

# TEMPERAMENTS

# TEMPERAMENT-Meaning

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- Psychological and biological organization peculiar to the individual including one's character or personality predispositions which influence the manner of thought and action and general views of life.

**Stedman's Medical Dictionary**

# Temperaments-An evolution

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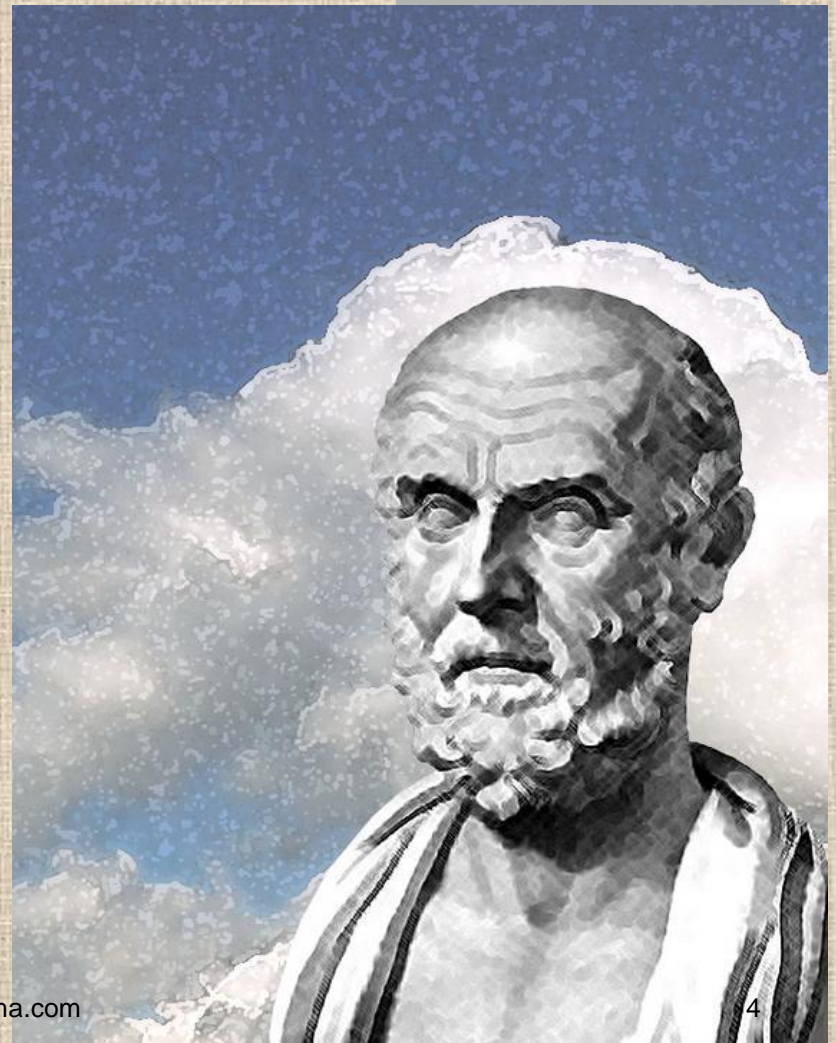
Around 400 B.C  
Hippocrates first noticed  
that in addition to having  
**different looks**, **hair**  
**texture**, **eye colour** and  
**body shape**, people have  
**unique personalities** that  
sets them apart.



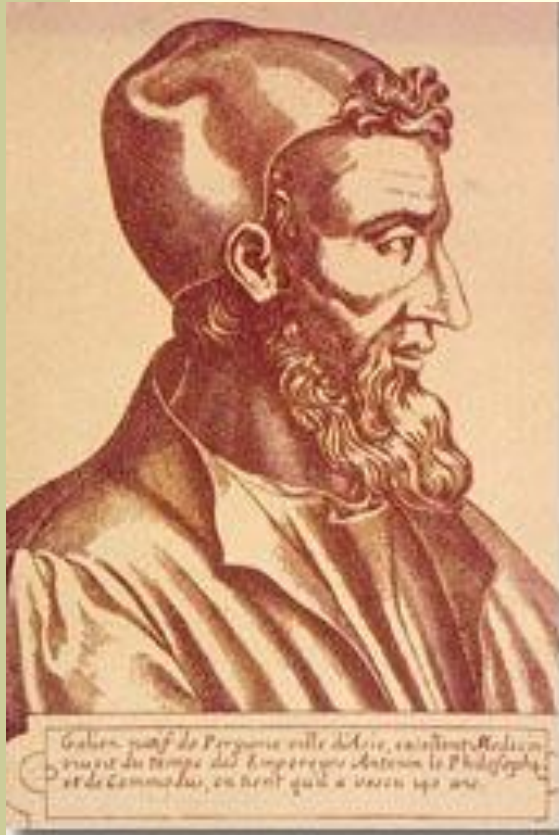
# Temperaments-An evolution

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He identified four body fluids **blood**, **yellow bile**, **phlegm** and black bile that he believed accounted for differences in individuals.







Galen

Centuries later around 149 A.D., Galen proposed a temperament theory built on Hippocrates observation. According to Galen there were four basic human temperaments; *sanguine*, *choleric*, *melancholic* and *phlegmatic*. These temperament types were categorized depending on the amount of certain bodily fluids that were in persons body.

# TEMPERAMENTS THROUGH HOMOEOPATHIC EYES.

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In Homoeopathy, Dr Samuel Hahnemann refers to this in his books but major attention was actually paid by Knerr. Complete repertory gives these under mind section. Maximum inclusions is from Knerr's repertory. Lippe also has mentioned about temperaments in his books. Robin Murphy's repertory covers it under generals and under the sub headings of constitutions.

# CONSTITUTION

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graph TD; A[CONSTITUTION] --> B[MENTALS]; A --> C[PHYSICALS]; B --> D["1. Temperament<br/>2. Personality"]; C --> E["1. Generals<br/>2. Diathesis"];
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## MENTALS

1. Temperament
2. Personality

## PHYSICALS

1. Generals
2. Diathesis

# SANGUINE TEMPERAMENT

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Characterized by light complexion, full pulse, optimistic out look and quick but not lasting temper.

*Extrovert talker optimistic*

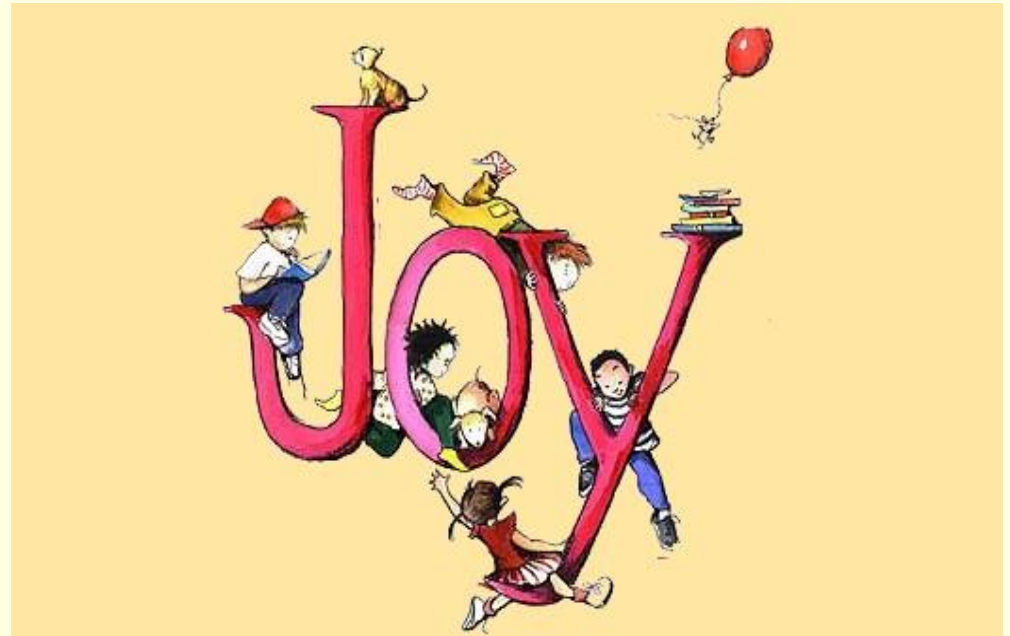






Sanguine people are like life of a party, they are funny and relish the lime light. Imaginative and creative.

Sanguine innately look for fun and games, and from the time they are small, they are inquisitive, cheerful, and play with any thing they find.





Extremely energetic, enthusiastic and optimistic. They love to laugh and be with people, talking incessantly humorously, having fun on the job.

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Sanguines may not have more talent or opportunity than other temperaments but they always seem to have more fun. they are very expressive, life of a party and they move and jump.



# MAIN SANGUINE FEATURES

- ✓ SPONTANEOUS
- ✓ VIVACIOUS
- ✓ CHEERFUL
- ✓ POPULAR





# SANGUINE EMOTIONS

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- GOOD SENSE OF HUMOUR
- LIFE OF A PARTY
- APPEALING
- BUBBLY
- TALKATIVE
- STORYTELLER



# SANGUINE AS A FRIEND

- FRIENDLY
- PEOPLE'S PERSON
- THRIVES ON COMPLIMENTS
- DOES NOT HOLD GRUDGES
- LIKES SPONTANEOUS ACTIVITY
- JUST EVERYBODY SEEMS TO KNOW HIM



# SANGINE AS A PARENT

- ✿ MAKES LIVING AT HOME FUN
- ✿ ADMIRED BY FRIENDS OF CHILDREN
- ✿ TURNS DISASTER INTO HUMOUR



# SANGUINE AT WORK

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- ❖ CREATIVE
- ❖ COLOURFUL
- ❖ ENTHUSIASTIC
- ❖ CHARMS OTHERS TO WORK



# SANGUINE WEAKNESS

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Attention-seeking, changeable, chatty, distractible, disorganized, emotional, tendency to exaggerate, faddish, fickle, flighty, frivolous, forgetful, gossipy, inconstancy, insincere, lacking depth, scattered, sensuality, smart-alecky, superficial, prone to vanity, undisciplined



# MEDICINES

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## REMEDIES PREDOMINANTLY SANGUINE ARE

- FERRUM MET
- PHOSPHORUS
- LACHESIS
- COFFEA



# CHOLERIC TEMPERAMENT

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A temperament characterized by a quick irritable temper

*Extrovert Doer Optimistic*



- A dynamic, self-motivated leader who can set your sights on a target and relentlessly pursue it until success is achieved. A strong-willed individual who makes decisions quickly and decisively.

Cholerics do not readily reveal deep emotions except anger. Cholerics are often accused of being stubborn, domineering, and dictatorial.



The choleric is your original "type A" personality. This temperament is characterized by quick, intense reactions to both external and internal stimuli.

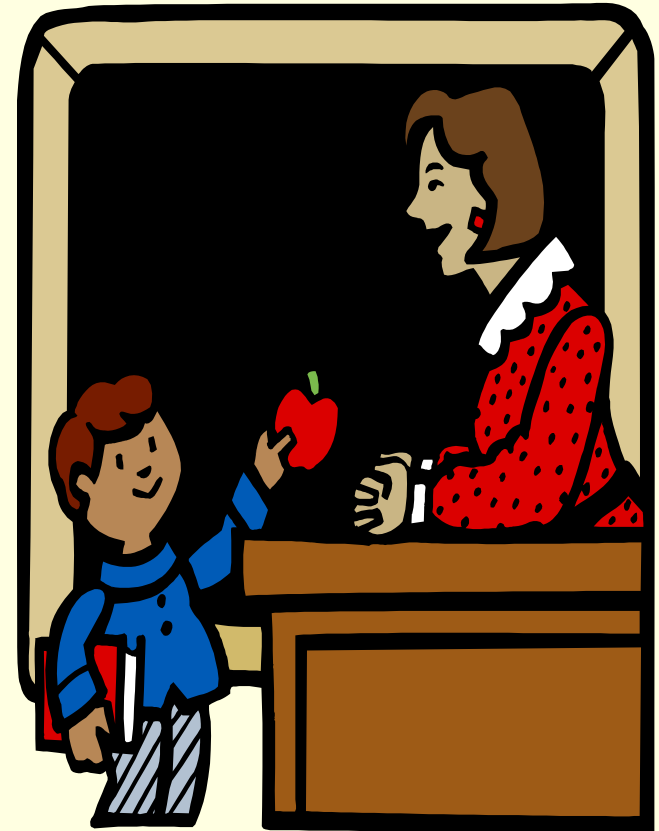




# MAIN CHOLERIC FEATURES

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- ADVENTUROUS
- CONFIDENT
- POWERFUL
- DECISIVE
- BORN LEADER
- AGGRESSIVE
- PERSUASIVE



# CHOLERIC EMOTIONS

- ☀ STRONG WILLED
- ☀ DYNAMIC
- ☀ EXUDES CONFIDENCE
- ☀ UNEMOTIONAL
- ☀ INDEPENDENT
- ☀ SELF SUFFICIENT
- ☀ MUST CORRECT WRONGS



# CHOLERIC AS A FRIEND

- ❑ IS USUALLY RIGHT
- ❑ HAS LITTLE NEED FOR FRIENDS
- ❑ WILL, LEAD ORGANISE AND COORDINATE
- ❑ EXCELS IN HANDLING EMERGENCIES



# CHOLERIC AS A PARENT

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- ✚ LEADER OF THE FAMILY
- ✚ WANTS RESULTS
- ✚ NOT SO ATTACHED
- ✚ ESTABLISHES GOAL



# CHOLERIC AT WORK

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- GOAL ORIENTED
- ORGANISED
- DELEGATES WORK
- CRITICAL OF ERRORS
- INSISTS ON PRODUCTION



# CHOLERIC WEAKNESS

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Aggressive, angry, antagonistic, argumentative, bossy, combative, defiant, dismissive, domineering, harsh, impatient, intolerant, oppositional, prideful, pushy, relentless, shrewd, stubborn, unempathic, unsympathetic

# REMEDIES FOR CHOLERIC

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- ▶ LYCOPODIUM
- ▶ VERATRUM ALB
- ▶ NUX VOM
- ▶ BRYONIA





# MELANCHOLIC TEMPERAMENT

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Temperament  
characterised by  
irritability and  
pessimistic outlook



*Introvert Thinker Pessimistic*

Persons with melancholic temperament are thinkers, reflective, ponderous to a fault; slow to act, yet deeply sensitive and of noble ideals.



It is said that the melancholic so longs for heaven that everything on earth falls short.

Introspective temperament. A perfectionist at home and on the job, the melancholic is likely the one with the perfectly organized closet and kitchen, the tidy desktop.



# MAIN FEATURES OF MELANCHOLIC TEMPERAMENT

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- ⊕ FAITHFUL
- ⊕ PERFECT
- ⊕ PERSISTENT
- ⊕ TALENTED



# MELANCHOLIC EMOTIONS

- ❖ DEEP & THOUGHTFUL
- ❖ SENSITIVE
- ❖ SERIOUS & PURPOSEFUL
- ❖ SELF-SACRIFICING
- ❖ IDEALISTIC
- ❖ POETIC
- ❖ PHILOSOPHICAL



# MELANCHOLIC AS A FRIEND

- ② FAITHFUL
- ② SEEKS IDEAL MATE
- ② CONTENT
- ② CAUTIOUS
- ② SOLVES OTHER'S PROBLEM
- ② DEEP CONCERN
- ② MOVED TO TEARS WITH COMPASSION





# MELANCHOLIC AS A PARENT

- ❑ VERY EMOTIONAL
- ❑ ENCOURAGES TALENT
- ❑ KEEPS HOME IN ORDER
- ❑ SACRIFICES FOR FAMILY



# MELANCHOLIC AT WORK

- ☀ ORDERLY & ORGANISED
- ☀ ECONOMICAL & SCHEDULE ORIENTED
- ☀ DETAIL CONSCIOUS
- ☀ LIKES CHARTS & GRAPHS
- ☀ NEEDS TO FINISH WHAT IS STARTED



# MELANCHOLIC WEAKNESS

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Aloof, apprehensive, brooding, critical, demanding, distrusting, envious, fearful, grudge-bearing, haughty, hypochondria, highbrow, jealous, judgmental, pessimistic, reluctant, scrupulous, self-righteous, skeptical, strict, superior, suspicious, timid, uncommunicative, unsocial, undemonstrative, wary

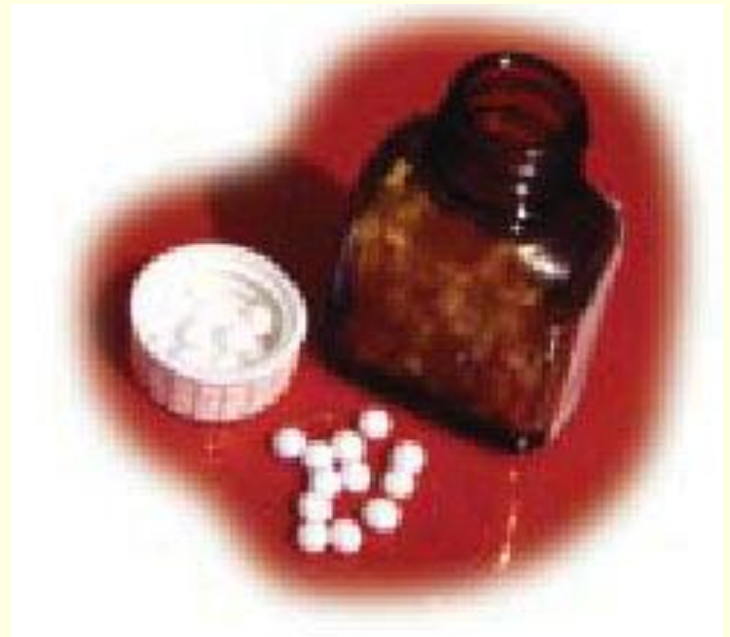
# MELANCHOLIC MEDICINES

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❖ NATRUM MUR

❖ IGNATIA

❖ AUR-MET



# PHLEGMATIC TEMPERAMENT

The phlegmatic's reactions are slow, of short duration, and rarely intense, hence denotes Denotes a calm, apathetic, unexcitable temperament

*Introvert watcher Pessimistic*



# MAIN FEATURES OF PHLEGMATIC TEMPERAMENT

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- FRIENDLY
- PATIENT
- CONTENTED
- PEACEFUL
- PASSIVE & BOLD
- COUCH POTATO





# PHLEGMATIC EMOTIONS

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- CALM
- EASY GOING
- ALL PURPOSEIVE PERSON
- CONSISTENT WITH LIFE
- WELL BALANCED
- LOW KEY PERSON



# PHLEGMATIC AS A FRIEND

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- ☀ EASY TO GET ALONG
- ☀ INOFFENSIVE
- ☀ GOOD LISTNER
- ☀ HAS COMPASSION & CONCERN
- ☀ ENJOYS WATCHING PEOPLE



# PHLEGMATIC AS A PARENT

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- TAKES TIME OUT FOR CHILDREN
- IS NOT IN A HURRY
- FAMILY ORIENTED



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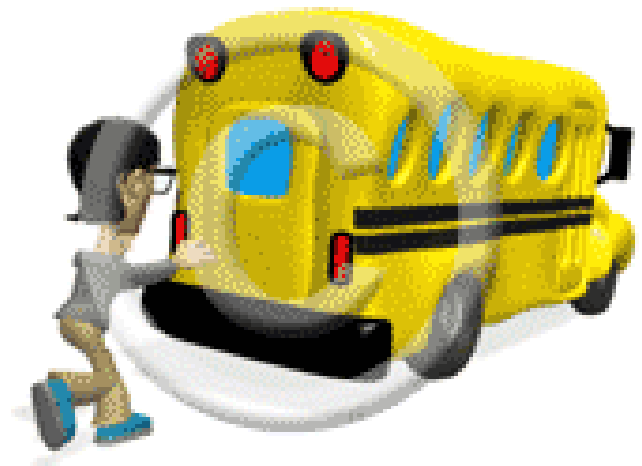
# PHLEGMATOUS AT WORK

- ❖ AVOIDS CONFLICTS
- ❖ PEACEFUL & AGGREGABLE WITH BOSS
- ❖ FINDS EASY WAY OUT
- ❖ LATE AT WORK



# PHLEGMATIC WEAKNESS

Apathetic, boring,  
distant, indecisive,  
indifferent, impassive,  
inattentive, passionless,  
procrastinating,  
sluggish, slow, simple,  
spiritless, unconcerned,  
unenthusiastic, un  
opinionated,  
unmotivated,  
unresponsive



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# MEDICINES FOR PHLEGMATOUS PEOPLE

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- CALCAREA CARB
- BARYTA CARB
- PULSATILLA



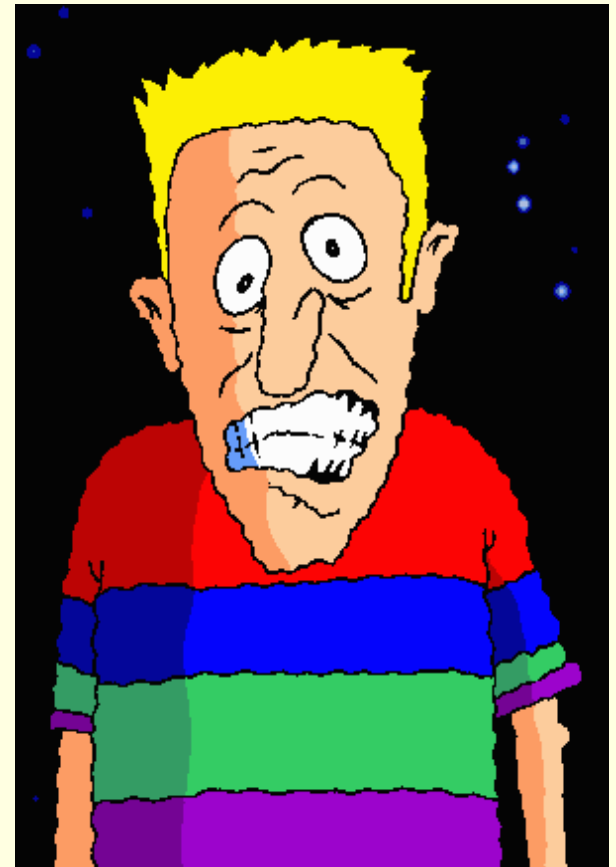


# NERVOUS TEMPERAMENT

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Denotes a temperament characterised by excessive mental and physical alertness, rapid pulse, excitability, but not always fixity of purpose.

*Introvert anxious pessimistic*



# MAIN FEATURES OF NERVOUS TEMPERAMENT

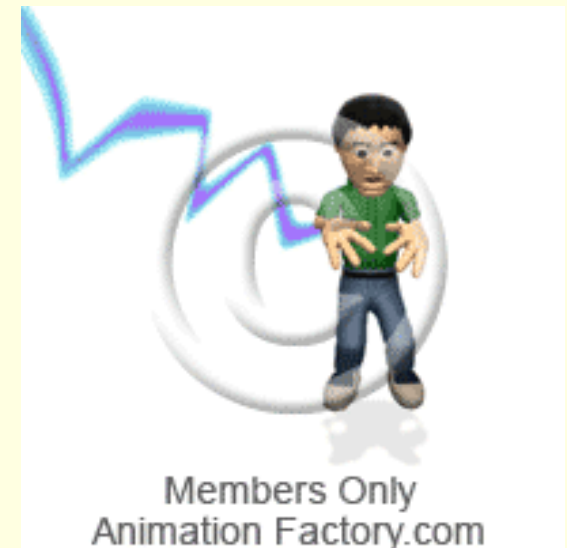
- ANXIOUS
- WORRIED
- APPREHENSIVE
- WANTING CONTROL



# NERVOUS EMOTIONS

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- # FEARFUL
- # CAUTIOUS
- # WANTING SUPPORT
- # CONFUSED
- # DREAMS
- EVERYTHING



# NERVOUS AS A FRIEND

- WORRIES ABOUT SMALL MATTERS
- RECOMMENDS THE DOCTOR SHE HAS FAITH IN
- DOES NOT ALLOW TRAVEL TO BE ENJOYABLE.



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# NERVOUS AS A PARENT

- ✦ EDGY FOR SMALL MATTERS
- ✦ PALPABLE ANXIETY AT HOME
- ✦ HEALTH AN IMPORTANT CRITERIA
- ✦ ANXIOUS BEFORE CHILDS EXAM



# NERVOUS AT WORK

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- PUNCTUAL
- DISTRESSED FROM SUDDEN CHANGES OF SCHEDULE
- RESTLESS
- WORRIED BEFORE APPOINTMENT



# NERVOUS MEDICINES

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- ☑ ARG-NIT
- ☑ GELSEMIUM
- ☑ ARSENICUM ALBUM





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The **sanguine** reaction will be quick but brief, the **phlegmatic's** long and brief, the **choleric's** quick and enduring, and the melancholic's lengthy and permanent. This simple definition has more relevance than appears at first glance.



VENERATIC



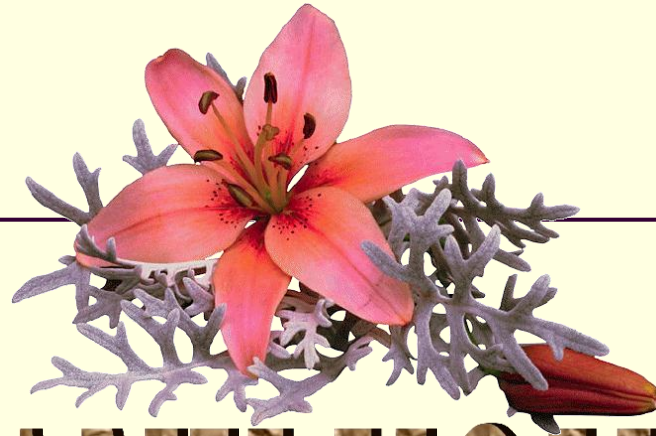
WILDON



SANGUINE



NERVOUS



THANK YOU



BY DR REVAN B.L  
Repertory PG

