strength and enjoys robust health. At the conclusion of this period, the strength starts to wane, muscles lose their tone and bulk, the joints become more prominent, and the physical response becomes slower. Gradually these processes lead to an appearance which is more Osseous in type than the true inherent constitution.

The Determination of the Inherent Constitution.

When determining the constitutional type, the first thing to be observed is the body shape. This means noting whether any part of the body is dominant or the shape is relatively straight with little waist shown and the frame has a light bony structure (Mental Primary constitution); or is straight with heavy bones and prominent joints (Osseous Primary constitution).

Whether the neck is relatively short and whether there is much space for the abdominal organs, which manifests as either an 'hourglass' figure or a large abdomen (Vital Primary constitution); whether the torso tapers from the shoulders down and the musculature is prominent (Muscular Primary constitution); or whether the body is disproportionate or uneven from left to right (Pathogenic Primary constitution).

The second aspect to observe is the face shape. This is often an important factor in determining the constitution, as the body shape may appear to vary from the true constitutional type of the individual due to age, changes in body weight, and the health state of the individual. First the general head and facial shape should be observed, whether it is round, elongated, square, triangular, angular, regular or irregular. The colour and relative smoothness of the facial skin in relation to the age should be observed next, as should the contours of the cheeks. This should now be followed by more specific observations of the

facial features, such as the size, shape and direction of the eyebrows, the prominence or lack of prominence of the cheekbones and the shape and size of the mouth and of the lips.

The third aspects to be observed relate to the personal attributes of the person. The mannerisms: whether the person moves often, or remains in place; whether they gesticulate and are facially expressive or whether they keep their face and hands still; whether their movements are quick or slow; fluid or awkward; powerful and large or small and reserved. The voice: whether it is deep, high-pitched, strong, weak, musical, harsh, modulated or nervous. Also the character should be taken into account: whether the person appears happy or unhappy; is pleasant or gruff; friendly or hostile; or excitable, nervous or calm.

If all these aspects are carefully observed and correlated in the light of the acquired temperament, the inherent constitution may be determined readily and with great confidence.

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