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 syntonic 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 pyknic in type. They change to true types at five or six years of age.

Writing and interpreting syntonic 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 indicted: Omega (motor depressant), Upsilon (intense sensory depressant), Pi (sensory depressant) and combinations of these with other filters. If 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.

ANALYSIS

Characteristics based on the Kretchmer biotypes

Facial and Bodily Signs and Characteristics:

Asthenic	Syntonic	Pyknic
The 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 increase)
Hollow cheeks		Full round cheeks
Mouth closed, eyes open		Mouth open, eyes closed
Pointed, very narrow chin		Globular
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		Myopic
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)		
Heart failure, Class IV		Diabetes – Mendelian recession
Menstrual cramps – at times		Menorrhagia (profuse flow)
Gastric ulcers		Gall bladder
Tumors (cystic)		Tumors
Acidosis		Alkalosis

MORPHOLOGICAL ANALYSIS

Characteristics based on the Kretchmer biotypes

Personality Characteristics:

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

MORPHOLOGICAL ANALYSIS

Characteristics based on the Kretchmer biotypes

Asthenic	Syntonic	Pyknic
Syntonic Elements Used:		
Phosphorus		Carbon
Iron		Hydrogen
Nitrogen		Oxygen
Syntonic Elements Needed:		
Carbon - Yellow	Sugar	Phosphorus - Lemon
Hydrogen - Red	Sodium	Iron - Lemon
Oxygen - Blue		Nitrogen - Green
Frequencies To Which These Types Correspond Or Oscillate:		
Brain: Delta or Theta	Brain: Mu	Brain: Omega or Upsilon
Body: Mu-Upsilon or Omega	Body: Mu	Body: Alpha or Alpha Theta
Frequencies Which These Types Need		
Brain: Omega or Mu Upsilon		Brain: Delta or Theta
Body: Mu Delta or Mu		Body: Omega or Upsilon Omega