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## Reliability on Sigmund Freud's stages of psychosexual development to understand the personality of a patient by homoeopaths

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### Abstract

This article will elucidate all those points that either favours the reliability on Sigmund Freud's Stages of Psychosexual Development or jettison it entirely so as to understand the personality of a patient by Homoeopaths. It also embody the meticulous explanation of all five Psychosexual Developmental Stages of Freud along with the development of personality according to these stages.

**Keywords:** Psychosexual developmental stages, patient's personality, homoeopaths

### Introduction

Sigmund Freud propounded five Psychosexual Developmental Stages

#### Oral Stage

- Duration : Birth – 1 year
- This stage is all about oral gratification that child gets from tasting and sucking.

#### Anal Stage

- Duration : 1- 3 years
- During this stage child learns about controlling bladder and bowel movements.

#### Phallic Stage

- Duration : 3- 6 years
- In this stage child comes to know about the difference between males and females as their focus is on the genitals.

#### Latent Stage

- Duration : 6- Puberty
- Children learns to get social and develop communication skills during this stage.

#### Genital Stage

- Duration : Puberty – Death
- In this stage person develop sexual interest for other gender and think about the welfare of others.

According to Freud's Psychosexual developmental Stages the Personality of a person depends on whether the person had successfully move on from one stage to another or fixation occurs at certain stage.

“These stages represent maturational processes by which a child's innate biological drives interact with different erogenous zones to influence personality <sup>[1]</sup>”

In Homoeopathy Personality of the patient helps in the Individualization of that patient so that a suitable Homoeopathic remedy could be selected.

### Personality and Homoeopathy

“The word ‘Personality’ originates from ‘persona’; a term introduced for the first time in the history of psychology by Carl Gustav Jung <sup>[2]</sup>”

“Personality can be defined as consistent behaviour patterns and intrapersonal processes originating within the individual [3].”

“It does not only mean physical feature, appearance or attractiveness. It is rather an interaction of physical and psychological characteristics, inner and outer self. It refers to the totality of a man [4]” This totality of an individual helps in the selection of a similimum in Homoeopathy. Each Homoeopathic remedy bears the personality of its own. “By familiarising himself or herself thoroughly with the personalities of the major constitutional remedies, the homeopath can avoid endless hours of confusion and uncertainty in case taking and can rapidly become an effective prescriber [5].”

“Knowledge of personality is important as Personality can lead to the development of psychopathology, including in particular the personality disorders [6].”

Personality traits such as neuroticism can even lead to physical maladies along with psychopathology [7].

### Personality Traits [8]

#### Brief description of the big five traits is provided below

- **Extraversion:** Extent to which individuals engage with the external world and experience enthusiasm and other positive emotions.
- **Agreeableness:** Extent to which individuals value cooperation and social harmony, honesty, decency, and trustworthiness. Agreeable individuals also tend to have an optimistic view of human nature.
- **Conscientiousness:** Extent to which individuals value planning, possess the quality of persistence, and are achievement-oriented.
- **Neuroticism:** Extent to which individuals experience negative feelings and their tendency to emotionally overreact.
- **Openness to Experience:** Extent to which individuals exhibit intellectual curiosity, self-awareness, and individualism/non conformance.

### Hahnemann Emphasis on the knowledge of psychology

In Aphorism 98 of Organon of Medicine Dr Hahnemann had said that in Chronic Diseases especially “the investigation of the true, complete picture and its peculiarities demands especial circumspection, tact, knowledge of human nature, caution in conducting the inquiry and patience in an eminent degree [9].”

### Development of personality according to Freud’s psychosexual developmental stages [10, 11].

#### Oral Stage

No Fixation – Trust Development

Fixation – Smoking, Drinking, Nail biting, Gum Chewing, Obsessive Eating, Aggressive, Dominating, Dependency

#### Anal Stage

No Fixation – Develop control over impulses

Fixation – OCD, Sexual anxiety, Rigidity

#### Phallic Stage

No Fixation – Identify with gender role models.

Fixation – Vanity, Exhibitionism, Pride, difficulty with intimate relationship

### Latent Stage

No Fixation – Skills Development

Fixation – Failure in developing skills leading to inferiority and sense of inadequacy.

### Genital Stage

No Fixation – “Independence and gaining a sense of personal identity and acceptance [12]”

Fixation – Disrupt ability to form satisfying intimate relationships and may impair personal identity and future goals.

### Homoeopaths reliability on Freud’s psychosexual developmental stages to understand patient’s personality

Freud’s Personality was very similar to his psychoanalytic theory which was noticed by so many writers. Similarly the personality profile of homoeopathic medicine Arsenicum album is quite similar to Freud’s personality and his Psychoanalytic theory. “Thus Homoeopathy can be used as a tool to understand the real dimensions of Psychoanalysis [13]”

Arsenicum album pathology resembles Freud’s Anal Stage that shaped his personality as a fastidious, miserly and headstrong person. Following rubric can be seen in Kent’s Repertory that represent anal stage of Freud’s Psychosexual Development. They are namely, Obstinate, Fastidious, Avarice, Rage and Orderliness [14].

It signifies that there is an obvious connection between Homoeopathy and Freud’s Psychosexual Stages so Homoeopaths can rely on these stages up to some extent in order to understand the personality of a patient.

### Non reliability on Freud’s psychosexual developmental stages to understand patient’s personality

Many Psychologist believes that one cannot rely on Freud’s Psychosexual Developmental Stages to understand Patient’s Personality as [15]:

- This theory is mostly concentrated on male Psychosexual Development giving less importance to Psychosexual Development of females.
- It’s difficult to test Freud’s theory scientifically. For instance it’s not possible to measure libido.
- No Empirical Research was done on the theory of Freud. Case studies were the basis of his theory.
- Freud didn’t actually observe the children, his theory was based on adult patient’s recollections.
- “Today’s psychodynamic-oriented clinicians have discarded many of Freud’s tenets related to the Oedipus complex [16].”

“Existential Psychotherapists argue that childhood concerns, particularly centered around sexuality and aggressiveness are not an important source of anxiety. Instead they propose that existential concerns lead to anxiety and, thence, psychological disturbance [17].”

### Conclusion

For this reason Homoeopaths must not entirely depend on Freud’s Psychosexual Developmental stages to understand the personality of patient’s but must take it into consideration while dealing with a chronic case especially those in which patient is not giving much information.

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