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## Temperaments: An inroad to cure, as per the stalwarts way

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### Abstract

Roberts says, "Temperaments" implies the stature of an individual, colouring, functional tendencies of circulation, elimination, respiration, mental and emotional tendencies in reaction to environment and circumstance. Temperaments are cast in the beginning of the new individual, when the parent cells first unite, and that 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 with one basic type predominating. Though the initial tendency cannot be changed, but the homoeopathically indicated remedy, prescribed accurately in babies and children, can so modify the physiological tendencies as to prevent their unfavourable ultimates, to a considerable degree. There are four classical temperaments, namely, Nervous, Bilious, Sanguinous and Phlegmatic <sup>[1]</sup>.

**Keywords:** Temperaments, phlegmatic, sanguine, sanguino-choleric, lymphatic, nervous, bilious

### Introduction

Sir Hahnemann has very well mentioned about Temperament, Diathesis and Susceptibility in his writings in Aphorism 31, which clearly 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 sensations and functions- Hence they do not produce disease in every one nor at all times <sup>[2]</sup>."

The History also mentions about temperaments given by Hippocrates, as Choleric, Phlegmatic, Sanguine and Melancholic, including the physiognomy and the natural groupings of human beings, offering insight into the nature of the innate constitution and temperament as well as potential diathesis toward particular signs and symptoms <sup>[3]</sup>, which led to expansion of study on Temperaments in the field of Homoeopathy.

### Heading/Body

Master Hahnemann has also talked about Temperaments in his work, The Chronic Diseases and mentioned the name of Ludwig Christian Juncker in this regard (*Dissertatio de Damno ex Scabie Repulsa, Halle, 1750, P. 15-18*). He observed that in the young people of sanguine temperament, the suppression of itch (Psora) is followed by phthisis, and with persons in general, who are of sanguine temperament, itch is followed by piles, haemorrhoidal colic and renal gravel. The persons of Sanguino-choleric temperament, itch is followed by swellings of inguinal glands, stiffening of the joints and malignant ulcers, with fat persons by a suffocating catarrh and mucous consumption, and also by inflammatory fever, acute pleurisy and inflammation of the lungs. Phlegmatic persons, in consequence of such suppressions suffered chiefly from dropsy, the menses were delayed, and when the itch was driven away during their flow, they were changed into a monthly haemoptysis. Persons inclined to melancholy were sometimes made insane by such repression, if they were pregnant, the foetus was usually killed. Sometimes the suppression of the itch causes sterility, in nursing women, the milk is generally lacking, the menses disappear prematurely, in older women, the uterus becomes ulcerated, attended with deep, burning pains, with wasting away (cancer of the womb). Master has quoted numerous examples as a confirmation in the book itself, for the nature of various temperaments and the predisposition of an individual is affected by the disease and its suppression. As mentioned by Master, the phlegmatic (water-wet and cold) and melancholic temperaments (air-cool and dry) are aggravated by cold, while the choleric

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(earth-dry and warm) and sanguine temperament (fire-hot and moist) are ameliorated by cold. If this is not the case, these symptoms become more strange, rare and peculiar. In each of the 4 major biological constitutions the environmental and situational circumstances are modified by the nature of their innate temperament <sup>[4]</sup>.

The natural physical makeup of certain people, predisposing them to certain reactions under certain circumstances makes them susceptible to certain influences, either natural disease or artificial, i.e. produced by drug proving. This simplifies that temperament predisposes and individual to certain morbid reactions, and if not controlled, they will develop these reactions under certain circumstances. For example, the phlegmatic type is sluggish in reaction, having tendency to venous stasis, exactly opposite to sanguinous. The nervous temperament, indicate quick action, the high strung type. Bilious persons tendency to liver disorders.

Temperaments are classified to develop symptoms in their conventional lines, on which one can depend as guides in the selection of the remedy. The hereditary dyscrasias, causing certain developmental changes, tends to clear the picture of simillimum remedy. Various remedies have brought out different proving in different temperaments, for example, *Belladonna* has shown marked reaction in the florid, phlegmatic temperament, *Phosphorus* in the nervous-bilious temperament, *Baryta* in the dwarfed, stunted or backward individual, *Nux vomica* in nervous temperament. On the contrary, in the spare, narrow-chested individual, *Phosphorus* produced a tubercular syndrome, while it's proving on the rotund, florid individual developed vascular symptoms.

According to Master H.A. Roberts, the morbid influences, known as disease, that are attracted to temperamental tendencies are amenable to treatment and can be removed by the homoeopathic remedy, this in itself is greatly preventive of the dangers arising from temperamental weaknesses. The Homoeopathic prescription is often biased by the temperament to the extent that certain temperaments bring out certain symptom pictures more readily than do other so called temperaments <sup>[1]</sup>.

## Conclusion

Thus, when it comes to prescribing on temperaments, it's also called the slack method of using the blessings of Homoeopathy. The reason for this is *Nux vomica* man is not always dark, for the dark men, one may require *Pulsatilla* too. Because the indications of the Disposition and general symptomology are far more valuable and true than the indications of colouring or even of stature. For example, the faintness and aggravation from a close room are far more indicative of the *Pulsatilla* than the blue eyes and fair skin. This sort of keynote prescribing may give a clue to the indicated remedy, but this clue must not be allowed to overbalance our judgement in weighing the whole symptom picture. The totality of morbid symptoms, alongwith the personality and temperament, guides a physician into a state of healthier attractions, less liable to invasion by morbid influences and forms an Inroad to Complete and Permanent Cure <sup>[1]</sup>.

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