

Significance of constitutional prescription with special emphasis on temperament through A retrospective study of randomly selected chronic case

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ABSTRACT

The ancient Hippocratic temperaments if understood from the modern view point would validate the concept of temperament. An understanding of the drugs in Materia Medica according to modern viewpoint on temperament will make the application of the drugs easy in practice. The susceptibility is modified by constitution and temperament and hence its understanding helps appropriate selection of potency as well. But it should be remembered that it is one of the criteria for the overall assessment of susceptibility and selection of potency. The physician depending upon his judgments of the strengths and weaknesses of every individual temperament can give proper guidelines. A clear understanding of the mental disposition helps not only in the prescribing but also in management of the case as effective counseling differs for every individual personality which is unique.

Keywords: Temperaments, Homoeopathy.

INTRODUCTION:

The word temperament is derived from Latin “temperare”, “to mix”. History & development of temperament theory has its roots in the ancient four humours theory. It may have its origins in ancient Egypt or Mesopotamia. Greek physician **Hippocrats** (460-370BC) who developed it into medical theory. He believed certain human moods, emotions & behaviors were caused by body fluids called Humours.”

- 1) Blood
- 2) Yellow Bile
- 3) Black Bile
- 4) Phlegm.

Next **Galen** who developed first typology of temperament in his dissertation De temperament is, & try to searched for physiological reasons for different behaviors in humans. He mapped them to a matrix of hot/cold & dry/ wet from four elements.

- a)Fire /hot /*Sanguine*
- b)Air/cold/*Melancholic*
- c)Earth/dry/*Choleric*
- d)Water/wet/*Phlegmatic*

In the ideal personality, the complimentary characteristics or warm – cool & dry – moist were exquisitely balanced. Out of these four only one or two will predominate. Galen categories temperament in four ---

“ **Sanguine**, “ **Melancolic**, “ **Choleric**” & “ **Phlegmatic**” after the bodily humors, if it produced excess then it can produce imbalance and impairment of function. All of these four temperaments is having their own affinity on human being, with certain emotions & body types.

- A) Sanguine temperament relates to the heart , blood & arteries. Usually has a hot moist, muscular or fleshy tissue, a red complexion, and are optimistic & joyful, but easily prone to pride, passion & cruelty.
- B) Choleric temperament is associated with the gastrointestinal tracks. It usually has a warm dry, yellow complexion, and are practical yet prone to anger, irritability and impatience.
- C) Phlegmatic temperaments also called as venous temperament is associated with the Central nervous system. They are usually chilly, having white complexion, laxity of muscles and are sensitive, yet prone to mood change and psychological disturbance.
- D) Nervous also known as melancholic temperament it is associated with the nerves, lungs and spleen. People of this temperaments are intelligent and sophisticated, yet they can become depressed and sad easily.

HOMOEOPATHIC VIEW:

Hahnemann has given the concept of temperaments and even in chronic disease people can get idea about it.

Other stalwarts of homoeopathy like **Hering & Allen** also advocated prescription & remedy selection on the basis of deviation of temperaments in the diseased state. The words choleric/bilious; phlegmatic/pituitous; sanguine/blood; and

melancholic/nervous written in Herring's Guiding Symptoms, Allen's Keynotes, and many other of the old books on Homeopathy.

Although **Kent's** view on temperament were quite the opposite. In his lesser writings page 376 he says “ *The true basis of an Homoeopathic remedy is the collection of signs & symptoms these must be morbid has been the teaching of Hahnemann & his ablest followers.*”

On the other hand we find **H.A Roberts** saying in his book the principles & art of cure by homoeopathy that if we want to treat the patient permanently we need to include the state of person from the birth.

Hence this opens a ground for further study of temperament with a homoeopathic perspective. Temperament embraces a person's moods, attitudes, opinions, motivations, emotions, style of thinking, perceiving, speaking & their behavior including the rational & irrational, the conscious & unconscious and the defensive & learned part of our behavior patterns. It is part of what makes each individual distinct. As homoeopathy speaks of individuality as its fundamental principle. Therefore in homoeopathy to bring forth a cure we need to individualize the case & the remedy for that particular case. To get real picture of the disease a physician has to make totality of symptoms that corresponds to the inner essence of the person.

Temperament which is innate, present from birth..., the environment can nurture both changes positive & negative to reshape a natural tendency. Acknowledging the interactions of both temperament & environment in a person & then evaluating the effect of our remedies on influencing the temperamental tendencies to cater as positive buffer against harsh environmental circumstances.

Choleric Temperament –

Age wise affection- 20-30yrs

Male to Female ratio- 2: 1

Mental disposition- anger, irritability, dominating, independent, restless

Physical generals- Burning Sensation, Desires Sweet and Spicy Food, Heaviness in Abdomen, Recurrent Scanty Constant Urging For Stool, and Sour Eructation.

Systemic affection- GIT

Remedies prominently prescribed- **Lycopodium and Nux vomica**

Susceptibility- Moderate to High

Fundamental miasm- Syphilis

Dominant miasm- **Psora**

Melancholic Temperament-

Age- wise affection - 20- 30 yrs

Male to Female ratio- 1: 4

Mental disposition- Anxious, Pessimistic, Prefers Solitude, Reserve, Shy and Stubborn.

Physical generals- Decreased Appetite, Hard Stool, Recurrent Profuse White Watery Diarrhea, Scanty Perspiration, Tingling and Weakness.

Systemic affection- Skin

Remedies prominently prescribed- **Ant. Crud, ars. Alb and nat. phos**

Susceptibility- Low

Fundamental miasm- Sycosis

Dominant miasm- **Psora**

Phlegmatic Temperament-

Age- wise affection- 20-30yrs

Male to Female ratio- 1: 3

Mental disposition- Calm, Dependent, Dull and Indolent.

Physical generals- There were only 4 cases out of 30 showing phlegmatic temperament. The only physical generals among the cases which was found to be common was Headache, rest of the symptoms were Delayed Menses, Pain in Legs, Scanty Periods and Throbbing Pain.

Systemic affection- CNS

Remedies prominently prescribed- **Pulsatilla**

Susceptibility- Moderate

Fundamental miasm- Syphilis

Dominant miasm- **Psora**

Sanguine Temperament-

Age-wise affection- 20-30 yrs

Male to Female ratio- 1: 2

Mental disposition- Extrovert, Friendly, Lively and Talkative.

Physical generals- Acuteness of Senses, Burning Sensation, Hard Stool and Tendency to catch Cold.

Systemic affection- CNS

Remedies prominently prescribed- *Lachesis and Phosphorus*

Susceptibility- Moderate to High

Fundamental miasm- Syphilis to Syphilis

Dominant miasm- **Psora**

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