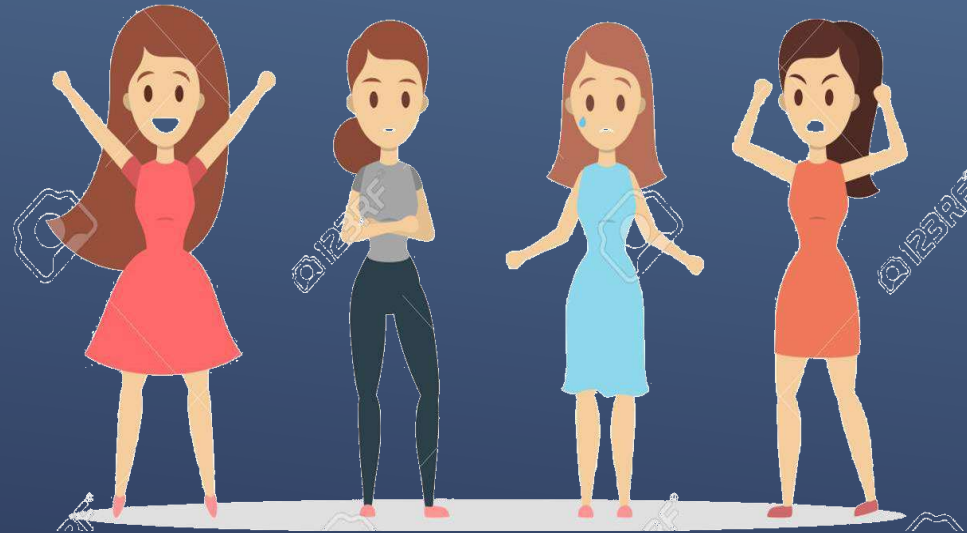


TEMPERAMENTS



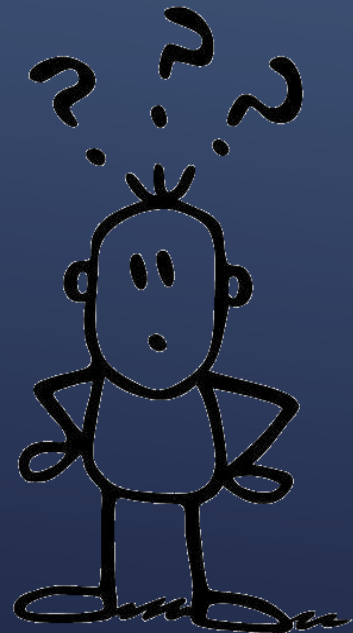
PRESENTED BY : DR DEEPTI DEWAN

UNDER THE GUIDANCE OF : DR. ANUSUYA M AKAREDDY

DEPARTMENT OF CASE TAKING & REPERTORISATION

**GOVERNEMENT HOMOEOPATHIC MEDICAL COLLEGE & HOSPITAL, BENGALURU,
KARNATAKA, INDIA**

What is Temperament ??



A person's nature ,especially as it permanently affects their behaviour.

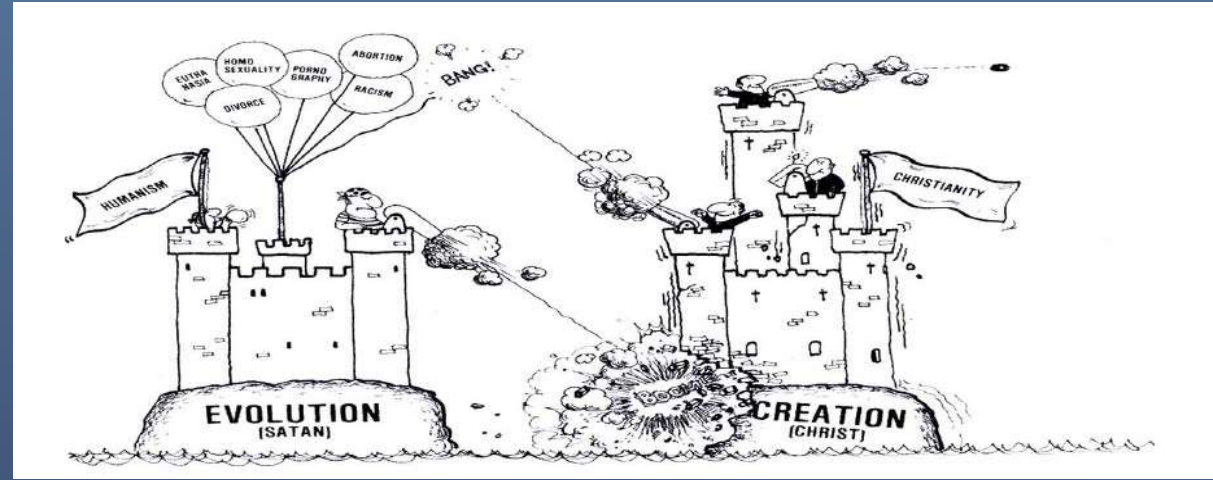
The word temperament originated from Latin word '**temperare**' which means to temper, restrain, a mixture or balance of contrary qualities; an innate or acquired disposition.

Characteristic combination of bodily, mental, and moral qualities, which together constitute the character and disposition of an individual and predispose him to act and behave in a particular manner- **Webster Universal Dictionary**



Temperament is the characteristic combination of bodily, mental and moral qualities which together constitute the character and disposition of an individual and predispose him to act and behave in a particular manner.



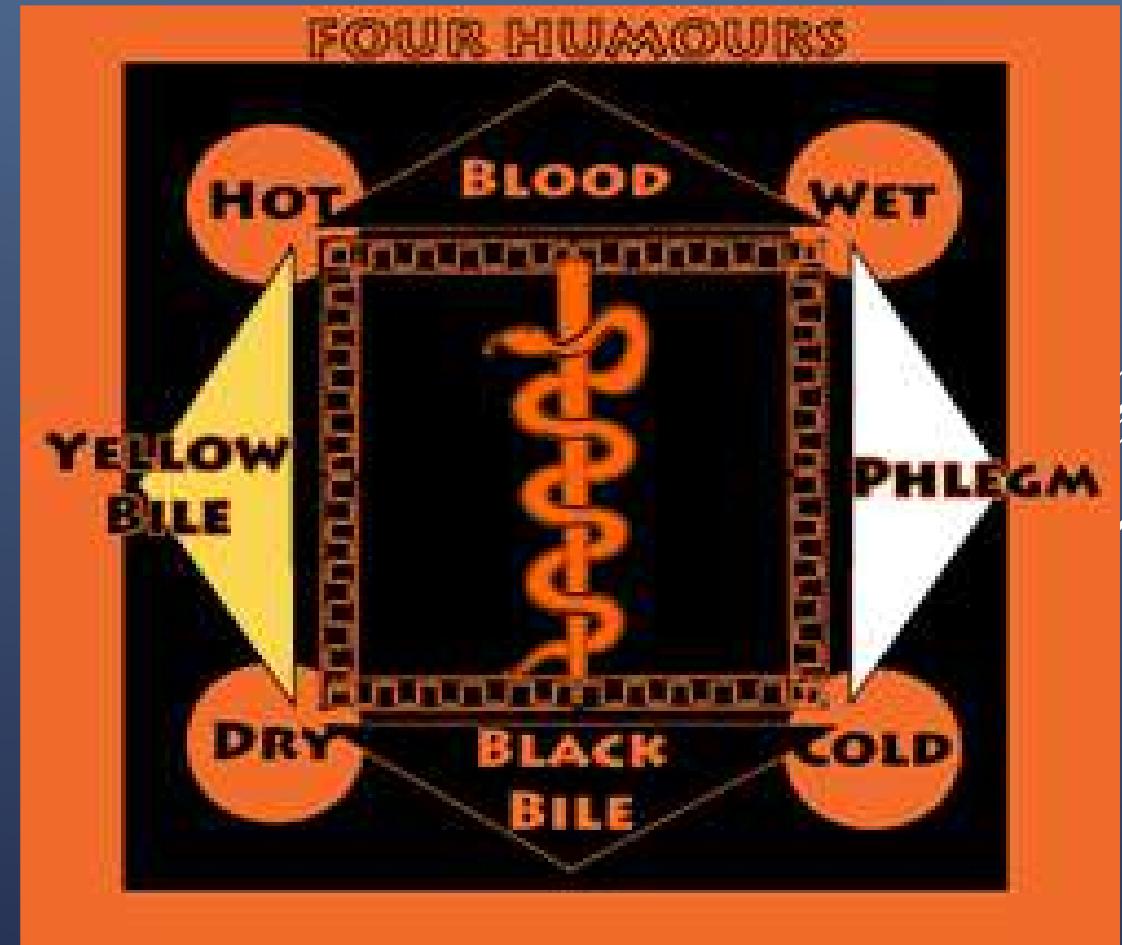


EVOLUTION OF TEMPERAMENTS

HIPPOCRATES' HUMORISM

Hippocrates (400 B.C.) believed that body is composed of Four Humors viz **Blood**, **Phlegm**, **Yellow bile** and **Black bile**.

The Imbalance of Humors, or *Dyscrasia* was thought to be the Cause of all **Diseases**.



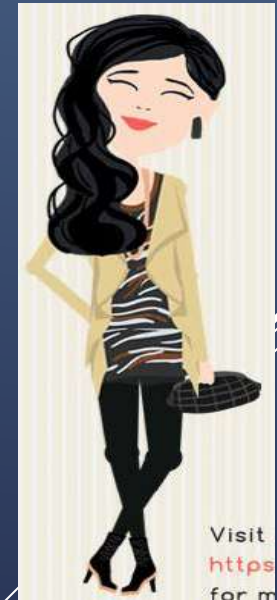
GALEN'S TEMPERAMENT

Galen (130-200 AD) used the term to refer to Bodily dispositions, which determined a person's susceptibility to particular diseases as well as behavioral and emotional inclinations.



While the Humors literally represented fluids thought to circulate in the body, metaphorically each became associated with a prevailing emotion:

- ❖ Blood with joy, called the *Sanguine temperament*
- ❖ Phlegm with worry and contemplative calm, the *Phlegmatic temperament*.
- ❖ Yellow bile with anger, called the *Choleric temperament*.
- ❖ Black bile with sadness, called the *Melancholic temperament*





- ✓ They are our patterns of behaviourthe way we usually respond to situations.
- ✓ It is also defined as a persons nature ,ones usual way of thinking or acting.
- ✓ The physical data can be easily elicited , but problem arises in understanding the mental makeup of the patient.
- ✓ Knowledge of temperaments can be used as a tool to understand the mentals better.



According to psychologists ,the innate aspects of an individuals personality such as introversion or extroversion is termed as temperament.

They are instinctive natural behaviours ,rather than learned behaviours.

- Temperament is our inborn, God given nature.
- Temperament remains constant throughout our life.
- Temperament is different from personality
- *Personality is something which can be changed, developed or enhanced.*
- *It is this aspect of Personality concerned with emotional dispositions and Reactions.*
- No temperament type is good or bad. Each temperament has its own set of strength and weakness. With the similitum the weakness can be diminished.



CONSTITUTIONAL

```
graph TD; A[CONSTITUTIONAL] --> B[Mentals]; A --> C[Physical]; B --> D[Temperament]; B --> E[Personality]; C --> F["Generals (cravings, aversion, thermals etc.)"]; C --> G["Diathesis (Rheumatic, Haemorrhagic, Tubercular, Lymphatic, Gouty, etc)"];
```

Mentals

Physical

Temperament

Personality

Generals
(cravings, aversion,
thermals etc.)

Diathesis
(Rheumatic, Haemorrhagic,
Tubercular, Lymphatic, Gouty, etc)

TYPES OF TEMPERAMENT

Sanguine



Choleric



Melancholic

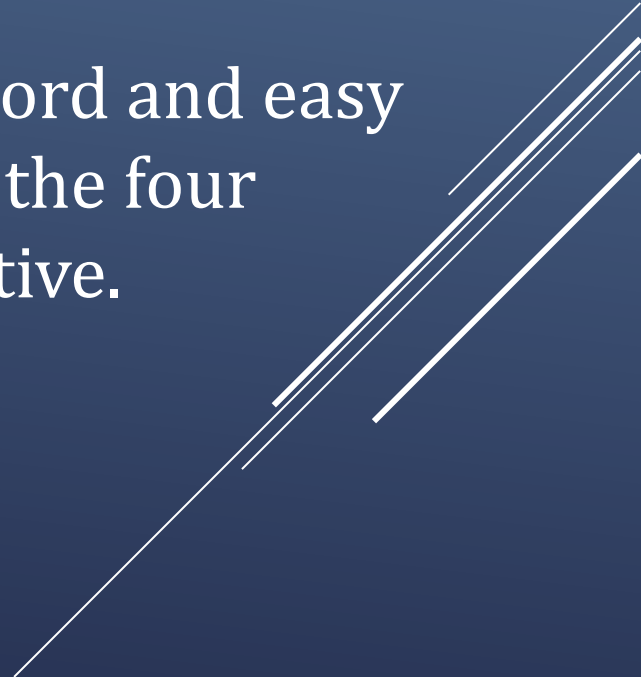


Phlegmatic



SANGUINE TEMPERAMENT

The sanguine temperament, the one with the kind word and easy smile. He is rightly called as people's person. Of the four personalities, the sanguine is the most positive.

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- Happy-go-lucky types
- Social Butterflies
- Optimistic, Confident,
- Day-dreaming
- Extrovert
- Enjoying life



Makes adjustments easily ,welcomes changes.
Impetuous and impulsive ;his decisions are often
wrong



WEAKNESSES

- **Vanity and self-complacency**
- **Impulsive**
- **Superficiality**
- **Instability**
- **Inclination to flirtation,**
- **Envy and jealousy**



SANGUINE - RUBRICS

- ▶ A/F : excitement,
 - ▶ Emotional
 - ▶ Exhilaration
 - ▶ Impetuous
 - ▶ Loquacity
 - ▶ Impulsive
 - ▶ Vivacious
 - ▶ Vanity
 - ▶ High spirited
 - ▶ Mirth
 - ▶ Playful
 - ▶ Cheerful
 - ▶ Jealousy
 - ▶ Company, desire for
 - ▶ Envy
 - ▶ Forgetful
 - ▶ Optimism
 - ▶ Careless
 - ▶ Extroverted
 - ▶ Theorizing
 - ▶ Charming
 - ▶ Exuberance
 - ▶ Amusement desire
 - ▶ Jesting
- 

- ▶ Full of unrestrained enthusiasm or joy
- ▶ Amusement desire for mirth
- ▶ Buoyancy merry
- ▶ Cheerful , gay ,mirthful optimistic
- ▶ Contented play desire to, playfull
- ▶ Exultant pleasure
- ▶ Good humour witty
- ▶ High spirited smiling



▶ Marked by sudden action ,energy or emotion

▶ Abrupt

Impulsive

▶ Answers abruptly

Quick to act

▶ Answers hastily

Rashness

▶ Excitement ,excitable

speech ,abrupt

▶ Hastiness

speech, hasty

▶ Hurry ,haste

▶ Impatience



▶ Delirium loquacity

▶ Talk ,talking ,talk incessantly

Talkitive

▶ Talk ,talking , talks ,prattling

Talk desire to ,to someone

▶ Speech babbling

▶ Speech hasty loquacity

▶ Speech prattling

▶ Talk ,listens ,does not care whether anyone

▶ Reveals secret



Filled with animation and spirit, lively

Excitement

Exhilaration

High spirited

Quick to act

Thoughts rapid quick

Disease condition MANIA

heedless

Impulsive

Inattentive

Indiscretion

Inquisitive

Rashness

Unobserving

SANGUINE – REMEDIES

FERRUM

PHOS

LACHESIS

COFFEE

CHOLERIC TEMPERAMENT

Has a lot of drive

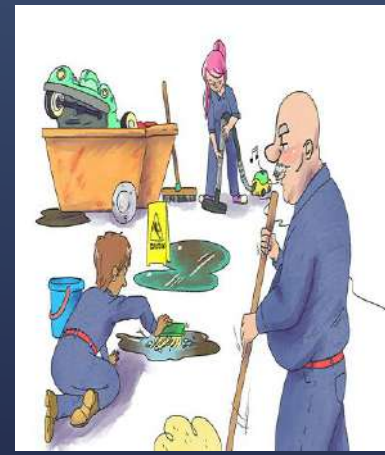
Struggles with his surroundings because of the constant drive within him to change existing conditions out of boredom.

Will power and decision making ability are better developed in this type of person than in others

Thinking is clear but can be influenced by the urge to do something or get something done **THERE IS NO REVERSE GEAR IN HIS CAR**



World "My Way"
To be or not To Be
Born Leaders
Decisive
Strong Willed
Confident
Fastidious



WEAKNESSES

Anger prone

Superiority complex

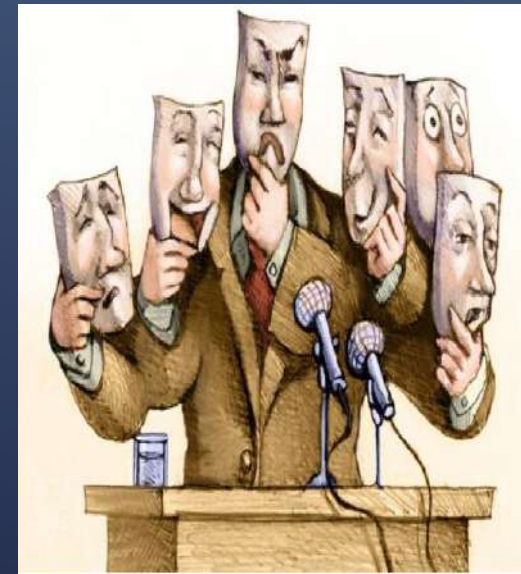
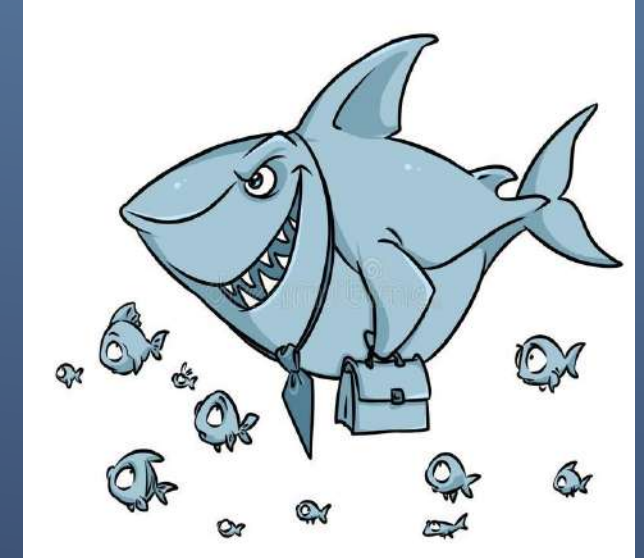
Cannot bear Contradiction

Deceit, Disguise and

Hypocrisy

Lacks Sympathy

Unemotional



The following Rubrics describe Choleric temperament:

- Haughty
 - Censorious
 - Malicious
 - Industrious
 - Destructive
 - Impatient
 - Capricious
 - Dictatorial
 - Contradiction, intolerant of, disposition
 - Ailments from: Anger, vexation
 - Quarrelsome
- 

- Contemptuous
- Dogmatic
- Manipulative
- Obstinate
- Reproaching others
- Selfishness
- Rudeness
- Egotism
- Presumptuous



- ▶ A/F : Anger, Vexation
- ▶ Hatred
- ▶ Irritability
- ▶ Peevishness
- ▶ Quarrelsome
- ▶ Rage
- ▶ Vexation
- ▶ Wildness



Dictatorial

C/R

Domineering

Power, love of

Reproaches others

Suggestions, will not receive



QUARRELSOME

- ▶ Censorious ,critical
- ▶ Contrary
- ▶ Contradict ,disposition to
- ▶ Cursing, swearing
- ▶ Defiant
- ▶ Fight ,wants to
- ▶ Insolence



IMPATIENT
MALICIOUS
DESTRUCTIVE
CAPRICIOUSNESS

LYCOPODIUM
VERAT-ALBUM
NUX-VOMICA
BRYONIA



MELANCHOLIC TEMPERAMENT

Melancholic is often referred to as the black or dark temperament. The most gifted, emotional and sensitive person with the deepest depression all wrapped into one package is the melancholic





**WEEPING OF THE HEART
TALENTED, HIGHLY CREATIVE
SENSITIVE, DREAMERS
RESERVED, THOUGHTFUL
SELF SACRIFICING
RESPONSIBLE, TRUSTWORTHY**



WEAKNESSES

- Brooders, Depressive
- Unforgiving
- Oversensitive
- Pessimistic
- Remembers the negatives
- Moody and depressed
- Has false humility
- Off in another world
- Low self-image
- Has selective hearing
- Self-centered
- Too introspective
- Guilt feelings
- Tends to hypochondria

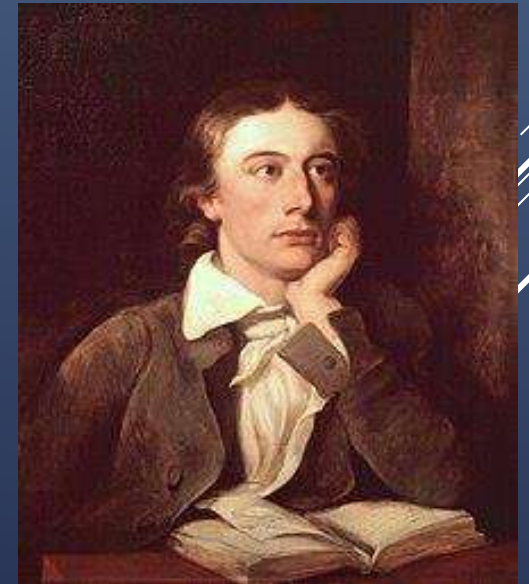


They will not forget anything bad that has happened to them and just cannot get over it.

Very sensitive to others and very considerate

Work : well planned , dedication and passion

Romanticism lies more in thoughts



The following Rubrics describe melancholic temperament:

- Ailments from: Grief
 - Brooding
 - Conscientious-trifles at
 - Fastidious
 - Hypochondriasis
 - Sentimental
 - Sympathetic
 - Suicidal tendencies
 - Unfortunate feels
- 

- Industrious
- Benevolence
- Weeping-sympathy
- Generous
- Affectionate
- Compassion
- Kindness
- goodwill



COMPANY AVERSION TO
EMBARRASSMENT
SECRETIVE
INDUSTRIOUS
GRIEF
BROODING
SYMPATHETIC
HYPOCHONDRIASIS



Remedies :

Nat mur


Ignatia

Aur met



PHLEGMATIC TEMPERAMENT

This temperament goes through life doing as little as possible, quietly and expending little energy. They are friendly, patient, contented and peaceful people rightly known as “couch potatoes”.

A decorative graphic consisting of several parallel white lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

**NOTHING RUFFLES THEIR FEATHERS
WELL BALANCED
CONSISTENT WITH LIFE
DEPENDABLE, EASY GOING
COMPOSED AND THOUGHTFUL
CONTENT, PATIENT**





WEAKNESSES

Couch Potatoes

Lazy, Indolent

Neglect their Duties

Indecisive, Procrastinator

No Ambition: Does not Aspire


TEND to be Observer



The following Rubrics describe Phlegmatic temperament:

- Mildness
- Timidity
- Bashful
- Irresolute
- Indolent, averse to work
- Dull, sluggish
- Confidence-want of
- Ailments from: Mental work



- Inhibition
 - Quiet disposition
 - Undertaking nothing
 - Postponing
 - Insecurity
 - Confidence- want
 -etc
- 

Remedies like

- Calc carb,
- Baryta carb
- Puls



RECOGNITION TRIO

- ❑ **SANGUINE: Extrovert, Optimistic, Talker**
 - ❑ **CHOLERIC: Extrovert, Optimistic, Doer**
 - ❑ **MELANCHOLIC: Introvert, Pessimist, Thinker**
 - ❑ **PHLEGMATIC: Introvert, Pessimist, Watcher**
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

ADDITIONAL TYPES OF TEMPERAMENTS

(Specific to Homeopathic
Literatures)



NERVOUS TEMPERAMENT

The nervous temperament is generally worried about day to day issues and treats every problem like a matter of life and death.


A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

NERVOUS TEMPERAMENT

- ❑ Excitable, Apprehensive
- ❑ Studious, Inventive, Subtle
- ❑ Great Susceptibility of Mental Impressions
- ❑ Bipolar Moods
- ❑ Starts easily



The following Rubrics describe nervous temperament:


- A/F anticipation
 - Confidence want of
 - Confusion of mind
 - Hurry
 - Impatience
 - Hypochondriasis
 - Fears
 - Pessimistic
 - Anxiety about family, health...etc
- 

Remedies like

- Arg nit,
- Gels,
- Ars alb



The Knowledge of Temperaments is vital for:

- **Understanding the Patient and the portrait of Medicine**
 - **Constructing the Totality**
 - **Selecting a Similimum**
 - **Deciding the Course of Action**
 - **Establishing a Complete Cure**
- 

THANK YOU

