

Souvenir



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Approach to a case through the study of Personality

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Choosing similimum according to homoeopathic principles is never a simple procedure rather a Herculean task.

Though the principle for the same is definite and transparent as specified by Hahnemann, still it is becoming debatable and confusing to many. After Hahnemann's theory of similia, J.T.Kent in his scholarly rational mind simplified it by adding the most practical applicability i.e. evaluation of symptoms.

Here when a physician is confusing with number of symptoms from a patient, by using Kent's evaluation of symptom, one can easily unlock to the problems of multiple symptoms of a patient. Kent's evaluation of symptoms constitutes of generals, particulars and common. He gave more weightage to mental symptoms in reference with physical general and particulars.

In practice also it has often been observed that mental symptoms are most helpful for obtaining a true cure. Most of the Homoeopathic practitioners give less weightage to mental symptoms which either palliates the disease or there is a failure. It is a Sisyphean labor to elicit the mental symptoms from a patient.

Each mental aspect of a patient though seems to be unimportant and physiological for common people or even for the patient himself, is very much important for a homoeopathic prescription.

There are 529 mental rubrics in Kent's repertory and many more subrubrics. It is difficult to utilize these vast number of mental rubrics in practice though very much essential for a correct prescription. One can utilize these mental rubrics, if it can be remembered or comprehended properly. Many of these rubrics are of apparently similar. As example Audacity, dictatorial, egoism, impulsive, vanity are apparently carries the same meaning and can be grouped under one rubric i.e. domineering. Similarly mildness, benevolence, rest desire for, sensitive, capricious can be taken as mild personality. Like wise the 529 mental rubrics of Kent's repertory can be put under different personalities so that it can be easily remembered and kept in mind and the only way to bring vast chapter within the working capacity of the average physician. While the patient is simply asked to narrate his life situation, his reactions to contradiction in the manner of open anger, suppressed anger, brooding, by weeping in privacy etc, the physician can easily assess to which personality the patient belongs i.e. melancholic, destructive, introvert, extrovert etc. To probe for more details in mind symptoms, the physician should develop an appropriate repertoire of questions keeping in mind different personalities.

Personality as defined by Gordan Alport "Personality is the dynamic organization within the individual consisting of his psycho-physiological systems which determines his/her unique adjustment to the environment".

Personality is both complex and unique in each individual and differs greatly from one another in multiple compartments or behavior and each expresses only one of many potentials of life styles. Personality develops through interaction of hereditary disposition and environmental influences to determine the particular behavior.

Genetic difference accounts for about half of the variance of personality trait. Of the remaining 50% of the variance 25-30% are due to non-shared environmental effect i.e. experienced unique to the

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individuals and 15-20% by measurement error. It has been observed that environmental factors shared by siblings reared together have little or no effect on basic temperament traits but do influence other aspects of personality.

Personality consists of temperament, character and intelligence. Temperament reflects biological contribution, character reflects social and cultural contribution to personality whereas intelligence is the reflection of inherited temperament and acquired character derived from social and cultural surroundings.

Temperament as described by Alexander, modern concept of temperament emphasizes its emotional, motivational and adaptive aspects of human being. Temperament is conceptualized as heritable tendency with reference to one's emotion and automatic behavior traits and habits observable in early life and relatively stable over one's life span.

Temperaments are heritable, observable in childhood relatively stable in time & moderately predictive of adolescent and adult behavior. The 4 temperaments as described by Kaplan are universal across different cultures, ethnic groups and political systems in five continents.

It is regulated by Cortico-striato limbic system i.e. sensory cortical areas, amygdallus, caudate nucleus and putamen.

The ancient 4 temperaments are known in modern terms by Kaplan are: -

Former	Now	Associated with basic emotions
Choleric	Novelty seeking	Hyperactive
Melancholic	Harm avoidance	Introvert
Sanguine	Reward dependence	Extrovert
Phlegmatic	Underachieving	Sluggish

Each temperament includes certain characteristics as described by Kaplan.

Character in contrast to temperament, is mostly inherited, it is less heritable and is moderately influenced by social learning, culture and random life events unique to the individual.

Character is the conceptual core of personality involves higher perceiving functions regulated by hippocampus and neocortex. It is the conceptual core of personality responsible for processing of sensory input and its resultant behavior to external world. It largely depends upon one's temperament.

The major character traits have been distinguished as Self-directed, Cooperative, And Self-transcendence.

Intelligence is the third aspect of personality, develops with the background of inherited temperament and childhood experience of culture of family, parents attitude, social background.

Keeping in view these three factors of personality i.e. temperament, character, & intelligence or mental capacity, a patient's mental symptom can be thoroughly inquired into for an effective homoeopathic treatment. To illustrate while questioning and synthesizing the mental aspect of a person, the physician should keep a close observation of patient's temperament + character + intelligence or mental capacity.

While observing patient's **TEMPERAMENT**, these 16 points are to be noted from four different temperaments and is to be emphasized during case taking.

Temperament Types	Features			
	High score		Low score	
	+	-	+	-
Earm avoidance	Anxious (agitated)	Depressed (retarded)	Cheerful	Fearless
Novelty seeking	Euphoric	Angry	Placid	Stoical
Reward dependence	Sympathetic	Disgusted	Aloof	Indifferent
Persistence	Enthusiastic	Steadfast	Unstable	Discouraged

Points to be emphasize for **CHARACTER** these 12 points are to be observed

Types of Character	Features			
	High score		Low score	
	+	-	+	-
Self-directed	Hopeful	Resourceful	Vain	Shameful
Cooperative	loving	forgiving	Scornful	Revengeful
Self-transcendent	Joyful	Peaceful	Greedy	Miserable

Symptoms to assess **INTELLIGENCE**. The intelligence can be grouped into investigative, artistic, conventional types. The characters belonging to each type are as follows: -

Investigative	Artistic	Conventional
Intellectual	Introspective	Mechanical
Curious	Imaginative	Asocial
Energetic	Expressive	Careful
e.g. Scientist	e.g. Artist	e.g. Engineer, Clerk

The rubrics given in repertory under mind chapter can be grouped under four types of temperaments, three types of characters and three features of intelligence, which constitutes the personality of a patient. Remembering these ten features the physician can at a glance directly take up the mental symptoms by observing patients manner of talking, his mode of answer, his promptness towards

question, his attitude towards physician, behavior etc and also asking a few questions upon his care atmosphere in his working place, family life etc .

As example

A Sulphur patient possesses the following type of personality

- Temperament - Novelty Seeking
- Character - Self directed
- Intelligence - Investigative + Artistic

A Baryta carb patient

- Temperament - Persistence - Phlegmatic
- Character - Cooperative
- Intelligence - Conventional

A Aurum met patient is

- Temperament - Reward dependence
- Character - Self transcendence
- Intelligence - Investigative

So by comprehending the above features of personality it is easy to probe into the mental symptoms of a patient which determines the essence of prescription.

Personality is the inner essence of the man, according to which the physical body is molded in the person both in health and in disease state of the individual. To cure a disease this inner core is to be probed to rectify the defects in the body. This inner core is nothing but personality, which can be explored by the above-mentioned approach.

Best wishes from

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