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Understanding temperament-through a retrospective study of randomly selected chronic case

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Abstract

Background: Temperament is an inherent, constitutional predisposition to react to stimuli in a certain way. The word temperament according to oxford dictionary comes from the Latin word temperamentum meaning 'correct mixture' or temperare 'mingle'. In earlier times the word was synonymous with the noun temper.

Objectives: To study the different temperaments from case study of chronic diseases. To understand the correlation between the temperaments of homeopathic remedies to that of the patient's temperamental tendencies & its clinical utility for remedy selection.

Methods: This Retrospective analytical study includes total 30 cured cases of chronic disease that were randomly selected & were retrospectively studied for understanding different temperament. A thorough study of entire cases regarding the mental and physical generals was done. In all the individual cases the temperament of the medicine given to the temperament of the individual were studied separately. Secondly the potency selected for the cases were evaluated with the temperamental co-relation in order to study its significance in bringing cure.

Results: Co-relation between the temperaments of remedy selected to the temperament found to be dominant in the case. The disappearance of presenting complains with the medicines whose temperament is similar to that of the patient's and without relapse for at least 6 months of study.

Conclusion: From our study we would like to conclude that the homoeopathic concept of temperament embraces the holistic concept of homoeopathic philosophy. It includes an understanding of the mental disposition, intellect, emotional affinity, memory, disease phenomenon and individual expression of the disease.

Keywords: temperament, case, homeopathy

Introduction

Homoeopathy is a science of holistic healing. When Dr. Hahnemann laid the foundation of homoeopathy some 200yrs back, he made it very clear that it's not the disease that has to be treated it's the man who is sick has to be cured. And for cure to take place a physician has to understand the man as a whole. The man when in health to the man now in disease, the deviation from the state of health which is manifested through the signs & symptoms of the disease are to be perceived carefully by the physician. For which our master Hahnemann has given guidelines for case taking in Aphorism^[1, 2]. It will help the physician to bring about a cure if he can find out the data of the most probable occasion of acute disease, and the most significant factors in the entire history of a protracted sickness, enabling him to find out its fundamental cause in chronic disease. In these investigations, the physicians should take into account the patients'^[3, 4]

1. Discernible body constitution
2. Moral and intellectual character
3. Mental and Emotional character
4. Occupations,
5. Lifestyle and habits
6. Civic and Domestic relationship (relationships outside and within the home)
7. Age
8. Sexual functions

In this study Hahnemann included changes in the innate constitution and personality as well as the negative states brought on by the disease.

One cannot separate the susceptibility and predispositions of the mind/body complex from the disease suffered by the patient [5, 6]. They form an inseparable whole because the innate constitution and temperament are the major conditioning factors in the experience of suffering. Hahnemann [7] was the first physician to fully integrate into medicine the innate constitution, the spiritual, mental and emotional temperament, the instinctive vital force, inheritance, predispositions, single and multiple causations, susceptibility, infection, acute and chronic miasms as well as the complete objective signs, coincidental befalling and subjective symptoms.

Temperament is derived from the Latin word “temper” meaning to restrain, moderate. Temperament means a state with respect to predominance of qualities; an internal constitutional state; a natural disposition; a proportioned mixture of qualities. It has two aspect & four dominant classification²—

- a) Emotional & intellectual tendencies
- b) Functional tendencies

Classification of temperaments

- 1. Bilious
- 2. Sanguinous
- 3. Nervous
- 4. Phlegmatic.

Apart from these four major constitutional temperaments, other twelve minor types are mixtures of the major type. They are the cholera-phlegmatic, the sangino-phlegmatic, the nerve-phlegmatic, etc.

Different authors have given their own narration of its utility but its yet to be studied how much is to be relied on temperament of an individual, & to what extend can our homeopathic medicines modify these natural tendencies to external circumstances. So in order to understand how much the temperaments are significant in case taking, its practical clinical applicability in remedy selection this topic is selected.

Materials and Methods

The present study was undertaken at Dr. V.H. Dave Homeopathic Medical College and Shrimati S.I. Patel Homoeopathic Hospital, Anand from year 2012-2015.

Materials: The materials utilized for the study were

- 1. Case records of chronic diseases from College O.P.D
- 2. Case records of chronic diseases from Rural O.P.D

Method of Collection of Data

- 1. Type of study:
 - Retrospective Analytical study
 - Sample size: 30
 - Type of sampling: random sampling
- 2. Criteria for the selection of cases:
 - 30 CURED cases of chronic diseases were randomly selected & were retrospectively studied for understanding different temperament.
- 3. A through study of entire cases regarding the mental and physical generals was done.
- 4. Temperamental analysis

In the 30 cases, an attempt was made to discern the temperament through its mental dispositions, emotional tendencies and intellectual affinities.

In order to ascertain the Mental, Emotional and Intellectual affinities of the cases, they were studied under:

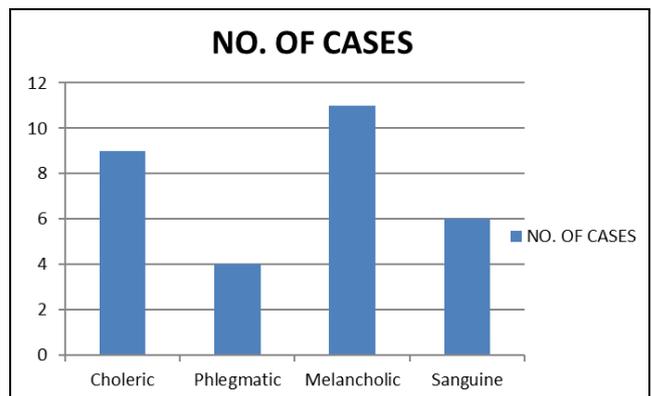
- Will
 - Emotions
 - Memory
5. In all the individual cases the temperament of the medicine given to the temperament of the individual were studied separately. Secondly the potency selected for the cases were evaluated with the temperamental co-relation in order to study its significance in bringing cure. Co-relation between the temperaments of remedy selected to the temperament found to be dominant in the case.
6. Response was analyzed into one criteria:
 - **Cure:** The disappearance of presenting complains with the medicines whose temperament is similar to that of the patient’s and without relapse for at least 6 months of study.

Results

Table 1: Distribution of cases according to temperaments

Temperament	No. of Cases
Choleric	9
Phlegmatic	4
Melancholic	11
Sanguine	6
Total	30

As per table 1, out of 30 cured cases chronic cases, maximum number of cases i.e, 11 had melancholic temperament. 9 cases had choleric temperament; 6 had sanguine and 4 had phlegmatic temperament.



Graph 1: Graphical presentation of Distribution of cases according to temperaments

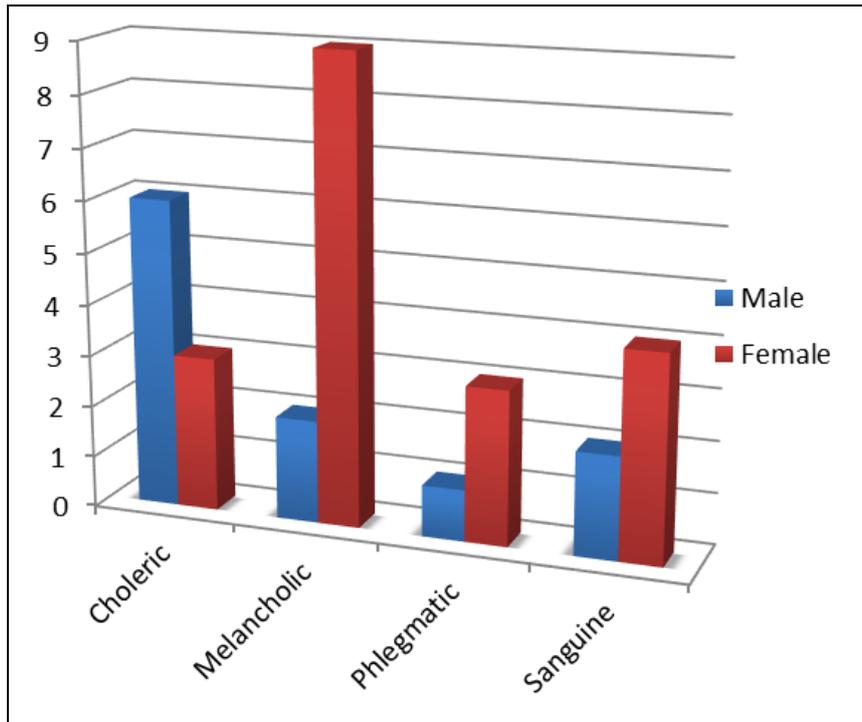
Table 2: Gender wise distribution of temperaments

Temperaments	Male	Female	Total
Choleric	6	3	9
Melancholic	2	9	11
Phlegmatic	1	3	4
Sanguine	2	4	6
Total	11	19	30

As per table no. 2, out of 30 cases, 19 were females and male cases were 11. In case of melancholic temperament 2 were males and 9 were females. Out of 9 cases of choleric

temperament 6 were males and 3 were females. In case of phlegmatic temperament 3 were females and 1 was male.

Out of 6 cases of sanguine temperament 2 were males and 4 were females.



Graph 2: Graphical presentation of Gender wise distribution of temperaments

Table 3: Different temperaments and its age relation

Age groups	Total no. Of cases	Choleric	Melancholic	Phlegmatic	Sanguine
0- 10yrs	4	0	2	1	1
10-20yrs	0	0	0	0	0
20-30yrs	13	4	5	1	3
30-40yrs	6	2	2	1	1
40- 50yrs	3	1	1	0	1
50- 60yrs	2	0	1	1	0
60-70yrs	1	1	0	0	0
70- 80yrs	0	0	0	0	0
80-90yrs	1	1	0	0	0

The highest number of patients are found in the age group between 20-30yrs i.e 13 cases. Case of all temperaments merge out in maximum in 20-30yrs of age group i.e 5 cases in melancholic, 4 in choleric, 3 in sanguine and 1 in

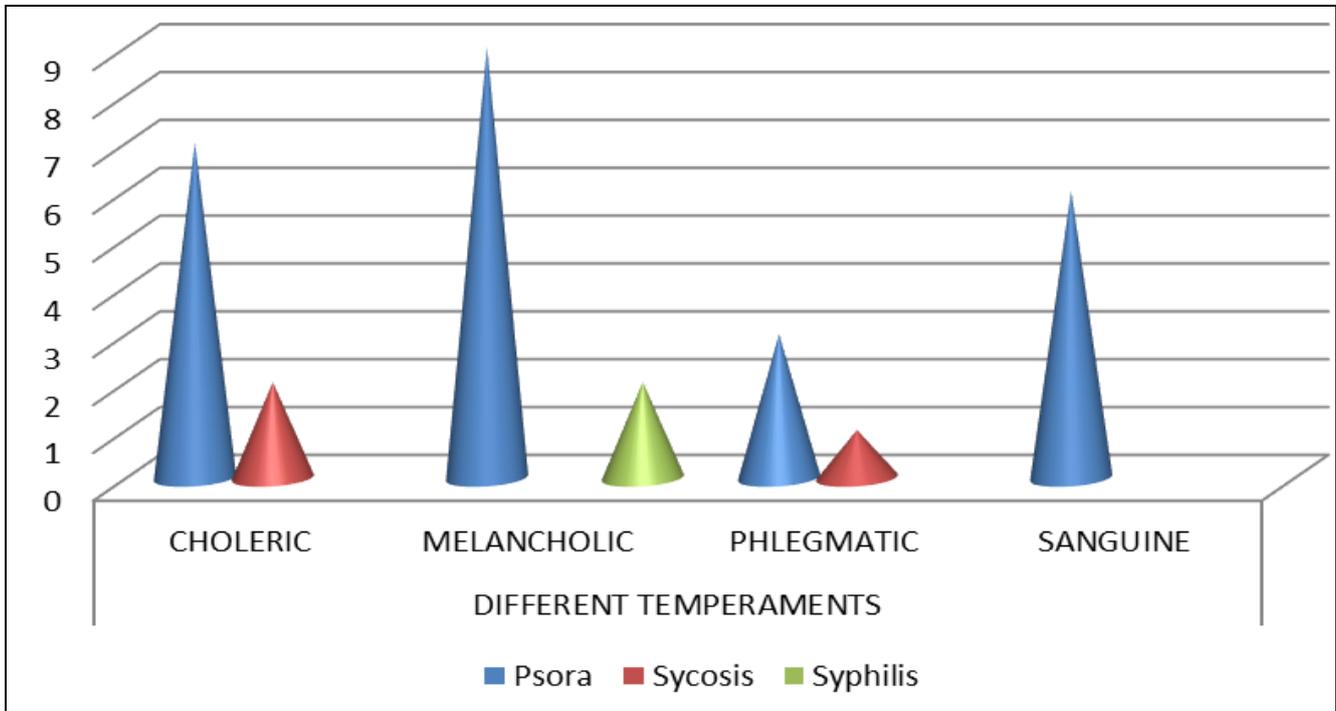
phlegmatic. The lowest number of patients are found in the age group of 60-70 yrs and 80-90yrs i.e 1 case in each age group and the temperament which merges out in both the cases in the respective age group is choleric.

Table 4: Distributions of cases according to different temperaments and its dominant miasm

Miasm	Different Temperaments				Total no. of cases in each miasm
	Choleric	Melancholic	Phlegmatic	Sanguine	
Psora	7	9	3	6	25
Sycosis	2	0	1	0	3
Syphilis	0	2	0	0	2

Among the three Dominant Miasms, Psoramiasm is found to be more prominent in all the four temperaments. In this sanguine temperament is found to covering only psoramiasm. Choleric is mostly psora and rest sycosis.

Phlegmatic is in the ratio of 3: 1 as far as psora to sycosis miasm is concerned. Lastly melancholic temperament covers psora and syphilis miasm but again dominant seems to be psora.



Graph 4: Graphical presentation of cases according to different temperaments and its dominant miasm

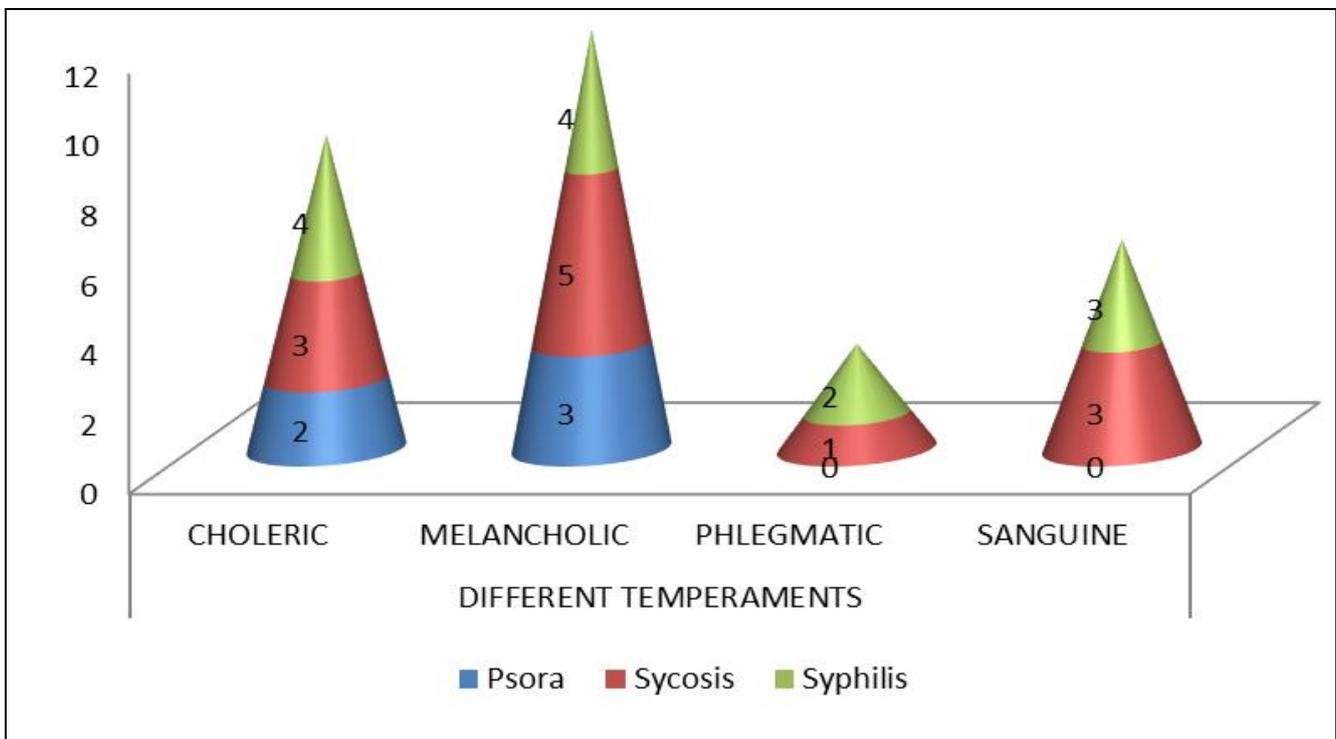
Table 5: Distributions of cases according to different temperaments and its fundamental miasm

*F. Miasm	Different Temperaments				Total no. of cases
	Choleric	Phlegmatic	Sanguine		
Psora	2	3	0	0	5
Sycosis	3	5	1	3	12
Syphilis	4	4	2	3	13

*F= Fundamental miasm

As per table no. 5 out of the 30 cases, taken up for study there were 6 patients who were sanguine, 9 patients were choleric, 4 were phlegmatic and 11 were melancholic in their temperaments. Out of the 6 sanguine patients 0 had

psoricmiasm, 3 sycosis and 3 syphilitic miasm in background. In the 9 choleric temperament 2 were psora, 3 were sycosis and 4 melancholic.



Graph 5: Graphical presentation of cases according to different temperaments and its fundamental miasm

Table 6: Distribution of Different Temperament and Its Mental Sympt

Temperament	Total No of Cases	Mental Generals	Symptoms In No. of Cases
Choleric	9	Anger	5
		Dominating	3
		Independent	4
		Intelligent	1
		Irritable	6
		Quarrelsome	1
		Restless	2
Melancholic	11	Anticipation	1
		Anxious	3
		Conscientious	1
		Guilt conscious	1
		Pessimistic	3
		Prefers solitude	4
		Reserve	5
		Shy	5
		Stubborn	4
Suicidal thoughts	1		
Weeping Disposition	1		
Phlegmatic	4	Calm	4
		Compose	1
		Dependent	2
		Dull	2
		Indolent	2
Sanguine	6	Extroverted	3
		Friendly	5
		Lively	3
		Talkative	2

Table 7: Distribution of Different Temperament and Its Physical Symptoms

Temperament	Total No of cases	Physical Generals	Symptoms In No. of Cases
Choleric	9	Acidity	1
		Backache	1
		Burning sensation	2
		Desires sweet	2
		Desire spicy	4
		Heaviness in abdomen	3
		Increased frequency to micturition	1
		Nausea	3
		Recurrent scanty, constant urging to stool	3
		Sour eructation	3
		Vomiting	2
		Watery discharge from nose	1
White watery diarrhoea	1		
Melancholic	11	Blackish discoloration of skin	1
		Decreased appetite	3
		Hard stool	2
		Numbness	1
		Recurrent profuse white watery diarrhoea	2
		Scanty perspiration	5
		Tingling	2
		Watery itching vesicular eruptions	1
Weakness	2		
Phlegmatic	4	Delayed menses	1
		Scanty periods	1
		Headache	2
		Pain in legs	1
		Throbbing pain	1
Sanguine	6	Acuteness of senses	2
		bleeding from gums	1
		Burning sensation	2
		Hard stool	2
		Sensitive to change of temperature	1
Tendency to catch cold	2		

In 9 choleric cases out of the 30 cured chronic cases the desire for spicy food were in 4 cases. 3 cases each of nausea, heaviness of the abdomen, sour eructation and recurrent scanty constant urging for stool were found in choleric temperament, whereas burning sensation, desire for sweets and vomiting were found in 2 cases each. Out of 11 melancholic patients maximum i.e. 5 were having scanty perspiration. Decreased appetite was seen in 3 cases and

there were 2 cases each of hard stool, recurrent profuse white watery diarrhea and tingling sensation respectively. In 4 cases of phlegmatic temperament the only common symptom found was headache. Out of 6 cases of sanguine temperament 2 cases each were found of acuteness of senses, burning sensation, hard stool and tendency to catch cold.

Table 8: Distribution of Different Temperaments and Its Systemic Affinity.

Systems	Temperament			
	Sanguine	Choleric	Phlegmatic	Melancholic
CNS	2	1	2	1
ENDO	1	0	0	1
GIT	0	5	1	1
KUB	0	1	0	0
META	1	0	0	1
M.S	0	0	0	1
REP.SYS	1	0	1	1
RS	1	2	0	1
SKIN	0	0	0	4
TOTAL	6	9	4	11

As per table 7, out of 11 cases of melancholic temperament 4 cases had skin problem. In case of sanguine temperament maximum cases i.e 2 were of CNS affection, in choleric 5

out of 9 cases were of GIT affections and in phlegmatic temperament 2 out of 4 cases were of CNS system.

Table 9: Distribution of Different Temperaments and Remedy Prescribed

Temperament	Remedies Prescribed	No. of times prescribed	Total no. of cases
Choleric	Anti. Tart	1	9
	Lycopodium	5	
	NuxVom	3	
Melancholic	Anti. Crud	2	11
	Ars. Alb	2	
	Ignatia	1	
	Kali Brom	1	
	Nat. Mur	1	
	Nat. Phos	2	
	Silicea	1	
Stramonium.	1		
Phlegmatic	Pulsatilla	2	4
	Calc. Carb	1	
	Sulphur	1	
Sanguine	Lachesis	3	6
	Phosphorus	2	
	Sulphur	1	

As per table no.9, out of 9 cases of Choleric temperament Lycopodium was prescribed in maximum number of cases i.e., in 5 cases. Nuxvom was prescribed in 3 cases and Anti-tart was prescribed in only one case. In Melancholic temperament out of 11 cases Anti-crud, Ars. alb and Nat-phos was prescribed in two cases each respectively and in rest of the cases, Ignatia, Kali. brom, Nat. mur, Silicea and

Stramonium was prescribed. In Phlegmatic temperament out of 4 cases Pulsatilla was prescribed in two cases and in rest of the cases Calc. carb and Sulphur was prescribed respectively. Lastly in Sanguine temperament Lachesis was prescribed in 3 cases out of 6, Phosphorus was prescribed in 2 cases and Sulphur in one.

Table 10: Different Temperaments and Its Susceptibility

Susceptibility	Total No of Cases	Temperaments			
		Choleric	Melancholic	Phlegmatic	Sanguine
Low	8	1	6	0	1
Moderate	13	4	3	4	2
High	9	4	2	0	3
Total	30	9	11	4	6

As per table 10, out of the four temperaments melancholic is having low susceptibility i.e., out of 11 cured cases of melancholic temperament 6 were having low susceptibility, 3 were having moderate susceptibility and 2 were having high susceptibility. The moderate susceptibility is found in phlegmatic temperament, i.e., all the 4 cases of phlegmatic out of 30 chronic cured cases were having moderate

susceptibility. In 9 cases of choleric temperament 4 were having moderate susceptibility and 4 were having high susceptibility only 1 was having low susceptibility. The sanguine temperament were having high susceptibility i.e., 3 out of 6 cases were having high susceptibility, 2 of the cases were having moderate susceptibility and 1 was having low susceptibility.

Table 11: Different Temperaments and Potency Used

Temperament	Potency			Total
	30	200	1M	
Choleric	1	4	4	9
Melancholic	6	3	2	11
Phlegmatic	0	4	0	4
Sanguine	1	2	3	6
Total	8	13	9	30

Out of 9 cases of choleric temperament 4 were prescribed in 1M potency, in 4 cases 200th potency and only 1 in 30th potency. In 11 cases of melancholic temperament 6 were prescribed in 30th potency, in 3 cases 200th and in 2 cases 1M potency were prescribed. Out of 4 phlegmatic

temperaments the prescription was maximum in 200th potency i.e., in all the 4 cases 200th potency was prescribed. In 3 out of 6 sanguine temperament 1M potency was prescribed, in 2 cases 200th potency and in 1 case 30th potency was prescribed

Table 12: Different Remedies Its Systemic Affection, Disease Expression and Temperamental Correlation

Remedies	Total No. of Cases In Which Remedy Was Prescribed	Systemic Affection	Expression Of The Disease	Temperament In Each Cases
Anti. Crud	2	1. Skin 2. CNS	Insomnia, mood swings, suicidal thoughts, Thickening of skin, papular eruptions.	Melancholic-2
Anti. Tart	1	1. RS	Cough, tough white, rusty expectoration, frothy mucus.	Melancholic
Ars. Alb	2	1. Endocrinal 2. CNS	Tingling and numbness of the extremities, extreme weakness, persistent vomiting, burning sensation, blackish discoloration of the skin.	Melancholic-2
Calc. Carb	1	1.CNS	One sided Headache, pain from heat, sun, pressure and least touch, headache with leucorrhoea thick white offensive.	Phlegmatic
Ignatia	1	1.GIT	Hard stool, stool covered in blood, much straining at stool, bleeding from anus.	Melancholic
Kali. Brom	1	1. SKIN	Vesicular eruptions, watery and sanguineous discharge from eruptions, itching.	Melancholic
Lachesis	3	1. Endocrinal 2. Genito- 3. Urinary SYS. 4. SKIN	Severe spasmodic painful menses, coldness of extremities, cyanosed lips, anxiety, palpitation, intolerance of heat, internal burning sensation, hair fall in bunches with small balding spots.	Sanguine-3
Lycopodium	5	1.GIT 2. Kidney & Urinary SYS.	Lower abdominal pain, burning sensation in the epigastric region, nausea, sour eructation, recurrent diarrhea, diarrhea from least food, running nose, watery discharge, sneezing.	Choleric-5
Nat. Mur	1	1. Genito- Urinary SYS.	Whitish watery, profuse leucorrhoea, numbness and tingling sensation, sensation as if bitten by ants.	Melancholic
Nat. Phos	2	1. GIT 2. SKIN	Voluptuous itching, dryness of scale, bleeding after scratching, yellow watery sour vomiting, pain in the umbilical region, watery diarrhea.	Melancholic-2
Nux. Vom	3	1.CNS 2.GIT	Sour vomiting, headache from sun, light, sleeplessness and noise flatulence, nausea from spicy food, increased frequency to stool.	Choleric-3
Phosphorus	2	1.RS	Running nose, thick white discharge, constant sneezing, burning sensation, fearful, clairvoyant, mood swings, startles from noises.	Sanguine-2
Pulsatilla	2	1. Genito- Urinary SYS. 2. GIT 3. CNS	Scanty, delayed, irregular, menses, dark red blood, throbbing, pulsating, loud eructation, headache on the vertex region.	Phlegmatic-2
Silicea	1	1. SKIN	Weakness, coldness of the body, fainting attacks	Melancholic
Stramonium	1	1. RS	Difficult breathing at night, shortness of breath from dust and cold, wheezing sound.	Melancholic
Sulphur	2	1. Metabolic 2. Musculo- Skeletal SYS.	White discolor spots, dryness of skin, bleeding gums.	1. Sanguine 2. Phlegmatic

Table 13: Case-Wise Temperamental Analysis Its Remedial Affinity & Its Co-Relation to Dr. Parinaaz Humranwala Temperamental Analysis

Sr. No	System Affected	Mental Make Up	Temperamental Analysis	Remedial Temperamental Affinities As Per Dr. Parinaaz Humranwala *Temperamen-Tal Grading.
1.	GIT	<ul style="list-style-type: none"> Will- Strong Emotion- Anger Memory- sharp Reactivity- Fast 	Choleric	Lycopodium- <ul style="list-style-type: none"> Choleric ^[3] Melancholic ^[2] Phlegmatic ^[1]
2.	CNS	<ul style="list-style-type: none"> Will- Fixed ideas Emotions- depression Memory- Dull Reactivity- Slow 	Melancholic	Anti- crud <ul style="list-style-type: none"> Melancholic ^[3] Choleric ^[1]
3.	RS	<ul style="list-style-type: none"> Will-Strong Emotion-Anger, domination Memory-Absent minded Reactivity-fast 	Choleric	Lycopodium <ul style="list-style-type: none"> Choleric ^[3] Melancholic ^[2] Phlegmatic ^[1]
4.	Skin	<ul style="list-style-type: none"> Will - Subdued Emotion- Conscientious, sad Memory- Sharp Reactivity-slow 	Melancholic	Anti crud <ul style="list-style-type: none"> Melancholic ^[3] Choleric ^[1]
5.	CNS	<ul style="list-style-type: none"> Will -Freckle minded Emotion-Lively, warm Memory-Sharp Reactivity-Fast 	Sanguine	Phosphorus <ul style="list-style-type: none"> Sanguine ^[3] Choleric ^[2] Melancholic ^[1]
6.	Skin	<ul style="list-style-type: none"> Will- stubborn Emotion- fearful, sensitive Memory- Sharp Reactivity- fast 	Melancholic	Silicea <ul style="list-style-type: none"> Melancholic ^[3] Phlegmatic ^[2]
7.	CNS	<ul style="list-style-type: none"> Will-Strong Emotion-Irritable, anxious. Memory- Sharp Reactivity- fast 	Choleric	Nuxvom <ul style="list-style-type: none"> Choleric ^[3] Melancholic ^[1]
8.	Endocrinal	<ul style="list-style-type: none"> Will- Weak Emotion- fearful, pessimistic. Memory- Dull Reactivity-Slow 	Melancholic	Ars. Alb <ul style="list-style-type: none"> Melancholic ^[3] Choleric ^[2]
9.	Genito-urinary system	<ul style="list-style-type: none"> Will- Weak Emotion-Contented, mild Memory-Sharp Reactivity-Slow 	Phlegmatic	Pulsatilla <ul style="list-style-type: none"> Phlegmatic ^[3] Melancholic ^[2] Sanguine ^[1]
10.	CNS	<ul style="list-style-type: none"> Will-Weak Emotion-Loathing of life,fearful. Memory-Dull Reactivity-Slow 	Melancholic	Ars. Alb <ul style="list-style-type: none"> Melancholic ^[3] Choleric ^[2]
11.	GIT	<ul style="list-style-type: none"> Will- Strong Emotion- Short tempered, independent. Memory- Sharp Reactivity-Fast 	Choleric	Lycopodium <ul style="list-style-type: none"> Choleric ^[3] Melancholic ^[2] Phlegmatic ^[1]
12.	CNS	<ul style="list-style-type: none"> Will-Strong Emotion- Calm, compose Memory-Sharp Reactivity-Fast 	Phlegmatic	Calc. Carb <ul style="list-style-type: none"> Phlegmatic ^[3] Melancholic ^[2] Choleric ^[1] Sanguine ^[1]
13.	GIT	<ul style="list-style-type: none"> Will-Weak Emotion- Nervous. anticipation Memory-Sharp Reactivity-Slow 	Melancholic	Nat. Phos <ul style="list-style-type: none"> Melancholic ^[3] Phlegmatic ^[1]
14.	GIT and CNS	<ul style="list-style-type: none"> Will -Weak Emotion-Brooding, Indolent Memory- Dull Reactivity-Slow 	Phlegmatic	Pulsatilla <ul style="list-style-type: none"> Phlegmatic ^[3] Melancholic ^[2] Sanguine ^[1]
15	Metabolic	<ul style="list-style-type: none"> Will-Strong Emotion-Naughty, cheerful Memory-Sharp 	Sanguine	Sulphur <ul style="list-style-type: none"> Sanguine ^[3] Phlegmatic ^[3]

		<ul style="list-style-type: none"> • Reactivity-Fast 		<ul style="list-style-type: none"> • Choleric ^[1] • Melancholic ^[1]
16.	RS	<ul style="list-style-type: none"> • Will-Strong • Emotion- Fearful • Memory-Confused • Reactivity-Fast 	Sanguine	Phosphorus <ul style="list-style-type: none"> • Sanguine ^[3] • Choleric ^[2] • Melancholic ^[1]
17.	RS	<ul style="list-style-type: none"> • Will- Weak • Emotion-irritable, fearful, foresaken • Memory-Sharp • Reactivity-Fast 	Melancholic	Stramonium <ul style="list-style-type: none"> • Melancholic ^[3] • Choleric ^[2] • Sanguine ^[2]
18.	Kidney and Urinary system	<ul style="list-style-type: none"> • Will-Weak • Emotion-Calm, reserve • Memory-Sharp • Reactivity-Fast 	Choleric	Lycopodium <ul style="list-style-type: none"> • Choleric ^[3] • Melancholic ^[2] • Phlegmatic ^[1]
19.	Endocrinal	<ul style="list-style-type: none"> • Will- Strong • Emotion-Jolly,suspicious • Memory-Sharp • Reactivity-Fast 	Sanguine	Lachesis <ul style="list-style-type: none"> • Choleric ^[3] • Sanguine ^[3] • Melancholic ^[1]
20.	G.I.T	<ul style="list-style-type: none"> • Will- Strong • Emotion-quarrelsome, dominating • Memory-Sharp • Reactivity-Fast 	Choleric	NuxVom <ul style="list-style-type: none"> • Choleric³ • Melancholic¹
21.	Genitor-urinary organ	<ul style="list-style-type: none"> • Will-Strong • Emotion-Lively, extrovert • Memory-Sharp • Reactivity-Fast 	Sanguine	Lachesis <ul style="list-style-type: none"> • Choleric ^[3] • Sanguine ^[3] • Melancholic ^[1]
22.	Skin	<ul style="list-style-type: none"> • Will-Weak • Emotion-Fearful, reserve • Memory-Dull • Reactivity-Slow 	Melancholic	Kali Brom <ul style="list-style-type: none"> • Melancholic ^[3] • Phlegmatic ^[2]
23.	RS	<ul style="list-style-type: none"> • Will -Strong • Emotion-warm, Friendly • Memory-Dull • Reactivity-Slow 	Choleric	Anti tart <ul style="list-style-type: none"> • Melancholic ^[2] • Choleric ^[1]
24.	G.I.T	<ul style="list-style-type: none"> • Will-Strong • Emotion-domination, egostic • Memory-Sharp • Reactivity- Fast 	Choleric	Lycopodium <ul style="list-style-type: none"> • Choleric ^[3] • Melancholic ^[2] • Phlegmatic ^[1]
25.	Genito-urinary system	<ul style="list-style-type: none"> • Will- weak • Emotion-Brooding, fearful • Memory-Sharp • Reactivity-Slow 	Melancholic	Nat Mur <ul style="list-style-type: none"> • Melancholic ^[3] • Choleric ^[1]
26.	GIT	<ul style="list-style-type: none"> • Will-Sharp • Emotion-Anger, irritable • Memory-Sharp • Reactivity- Fast 	Choleric	Nux Vom <ul style="list-style-type: none"> • Choleric ^[3] • Melancholic ^[1]
27.	GIT	<ul style="list-style-type: none"> • Will-Weak • Emotion-reserve, calm • Memory- Dull • Reactivity- Slow 	Melancholic	Ignatia <ul style="list-style-type: none"> • Melancholic ^[3] • Sanguine ^[2]
28.	Skin	<ul style="list-style-type: none"> • Will-Strong • Emotion- Anxious, fastidious • Memory-Absent minded • Reactivity-Slow 	Melancholic	Nat. Phos <ul style="list-style-type: none"> • Melancholic ^[3] • Phlegmatic ^[1]
29.	Skin	<ul style="list-style-type: none"> • Will-Strong • Emotion-Jovial, optimistic • Memory-Sharp • Reactivity-Fast 	Sanguine	Lachesis <ul style="list-style-type: none"> • Choleric ^[3] • Sanguine ^[3] • Melancholic ^[1]
30.	Musculo-skeletal system	<ul style="list-style-type: none"> • Will -Strong • Emotion-Timid, sensitive. • Memory- Sharp • Reactivity-Fast 	Melancholic	Sulphur <ul style="list-style-type: none"> • Phlegmatic ^[3] • Sanguine ^[3] • Choleric ^[1] • Melancholic ^[1]

In the table no. 13 the case-wise distribution of cases according to the organ affection and temperamental analysis

by Dr. Parinaaz Humranwala's Expert Temperz Grading System shows that in each of the 30 cases the temperaments

were corresponding to the the temperamental affinities of remedies as shown in the grading manner of Tempraz Expert System. Although most of the remedies cover all the 4 temperaments yet out of the four temperaments only one or two temperaments seems to dominate the mental and physical expression of the symptoms.

Discussion

In my study of "Understanding temperament- through a retrospective study of randomly selected chronic cases", 30 cured cases were studied and following discussion is made. In the study of the 30 cases which were fully cured with no relapse of symptoms from last 6 months to one year were randomly selected to do a retrospective study of the Temperaments.

In all the cases the temperaments were evaluated according to the following heads-Will, Emotions, Memory and Reactivity. Where reactivity was analyzed by the person's age, the duration of the disease, intensity of the disease symptoms and its temperamental affinities. Apart from studying the mental dispositions of the patients, its organ pathology and susceptibility were also analyzed. This also helped to form a complete understanding of Hippocrates four temperaments. A co-relation of the temperament and its significance in the prescription of medicine in chronic diseases were studied as well.

Starting with the first objective of understanding the temperament from these chronic cured cases it is seen from the study of table no 1 is that temperament is one of the factors in choosing the remedy for constitutional prescriptions. In all of the 30 cases we find 6 to be more sanguine, 9 choleric, 4 phlegmatic and 11 melancholic.

As per table no. 2, out of total number of cases i.e., 30 patients preponderance of female i.e., 19 cases than males i.e., 11 cases were seen. As per table no. 3, maximum number of cases were from 20-30yrs of age group having preponderance of melancholic temperament i.e, 5 cases, choleric temperament i.e, 4 cases, 3 cases of sanguine and 1 case of phlegmatic temperament out of 13 cases. The minimum number of cases were found in the age group of 60-70 and 80-90 i.e., 1 case in each age group both were from choleric temperament.

As per table number 4, Psora was found to be dominant among all the 3 miasms. In this sanguine temperament covered 6 cases of Psora, choleric temperament covered 7 cases of Psora and 2 sycosis, in case of melancholic temperament 9 cases of Psora and 2 cases of syphilis and lastly phlegmatic temperament covered 3 cases of Psora and 1 of Sycosis. According to table number 5, syphilis was prominent as fundamental miasm i.e., having total of 13 cases out of 30, then Sycosis having 12 and lastly Psora having 5 cases out of 30.

As per table number 6, the distribution of different temperaments according to its mental generals, in choleric 6 cases were covering irritability, 5 were having anger, 4 were found to be independent and 3 were dominating in nature out of the total 9 cases. In melancholic temperament 5 cases were found to be reserve and shy by nature, 4 of them preferred solitude and were stubborn and 3 were anxious and pessimistic by nature, out of the total 11 number of cases. In phlegmatic temperament all the 4 cases were found to be having calm disposition. Out of 6 cases of sanguine 5 were found to be friendly and 3 of them extrovert and lively by nature.

As per table number 7, in 9 choleric cases out of the 30 cured chronic cases the desire for spicy food were in 4 cases. 3 cases each of nausea, heaviness of the abdomen, sour eructation and recurrent scanty constant urging for stool were found in choleric temperament, whereas burning sensation, desire for sweets and vomiting were found in 2 cases each. Out of 11 melancholic patients maximum i.e 5 were having scanty perspiration. Decreased appetite was seen in 3 cases and there were 2 cases each of hard stool, recurrent profuse white watery diarrhoea and tingling sensation respectively. In 4 cases of phlegmatic temperament the only common symptom found was headache. Out of 6 cases of sanguine temperament 2 cases each were found of acuteness of senses, burning sensation, hard stool and tendency to catch cold. According to table number 8, out of 11 cases of melancholic temperament, maximum number of cases that is 4 were from skin/integumentary system. In sanguine temperament out of 6, maximum number of case i.e 2 from CNS. In choleric out of 9, maximum number of cases i.e, 5 covered GIT. Lastly in phlegmatic temperament out of 4 maximum number of cases i.e., 2 belonged to CNS.

As per table no.9, out of 9 cases of Choleric temperament Lycopodium was prescribed in maximum number of cases i.e., in 5 cases. Nuxvom was prescribed in 3 cases and Ant. tart was prescribed in only one case. In Melancholic temperament out of 11 cases Ant. crud, Ars. Alb and Nat. phos were prescribed in two cases each respectively and in rest of the cases, Ignatia, Kali. brom, Nat. mur, Silicea and Stramonium were prescribed. In Phlegmatic temperament out of 4 cases Pulsatilla was prescribed in two cases and in rest of the cases Calc. carb and Sulphur were prescribed respectively. Lastly in Sanguine temperament Lachesis was prescribed in 3 cases out of 6, Phosphorus was prescribed in 2 cases and Sulphur in one.

As per table 10, out of the four temperaments melancholic was having low susceptibility i.e., out of 11 cured cases of melancholic temperament 6 were having low susceptibility, 3 were having moderate susceptibility and 2 were having high susceptibility. The moderate susceptibility was found in phlegmatic temperament, i.e., all the 4 cases of phlegmatic out of 30 chronic cured cases were having moderate susceptibility. In 9 cases of choleric temperament 4 were having moderate susceptibility and 4 were having high susceptibility only 1 was having low susceptibility. The sanguine temperament were having high susceptibility i.e., 3 out of 6 cases were having high susceptibility, 2 of the cases were having moderate susceptibility and 1 was having low susceptibility.

According to table no 11, out of 9 cases of choleric temperament 4 were prescribed in 1M potency, in 4 cases 200th potency and 1 in 30th potency. In 11 cases of melancholic temperament 6 were prescribed in 30th potency, in 3 cases 200th and in 2 cases 1M potency were prescribed. Out of 4 phlegmatic temperaments the prescription was maximum in 200th potency i.e., in all the 4 cases 200th potency was prescribed. In 3 out of 6 sanguine temperament 1M potency was prescribed, in 2 cases 200th potency and in 1 case 30th potency was prescribed.

According to table no. 12, in 2 cases of Anti Crud, the systemic affections were found on the CNS and Skin and in both the cases the temperament was found to be melancholic. In one case of Ant. Tart the systemic affection was on RS and temperament was melancholic. In 2 cases of

Ars Alb the temperament was melancholic and the systemic affection was on endocrinal and CNS Calc carb was prescribed in 1 case with CNS affection and phlegmatic temperament was found. In 1 case of Ignatia melancholic temperament was found with systemic affection on GIT Kali Brom was prescribed in 1 case with skin affection and Melancholic temperament was found. Out of 3 cases of Lachesis the systemic affection were found to be on endocrinal, genitor- urinary and skin system and the temperament was found to be sanguine in all the 3. In 5 cases of Lycopodium the choleric temperament was found and its systemic affection was on GIT, RS and Kidney and urinary system i.e., 3 cases of GIT, 1 of RS and 1 of Kidney and urinary system. Nat mur was prescribed in 1 case having affection on genitor- urinary system with melancholic temperament. In 2 cases of Nat. Phos melancholic temperament was found with systemic affection on GIT and skin. In 3 cases of Nux. Vom choleric temperament was found with its systemic affection on CNS and GIT. Out of 2 cases of phosphorus the systemic affection was on RS and sanguine temperament was found in both the cases. In 2 cases of Pulsatilla phlegmatic temperament was found in both with systemic affection was on GIT, genitor- urinary and CNS. In one case each of Silicea and Stramonium melancholic temperament was found with systemic affection on skin and RS respectively. In 2 cases of Sulphur, two of the temperaments were found phlegmatic and sanguine affecting metabolic and Musculo-skeletal system respectively.

As per table number 12, which shows the temperamental grading according to DrParinaaz Humranwala's Tempraz Expert System, medicines covering 3rd grade were studied and verified through my analysis. In the above study it was found that Stram., Nat. Phos., Anti. Crud., Sil., Ars. Alb, Kali, bro., Nat. Mur., and Ignatia., covered 3 marks in melancholic temperament. Lyco. lach., Nux. Vom, having 3 marks in choleric temperament, phos. And sulp covering 3 marks in sanguine temperament and lastly puls, calc carb and sulphur covered 3 marks in phlegmatic temperament. So remedies which match Dr. Parinaaz Humranwala's Expert Temprez system's high grade temperament and were given it cured the cases. If we try to study each temperament from these cases in detail we find that as per the description of temperaments in our old homoeopathic literature their does seem to be compelling similarities.

Conclusion

From our study we would like to conclude that the homoeopathic concept of temperament embraces the holistic concept of homoeopathic philosophy. It includes an understanding of the mental disposition, intellect, emotional affinity, memory, disease phenomenon and individual expression of the disease.

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