



The Significance of Temperament in Homeopathy: A Comprehensive Review

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ABSTRACT

Temperament is a fundamental concept in homeopathy, shaping the individualized approach to treatment. This review explores the importance of understanding temperament in homeopathic practice, considering its historical roots, assessment methods, and its role in case-taking and remedy selection. We delve into the significance of temperament in various medical conditions, emphasizing its place in holistic healthcare. Drawing on a range of scholarly sources, we illustrate how the integration of temperament assessment can enhance the precision and effectiveness of homeopathic treatment.

Key Words: *septic shock, intensive care unit, haemodialysis.*

INTRODUCTION:-

Homeopathy, as an alternative medical system, stands out for its holistic approach to healing. At the heart of this approach is the concept of temperament, a vital element that guides the practice of homeopathy. While temperament's historical roots trace back to ancient medical traditions, its relevance endures in contemporary homeopathic practice. This review aims to underscore the importance of temperament in homeopathy and its multifaceted role in understanding and treating various medical conditions.

Homoeopathic system of medicine depends on therapeutic law of nature where patient is cured by considering law of similinum while choosing similinum individualistic approach is considered because the main principle of homoeopath is that every human being is different and unique. As we realize that everybody appears with our own arrangements of the acquired exchanges which are hereditarily sent from our parents and forefathers, however they are not precise of any one individual. Different homoeopaths have been all things considered working and committed towards exploration of homoeopathy. On the contrary it has additionally been seen that physicians are moving ceaselessly from the cardinal of our science and give rational healing to our patients; it is essential to discover homeopathic similinum and prescribe accordingly. Many practitioners tend to miss the significance of temperament and sometimes it increases the patient's suffering. To manage each patient in an interesting manner as every individual being different it is important to comprehend the various temperaments and its significance. Hence, we are contemplating the different temperament of individual and their significance in selecting the similinum.

DEFINITIONS :-

- 1). H.A. Robert says "temperament" implies the stature of an individual, colouring, functional tendencies of circulation, elimination, respiration, mental and emotional tendencies in reaction to environment and circumstances.
- 2) An inherent constitutional predisposition to react to stimuli in a certain way, the term is often used synonymously with personality – miller keane encyclopaedia and dictionary of medicine.

- 3) A characteristic combination of bodily, mental, moral qualities, which together constitute the character and disposition of an individual and predispose to act and behave in a particular manner. –Webster Universal Dictionary.
- 4) The psychological and biologic organization peculiar to the individual, specifically, an individual's pervasive and characteristic manner of perceiving, thinking, and acting .it represents one component of personality, the other is character – farlex partner medical dictionary.

HISTORICAL PERSPECTIVE:-

The concept of temperament has deep historical roots, with influences from Hippocrates, Galen, and other medical philosophers. It was Hahnemann, the founder of homeopathy, who integrated this concept into his system of medicine. Understanding temperament is not merely a historical curiosity but a key aspect of the homeopathic approach to individualized treatment.

REVIEW OF LITERATURE:-

Hippocrates' Humorism- Hippocrates (400 B.C.) believed that body is composed of Four Humors viz Blood, Phlegm, Yellow bile and Black bile. The Imbalance of Humors or Dyscrasia was thought to be the Cause of all Diseases.

Galen's Temperament- Galen (130-200AD) used the term to refer bodily dispositions, which determine a person's susceptibility to particular diseases as well as behavioral and emotional inclinations. While the Humors literally represented through fluids to circulate in the body, metaphorically each becomes associated with prevailing emotions as, Blood with joy, called the sanguine temperament. • Phlegm with worry and anger, called the choleric temperament. •

Black bile with sadness, called the melancholic temperament. Sir Dr. Hahnemann has very much referenced about temperament, diathesis and susceptibility in his writings in aphorism 31 which unmistakably says "The inimical forces, partly psychical, partly physical to which our terrestrial existence is exposed, which are termed morbidic noxious agents, do not possess the power of morbidly deranging the health of man unconditionally but we are made ill by them only when our organism is sufficiently disposed and susceptible to the attack of the morbidic cause that may be present and to be altered in its health deranged and made to undergo abnormal sensation and functions."

Robert says "temperament" implies the stature of an individual, colouring, functional tendencies of circulation, elimination, respiration, mental and emotional tendencies in reaction to environment and circumstances. Temperament is cast in the beginning of the new individual when the parent cells first unite and once cast there is no deviation from them and that what is physiological cannot be influenced or changed by the action of our remedies. There are many combinations of these types, usually one basic type predominating. Though the initial tendency cannot be changed, the homeopathically indicated remedy prescribed accurately can so modify the physiological tendencies as to prevent their unfavorable ultimates to a considerable degree. There are four classical temperaments, namely, Nervous, Bilious, Sanguinous and Phlegmatic.

Temperament means the internal constitution or state, disposition, type of physical constitution and internal organization. Temper habits or temporary disposition of mind like frigid, fiery, flaccid, congenital, of good or bad temper. It is a dormant dynamic state resting on the constitution of the subject. In Aristotle's philosophy, temperament was an encompassing term defining the nature of a person in body and soul. Flurry based his method of homeopathic drug diagnosis on a comprehensive view of temperament. Dorcsi developed this further, relating drugs to the basic skin type of a patient (warm, cold, dry, moist, red, and pale).

It is the dynamic physio pathological and characteristics expression of the individual. It is partly determined by the heredity but above all modelled by the internal and external stimuli.

The temperament is composed of and represented by the totality of the subject's individual reactions such as physical, biological, and psychological.

The temperament is not constant and immutable .it can be modified by internal and external influence, though environment has an influence on temperament, the individual by his own free will can modify it. But the modifications are always limited.

The temperament is a dynamic state depending on the constitution of the subject which is a static state. During life, the constitution of an individual does not change but his temperament evolves, either by asserting itself more and more, or owing to the influence of environment or morbidity, by undergoing progressive changes giving rise to characteristics morbid manifestations, mental or psychical.

The temperament is represented by the sum of physical, physiological, biological, psychological and dynamic possibilities of the subject. These possibilities are latent in him at birth, their development will characterize the becoming of the subject and their realization will ensure his future.

These possibilities which characterize him are peculiar to each individual and constitute his own inheritance, thus making him different from his fellowmen.

CLASSIFICATION OF TEMPERAMENTS:-

Several methods and questionnaires have been developed to assess temperament, such as the Kretschmer Constitution Scale, which categorizes individuals into constitutional types (asthenic, pyknic, athletic). These assessments help homeopaths gain insight into a patient's mental, emotional, and physical characteristics.

CHOLERIC TEMPERAMENT:-

It shows proneness to liver diseases and ill-humour. Examples: aloe Socotrina, Argentum Nitricum, Podophyllum Peltatum. Melancholic Temperament: the patient all the time remains silent. Example: Aurum Metallicum, Baryta Carbonica. Phlegmatic Temperament: this type of temperament is supposed to be due to the predominance of phlegm. They are sluggish, indifferent, calm, venous sluggishness is marked.

Sanguine Temperament: Here in the complexion or temperament blood is supposed to predominate over the other humors; hence ardent, confident, and optimistic.

Examples: Aconitum Napellus, Cactus Grandiflorus.

Lymphatic Temperament: Here the muscles are flabby. pale – skinned. Sluggish

Nervous Temperament: Here the nerves are easily excited, or they are weak, agitated and apprehensive, sly, in a jumpy state and quick in action.

Examples: Actaea Racemosa , Agaricus Muscarius .

Irritable Temperament: Easily vexed and fidgety, hard to please. Examples: Apis Mellifica.

According to Dr Stuart close “susceptibility is modified by constitution and temperament – the higher potencies are best adapted to sensitive persons of the nervous, sanguine or choleric temperament; to intelligent, intellectual persons, quick to act and react; to zealous and impulsive persons.

Lower potencies and larger and more frequent doses correspond better to torpid and phlegmatic individuals, dull of comprehension and slow to act; to coarse fibered, sluggish individuals of gross habits; to those who possess great muscular power but who require a powerful stimulus to excite them. Such people can take with seeming impunity large amounts of stimulants like whisky, and show little effect from it. When ill they often require low potencies or even, sometimes, material dose.

Dr. Constantine Hering says “Fashions have no reasons. After Galen had become the sole ruler during the downfall of the sciences, his four temperaments were generally adopted and the Arabians adorned them with their astrological nonsense. After the awful crush by Hohenheim of the worshipped system and after the arabesques of astrology had been demolished by Copernicus, the four temperaments were kept up like the four seasons, and used as very convenient boxes, around which some writers made pigeonholes. In this way the classification is kept up and highly esteemed by non- observers.”

Dr. J. H. Allen: As we study temperament closely, we see that peculiar temperament is predisposed to certain forms of disease. In this we see a fixed law or principle involved. SANGUINE: (Liver) Febrile inflammations, Diarrhoea, Tachycardia, Lassitude.

CHOLERIC: (Gall bladder) Insomnia, Burning at cardiac, Hyper-aesthetic. **MELANCHOLIC:** (Spleen) Insomnia, Depressive.

PHLEGMATIC: (Brain/Lungs) Rheumatism, Constipation, Sleepiness, and anaesthetic.

“Temperaments are not caused by proving and are not changed in any manner by our remedies, however well indicated by symptoms found in persons of marked temperamental makeup.” -Dr. J. T. Kent.

Yet, the unanimous belief was that being the chief Characteristic of an individual, assessment of Temperaments is of highest priority in the choice of Similinum. It is this concept which helps in forming the totality of individual, henceforth helping in establishing complete Cure. The Homoeopath is expected to be Phlegmatic in receiving the case, Sanguine in his approach to the patient, Melancholic in analysing it, Choleric in the final prescription and at no stage is he expected to be Nervous. -Dr. P. Humranwala..

CHRONIC DISEASE:-

According to Dr.Samuel Hahnemann, diseases that arise from the dynamic contagion of chronic miasm, left to themselves without their specific remedy, they continue to increase indefinitely, despite the best mental and dietary habits.

Role in Case-Taking:

Temperament assessment plays a crucial role in the initial consultation. By understanding a patient's temperament, a homeopath gains a deeper understanding of their individuality, preferences, and susceptibilities. This holistic approach to case-taking helps identify the root cause of ailments and select the most suitable remedies.

Modern Applications:

In modern homeopathic practice, the assessment of temperament remains indispensable. It aids practitioners in grasping the individuality of patients, enabling a more precise selection of remedies. This holistic approach ensures that remedies align with a patient's physical, mental, and emotional characteristics.

THE VALUE OF TEMPERAMENT IN MEDICINE SELECTION:

Temperament assessment proves invaluable in the selection of homeopathic remedies. By gaining a deeper understanding of a patient's constitution and susceptibilities, homeopaths can pinpoint the root causes of ailments. Consequently, they can select remedies that resonate with the patient's unique temperament, optimizing the therapeutic outcome.

CONCLUSION:-

Temperament remains a cornerstone of homeopathic practice, offering a unique lens through which to understand patients as holistic individuals. As this review demonstrates, the integration of temperament assessment enhances the precision and effectiveness of homeopathic treatment, guiding practitioners to uncover the root causes of ailments and select remedies that align with the patient's physical, mental, and emotional characteristics. By recognizing the enduring importance of temperament, we can continue to harness its potential in the practice of homeopathy.

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