VERIFICATION OF THE SIGNIFICANCE OF TEMPERAMENT TYPES IN HOMOEOPATHY

Dheepika K¹, Dr.Surej Bobbin P G¹, Dr.Sisir PR², Dr.Sathish Kumar V³, Dr.Chandraja CV⁴

¹Department of Materia Medica, ²Department of Pediatrics, ³Department of Repertory, ⁴Department of Research, Sarada Krishna Homoeopathic Medical College, Kulasekharam, Kanyakumari District-629161, Tamilnadu, India

ABSTRACT
Temperament is the Psychological and biological organization peculiar to the individual including one’s character or personality predispositions which influence the manner of thought and action and general views of life. Temperamental tendencies are biological, but has a strong responsiveness to one’s situations, circumstances and environment and to the external world at large. This again quotes the importance of understanding one's temperamental base in order to pasteurize the possible behaviorism and reactivity one would show to the people around.

Homoeopathy is based on the concept of “Individualization” and temperament will aid the physician in constructing the complete portrait of the individual. This study is done to signify that on tracing the root, i.e., the temperament, the physician becomes efficient in the selection of similimum and also to prevent the tendencies and predispositions shown by the subject. The study was done in a group of 100 individuals and questionnaires were used to analyse the temperament. The study

Keywords: Temperament, Similimum, Sanguine, Choleric, Melancholic, Nervous, Phlegmatic.

I. INTRODUCTION
The process of human development is influenced by three interacting forces: biophysical endowment, psychosocial environment and self-creation. The first two factors affect our lives even before we are born.¹

The word “temperament” was much used in ancient times, and had for them a definite and important meaning. The stand of temperament was much considered by them and enough importance was given to it in practice of medicine. This is perhaps a better attitude than that of general and indiscriminate credibility but it is apt to narrow down to temperaments which is an important factor as it cannot be subjected to physical or chemical tests.²

The word ‘Temperament’ is derived from a Latin word “temperare” which means “to mix”; the word itself suggests a relation between behavioral predispositions and basic biological substrates.³ The circumstantial events would then influence personality through the expressions of the person’s disposition and the persons related experiences with the social and physical world. Temperament would then get influenced and set constraints on the development of other aspects of personality.

The most differentiating and unique thing in a human is his mode of life, behavior and his state of mind at various situations. One should remember that it is always between “Nature versus Nurture” for any human being to evolve.⁴ As a homoeopathic physician one should take a complete case by gathering the subjective sensations of the patient combined with observations made by the physician and only then we can form the complete picture of the disease. The picture will include the physical generals, the disposition, the causation and the mental generals of the patient. This highlights the importance of taking into account the temperament of the patient to arrive at a prescription.
According to, Webster Dictionary, Temperament can be defined as “the characteristic combination of bodily, mental and moral qualities, which together constitute the character and disposition of an individual and predispose him to act and behave in a particular manner”.[5]

Stedman’s dictionary defines temperament as , “Psychological and biological organization peculiar to the individual including one’s character or personality predispositions which influence the manner of thought and action and general views of life.”[6]

**SANGUINE**
The Sanguine is a people’s person. Very vivacious, they always manage to have fun. They will not be tied down to relationships or to any one activity and hence are social butterflies. They live for the day. You will never find them worrying about the future nor are they saddles with the baggage of past. They are exuberant and even their anger is effervescent, easily dispelled leaving behind no memory or agrudge.[4]

**CHOLERIC**
Persons with a Choleric Temperament conjure up an image of authoritative, dominating, resourceful and confident beings. They are dynamic persons with big dreams and aim to achieve them. They are always aiming, reaching, succeeding and achieving. They are powerful and with their power, their golden rule is “Do it my way, now!”. The choleric is very diplomatic and wants work done at any cost. They thrive on opposition and the word impossible just whets theirappetite.[4]

**MELANCHOLIC**
Persons with melancholic temperament are thinkers. They are people of serious purpose, dedicated to order and organization, appreciative beauty and intelligence. They are creative, conscientious, fastidious and thorough. All men of genius are of melancholic temperament. They are faithful and are perfectionists. They are also persistent and extremely talented.[4]

**PHLEGMATIC**
Persons with this temperament are extremely slow-paced and stubborn. This temperament goes through life doing as little as possible, quietly and expending little energy. They are task oriented with a great capacity for work, that requires precision and accuracy, but they expend a minimal amount of energy. Only sleep can regenerate a phlegmatic. They are the ones who are not ruffled by anything. They don’t cause trouble; they easily get along with others and they don’t have enemies.[4]

**NERVOUS**
Persons with this type may be undisciplined and forgetful. They take a lot of undue stress. Asthey lack confidence, they are always on the edge and hyper, bordering on depression. They are impatient and hurried. They are indecisive, hesitant, timid and messy. Such people can never make up their minds and their decisions can be changed easily. Some of their other traits are: haphazard, inconsistent and unpredictable.[4]

Temperament, stands as the base for one’s inner core and understanding of the same is a wonder. Temperament is the ultimate condition of individual quality, the native vein of the psychological ore. Temperament refers to the composite inherent bent of nature. Temperament is nature specialized upon the basis of a temper of qualities of common inheritance. Temperament is an inherited component since birth and is associated with a person and makes them as individuals. As nature underlies nurture and heredity limits the influence of the environment, so does the temperament. It underlies and sets limitations to character.

Though temperament is an elusive concept, it is a useful one and may be directed to a profitable meaning. As chemistry was assured of the existence of elements before their determination was all complete, so does psychology emphasize the temperamental basis while allowing for the uncertainty of its applications. The roots of temperament lie deep in an individual and its origin is associated with the origin of the individual itself. As it is said traits are taken up from both father and mother and genetics deals with that. Similarly, temperamental base is formed from them.[7]
II. MATERIALS AND METHOD

A group of 150 students were selected based on lottery sampling method. The inclusion criteria of age above 18 years and below 24 years from both the sexes were included. The exclusion criteria included student with psychiatric illness and those who are under any medication for any systemic diseases. 100 students were selected among them based on the willingness of the students (obtained written consent).

A set of three questionnaires were prepared based on **Standard Temperament Questionnaire STQ format**[^8], **Self-assessment questionnaire**, **Peer assessment questionnaire** and the **Parent assessment questionnaire** on the subjects were distributed to the students. Adequate amount of time was given for scoring the questionnaire.

The filled in questionnaires were collected and the scores were calculated on the evaluation worksheet which was formulated in accordance with all the five temperaments. The scores were calculated and the temperament was analyzed. Further, the temperament was compared with parent and peer analyzed temperaments. It was also compared with the previously taken homeopathic medicine and its temperament. The temperament of the subjects was also compared with the dreams and mental status of them in order to understand the temperament basis. The results were interpreted and conclusions were derived.

III. RESULTS AND DISCUSSION

The core personality develops from infancy and childhood, temperament stands for implication of individual differences. This marks the uniqueness of every individual and one of the component for it is temperament.

[^8]: Reference or source for the STQ format.
“Individual differences in temperament have implication for development in infancy and childhood and they form the core of personality as it develops.”[3]

“Thinking style is different from what is felt, which is more associated with temperament.” Temperament describes what grabs our attention and how intensely we respond to it.[9]

Temperament deals with what grabs one’s attention and how deeply we respond to it. This indicates that surroundings and environment has a lot if impact on the individual subject and only that is portrayed to the outer world which the subject wish to show off.

Person-by-situation interactions” which simply means that people express particular traits in particular situations and not everything is portrayed to the outer world. Hence

,Self-assessed temperament is more significant than the parent assessed.[1]

On analyzing the parent and peer identification of temperament on the subject, we get to understand that we have to acknowledge that temperament and environment interact with each other and there is intricate multiple influences on a humans life and growth.

“Acknowledging the interactions of both temperament and environment during development should make possible continued progress in understanding of the intricate multiple influences on a humans life and growth. Neither temperament nor biology is destiny.”[10]
IV. CONCLUSION

Totality of symptoms in a case include the sum total of all the symptoms including the constitution, temperament and life space, etc. If an objective assessment of the temperament is made, the selection of similimum becomes individualistic and therefore more successful in practice.

The holistic view of homoeopathy always treats the individual as a whole and not the disease in particular. The criteria for knowing an individual comprises the knowledge of the physician in regard to the moral and intellectual character, mode of living, habitat, occupation, behaviorism, desires, aversions, social and domestic relation, etc. This pictures the individual completely and hence we note down his temperament, constitution, diathesis, predispositions, miasmatic background on homoeopathic point of view. By understanding the core and mental make-up of the patient i.e., temperament, one becomes efficient in narrowing down to the similimum among ‘n’ number of drugs.

This study suggests that by considering and comprising an individual’s temperament, will pave way for skillful prescription. Different ways may be followed for knowing one’s temperament. This inherited base forms the possible reactive and responsive nature exhibited by him/her, subject to the circumstantial influences. Apparently, the mental states, personality, behaviorism, social behavior and moral behavior of any individual lies in the substrate. There is coherence and convergence of one’s temperament and their life, as this is the basic element that constructs a person. Hence, it is a part of the duty of any physician to know, understand and implement this default nature of the individual patient for selection of the MOST appropriate similimum.

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