

MORPHOLOGICAL ANALYSIS

Definition: A description of organized beings with special reference to their forms and structure.

There are two great divisions of the autonomic nervous system: the *sympathetic* and *parasympathetic*. These two systems are antagonistic and it is the over-activity of the one, and the relative under-activity of the other that produces morphologic types.

The principle underlying all syntonics training is to more nearly balance the patient nervously and physiologically.

In syntonics we recognize three broad morphological classifications, categorizing the patients according to their physical and mental characteristics. They are *pyknic* (P), *syntonic* (S), and *asthenic* (A). The pyknic type (parasympathetic predominating) manifests certain physical and mental characteristics which, although not always outstanding, are typical. The syntonic type (sympathetic and parasympathetic *balanced*) is that individual who is mentally and physiologically well balanced, and is seldom handled syntonically except for bifocals, opacities, etc. The asthenic type (sympathetic predominating) manifests certain physical and mental characteristics which, although not always outstanding, are typical.

The morphological types' characteristics on the following pages are extremes, and are not often encountered in routine practice, although many patients have tendencies towards one extreme or the other. These types are further subdivided into:

- *Pyknic* leaning towards *syntonic* (abbreviated "P/S")
- *Syntonic* leaning towards *pyknic* (S/P)
- *Syntonic* leaning towards *asthenic* (S/A)
- *Asthenic* leaning towards *syntonic* (A/S)

All babies are pyknics in type. They change to true types at five or six years of age.

Writing and interpreting syntonics prescriptions

Syntonic Indication (a generalization) - syntonic type (sympathetic and parasympathetic balanced) being mentally and physically well balanced is seldom handled syntonically except when they are presbyopic or have opacity conditions, and generally the frequency band Mu (equilibrator) is indicated.

Pyknic Indication - pyknic type (parasympathetic predominating) being physically slow and sluggish, requires both mental and nervous stimulation. Therefore, one would generally employ frequencies toward the low frequency (red end) of the spectrum: Alpha (sensory stimulant), Delta (motor stimulant), Theta (intense motor stimulant) and combinations of these with other filters. If intense stimulation is required, filter "S" (stimulant) is added to the combinations.

Asthenic Indication - asthenic type (sympathetic predominating) being over-active both mentally and nervously, requires depressing or slowing down. Therefore, the higher frequencies (blue/violet end) of the spectrum would be indicated: Omega (motor depressant), Upsilon (intense sensory depressant), Pi (sensory depressant) and combinations of these with other filters. If a greater depressant is indicated filter "D" (depressant) is added to the combinations. However, a sensory depressant (Pi or Upsilon) combined with a motor stimulant (Delta) is sometimes indicated for asthenics.

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Characteristics based on the Kretschmer biotypes.

Facial and Bodily Signs and Characteristics:

<u>Asthenic</u>	<u>Syntonie</u>	<u>Pyknic</u>
Thin triangular face	Square face	Full round face
Thin upper lip - as a rule		Full lips
Long nose - high bridge		Small depressed nose
Narrow bridge		Wide bridge
Rapid pulse (Mu slows)		Slow pulse (Mu increases)
Hollow cheeks		Full round cheeks
Mouth closed, eyes open		Mouth open, eyes closed
Pointed, very narrow chin		Globular chin
Long neck		Short neck
Long extremities		Short extremities
Bass voice		Tenor voice
Trunk short & narrow		Trunk long & full
Shoulders square, high, angular		Shoulders sloping
Crowded ill-set teeth		Teeth even, not crowded
High cheek bones		Depressed cheek bones
Bony		Fleshy
Pale		Red
Tall - usually		Stodgy
Lips pale		Lips red to purple
Eyes large, maybe narrow PD		Eyes small, wide PD
Delicate texture skin		Rather coarse skin
Narrow head		Wide head
Tend to be fleshier after 35		

Functional Tendencies or Trends:

High metabolic rate		Low metabolic rate
Hyperopia		Myopia
Esophoria		Exophoria
Dyspepsia		Asthma
Hypotension (low BP)		Hypertension (high BP)
Hyperthyroid		Hypothyroid
Headache		Apoplexy
Melancholia		Fatty degeneration heart & kidneys
General debility		Inflammations - gouty type
Wasting diseases		Rheumatism
Dizziness		Scrofula (swollen lymph glands)
Intestinal cramps (gas)		Diabetes - Mendelian recession
Heart failure, Class IV		Menorrhagia (profuse flow)
Menstrual cramps - at times		Gall bladder
Gastric ulcers		Tumors
Tumors (cystic)		Alkalosis
Acidosis		

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Characteristics based on the Kretchmer biotypes.

Personality Characteristics:

<u>Asthenic</u>	<u>Syntonic</u>	<u>Pyknic</u>
<p>Normal male type Sympathetic predominating Expends energy Poor mixer Comfortable when uncomfortable Irritable Ill-tempered Few friends Poor company Mentally overactive Spends money Erratic Inventor Negative, argumentative May accept on second thought Diets Psychologizes Planner Scientist Worries Small appetite, unless overirritated Rapid moving Likes lectures Basic function: respiration</p> <p>Adventurous Rapid safety reactions. Augustine. Quick and dead Doesn't scream under fright</p> <p>Good conductor Restless Poor salesman Introvert Active - nervous Energetic Self-conscious Reader Quick to anger</p>		<p>Normal female type Parasympathetic predominating Absorbs energy Good mixer Seeks comfort Sluggish Good natured Everybody likes Good company Dislikes mental activity Makes money Stable Exploits of asthenic & normal Positive May decline on second thought Eats Animal Executes Sciolist Never worries Good appetite Slow moving Likes dinner parties & light shows Basic function: digestion & assimilation Follows well thought-out plans Slow safety reactions</p> <p>Jumps. Screams in high-pitched voice. Frightened Well insulated Calm Good salesman Extrovert Listener</p> <p>Slow to anger</p>
Abnormal Progress in Acute Conditions:		
<p>Rapid Onset Rapid recovery, unless enervation</p>		<p>Slow insidious start, sick before he knows it Prolonged convalescence</p>

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Characteristics based on the Kretchmer biotypes.

<u>Asthenic</u>	<u>Syntonc</u>	<u>Pycnic</u>
Syntonc Elements Used:		
Phosphorus Iron Nitrogen		Carbon Hydrogen Oxygen
Syntonc Elements Needed:		
Carbon Hydrogen Oxygen	Sugar Sodium	Phosphorus Iron Nitrogen
Frequencies To Which These Types Correspond Or Oscillate:		
Brain: Delta or Theta Body: Mu-Upsilon or Omega	Brain: Mu Body: Mu	Brain: Omega or Upsilon Body: Alpha or Alpha Theta
Frequencies Which These Types Need:		
Brain: Omega or Mu Upsilon Body: Mu Delta or Mu		Brain: Delta or Theta Body: Omega or Upsilon Omega