



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2021; 5(2): 30-41
Received: 21-01-2021
Accepted: 26-02-2021

Munir Ahmed R
Professor, Department of Case
Taking and Repertory,
Government Homoeopathic
Medical College and Hospital,
Bangalore, Karnataka, India

Annapoorna H
BHMS, MD, (Repertory),
Department of Case Taking
and Repertory, Government
Homoeopathic Medical College
and Hospital, Bangalore,
Karnataka, India

Corresponding Author:
Annapoorna H
BHMS, MD, (Repertory),
Department of Case Taking
and Repertory, Government
Homoeopathic Medical College
and Hospital, Bangalore,
Karnataka, India

Correlating the concepts of positive psychology and homoeopathy

Munir Ahmed R and Annapoorna H

DOI: <https://doi.org/10.33545/26164485.2021.v5.i2a.361>

Abstract

Positive psychology, a branch of psychology, is the study of positive aspects of human being's thoughts, feelings, behaviours, emphasising strengths instead of weakness, in order to improve good in life instead of trying to fix the bad. Homoeopathy is a system of medicine known for its holistic approach in treating a person with illness. The system considers a man as a whole and has a constitutional mind-body approach in the treatment of diseases. This system considers a person's traits, attributes, temperaments and diathesis in the treatment of chronic diseases. An assessment of a person's mind and body together is an important part of the history taking in homoeopathy. Samuel Hahnemann, the father of homoeopathy, has emphasised the importance of disposition and psychoanalysis in the aphorisms dealing with the mental diseases. Here, is an attempt to correlate the concepts of positive psychology and homoeopathy.

Keywords: Positive psychology, homeopathy, synthesis repertory, character strengths and virtues, rubrics

Introduction

Positive psychology, character strength and virtues classification

The concept of mind body dualism was a huge step that was desperately sought in 17th century. The reason behind the emergence of such a concept was the prevalence of orthodox Christian views of mind and body relationship which explained that both soul and body were one, human beings were spiritual beings and diseases were the result of wrong actions. It was believed that human body had to be preserved in order for soul to ascend to heaven. This religious concept was a hindrance for the dissection of dead bodies to study human anatomy. Then, Rene Descartes paved a way for the development of medical science through the concept of mind and body being two separate entities and urged for the study of human anatomy through dissection. This concept also had its con by isolating mind and body separate that inflicted upon the significance of a person's experience of health^[1].

Initially in 1880s, there were only seven categories of mental illness but later pharma industries funded 394 (116 psychiatrists) US physicians over a hundred and thousand dollars in order to draft DSM-5 classification of mental diseases to promote their new products^[2].

Martin Seligman in 1990s developed the concept of positive psychology which focused on positive aspects of human mind rather than what is broken or diseased. Implementing this concept would emphasise on developing attitudes positively which improves the wellbeing of an individual.

Positive psychology is the study of positive aspects of human beings, the study of 'good life'. The central theme of positive psychology is to describe the features of a life well-lived. This concept, as coined by Martin Seligman, became a branch of psychology in 1998 as opposed to the concept of psychoanalysis and behaviourism which highlights the concepts of maladaptive behaviour and negative thinking. Definition – 'positive psychology is the scientific study of what makes life most worth living'. It is a scientific approach to study human thoughts, feelings, behaviour, emphasising strengths instead of weakness, in order to improve good in life instead of trying to fix the bad.

Positive psychology focuses on influencing life through positive experiences, positive states and traits, positive institutions^[3,5].

Researchers in positive psychology have developed a classification of character strengths and virtues that would parallel diagnostic and statistical manual of mental disorders,

developed by the American Psychiatric Association. DSM or ICD 10 classification specifically mental disorders, gives description of psychological weakness and pathologies. Authors of Value in Action project have created a comprehensible classification system that is similar to DSM but giving prime focus to strengths rather than weakness and tries to define positive human characters and traits defining healthy persons^[3].

Methodology

A bibliographic study based on the concept of positive psychology, researchers approached the measurement of 'good character' by classifying character strength and virtues (CSV)^[4]. There are 6 classes of virtues;

1. Wisdom and knowledge – wisdom refers to a general intellectual strength that involves development and use of knowledge, more so, of practical intelligence and inferring and learning life lessons through fair judgemental capabilities. Having right perspectives, being open minded and to be interested in learning, being able to guide and counsel others about life choices and its challenges are the qualities of a wise man.
2. Courage – it is the emotional strength to override the fear of opposition and adversity. It gives strength to confront and accept one's own death, to deal with sickness, to face his/her own weakness and incapability's and standing real strong with a conviction despite of all the possible negative consequences.
3. Humanity – it is one's capabilities to sympathise, empathise, be compassionate and to love others. It cares and nurtures relationships by giving importance to other's needs than one's own interests through willingness to help others, being kind and generous and also respecting feelings of others.
4. Justice – this is seen when people are fair-minded rather than being biased by self-interest for the welfare of the community by taking initiative to develop the community. It signifies healthy relationships with people.
5. Temperance – it is a virtue that signifies the strength to control excess by self-awareness and self-discipline and to restrain impulsive nature that may harm oneself and others by letting go or forgiving their hurtful actions or behaviour. Willpower in the face of temptations in terms of eating, drinking, smoking, expressing anger, hatred, or arrogance towards others or excessive boasting to put down others.
6. Transcendence – to go beyond and to rise above the ordinary, to elevate our thought process from usual concrete preoccupations of daily life by giving ourselves broader view of world and the universe. Religion and spirituality believes in the existence of higher power and greater purpose of life.

These classes of virtues are made up of 24 character strengths (Figure 1).

1. Wisdom and knowledge – creativity, curiosity, open-

2. mindedness, love of learning, perspective and wisdom.
2. Courage – authenticity, bravery, persistence, zest.
3. Humanity – love, kindness, social intelligence.
4. Justice – fairness, leadership, teamwork.
5. Temperance – forgiveness, modesty, prudence, self-regulation.
6. Transcendence – appreciation of beauty and excellence, gratitude, hope, humour, religiousness/spirituality^[5].

About synthesis repertory

Kent's repertory was published in different parts from 1897 to 1899 by Kent himself and few by his followers and wife Clara Louise. Based on the Kent's repertory many other repertories were published but were not complete and perfect like any other repertory. Repertory has to evolve with careful observational additions through clinical practice and cautious proving.

Based on the philosophy of Kent's repertory is the synthesis repertory that was published in 1987 under the supervision of Dr Fredrick Schroyens with collaborative work of different homoeopaths from around the world expanding and improving upon Kent's repertory. Fredrik Schroyens was the first to use RADAR. 'Synthesis' is an on-going process of collection and compilation of symptoms converted into rubrics with corresponding medicines and their gradations from different sources. Dr. Fredrik, understanding the need of a new, more complete, informative repertory to overcome limitations of previous repertories, took up the work to collaborate with all the leading homoeopaths throughout the world that lead to the development of synthesis repertory. Synthesis is a repertory linked to RADAR project and has been used as database for RADAR. It is based on 6th edition of Kent's repertory and consists of all rubrics and remedies; this has been improved by addition of more number of authors and also correction of the existing data. Latest versions are synthesis 9.0 in 2003 and synthesis 9.1 in 2004. Synthesis repertory has been improved in terms of quality of the repertory with its structure, language and information by systematic corrections of Kent's repertory, making it more comprehensive, addition of new rubrics and remedies after repeated verifications, by the additions of synonyms and cross references. Apart from Kent's repertory, other sources are Boger Boeninghausen's Characteristic repertory, Boericke's repertory, Phatak's repertory and many others. This repertory consists of 2373 remedies, 848 mind rubrics and 780 generals. Vast number of rubrics and remedies are considered to be more appropriate in assessing and analysing cases that have predominant mind and general symptoms and hence has been chosen in this research study^[8].

An attempt has been made to identify mind rubrics from synthesis repertory and to categorise them according to CSV classification. This correlation might initiate thoughts on application of the concept of positive psychology in homoeopathy and further enhance its holistic approach (Table 1).



Fig 1: Classification of character strengths and virtues [4]

Table 1: Correlating character strengths with mind rubrics from synthesis repertory

| | | |
|---|--|--|
| <p>A) Wisdom and knowledge 1. Creativity Thinking new ways to do things, giving unique and unusual ideas and one’s conduct that are original and should be useful and adaptable in his/her life and others [6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Ideas abundant of ▪ Activity creative ▪ Mental power increased ▪ Fancies vivid ▪ Plans making many ▪ Reason increased power of ▪ Thoughts many ▪ Theorising ▪ Philosophy ability for ▪ Art ability for ▪ Painting ability ▪ Passionate/ ardent ▪ Talented/gifted ▪ Music ability for ▪ Poetry/verses ▪ Innovative/ activity desire creative ▪ Insightful [7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Ideas deficiency of ▪ New ideas aversion to ▪ Ennui ▪ Art inability for ▪ Prostration of mind ▪ Slowness ▪ Thinking aversion to ▪ Fixed ideas ▪ Writing difficulty in expressing ideas ▪ Dullness ▪ Idiocy ▪ Dullness alternating with ideas abundant ▪ Change aversion to ▪ Prejudiced ▪ Delusion creative power has ▪ Delusions - ideas - rush of ideas prevented him from completing work ▪ Delusion ideas gathered from far he has ▪ Delusion ideas were floating in clouds [7] |
| <p>2. Curiosity To explore and to discover, to be open to experience with innate desire to gain knowledge, to learn new facts, to explore and to engage in new experience [6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Inquisitive ▪ Curious ▪ Learning desire ▪ Intellectual ▪ Studying easily ▪ Intelligent ▪ New ideas/activity desires/ideas abundant ▪ Observant/alert ▪ Observer ▪ Occupied with objects immediately around him ▪ Racing mind/concentration active ▪ Reflecting ▪ Absorbed ▪ Curious training ▪ Questions continuous [7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Inattentive/distraction/absent minded ▪ Scattered/concentration difficult ▪ Sluggishness/dullness ▪ Unobserving ▪ Concentration difficult ▪ Thoughts wandering ▪ Circumspection loss of ▪ Indiscretion ▪ Obstinate ▪ Conformism ▪ Suspicious ▪ Gossiping ▪ Revealing secrets ▪ Spying ▪ Postponing ▪ Obsession/thought persistent |

| | | |
|---|---|---|
| <p>3. Open mindedness Willing to consider new ideas, being unprejudiced ^[6].</p> <p>Judgement To make rational and logical choices, analyse and evaluate ideas, facts and opinions. It involves critical thinking, to fairly examine the evidence rather than jumping into conclusions. It involves being open-minded .It is a cognition oriented character strength ^[38].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Communicative ▪ Discuss desire to ▪ Extroverted people ▪ Sociability ▪ Expansive ▪ Loquacity ▪ Abstract thinking ▪ Ideas abundant of ▪ New ideas ▪ Learning desire for ▪ Critical ▪ Censorious ▪ Conscientious ▪ Practical/decisive ▪ Honest ▪ Analytical thinking ▪ Clarity of mind ▪ Observant/alert ▪ Reason power increased ▪ Sceptical/doubtful ^[7] | <ul style="list-style-type: none"> ▪ Sceptical/doubtful ^[7] <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Prejudiced ▪ Prejudiced traditional ▪ Change aversion to ▪ Narrow minded ▪ Dogmatic ▪ New ideas aversion to ▪ Obstinate ▪ Pertinacity ▪ Fixed ideas ▪ Fixed notions/delusions ▪ Conformism ▪ Fear undertaking anything of ▪ Confidence want of ▪ Fear new enterprise of undertaking a ▪ Prejudiced ▪ Logical thinking inability for ▪ Circumspection lack of ▪ Indiscretion ▪ Irrational/impulsive ▪ Capricious ▪ Impetuous ▪ Irresolute ▪ Indecisive ▪ Fixed ideas ▪ Confusion of mind ▪ Chaotic ▪ Inattentive ▪ Narrow minded ▪ Un-observing ^[7] |
| <p>4. Love of learning It means passion for learning, desires to learn deeper, motivated by the expansion of their knowledge fund ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Learning desire ▪ Intellectual ▪ Intelligent ▪ Curious ▪ Studying easily ▪ Emotions predominated by intellect ▪ Philosophy ability for ▪ Theorising ▪ Literary work desire for ▪ Mental exertion desire for ▪ Absorbed ▪ Cerebral type ▪ Analytical thinking ▪ Mathematics ability for ▪ Concentration active ▪ Occupied with objects immediately around him ▪ Reasoning power increased ▪ Passionate ▪ Excitement reading while ▪ Fancies reading ▪ Reading desire to ▪ Reading desire passion to read ▪ Books mania to ▪ Clarity of mind reading amel ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Mental exertion aversion to ▪ Laziness ▪ Inattentive/absent minded ▪ Concentration difficult ▪ Mathematics inability for ▪ Prejudiced ▪ Retirement desire fot ▪ Dullness reading ▪ Reading aversion to ▪ Conformism ▪ Postponing ▪ Delusion reading ▪ Del learn ▪ Delusion learn anew everything she wishes to do, she would have to learn ▪ Anxiety hypochondriacal read ▪ Hurry walks to and fro, cannot be amused by thinking and reading ^[7] |
| <p>5. Perspective Is the ability to see the bigger picture, to look at systems as a whole, or to think in big terms, one’s role in the world, helps you to offer good advice. It represents a high level of knowledge, the capacity to give advice and to recognise and weigh all sides before making decisions. It allows individual to address about the conduct and meaning of life. Perspective enables people to learn from his/her mistakes and from strengths of others ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Helping others desire to ▪ Reason increased power of ▪ Objective reasonable ▪ Patience ▪ Tranquillity not bothered by little problem ▪ Tranquillity settled centred and grounded ▪ Grounded/confident ▪ Positive-ness ▪ Decisive ▪ Will strong ▪ Practical | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Antagonism with self ▪ Guidance want of ▪ Listened to being desire ▪ Conflict within oneself ▪ Conflict of the will ▪ Conflict unable to resolve ▪ Conflict higher consciousness and worldly existence ▪ Will weakness of ▪ Unreasonable/irrational ▪ Imprudence/indiscretion ▪ Irresolute ▪ Selfish ^[7] |

| | | |
|--|--|---|
| | <ul style="list-style-type: none"> ▪ Determination ▪ Perseverance ^[7] | |
| <p>B) Courage 1. Bravery The ability to confront pain, danger, or attempts of intimidation without any feeling of fear. It is the strength in character that allows a person to always be seemingly bigger than the crisis. Doesn't need a cause to awaken it. It's a quality and not a state of mind. Root word – bravo (Italian) meaning bold but also once meant wild savage. It includes physical bravery, psychological bravery and moral bravery. ⁶</p> | <p>RUBRICS</p> <ul style="list-style-type: none"> ▪ Adventurous ▪ Audacity ▪ Fearless ▪ Boldness ▪ Reckless ▪ Rash ▪ Heedless ▪ Power sensation of ▪ Temerity ▪ Presumptuous ▪ Impulsive ▪ Impulsive- reckless ▪ Indiscretion ▪ Rebellious ▪ Defiant ▪ Courageous ▪ Fight wants to ▪ Anarchist ^[7] | |
| <p>2. Perseverance To stick to things, it means to work hard and to finish whatever is started despite the difficulties and obstacles that might come across. Focus is to get pleasure from completing tasks; he/she must overcome the thoughts of giving up with voluntariness. ⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Determination ▪ Courageous ▪ Perseverance ▪ Positive-ness ▪ Defiant ▪ Zealous/ardent ▪ Resolute/confident ▪ Revolutionist ▪ Righteous/proper too ▪ Firmness ▪ Forbearance/ self-control ▪ Hopeful ▪ Obstinate ▪ Litigious ▪ Optimistic ▪ Ambition driven/ motivation strong ▪ Protesting ▪ Purposeful ▪ Rebellious ▪ Anarchist ▪ Responsibility ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Confidence want of ▪ Timidity ▪ Shy ▪ Coward ▪ Cautious ▪ Dependent desire ▪ Fear failure ▪ Helplessness ▪ Impressionable ▪ Insecurity ▪ Irresolution ▪ Undertaking lacks will power ▪ Will weakness of ▪ Unfortunate feels ▪ Fear undertaking ▪ Hiding himself ▪ Doubtful ▪ Pessimistic ▪ Capriciousness ▪ Escape attempts to ▪ Despair ▪ Docile/yielding ▪ Dominated easily ▪ Inconstancy ▪ Initiative lack of ▪ Will loss of power ▪ Obsequious/servile ▪ Powerless ▪ Resignation ▪ Retirement desire for ▪ Spineless ▪ Submissive ▪ Suicidal disposition ▪ Support desire ▪ Weak character ▪ Vulnerable ▪ Weary of life ▪ Suggestible ^[7] |
| <p>3. Honesty To speak truth, you present yourself in genuine and sincere way without pretending and to take responsibility for feelings and actions. A person of integrity and consistently true to self that includes intentions, internal state, with public and private commitments. ⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Truth tell the plain ▪ Naïve ▪ Honest ▪ Desire for truthfulness ▪ Conscientious about trifles ▪ Scrupulous ▪ Duty too much sense of/rules respecting too ▪ Righteous/proper too | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Untruthful ▪ Unreliable/deceitful ▪ Sly/ deceitful ▪ Forger/deceitful- fraudulent ▪ Dishonest ▪ Spiteful/malicious ▪ Self-deception ▪ Liar ▪ Mendacity |

| | | |
|--|---|--|
| | <ul style="list-style-type: none"> ▪ Respecting law/duty ▪ Modesty increased ▪ Obedience ▪ Rectifying desire to/truth ▪ Telling ▪ Reproaching oneself ▪ Remorse ▪ Loyal ▪ Injustice cannot support ▪ Honest ▪ Proper too ▪ Discipline ^[7] | <ul style="list-style-type: none"> ▪ Secretive ▪ Revealing secrets ▪ Perfidious ▪ Manipulative ▪ Malingering ▪ Malicious ▪ Hypocrisy ▪ Charlatan ▪ Corrupt ^[7] |
| <p>4. Zest To have zeal or enthusiasm, eagerness, interest, an enjoyable exciting quality. Living life with a sense of excitement, anticipation and energy. Approaching life as adventure, approaching a situation or life with excitement and energy. It is a dynamic strength connected with happiness, strength of hope with high positivity. ⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Passionate ▪ Ardent ▪ Fanaticism ▪ Excitement ▪ Vivacious ▪ Exhilaration ▪ Elated ▪ Energised feeling ▪ Enthusiasm/ardent ▪ Euphoria ▪ Feasting/revelling ▪ Fascinating others ▪ High spirited ▪ Hilarity/mirth ▪ Optimistic ▪ Rejuvenated feeling of being ▪ Sanguineous/cheerful ▪ Wellbeing sensation of /cheerful ▪ Blissful ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Dullness ▪ Motivation lacking ▪ Will loss of ▪ Laziness ▪ Ennui ▪ Boredom ▪ Pessimistic ▪ Despair ▪ Indifference ▪ Discontented ▪ Loathing of life ▪ Lamenting ▪ Morose ▪ Weary of life ▪ Death desires ▪ Disgust ▪ Thinking aggravation ^[7] |
| <p>C) Humanity 1. Love The degree to which you value your close relationships with people and contribute to that closeness in a warm and genuine way. It denotes the way you approach your closest relationship and reciprocate. Love is both self and others. It includes attachment love (parent-kid), compassionate love(kindness), companion love(friends), romantic love(partner). ⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Affectionate ▪ Loves affection/sympathy desires ▪ Cares full of ▪ Returning affection ▪ Compassionate ▪ Desire to be cuddled ▪ Embrace ▪ Friendly ▪ Love ▪ Nursing others ▪ Tenderness ▪ Brotherhood sensation of ▪ Unification ▪ Oedipus complex ▪ Amativeness ▪ Kiss desire to ▪ Hug desire to ▪ Amorous ▪ sensual ▪ caressed desire to be ▪ children loves her profoundly ▪ love exalted love ▪ love romantic love desire for ▪ love for friends ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Rejecting affection ▪ Unable to show affection ▪ Caressed being aversion to ▪ Indifference ▪ Unsympathetic ▪ Hard-hearted ▪ Unfeeling ▪ Mood repulsive ▪ Sensitivity want of ▪ Misanthropy ▪ Hatred ▪ Forsaken feeling ▪ Estranged family from his ▪ Detached ▪ Homesick ▪ Separation difficult ▪ Adulterous ▪ Abusive insulting wife ▪ Aversion wife ▪ Fear neglected being ▪ Ailments from love disappointment ▪ Malicious loved ones to ▪ Sexual excess ▪ Abusive to best friends ▪ Anguish from losing his friend ▪ Aversion friends ▪ Censorious dearest friend ▪ Company aversion ▪ Unsympathetic friends ^[7] |
| <p>2. Kindness Being nice to others, generous, giving your time, money, talent to support the needy. Being compassionate listening intently to suffering or to be there for them involving deep concern. Being nurturing and caring for others, do good deeds not as a duty. ⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Benevolence ▪ Generous ▪ Sympathetic ▪ Mildness ▪ Polite too ▪ Yielding ▪ Affectionate ▪ Deeds good desire to perform | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Wicked disposition ▪ Unfeeling ▪ Unsympathetic ▪ Rudeness ▪ Sensitive want of ▪ Indifference ▪ Indifference welfare ▪ Detached |

| | | |
|---|---|---|
| | <ul style="list-style-type: none"> ▪ Cares full of ▪ Polite too ▪ Comply to the wish of others when obliged ▪ Servile ^[7] | <ul style="list-style-type: none"> ▪ Misanthropy ▪ Aversion persons all ▪ Hatred ▪ Selfish ▪ Avarice ▪ Greed ▪ Helping others aversion ▪ Loquacity self-satisfied ▪ Self-indulgent ▪ Talking pleasure in his own talk ▪ Egotism ▪ Haughty ▪ Possessiveness, neglecting ^[7] |
| <p>3. Social intelligence They are aware of the motives and feelings of themselves and others and how it fits into different situations. They can feel comfortable and say the right thing whether they are in the boardroom or school setting or a construction site. It involves social awareness-what we sense about others, social facility-what we do with our awareness ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Awareness heightened ▪ Litigious ▪ Confident ▪ Firmness ▪ Sensitive ▪ Conscientious ▪ Injustice cannot support ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Confidence want of ▪ Sensitiveness want of ▪ Express oneself cannot ▪ Neglecting ^[7] |
| <p>D) Justice 1. Fairness Treating people justly, not letting your personal feelings biases your decisions about others. You want to give everyone a fair chance, and believe there should be equal opportunity for all, though you also realise that what is fair for one person might not be fair for another. It includes 2 types of reasoning – justice reasoning which emphasises logic, moral rights and responsibility and care reasoning that includes empathy and compassion, the ability to put self in other’s place ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Injustice intolerance to ▪ Honest ▪ Indignation ▪ Rebellious ▪ Anarchist ▪ defiant ▪ responsibility ▪ respecting law and duty ▪ rules respecting ▪ righteous/proper too ▪ truth ▪ litigious ▪ conformism ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Perfidious ▪ Moral feeling want of ▪ Dishonest ▪ Deceitful ▪ Charlatan ▪ Corrupt ▪ Liar ▪ Hypocrisy ▪ Intriguer ▪ Manipulative ▪ Untruthful ▪ Unreliable ▪ Rules aversion to ^[7] |
| <p>2. Teamwork You are committed to contributing to the team success. It could refer to any situation – family, workplace, partnership, friendship. To be dedicated, reliable, contributing ^[3, 8].</p> <p>3. Leadership Tendency to organise and encourage a group. It involves setting goals, reaching them, balancing people and situation, empowering followers and transform them by motivating them to work well ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Dictatorial ▪ Dogmatic ▪ Wilful ▪ Patience ▪ Tolerance ▪ Resolute/confident ▪ Responsibility taking ▪ Revolutionist ▪ Hopeful ▪ Motivation strong ▪ Opinionated ▪ Optimistic ▪ Perseverance ▪ Positive-ness ▪ Decisive ▪ Will strong ▪ Practical ▪ Deeds good ▪ Confident ▪ Dutiful ▪ Rules respecting ▪ Duty too much sense of ▪ Loyal ▪ Forbearance ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Headstrong/obstinate ▪ Timid ▪ Confidence want of ▪ Hiding herself ▪ Coward ▪ Hopeless ▪ Inferiority ▪ Indecisive ▪ Fickle/capricious ▪ Initiative lack of ▪ Motivation lacking ▪ Will loss of power ▪ Selfish ▪ Manipulative ▪ Hypocrisy ▪ Responsibility aversion to ▪ Dominated easily ▪ Yielding ▪ Spineless ^[7] |
| <p>E) Temperance 1. Forgiveness To extend understanding towards those who have wronged or hurt us. To let go, quality of mercy, to accept shortcomings flaws and imperfection of others and give them 2nd</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Self-control increased ▪ Forbearance ▪ Benevolence ▪ Generous ▪ Mildness | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Hatred ▪ Hatred humankind ▪ Dwells past ▪ Brooding ▪ Aversion persons |

| | | |
|---|---|--|
| <p>chance.⁶</p> | <ul style="list-style-type: none"> ▪ Affectionate ▪ Sympathetic ▪ Letting go/tranquillity ▪ Comply ▪ Yielding ▪ Selflessness^[7] | <ul style="list-style-type: none"> ▪ Reproaching others ▪ Envy hate ▪ Loathing ▪ Malicious ▪ Revengeful ▪ Vindictive ▪ Plans making revengeful ▪ Hard-hearted ▪ Cursing ▪ Cruelty ▪ Brutality ▪ Selfish ▪ Mocking^[7] |
| <p>2. Modesty Accurately evaluating your accomplishments, without bragging, not doing in excess, not seeking spotlight, not drawing attention to self, not viewing yourself more special or important than others nor being highly self-critical. Aware of your mistakes and imperfections, content without expecting praise^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Humility ▪ Simple ▪ Modesty increased ▪ Basic person ▪ Humble ▪ Content^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Boaster ▪ Braggart ▪ Haughty ▪ Contemptuous ▪ Censorious ▪ Egotism ▪ Exclusive ▪ Flattery desires ▪ Extravagant ▪ Foppish ▪ Dictatorial ▪ Pedant ▪ Insolence ▪ Impertinence ▪ Pompous ▪ Squandering ▪ Rudeness ▪ Selfish ▪ Vanity ▪ Mocking ▪ Presumptuous ▪ Self-devaluation ▪ Forsaken feeling^[7] |
| <p>3. Prudence To be careful about the choices we make, to stop and think before act. Strength of restraint. You do not take unnecessary risks, and not saying or doing anything that makes you regret later. You consider the long term consequences of your action with practical reasoning ability.⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Conscientious about trifles ▪ Carefulness ▪ Cautious ▪ Delusion neglected duty ▪ Fastidious ▪ Sensitive ▪ Responsibility ▪ Plans making many ▪ Observant /alert ▪ Practical ▪ Decisive ▪ Reasoned power increased of ▪ Reflecting^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Anxiety ▪ Fear happen ▪ Suspicious ▪ Timidity ▪ Confidence want of ▪ Remorse ▪ Reproach ▪ Abrupt ▪ Fancies absorbed ▪ Insecurity ▪ Audacity ▪ Reckless ▪ Heedless ▪ Aloof ▪ Postponing ▪ Prejudiced ▪ Absent minded ▪ Reveries/absorbed ▪ Scapegoat/delusion wrong suffered ▪ Unpractical ▪ Un-observing^[7] |
| <p>4. Self-regulation It is about controlling your appetites and emotions and regulating what we do. High self-regulation gives confidence in the belief of being effective to follow their goals and achieve them. They control their reactions to disappointment and insecurities^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Self-control increased ▪ Emotions predominated by intellect ▪ Forbearance ▪ Soberness ▪ Confident ▪ Tranquillity settled ▪ Ambitious ▪ Practical ▪ Buoyancy | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Loss of self-control ▪ Besides oneself being ▪ Hopeless ▪ Anguish ▪ Panic ▪ Depression ▪ Anger, irritability ▪ Violent ▪ Self-denial |

| | | |
|---|--|--|
| | <ul style="list-style-type: none"> ▪ Positive-ness ▪ Polite/mannerly ▪ Content ▪ Introspective ▪ Reflecting ^[7] | <ul style="list-style-type: none"> ▪ Reproaching self ▪ Pessimistic ▪ Resignation ▪ Running away/escape attempts to ▪ Self-depreciation ▪ discontented ▪ Self-deception ▪ Suicidal disposition ▪ Loathing of life ▪ Disgust ▪ Despair ▪ Conflict/antagonism ▪ Tendency to get addicted ▪ Vulnerable ^[7] |
| <p>F) Transcendence: the state of being beyond the range of normal perception</p> <p>1. Appreciation of beauty and excellence</p> <p>Excellence or skilled performance in all the domains of life, from nature to art to mathematics to science to everyday experience one who appreciates the art of beauty. People are responsive of and awe of experiencing physical beauty like auditory tactile or abstract; skill or talent that energises and compels one to pursue their own goals; virtuous goodness and moral beauty wanting to be better, more loving and creates feeling of elevation ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Refined/elegance ▪ Pretty ▪ Music ability for ▪ Music desires ▪ Nature loves ▪ Painting ability for ▪ Passionate ▪ Ardent ▪ Scenery loves to look at ▪ Talented/gifted ▪ Dancing desire ▪ Dancing ability for ▪ Gardening love for ▪ Revelling ▪ Appreciates good food ▪ Mathematics ability for ▪ Theorising ▪ Intellectual ▪ Intelligent-artistic ▪ Creative art ability for ▪ Philosophy ability for ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Unrefined ▪ Contemptuous ▪ Fault finding ▪ Music aversion to ▪ Dancing aversion to ▪ Indifference ▪ Dullness ^[7] |
| <p>2. Gratitude</p> <p>Deep sense of thankfulness in life, and to others through gifts or acts, recognition. To be humble, persistent and kind ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Gratitude ▪ Thanking others ▪ Veneration ▪ Reverence ▪ Useful desire to be ▪ Loyal ▪ Conscientious ▪ Deeds good to perform ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Ungrateful ▪ Unfeeling ▪ Scoffing/contemptuous ▪ Profanity/cursing ▪ Destructive ▪ Insolence ▪ Impolite ▪ Mocking ▪ Rudeness ▪ Slander ▪ Haughty ▪ Gifts to his wife or son not ^[7] |
| <p>3. Hope</p> <p>Positive expectations about future, optimistic thinking, focus on good outcomes ^[6].</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Hopefulness ▪ Cheerfulness ▪ Optimistic ▪ High-spirited ▪ Confident ▪ Positive-ness ▪ Motivation strong ▪ Perseverance ▪ Will strong ▪ Firmness ▪ Faith ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Hopelessness ▪ Despair ▪ Pessimistic ▪ Loathing ▪ Motivation lacking ▪ Faithless ▪ Helplessness ▪ Pathetic ▪ Resignation ▪ Unfortunate feels ▪ Inconsolable ▪ Suicidal ▪ Doubtful ▪ Discouraged ▪ Morose ▪ Weary of life ^[7] |
| <p>4. Humour and playfulness</p> <p>Recognising amusing situations. It is a</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ itty | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Sadness |

| | | |
|--|---|---|
| <p>lubricant to social interactions, team building and reaching goals, to make people laugh and smile.⁶</p> | <ul style="list-style-type: none"> ▪ Jestig ▪ Happy/humorous/cheerful ▪ Hilarity/mirth ▪ Humour/mood ▪ Playful ▪ Vivacious ▪ Amusement desire ▪ Buoyancy ▪ Joy ▪ Pleasure ▪ Smiling ▪ Exhilaration ▪ Exultant ▪ Elated ▪ Ecstasy ▪ Pert ▪ Revelling ▪ Sanguineous ▪ Giggling ▪ Jovial/jesting ▪ Blissful ▪ Blushing ▪ Euphoria ▪ Charming others ^[7] | <ul style="list-style-type: none"> ▪ Amusement aversion to ▪ Lamenting ▪ Brooding ▪ Serious ▪ Grief ▪ Ill-humour ▪ Inconsolable ▪ Irritability ▪ Morose ▪ Indifference ▪ Low-spirited ▪ Contradiction intolerance ▪ Offended easily ▪ Sulky ▪ Admonition agg ▪ Sensitive ▪ Petulant ▪ Unfriendly ▪ Discontented ▪ Frown ▪ Complaining ▪ Grumbling ▪ Moaning ^[7] |
|--|---|---|

| | | |
|--|--|---|
| <p>5. Spirituality or a sense of purpose Dimensions include meaning, purpose, life calling, beliefs about the universe, practices that connect with transcendence. Connect with the sacred, holy, blessed, revered. Sacred experienced in the forgiveness offered by a child, humble moment between leader and subordinate, experience during meditation or religious service, self-sacrifice.⁶</p> | <p>RUBRICS - positive traits</p> <ul style="list-style-type: none"> ▪ Spirituality ▪ Religious too ▪ Praying ▪ Faith/religious affection ▪ Spirituality ▪ Piety ▪ Thoughts god about ▪ Preaching ▪ Salvation yearning for ▪ Veneration ▪ Meditating ^[7] | <p>RUBRICS - negative traits</p> <ul style="list-style-type: none"> ▪ Faithless ▪ Irreligious ▪ Religious affection want of ▪ Spirituality lack of ▪ Superstitious ▪ Fanaticism ▪ Mysticism ▪ Ritualistic ▪ Anxiety salvation ▪ Delirium religious ▪ Delusion religious ▪ Despair religious ▪ Doubtful salvation ▪ Fear faith ▪ Fear evil ▪ Dreams god about ▪ Godless ▪ Nihilistic attitude ▪ Prejudiced traditional ▪ Prophesying ▪ Clairvoyance ▪ Trance ▪ Premonition ▪ Foreboding ▪ Clairaudient ▪ Intuitive ^[7] |
|--|--|---|

An example with a case

Let's study the mind of a known case of diabetes mellitus. A 75 year old male, came into the clinic and started his complaints with a commanding voice. As we entered into the section of mind, he expressed thoughts of not wanting to live anymore, there is no peace at home, and nobody respects me. He went on... I was a bus collector, and I was very strict with my job. I am proud of not letting anybody cheat people. I would see to it that the bus conductors paid their fine for their mistakes and if any malpractices found I would see to it he/she resigned the job for the good of others. I am a stubborn man with strict rules. If I say this has to be done, it has to be done no matter what. I have never considered other's opinion because I know what i decide is right. I was paid on daily basis and it was very difficult to lead a basic life with my wife and 5 children. I had to make

debts and was hard to repay it back. When the loan venders started torturing me, I eloped from the house without telling anything to my wife. I stayed away for a year and later one of my relatives helped me clear my debts and I returned back. Since then my wife has been very reluctant towards me, doesn't respect me in front of others and now my children and daughter in laws do the same. They don't talk to me properly; they answer to the point and stop. I want to have normal conversation. Post retirement I have worked for a trust where I was a manager. I have a good name there also. I have not let anybody misuse the money. I have always been an angry person and made sure things are my way. I would hit my children when they didn't obey me. I have kept the poison ready with me, if I feel I am done and tired with all the responses coming towards me I shall take it. My kids have come up in their life by themselves. I was

not able to help them financially as my earning was very less. I would share the amount that I earned post retirement from the trust with my family members as I have not done my part earlier. I had 2 bad habits while I worked as a collector, one, I would smoke 20 cigarettes a day, second, I would spend the little money that I had on playing cards with friends. Money doesn't remain in my hands, the earning was less and I have not saved any money for myself. I still, at the age 75 yrs, am searching for a job as I don't want to ask money from my sons. I am a religious person and I follow all the rituals every day and visit temples often. I check for auspicious days and time for executing any work. I checked for this day to give you my case and will collect your medicine on this particular day.

Observation

he would interrupt me with an air of command when I tried explaining him about the importance of mind. He wasn't obliging, he was not ready to listen but to only speak and wanting me to listen. He added 'do you understand' with almost every sentence with an air of command. At the end, I said I shall take your fees when I pack medicines for you (which was after a couple of days as I had asked him to get some blood investigations done), to which he said 'take it silently when I am giving you the money don't give me an answer no'. He was stubborn enough to keep the amount in my hands and asked me not oppose him.

Now, let us analyse this,

He has been a strong willed man yet doesn't want to live anymore.

He has a dominating nature with an air of command but is not open to other's opinion.

He has been a very strict man, intolerant towards injustice and has been very stubborn with his principles, yet failed to constructively plan his life ending up in having debts which led him to elope.

He has been very responsible towards his job yet has not executed it well with his family, spending the little money that he earned in playing cards, smoking, eloped when he couldn't clear his debts.

We have a contrast of his traits which we shall try to place it under the classification of character strengths and virtues.

With the virtue 'bravery' – he has been 'brave', 'persistent' and 'honest' at his job but failed to exhibit the same with this personal life (family).

Rubrics

Injustice intolerance to; rebellious; boldness; righteous; proper, too; obstinate; honest; duty too much sense of; respecting law; discipline.

As contrast to – coward; hiding himself; suicidal thoughts; death desires.

With the virtue 'humanity' – 'social intelligence' seems to lack when it comes to considering other's opinion also with the smartness in executing work life.

Rubrics

Anger; rudeness; haughty; egotism; dictatorial.

With the virtue 'justice' – we see 'fairness' predominantly exhibited at his work place, but lacked in leadership qualities due to his stubbornness and inability to manage his household needs.

Rubrics

Injustice intolerance to; honest; rebellious; respecting laws and duty; rules respecting; righteous; too proper; dictatorial; As contrast to obstinate; coward; hiding himself; selfish; squandering money;

With the virtue 'temperance' – we see 'prudence' and 'self-control' well established with his work life but lack of those and 'self-regulation' in personal life (getting into smoking habit and spending on playing cards when saving money was a necessity).

Rubrics

Self-control increased; responsibility strong;

As contrast to – squandering money; responsibility inability; anger; irritability; running away; tendency to get addicted;

With the virtue 'transcendence' – we see deteriorating 'hope' to live and a lack of 'humour'. There is religiousness as a component of 'spirituality' yet not contributing to the present state of the patient.

Rubrics

Rudeness; contradiction intolerance; anger when opposed to; death desire; suicidal thoughts; superstitious; religious, too.

Results

Outcomes demonstrate there is sufficient data and options that are available to correlate the classification of Character Strength and Virtues (CSV) with mind rubrics in homoeopathic repertory literature. It is also seen that the mind rubrics are generally having negative connotation whereas the CSV classification has positive outlook. It is also seen that the CSV classification can be used as a parameter to classify the mental health problems as an alternative to DSM5 and ICD10 classifications.

Discussion

CSV classification and concept of positive psychology are more compatible with the philosophy and practice of homoeopathy. The holistic approach promoted by positive psychology finds resonance with the homoeopathic principles while dealing with the mind dimensions of health and disease. It becomes necessary to classify and measure the current health/disease situation on some easily comprehensible principles so that there is clarity for both diagnosis and prognosis. Till date DSM5 and ICD10 have been used as classification tools for homoeopathic practice also. It is to be remembered that the DSM/ICD classifications are based on the reductionist approach which is at variance with the homoeopathic beliefs. This study explored the possibility of adapting the CSV classification founded on the basis of positive psychology as an alternative to DSM/ICD classifications and is found to be more compatible for homoeopathic practice. The study was done as an explorative bibliographic study to estimate the possibilities for further studies by conducting appropriate prospective studies involving human subjects on a larger scale. This could validate and establish the role and significance of CSV classification as a tool in homoeopathic practice. This can also be used to correlate traits of the patient and apply positive psychology method as an intervention in the treatment along with homoeopathy whenever necessary.

Conclusion

From the outcomes of the study it can be concluded that the CSV classification is germane to the foundations of homoeopathy and therefore can be added to the practice tools in homoeopathy. We have tried to analyse and correlate the symptom presentation with character strengths and virtues classification. Further, the application of positive psychology as an intervention in the treatment of the condition needs in-depth learning of its methods and techniques.

Conflict of Interest

There was no conflict of interest associated with this article.

Reference

1. Mehta N. Mind-body dualism: A critique from a health perspective. *Mens sana monographs* 2011;9(1):202. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3115289/>
2. Munir AR. Claiming the Mind. Slide presentation in a seminar on: sensitising oneself to the rational and practical application of repertory. G.H.M.C & H, Bengaluru, Karnataka 2016.
3. Ackerman CE. What is positive psychology and why is it important? [online] 2020. <https://positivepsychology.com/what-is-positive-psychology-definition/>
4. Al Taher R. The Classification of Character Strengths and Virtues. [Online] 2020. <https://positivepsychology.com/classification-character-strengths-virtues/>
5. Steve B, Marie C. *J Posit Psychol*. Eidenburg Gate: Pearson Education Limited 2014.
6. VIA Institute on Character Strengths. The 24 character strengths 2020. https://www.viacharacter.org/character-strengths_
7. Frederik S. *Synthesis Repertorium Homeopathicum syntheticum*. 9th ed. Noida, India: UP. India: B Jain Publishers 2016.
8. Abhijit C. History and development of synthesis repertory 2013. <https://www.homeobook.com/history-and-development-of-synthesis-repertory/>