

# **TEACHING MATERIA MEDICA- TEMPERAMENTS**

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# AIM AND OBJECTIVES

## AIM:

How and what to teach about temperament?

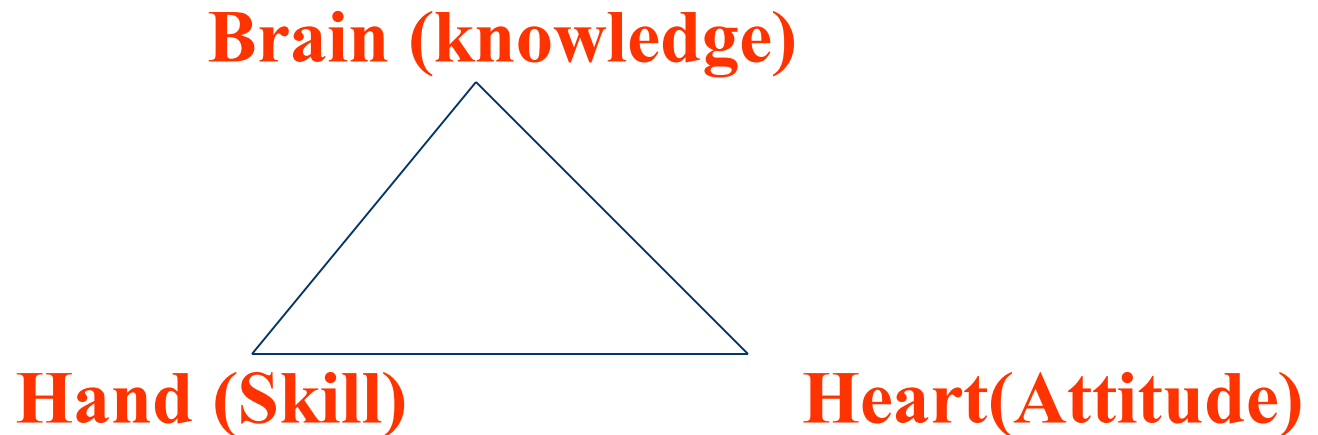
## OBJECTIVES:

At the end of the lecture participants will be able to:

- ◆ Appreciate what is temperament and its different types.
- ◆ Understand the difference between constitution, temperament & personality.
- ◆ Understand the philosophy of Materia medica and its relevance.
- ◆ Appreciate the utility of temperaments in clinical practice.
- ◆ Understand homoeopathic drugs based on different temperaments.
- ◆ Be aware of the different literatures on temperaments.

# EDUCATIONAL OBJECTIVES

- ◆ Acquisition of knowledge (Cognitive domain).
- ◆ Acquisition of skill (Psychomotor domain).
- ◆ Developing the right attitude (Affective domain).



# **TEMPERAMENT - DEFINITION**

**“The psycho-physical organization peculiar to the individual including his character or personality, pre-disposition which influence his manner of thought and action and general view of life.” (Steadman’s Medical Dictionary)**

**“An inherent, Constitutional predisposition to react to stimuli in a certain way.” (Dorland’s Medical Dictionary)**

# **TEMPERAMENT TYPES** **(Dorland's medical dictionary)**

- ◆ **Phlegmatic Temperament:**  
In humoralism, the temperament attribute to predominance of phlegm and characterised by apathy and impassivity.
- ◆ **Choleric Temperament:**  
Yellow bile, anger and irascibility.
- ◆ **Melancholic Temperament:**  
Black bile and depression.
- ◆ **Sanguine Temperament:**  
Blood, cheerfulness and optimism.

# **HIPPOCRATES CLASSIFICATION:**

He grouped people in to 4 temperament types based on predominance of humours of fluids in one's body

<b>DOMINANT FLUID TYPE IN THE BODY</b>	<b>PERSONALITY TYPE</b>	<b>TEMPERAMENTAL CHARACTERISTICS</b>
<b>Blood</b>	<b>Sanguine</b>	<b>Cheerful, Vigorous, confidently optimistic</b>
<b>Yellow Bile</b>	<b>Choleric</b>	<b>Irritable, angry, hot tempered</b>
<b>Black Bile</b>	<b>Melancholic</b>	<b>Depressed, Morose</b>
<b>Phlegm</b>	<b>Phlegmatic</b>	<b>Slow –moving, calm , un-excitable</b>

# H.A.ROBERT ON TEMPERAMENT

**“Temperaments are physiological to a large extent, but besides the stature of the patient, the matter of temperament implies colour, functional tendencies of circulation, elimination, respiration and so on and at the same time mental and emotional tendencies in reaction to environment and circumstances. the matter of temperament is closely allayed with dyscrasias (Genetic) ”.**

# **TEMPERAMENT TYPES**

**According to H.A.Robert's classification,**

- **Phlegmatic temperament.**
- **Nervous temperament.**
- **Bilious temperament.**
- **Sanguine temperament.**

# **CONSTITUTION - DEFINITION**

**“The physical make up of body including mode of performance of its functions the activity of its metabolic processes the manner and degree of its reaction to stimuli and its power of resistance to attack of pathogenic organism.”**

**(Steadman’s Medical Dictionary)**

**“The make up or functional habit of the body determined by the genetic, bio-chemical physiologic endowment of the individual and modified in genotype.”**

**(Dorland’s Medical Dictionary)**

# **GRAUVOGL'S CONSTITUTION TYPES** **(Based On Bio-chemical Functions)**

- ◆ **Carbonitrogenoid constitution (Psora):**  
Characterised by an excess of Carbon and Nitrogen.
- ◆ **Hydrogenoid(Sycosis):**  
Characterised by an excess of Hydrogen and consequently of water in blood and tissues.
- ◆ **Oxygenoid(Syphilis):**  
Characterised by an excess of Oxygen or atleast by an exaggerated influence of Oxygen on the organism.

# **PERSONALITY**

**The second edition of the WHO Lexicon of Psychiatric and Mental Health terms as,**

**“The ingrained patterns of thought, feeling and behaviour characterising an individual’s unique lifestyle and mode of adaptation, and resulting from constitutional factors, development and social experience.”**

# **KRETSCHMER'S CLASSIFICATION**

**He classified people according to their physical structure**

<b>Personality types</b>	<b>Personality characteristics</b>
<b>Pyknic</b> (Having fat bodies)	Sociable, jolly, easy going and good natured
<b>Athletic</b> (Balanced body)	Energetic, optimistic & adjustable
<b>Leptosomatic</b> (lean & thin)	Unsociable, reserved, shy , sensitive and pessimistic

# SHELDON'S CLASSIFICATION

He too classified people according to their physical structure and attached certain temperamental characteristics also.

<b>NAME</b>	<b>DESCRIPTION</b>	<b>PERSONALITY CHARACTERISTICS</b>
<b>Endomorphic (Like Pyknic)</b>	Highly developed viscera but weak somatic structure	Easy going, Sociable, Affectionate
<b>Mesomorphic (Like Athletic)</b>	Balanced development of viscera and somatic structure	Craving for muscular activity, Loves risk and adventure
<b>Ectomorphic (Like Leptosomatic)</b>	Weak somatic structure as well as undeveloped viscera.	Pessimistic, Unsociable, Reserved.

# BHMS CURRICULUM

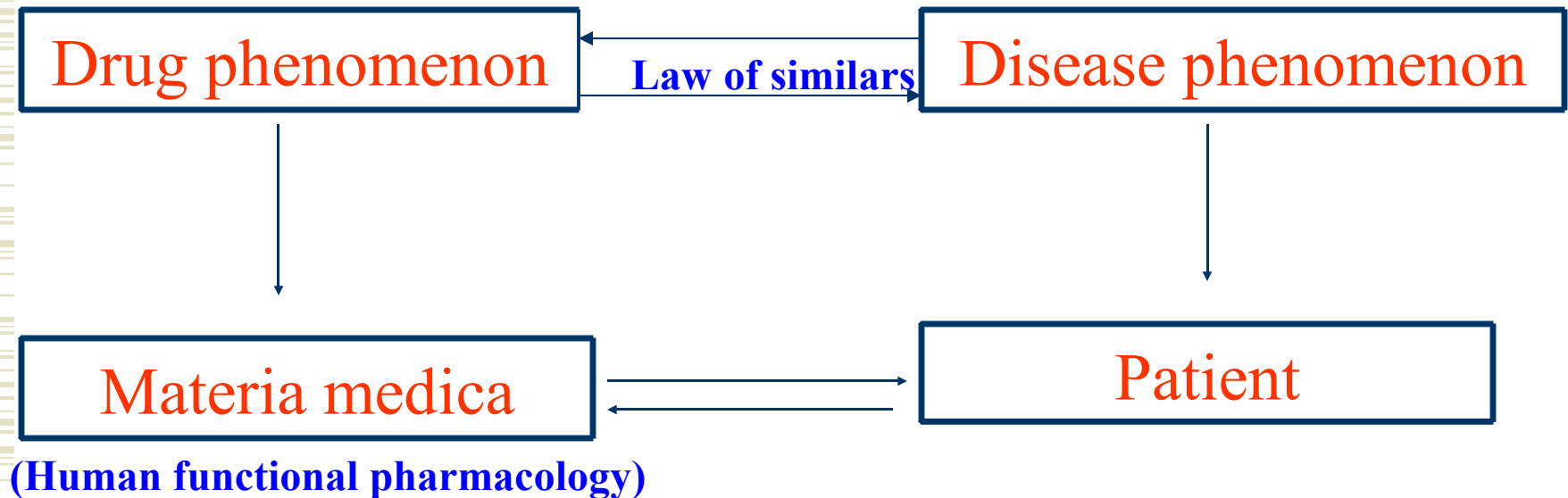
I BHMS	II BHMS	III BHMS	IV BHMS
<ul style="list-style-type: none"> <li>◆ Anatomy</li> <li>◆ Physiology &amp; Bio-chemistry</li> <li>◆ Homoeopathic pharmacy</li> <li>◆ <b>Materia medica</b></li> <li>◆ Organon of medicine</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pathology &amp; micro biology</li> <li>◆ Forensic medicine</li> <li>◆ <b>Materia medica</b></li> <li>◆ Organon of medicine</li> <li>◆ Medicine</li> <li>◆ Surgery</li> <li>◆ OBG</li> </ul>	<ul style="list-style-type: none"> <li>◆ Surgery</li> <li>◆ OBG</li> <li>◆ <b>Materia medica</b></li> <li>◆ Organon of medicine</li> <li>◆ Medicine</li> <li>◆ Repertory</li> </ul>	<ul style="list-style-type: none"> <li>◆ Practice of medicine</li> <li>◆ Community medicine</li> <li>◆ <b>Materia medica</b></li> <li>◆ Organon of medicine</li> <li>◆ Repertory</li> </ul>

# MATERIA MEDICA

- ◆ Materials of medicine.
- ◆ Medical matters.
- ◆ Records of drug effects – Provings, Toxicological data, Clinical experience etc.,

# Philosophy of Homoeopathic Materia Medica

The disease producing property of a substance is the disease curing property.

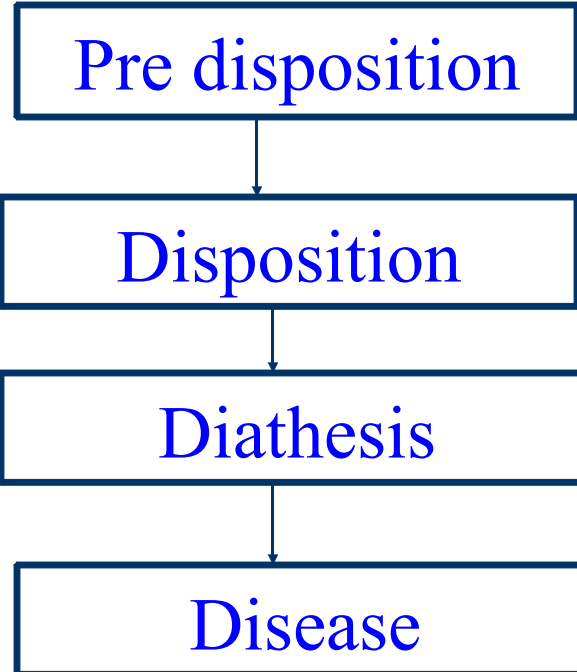


# HOMOEOPATHIC MATERIA MEDIA IS HOLISTIC

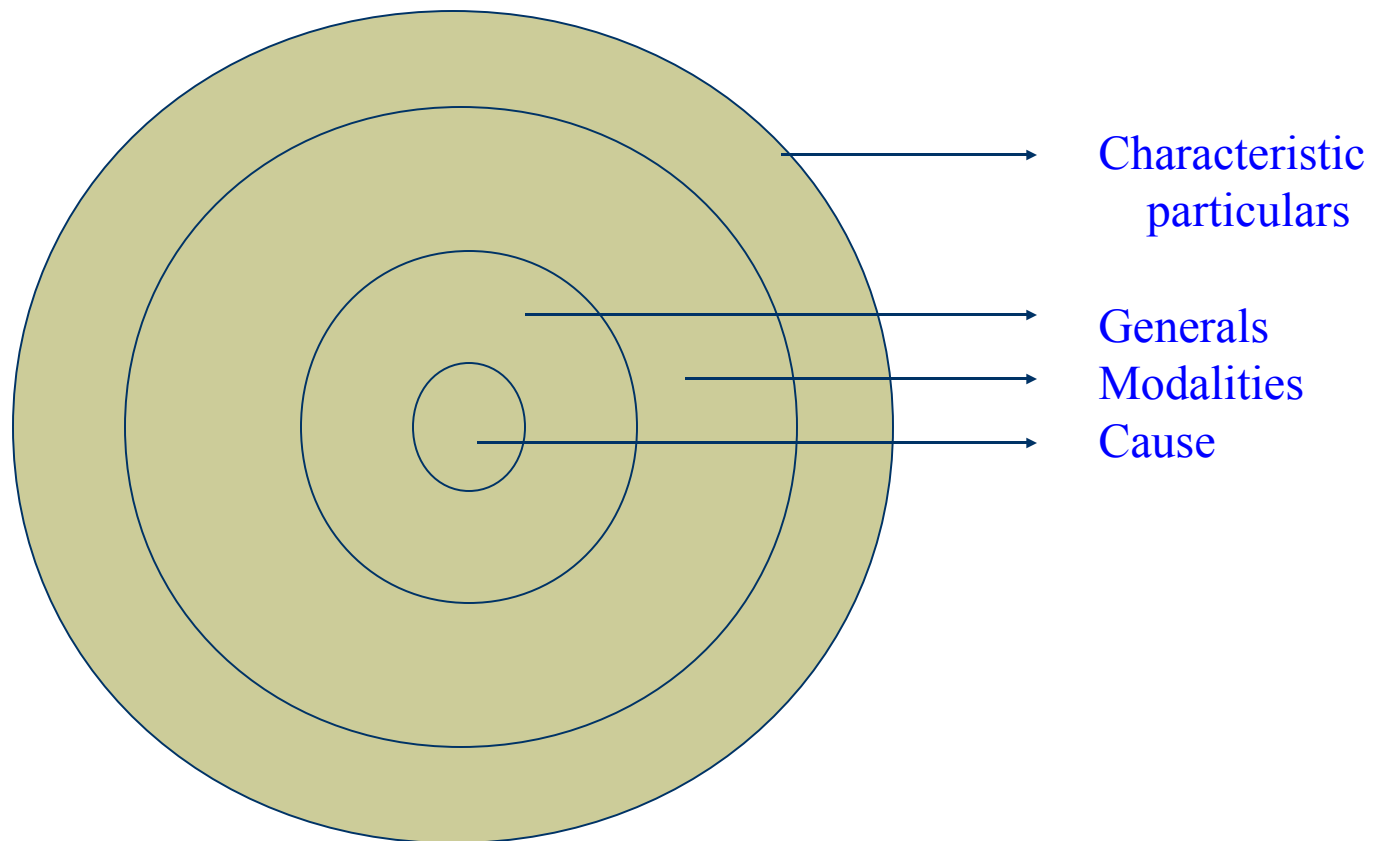
MATERIA MEDICA

But not Pharmacology

# Evolution of the disease



# Conceptual image of the drug



# CAUSE

- ◆ Predisposing factors
- ◆ Exiting factors
- ◆ Physical and emotional factors
- ◆ Temperaments
- ◆ Diathesis
- ◆ Suppression
- ◆ Miasms
- ◆ Vaccination.

# **TEMPERAMENT** **(Kner Repertory)**

- ◆ **Bilious.**
- ◆ **Cholorie (Irritable, inclined to anger).**
- ◆ **Mild.**
- ◆ **Melancholic (Hypochondriacal).**
- ◆ **Nervous.**
- ◆ **Phlegmatic (Indolent, slow, torpid).**
- ◆ **Sanguine.**

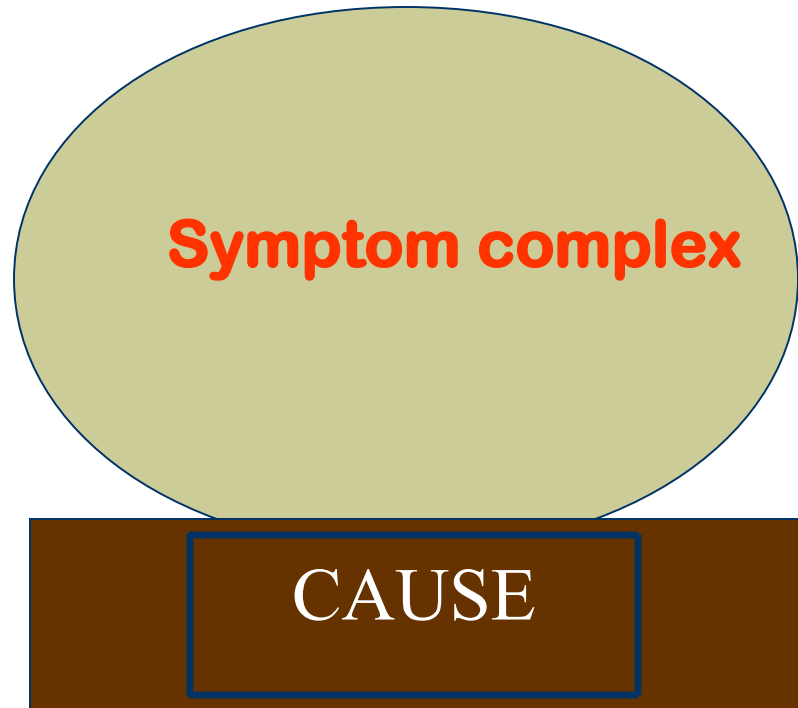
# IMPORTANT REMEDIES FOR DIFFERENT TEMPERAMENTS

- ◆ Choleric - Bry, Cham, Ferr.met, Nux.vom.
- ◆ Melancholic - Aur.met, Ign, Nat.mur, Puls.
- ◆ Nervous - Anac, Ars, Calc, Cham, Hyos, Ign, Lyco, Mag.Carb, Phos.
- ◆ Phlegmatic - Calc.Carb, Puls.
- ◆ Sanguine - Phos, Hyos, Ferr, Acon.

# **H.A.ROBERT ON TEMPERAMENT**

**“Prescribing on temperament is at best a snack method of using the blessings of homoeopathy. It is really a keynote prescribing and then not on any morbidic symptoms but on a general stature that is present from birth. Key-notes may often give us a clue to the indicated remedy, but this clue must not be allowed to overbalance our judgment in weighing the whole symptom picture.”**

# Relevance of Temperament in clinical practice



# Relevant Homoeopathic literatures

- ◆ Organon of medicine – **Dr.Hahnemann.**
- ◆ The principles and art of cure by homoeopathy – **H.A.Robert.**
- ◆ New remedies, Clinical cases, Lesser writings, Aphorisms & Precepts – **J.T.Kent.**
- ◆ Principles and practice of homoeopathy – **M.L.Dhawale.**
- ◆ The Guiding symptoms of our Materia medica – **C.Hering.**
- ◆ Repertory of Hering guiding symptoms – **C.B.Knerr.**
- ◆ Master key – **K.C.Bhanja.**

# **FAQ**

- ◆ **What is the relevance of temperament in the teaching of Materia medica since it is an out-dated terminology?**
- ◆ **Significance of temperaments in clinical practice?**
- ◆ **Whether temperaments are included in the totality of the symptoms?**
- ◆ **Whether temperaments can be changed with indicated homoeopathic medicine?**



**Thank you for  
patient listening  
and  
healthy interaction.**