

THE IRIS AND CONSTITUTIONAL TYPE

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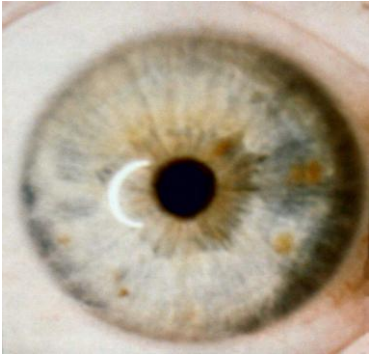
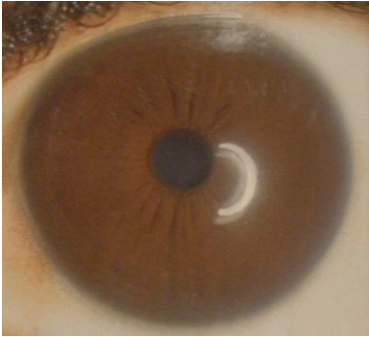

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The parts of the iris that indicate the constitution of an individual are colour and background pattern – consequently, this is the typical starting point of the iridologist’s analysis of an individual.

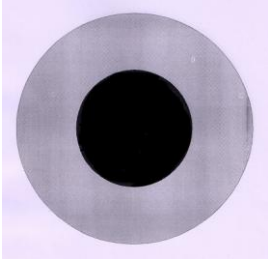

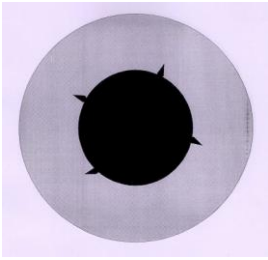

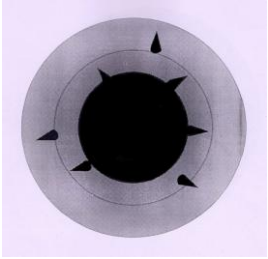
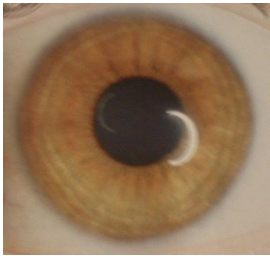
Colour - There are three basic iris colours, namely the blue iris, the grey iris, and the brown iris. There are also green irises; however, constitutionally speaking, the green iris is very similar to the brown iris.

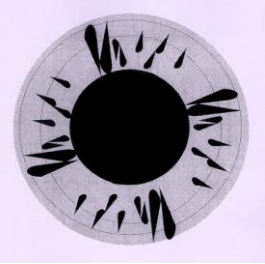

Constitutional types – There are three constitutional types linked to the basic iris colours, namely the ‘lymphatic-rheumatic-tubercular constitution’, the ‘rheumatic-catarrhal constitution’, and the ‘gastric-bilious-carcinomatous constitution’.

| IRIS CONSTITUTIONAL TYPES | | |
|---|---|--|
| Colour | Image | Overview |
| <p style="text-align: center;">Blue Iris (associated with blond hair and fair skin)</p> |  | <p>The lymphatic constitution, and known as the ‘lymphatic-rheumatic-tubercular constitution’.</p> <p>Tendency to develop lymphatic system problems (lymph glands in neck, axillae, and groins, etc).</p> <p>Children – predisposed to tonsillitis with greatly enlarged neck glands. Older children may develop glandular fever with enlarged spleen. Predisposition to adenoidal problems, nasal polyps, and thyroid gland problems (hypothyroidism in later life; young women may develop thyroid goitres).</p> <p>Inherited predisposition to ‘the tuberculosis weakness/pattern’ of the respiratory system (dry cough, haemoptysis (coughing blood), pleurisy, bronchitis, and horse/lost voice – actual TB is rare because of modern treatment).</p> <p>Other associations include rheumatic pains, neuralgic pains, accumulation of uric acid (risk of gout), tendency to develop arteriosclerosis resulting in hypertension, and affecting the heart</p> |

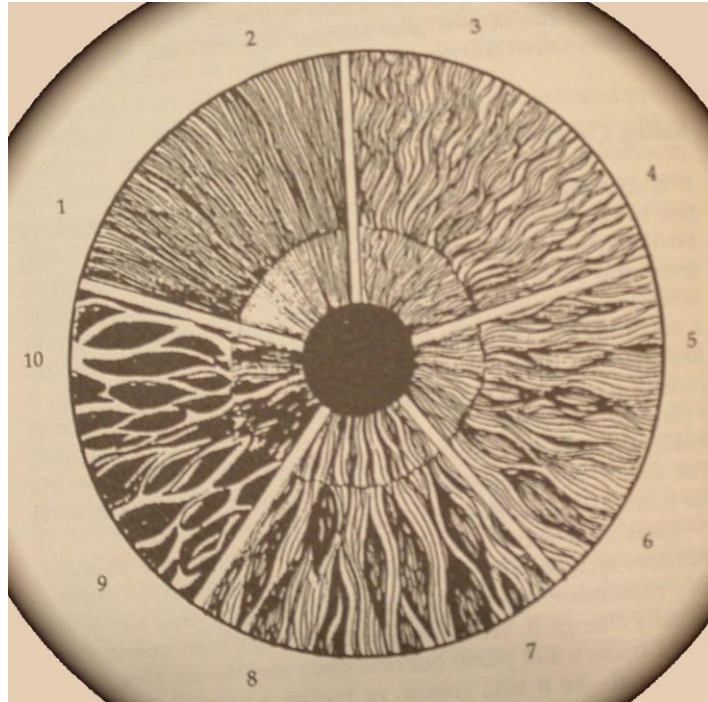
| IRIS CONSTITUTIONAL TYPES | | |
|---|---|---|
| Colour | Image | Overview |
| | | and kidneys in later life. Cataract formation may also occur (esp. in later life). |
| <p>Grey Iris</p> <p>(associated with mixed features)</p> |  | <p>The 'rheumatic-catarrhal constitution'. Similar to the blue iris, however it has an increased disposition to rheumatic and arthritic problems. Predisposition to both rheumatoid arthritis, osteoarthritis and the sero-negative arthropathies (e.g. psoriatic arthropathy, etc). Skin problems (eczema, psoriasis, septic skin conditions, and acne, etc). Catarrh (esp. upper respiratory catarrh affecting sinuses, ears, and nose). Predisposition to lingering chest infections which produce thick/tenacious mucus.</p> <p>Other associations include irritable bowel syndrome (IBS) and colitis.</p> |
| <p>Brown Iris</p> <p>(associated with dark hair and dark skin)</p> <p>Note: Green irises are similar to brown irises relative to constitution</p> |  | <p>The 'gastric-bilious-carcinomatous constitution'. Indicates an accumulation of pigment and an overall/general congestion pattern</p> <p>Associated with digestive and liver disorders. The failure of vital fluids to flow correctly causes congestion within the system's cells, resulting in defective functioning, swelling/enlargement of the cells and damage/rupturing if not relieved/treated.</p> <p>Other associations include gastric ulceration, dyspepsia (indigestion), heartburn, nausea, gall stones, colic, constipation, and diverticular disease in later life.</p> <p>Tendency to weight gain, retention of fluid, and women to experience heavy/painful periods. Pre-menstrual syndrome (PMS), and pre-menstrual migraine are common.</p> <p>Because of the failure to shift fluids, there may be a tendency to develop neoplasms, or growths (both benign and malignant).</p> |
| <p>Mixed Iris</p> <p>(combination of above irises)</p> |  | <p>Some individuals have a mixed iris, which contains elements of the above irises and associated constitutions.</p> |

Background patterns – there are four basic iris patterns, namely the ideal iris, the first class iris, the normal iris, and the degenerative iris. By evaluating the background structure/pattern of the iris, the three constitution types can be narrowed down and specific indications of pathology can be mapped and analysed. When evaluating the individual's constitution, these patterns indicate how far the diathesis is liable to proceed, and give an idea of the strength of the constitution.

| IRIS BACKGROUND PATTERNS | | | |
|---|---|---|---|
| Type | Diagram | Overview | Image |
| <p>Ideal Iris</p> <ul style="list-style-type: none"> ▪ <i>Silky smooth appearance</i> ▪ <i>No crypts</i> ▪ <i>No constriction rings</i> |  | <p>This iris is rarely seen, and indicated the 'constitutionally biological elite'. The individual is very tough and resilient, throws off illness quickly (rarely ill), and has great reserves. Emotionally, they are very tough individuals, who have 'backbone', and keep a 'stiff upper lip'. However, these individuals may be critical of others who are not able to achieve their high standards of health or endurance.</p> |  |
| <p>1st Class/Good Iris</p> <ul style="list-style-type: none"> ▪ <i>Very smooth appearance</i> ▪ <i>Silk-lined pattern</i> ▪ <i>Small crypts near pupil</i> ▪ <i>Pigment distribution not quite smooth</i> |  | <p>These individuals are tough, they rarely get ill, and they readily throw off illness. Only a very serious illness will stop them from keeping going. Emotionally, these individuals are strong, they like things to be 'right', and often feel that people should have more resolve.</p> |  |
| <p>Normal/Average Iris</p> <ul style="list-style-type: none"> ▪ <i>Linen pattern</i> ▪ <i>More pigmentation</i> ▪ <i>More crypts near pupil, spreading peripherally</i> ▪ <i>Constriction rings</i> ▪ <i>Fibres increasingly teased out</i> |  | <p>These are the 'normal' people who get their illnesses, and recover from them in the normal manner. They have 'normal' reserves of energy, and do what is reasonable and expected of them. Further, they are more tolerant, and will make greater allowances for other people.</p> |  |

| IRIS BACKGROUND PATTERNS | | | |
|---|---|---|---|
| Type | Diagram | Overview | Image |
| <p>Degenerative Iris</p> <ul style="list-style-type: none"> ▪ <i>Sack or net pattern</i> ▪ <i>Honeycomb arrangement of teased fibres</i> ▪ <i>Constriction rings</i> ▪ <i>Erratic pigmentation</i> |  | <p>These individuals are more predisposed to illness, disease, and problems. However, this does not mean that they cannot cope, or that they do not have the health reserves to recover. They can cope, but it will be within the limits that they recognise. These individuals are more likely to seek out and consult health practitioners (both allopathic and alternative/complementary). These individuals are not necessarily going to be ill all their lives, but they must realise that they are of a more vulnerable type/disposition. Emotionally, these individuals can be very sensitive – they may be intuitive, and even psychic. Further, they are often good listeners and are usually quite sensitive to others.</p> |  |

In addition to the above, many iridologists also rate constitutional-strength, using iris fibre-quality, on a scale of 1 to 10. Thus, in rating the constitution, 'one' is theoretically perfect, and 'ten' indicates serious degeneration. A typical rating chart follows (after Jensen and Bodeen):



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Consideration of the Constitutional Type

Iridologists consider the constitutional type of clients to help determine if there is a predisposition to particular weakness or illnesses. Such predisposition is known as a 'diathesis'.

Constitutional types can be summarised as follows:

Lymphatic constitution (lymphatic-rheumatic-tubercular constitution)

- Tendency to develop lymphatic system problems (lymph glands in neck, axillae, and groins, etc).
- Children – predisposed to tonsillitis with greatly enlarged neck glands. Older children may develop glandular fever with enlarged spleen. Predisposition to adenoidal problems, nasal polyps, and thyroid gland problems (hypothyroidism in later life; young women may develop thyroid goitres).
- Inherited predisposition to 'the tuberculosis weakness/pattern' of the respiratory system (dry cough, haemoptysis (coughing blood), pleurisy, bronchitis, and horse/lost voice – actual TB is rare because of modern treatment).
- Other associations include rheumatic pains, neuralgic pains, accumulation of uric acid (risk of gout), tendency to develop arteriosclerosis resulting in hypertension, and affecting the heart and kidneys in later life. Cataract formation may also occur (esp. in later life).

Rheumatic-catarrhal constitution

- Similar to the lymphatic constitution, however it has an increased disposition to rheumatic and arthritic issues.
- Predisposition to both rheumatoid arthritis, osteoarthritis and the sero-negative arthropathies (e.g. psoriatic arthropathy, etc).
- Skin problems (eczema, psoriasis, septic skin conditions, and acne, etc).

- Catarrh (esp. upper respiratory catarrh affecting sinuses, ears, and nose). Predisposition to lingering chest infections which produce thick/tenacious mucus.
- Other associations include irritable bowel syndrome (IBS) and colitis.

Gastric-bilious-carcinomatous constitution

- Associated with digestive and liver disorders. The failure of vital fluids to flow correctly causes congestion within the system's cells, resulting in defective functioning, swelling/enlargement of the cells and damage/rupturing if not relieved/treated.
- Other associations include gastric ulceration, dyspepsia (indigestion), heartburn, nausea, gall stones, colic, constipation, and diverticular disease in later life.
- Tendency to weight gain, retention of fluid, and women to experience heavy/painful periods. Pre-menstrual syndrome (PMS) and pre-menstrual migraine are common.
- Because of the failure to shift fluids, there may be a tendency to develop neoplasms, or growths (both benign and malignant).

Iridology can confirm that we are only as strong as our weakest tissue link. By understanding the inherent and acquired weaknesses (constitutional type), we are then able to effectively strengthen and build upon these tissues. It is important to understand that iridologists do not name a disease after one symptom as it takes more than one organ to produce a symptom in an individual. Iridology cannot determine disease names from the iris, but it can determine:

- Constitution
- General health level
- Toxins and their location
- Stages of inflammation
- Stages of degeneration
- Inherent-Genetic strength and weakness
- Biochemical deficiencies

Thus, by determining and understanding the individual's constitutional type, the individual can be helped with both preventative and curative recommendations.

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