



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2022; 6(4): 443-447
Received: 05-07-2022
Accepted: 08-09-2022

Dr. Abhijit Chatterjee
Professor & HOD, SHMCH,
Department of Materia
Medica, Sumandeep
Vidyapeeth, Gujarat, India

Study and application of Sternberg's triangular theory in homoeopathic therapeutics

Dr. Abhijit Chatterjee

DOI: <https://doi.org/10.33545/26164485.2022.v6.i4g.695>

Abstract

In Homoeopathy, emotion is placed at the highest position to evaluate a healthy person or any diseased condition, but no positive step was taken for evaluation of emotion. From "Sternberg's triangular theory" intimacy, passion and commitment component were used as instrument or diagnostic tool to find out the exact emotional condition which help us to find out exact similimum. We can also use this triangle as prognostic tool to assess the emotional condition of the patients during the course of the treatment. The objective of our study is to establish a cause-effect relationship of emotional behavior of the patient and the correction of the negative emotion in an easier way.

Keywords: Sternberg's triangular theory, emotion evaluation, diagnostic triangle

Introduction

Robert J. Sternberg formulated a triangular theory of love and argued that love has three different components: Intimacy, Commitment, and Passion. These are the core components of every emotion and variation of these components produce different types of emotional symptoms like anger, vexation, and jealousy etc.

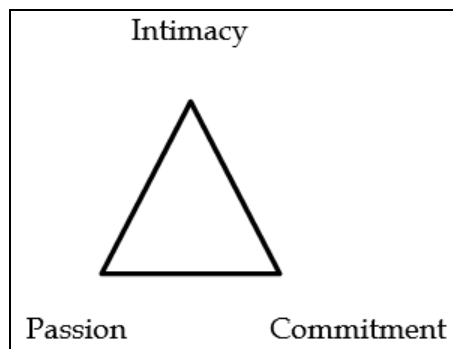


Fig 1: Balance Triangle ^[1].

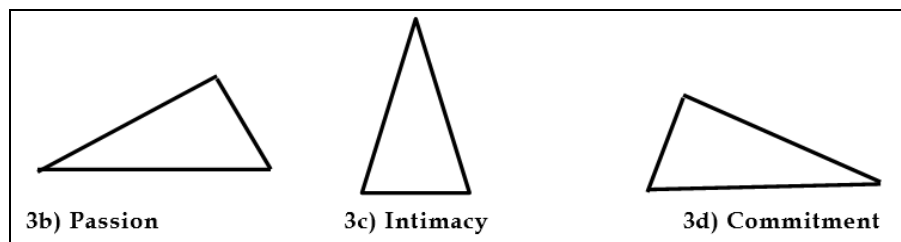


Fig 2: Shape of the triangle as per dominance ^[3].

Corresponding Author:
Dr. Abhijit Chatterjee
Professor & HOD, SHMCH,
Department of Materia
Medica, Sumandeep
Vidyapeeth, Gujarat, India

Intimacy Component

Robert explained the intimacy component as the feelings of closeness, connection and boldness in loving relationships. In this paper, we assume that it's nothing but self-involvement by heart towards other persons of the societies for personal relationship. It helps to understand and evaluate the relationship in between self and the other persons of the society.

Passion Component

He refers to the passion component as a source of motivation in loving relationships that leads to romance, physical attraction, and sexual consummation.

We assume it is the expression force of emotional part of a personality. The total behavioral part is the instrumental factor of our passion component. Due to different circumstances and other causes we express our happiness, rage or grief etc. We express ourselves and project our personality according to our qualitative and quantitative property of our passion component.

Commitment Component

The decision/commitment component includes within its purview the cognitive elements that are involved in decision making about the existence of and potential long-term commitment to a loving relationship. In our paper we assume, it is a significant force within the personality which trigger the involvement in between oneself with our close ones & other persons of our society and in their vocation and business [1].

Homoeopathic philosophy gives greatest importance to the emotional aspect of the patient, but it's very difficult to understand the direction or depth of the emotion. Modern medical science today accepts that the emotions have great impact on the physical and mental health. Emotions can be a triggering and maintaining factor for an illness. According to discipline of Homoeopathy, the detailed examination of the patients with proper case recording is a primary step of the treatment, where individualization of the patients is our first duty. Next step is to synchronize the patient history picture with medicinal picture or in other words synchronize disease pathogenesis of the patients with Medicinal pathogenesis.

The study has been conducted 2006 to 2009 in various Homoeopathic centers of Father Muller Homoeopathic Medical College and Hospitals Mangalore, India. Namely Kankanady OPD and IPD, Deralakatte OPD, NITK weekly OPD, Cheliarpadavu weekly OPD.

The size of this study comprised of 30 patients of above 20 and below 60 age group suffering from various illnesses selected was based on purposive sample technique as per the inclusion criteria and followed- up for a period of minimum 6 months.

During the study, patients were instructed to fill-in "Emotional symptoms evaluation form" before homoeopathic case taking and the individual emotion were evaluated through Diagnostic triangle before and after treatment. Both the things we have used as instrumental tool for evaluation of emotion. Diagnostic Triangle was deduced from Robert J. Sternberg's "Triangular Theory of Love", [2, 3, 4] which have three component Intimacy Passion & Commitment. During our study, we deduce the components as follows:

Diagnostic triangle is an equilateral triangle with the 3

corners representing three emotional qualities of human mind.

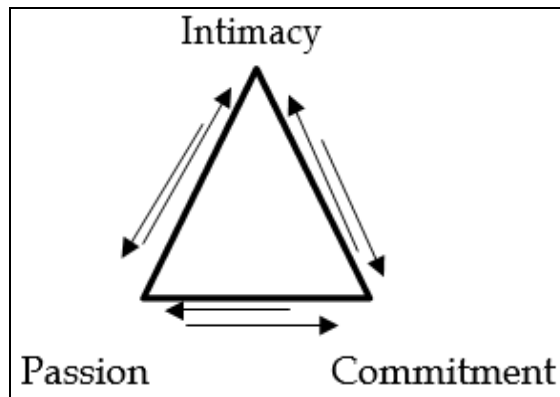


Fig 3: Diagnostic Triangle [1].

The triangle shows a balanced triangle. It is due to equal forces exerted by each corner on the other two. Each corner of the diagnostic triangle is exerting a force which comes out through emotional variation. This force is exerted on the other 2 corners. In this balanced triangle the force exerted over by the 3 corners are equal. Thus the triangle is balanced. All the corners have equal & highest value in the emotional gradation scale. During our study we have used "Diagnostic Triangle" as an instrument or diagnostic tool to find out human emotion [1].

The objective of our study is to establish a cause-effect relationship of emotional behavior of the patient and correction of the negative emotion in an easier way. This study was done in 2006 - 2009, at Fr. Muller Homoeopathic Medical College & hospital – Mangalore, during my MD period. Statistical analysis of 30 case studies showed metamorphosis of every triangle of the patient after Homoeopathic treatment [1].

Research methodology

The findings of the study were organized and classified under three section

- Sample characteristics.
- Data obtained on management effective score.
- Statistical analysis of Triangle Component Characteristics.

Results and Analysis

Over 30 patients with different health concerns between 20-60 years age group were studied from August 2006 to October 2008, who attended the out- patient, in-patient and mobile centers' of Father Muller Homoeopathic Medical Hospital, Mangalore.

Control group was not used for the study. The samples were selected by purposive random sampling since many samples did not suffer from major emotional disturbances but there intimacy, passion & Commitment components were altered.

Table 1: To assess the Shape of the triangle: (Triangle name should change)

		Shape of the triangle after				Total
		3a	3b	3c	3d	
Shape of the triangle	3b	3 10.0%	1 3.3%	2 6.7%	4 13.3%	10 33.3%
	3c	0 .0%	0 .0%	1 3.3%	3 10.0%	4 13.3%
before	3d	1 3.3%	3 10.0%	2 6.7%	10 33.3%	16 53.3%
		4 13.3%	4 13.3%	5 16.7%	17 56.7%	30 100.0%
Total						

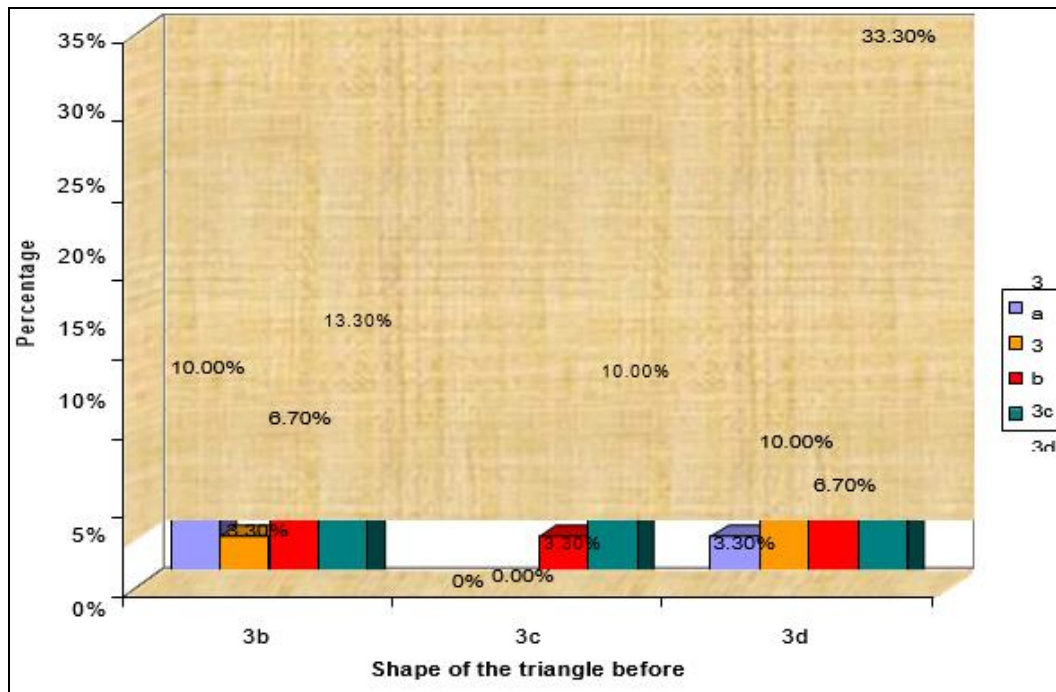


Fig 4: Represent the shape of the triangle before and after treatment of the patient

Only 30 cases with or without improvement with follow ups were included. Significant improvement was found in all observation. If subject continues the constitutional treatment, the change in overall triangle will be maintained. After homoeopathic constitutional treatment significant changes found within the triangles, the shape, size of the triangle changed which are as follows:

- 4 Patients (13.0%) of the study shows changes by to No.3a triangular expression (Balanced triangle)
- 4 Patients (13.0%) of the study shows No.3b, no change within triangle during study. (Pas dom Triangle)
- 5 Patients (16.7%) of the study shows changes by to No. 3c triangular expression (Intdom Triangle)
- 17 Patients (56.7%) of the Study shows changes by to No.3d triangular expression (Comdom Triangle).

Homoeopathic case concept with the help of Sternberg’s Triangle

We cannot change the stressful environment but we can give the person a balanced emotional environment with better adjustability so that he can balance his inner environment with outer environment.

The following principle has been applied in every patient during treatment

- **Problem Definition:** After case taking, prior to the prescription logical co- relation among the emotional changes and physical ailments should be established. Thus, problem definition includes disease diagnosis, person and remedy diagnosis.
- **Problem Resolution:** With counseling, patient should be made to understand his nature, behavior and his expression. Then, the problem resolution will come from within outwards. It includes general and specific management.
- **Regular Counseling** is necessary so that patient can realize the present state.
- **Constitutional Remedy:** If the problem is still deeper then constitutional treatment can correct the emotional

level from where the expressions (symptoms and signs) are modulated.

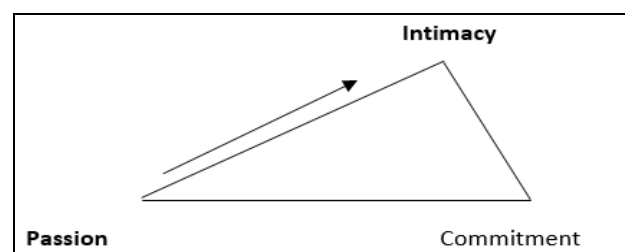
Case discussion

Miss M.N. 25 year old lady – A Computer Engineer had been suffering from Bronchial Asthma for three years. Since childhood she has been suffering from recurrent attacks of upper respiratory tract infection. After case taking it revealed that she is short tempered, arrogant in nature. She did not experience soft corner, sentimental affections and care from her elders and parents since childhood. Her parents were busy with their personal and professional life. When she was a student in college she used to get some sentimental support and affection from some persons but that was over involvement (Figure: 4c) which mismatched with her expectation; as her expectation was high. So disappointment, dissatisfaction and negative emotional state are the resultant.

Emotional Expression Observed during case taking

Childhood – “nobody was there who listened to me”.
 College life – Feels that “whatever I say is not understood by them (parents)”. She knows that her mother, father and grandmother will not allow her to do that but she can’t think of a future without him. “It’s my life. I will do whatever I want – who are they....?”

Let us illustrate the case in the focus of Triangular Theory



Here the patient's emotional expression is towards a passion and intimacy dominated state, there is moderately less commitment in the relationship. After a few doses of Nat. Mur 200 recurrence of Bronchial Asthma attacks subsided but no change in the emotional state could be observed with the 200th potency. Subsequently we prescribed Nat. Mur 1000. According to Rajan Sankaran, "When the sensation persists within the feeling and delusion level indications are of a higher potency 200 or 1M"^[28].

After repeated counseling, patient's capacity of realization improved. Gradually she began to communicate with her family members and parents, the sentimental gap among them had reduced. The high passionate state was reduced, trust between the patient and others had developed with a few doses of Nat. Mur 1000. Now she is able to realize others emotion as well as her emotional variation. It is expected that she would be cured totally with restoration of normal mental health.

Mrs. L.M. 42 years, a married working lady from Sharjah (Middle East) has been suffering from hypothyroidism came down to Mangalore. She is leaving with her husband and two children. On request from her end we took up the case.

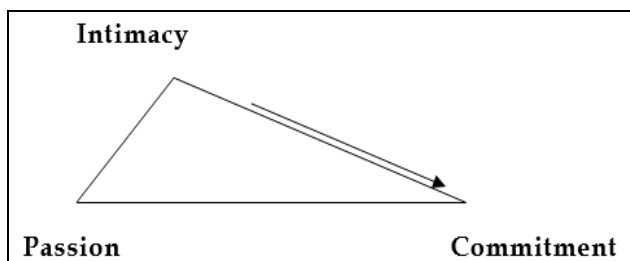
Observation

1. History revealed that during childhood she had to struggle for her existence with poverty. She could procure food once a day only. Even now she could not sleep out of fear if she remembers those dark days, for 3 years she has been suffering from hypothyroidism. Incidentally her husband was jobless on the prior period of the said disease. The jobless situation of her husband triggered a "fear of poverty" due to her childhood experience. The total pathological state has been modulated with that negative emotional state.
2. History revealed that Mrs. L.M. did not get proper sentiment and respect from her husband as minimum as she could expect as a wife. She was insulted publicly by her husband, ashamed as she was; it created a state of mental turmoil within her.

"I want more love and care, why he is not realizing that"

Let us examine the case within the format of Sternberg's Triangular theory. Here the commitment level and intimacy level are very high and the passion level is low, so she is a committed lady with less passion level.

Let us concentrate upon the Psychic Structure here



There are two factors playing a major role

1. Primary triggering factor i.e. financial insecurity.
2. Maintaining factor i.e. emotional insecurity.

She wants affection, love, and care due to high intimacy level and due to the less passion, expression is not there. All

feelings remained within the emotional sphere only. A few doses of Cal. fluor 200 were prescribed. A few lines may please be allowed to quote – Rajan Sankaran "Cal Fluor person is very insecure about their financial situation; this feeling that his core of insecurity is unstable and cannot be relied upon can be seen even in the sphere of relationship. Cal fluor feels that his relationships are not stable, and fears that the relationship on which he is dependent (Calcarea) will be broken (Fluor)^[29]".

Patient improved a lot after taking Cal Fluor 200. Her joint pains improved. The financial and emotional insecurity state also improved.

After a considerable period, patient's original constitution became prominent – delusion of her efficiency rather underestimation of her efficiency and over stimulation of mental state to perform any duty followed by lack of stamina to execute. (George Vithoulkas "The overstimulation of mind followed by lack of stamina"^[30]).

According to the discipline of Homoeopathy Silicea 1M was prescribed, because the susceptibility was high and the feeling was persisting within the sensation level. The patient has improved both physically and emotionally. Now she can adjust better. She realized that her unexpressive nature created misunderstandings for her. Now she can communicate better and emotional adjustments have improved markedly.

Acknowledgement

Not available

E-mails received: (after 15 days)

"Pain and swelling reduced, I can manage the office work, mood swings also reduced".

(One and half month later)

On my emotional part

"I am feeling better day by day, I am enjoying my life. I get good sleep. Now almost 23 days I am taking that one tablet (Placebo) daily, so now it suits me and I am happy that I will be getting better and normal soon".

Conclusion

During our study we observed Male and females both showed same intensity of emotional variation in all ages, but females were found to be less expressive than males.

The main factor was ignorance about self. (Conflict between need and wants, faulty reception and unwanted reaction) Counselling during case taking with Constitutional treatment was efficacious. Appropriate potency seems to be more effective.

Natrum mur, Lycopodium and Silicea were the common indicated medicine. After treatment majority (17) of cases (56.7%) remains in the Commitment dominated area and 4 cases (13%) achieve the balance triangle.

Out of 30 case studies showed that 17 were male and 13 were Female. The changes in the shape of every triangle of the patient after giving one month of homoeopathic medicine were noticed. Those who are continuing Constitutional treatment the progress of the triangle towards balanced triangle (Consummated triangle) is observed and it is found that this effect is sustained towards balanced triangle.

Conflict of Interest

Not available

Financial Support

Not available

References

1. Vithoulkas George. The Science of Homoeopathy Ed 1, B. Jain Publishers (P) Ltd, New Delhi; c1997. p. 31-42.
2. Richard D Mcanulty, Michele Burnette M. Exploring Human Sexuality Making Healthy Decisions Ed: 2, Pearson Education, Inc, United States of America. p. 195-201.
3. www.wikipedia.org/wiki/triangular-theory_of_love
4. Sternberg J. Robert, Psychological Review Copyright by the American Psychological Association, Yale University. 1986;93(2):119-135.
5. Dr. Dhawale ML. ICR Symposium Volume on Hahnemann Totality Part II Ed. 2. ICR Bombay; c1994. p. B11-51
6. Dr. Dhawale ML. Principles and Practice of Homoeopathy. Part 1, Institute of Clinical Research Bombay. Reprint Ed; c1994.
7. Vivekananda, Swami. The Joga On Action 'Karma Yoga' Impression 36, Advaita Ashrama (Publication department) Kolkata; c700014, p. 44-47
8. Nangia Vinita Dawra. Go on, Love yourself., The Times of India, Times Life, P :2, brows: 18/05/2008 www.timeslife@timesgroup.com
9. Vithoulkas George. A new model for health and disease B. Jain Publishers (P) Ltd, New Delhi; p. 32-105. www.alive.com. Browse: 28/06/08
10. Dr. Dhawale ML. ICR Symposium Ed:2, ICR Bombay Volume C; p. 18
11. Juhi Chawla. Power of The Unseen, The Times of India, Time Life, P: 2, Date: 2/11/2008 www.timeslife@timesgroup.com
12. Religion. Spirituality Progress, The Hindu News Paper, Chennai P: 8, date: 20/10/08.
13. Tapasyananda Swami. Srimatad Bhagavadgita The sprite of mankind, Impression: 1, publish by Sri Ramakrishna math, Madras-600004. Chapter; c14, p. 359-377.
14. Vivekananda. Swami. Conquering the Internal Nature Raja Joga Impression 34 Advaita Ashrama (Publication department) Kolkata; c700014, P:16.
15. Dr. Dhawale ML. Standarization Part II, Area B, ICR Bombay: Symposium Council Bombay 400004, p. 49
16. Gupta AC. Organon of Medicine (At a Glance), B. Jain Publishers (P.) Ltd. New Delhi-110055; p. 18
17. Hahnemann Samuel. Organon of Medicine, B. Jain Publishers (P.) Ltd. New Delhi, Reprint; c1998. p. 94-106.
18. Dr. P Patel Ramanlal. The Art of Case Taking and Practical Repertorisation in Homoeopathy Ed: 6, Sai Homoeopathic Book Corporation, Hahnemann House, Kerala; c1998. p. 44-45.
19. Dr. Sankaran P. The Homoeopathic Heritage'- The Attributes of a Physician. 31(12):26.
20. Kapse Anand K. ICR. Operation Manual, the Art and the Science of Standardized Homoeopathic Practice, Education and Training. 2nd edition Publication by Dr. ML Dhawale Memorial Trust. 2003;45:125. www.thesecreat.tv This is the secret to life" Browsed 10/05/08
21. Robert C Carson, James N Butcher, Susan Mineka, Abnormal Psychology and Modern Life Ed: 10, Addison-Westey Educational Publishers INC; c1998. p. 253.
22. Sternberg J Robert. 'Love is a Story' the General Psychologist Yale University, spring. 1994;30(1):1-11.
23. http://find_articles.com/p/articles/in Browsed: 2/2/08 and 20/11/08
24. Kothari CR. Research Methodology, methods and techniques. 2nd edition. New Age International Publication Pages 1 to 20.
25. <http://psychcentral.com/lib/2007/sternbergs-triangular-theory-of-love-scales/> Browsed: 18/06/08 www.statistic.com. Browsed: 25/10/08
26. Dr. Sankaran Rajan. Sankaran's Schema Homoeopathic medical publishers, Mumbai-400054, Reprint; cMay 2006. p. 49.
27. Dr. Sankaran Rajan. The Sole of Remedies, Homoeopathic Medical Publications 20, Station Road, Santa Cruz (W) Bombay-400054. Ed. 1:41-180.
28. Vithoulkas George. Essence of Materia Medica, B. Jain Publications (P) Ltd. New Delhi-110055, Ed. 2:130-178.
29. Tiwari SK. Homoeopathy and child care, B.Jain Publishers (P) Ltd, New Delhi, Reprint; c2000. p. 28.
30. Bailey Philip M. Homoeopathic Psychology, Personality Profiles of Major Constitutional Remedies, B. Jain Publications (P) Ltd. New Delhi-110055, Ed; 1:172-309.
31. Allen HC. Allen's keynotes, B. Jain Publications (P) Ltd. New Delhi-110055, Ed; 19:223-297.
32. Schroyens Fredricks Synthesis, Reportorium Homeopathicum Syntheticum, Ed: 7.1, B. Jain publishers (P) Ltd, New Delhi; c2001.
33. Witko David, Stevenson John Cara software Complete Repertory
34. Papadakis Maxine A, Mcphee J Mcphee. Current Medical Diagnosis and Treatment, Publication MC Graw Hill, New York, Ed: 47:838-839.

How to Cite This Article

Dr. Abhijit Chatterjee. Study and application of Sternberg's triangular theory in homoeopathic therapeutics. International Journal of Homoeopathic Sciences. 2022; 6(4): 443-447.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.