



## THE SIGNIFICANCE OF TEMPERAMENT IN MEDICINE

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### Annotation:

Every person should know their temperament well, as well as how temperament changes with age, mood, diet, and even seasons. It is necessary to understand that the same medicine does not work for ten different people suffering from the same illness; each medicine should be prescribed based on the patient's temperament and the nature of the disease.

**Keywords:** temperament, choleric temperament, sanguine temperament, phlegmatic temperament, melancholic temperament, blood, yellow bile, phlegm, black bile, elements, hot-dry, hot-moist, cold-dry, cold-moist temperament.

In the world, no matter how many billions of people live, each person has a unique temperament. The reason for this is related to the individual's disposition. According to the teachings of Hippocrates, a person's temperament is determined by the balance of four bodily fluids in the body - blood, yellow bile, phlegm, and black bile. Depending on the predominance of a particular bodily fluid in the body, a person's temperament is formed. According to the description of the eminent scholar of medicine Sultan Abu Ali Ibn Sina: "Temperament is a state that arises from the interaction of elements in the most delicate parts of matter and the mutual influence of opposite qualities".

As a result of the interaction of these elements with their respective powers, a specific state arises. There are various types of temperaments, namely, hot, cold, dry, and moist. If the mentioned four types of bodily fluids (humors) are present in a balanced manner in a person's body, they are considered to have a balanced temperament.

The composition of a person's body, the dynamic characteristics of the central nervous system, as well as the influence of hormones secreted by internal secretion glands, play a crucial role in determining temperament. Additionally, the activity of each person's central nervous system (its rapid responsiveness or slow reactivity) is also related to the determination of a specific temperament. The renowned Russian





physiologist Ivan Pavlov conducted research on brain function in laboratory animals and theoretically and empirically proved the correlation between a person's temperament and their central nervous system activity. According to his research, each individual has unique characteristics in their central nervous system.

This information now assists us in understanding the diverse temperaments and behaviors of individuals and guides us in treating each person individually. A knowledgeable doctor or therapist who understands temperament can successfully treat patients. However, this requires extensive knowledge, significant experience, and years of observation. Currently, there are four main types of temperaments, namely, choleric, sanguine, phlegmatic, and melancholic. Additionally, there are intermediate temperaments, which are classified as hot-dry, hot-moist, cold-dry, and cold-moist.

A person's temperament is determined by four elements – yellow bile (fire), phlegm (water), blood (air), and black bile (earth). When these elements are balanced in the body, a person remains healthy. If any of these bodily fluids increases or decreases disproportionately, it can adversely affect a person's health.

Choleric temperament, also known as dry temperament, refers to individuals who are passionate, curious, quick-tempered, impulsive, and easily irritable. People characterized as "choleric" are described as complex personalities. They usually do not like to follow others' instructions, often prepared to fight to the end for their activities. They are inherently mobilized and uncompromising individuals. They possess an uncompromising nervous system and can become angry at the slightest provocation. Such individuals may not hesitate to act impulsively, even at the risk of harming themselves. Regardless of the situation, they persist in their goals without fearing the consequences.

They are aggressive and cannot stand anything they dislike. If you see someone causing a commotion on the street or in public transportation, they might be a person with a choleric temperament. Healthy individuals with a dry temperament are self-sufficient, confident, brave, and decisive. They do not have excess fat on their bodies, and their blood pressure is stable. Their pulse can be either regular or slightly rapid. Individuals with a sanguine temperament (warm temperament) tend to be enthusiastic in their activities. If they find interest in something, they make efforts to fully immerse themselves in it.

They quickly adapt to new conditions and engage with people promptly. However, their interest wanes in activities that require prolonged attention; they tend to be easily bored. These individuals are very restless and can find a new spot swiftly within a room. Their mood changes rapidly. They do not adhere stubbornly to anything and





can easily switch their focus. Their facial expressions reflect their internal restlessness and fickle emotions. Due to their restlessness, they struggle to concentrate on specific tasks and often find it challenging to manage important responsibilities assigned to them. They have difficulty adhering to strict work schedules in the office. Patience, perseverance, and attention to detail are lacking in tasks that require prolonged and meticulous efforts.

Individuals with a sanguine temperament struggle with patience when it comes to serious goals. Sometimes, their creativity is observed from a distance, and they can appear unsettled. Healthy individuals with a warm temperament have a ruddy complexion, clear and sharp speech, curiosity, and an inclination towards increased blood pressure and body heat. They tend to have a strong physique and are generally well-built. Phlegmatic temperament (cold temperament) is characterized by a calm demeanor, slowness, coolness, a tranquil state of mind, and emotional stability that is not easily discerned from the outside. A person with a phlegmatic temperament moves slowly and tends to be thoughtful, calm, and consistently even-tempered.

The nervous system of a phlegmatic person is strong, balanced, and characterized by inertia. Individuals with a phlegmatic temperament are confident, possess a reliable memory, and their decisions are well-thought-out and balanced. A sense of tranquility dominates in a phlegmatic person. Their emotions and feelings are generally stable and consistent. Transitioning from one activity to another or adapting to new situations is challenging and time-consuming for phlegmatic individuals. While new forms of behavior and actions slowly develop in a distinctive manner, they are maintained over a long period of time.

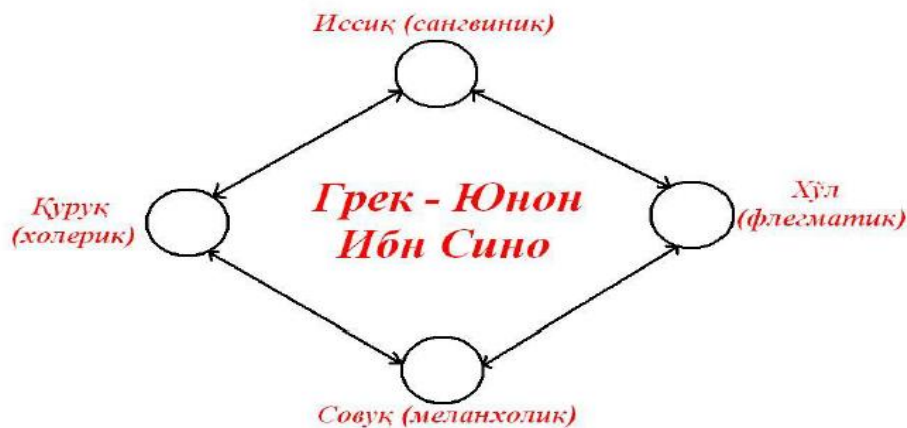
They are not inclined towards extremes; likewise, phlegmatic individuals tend to be calm and composed. They offer support and empathy to others, but they tend to hide their own emotions. Healthy individuals with a moist temperament are attractive, fair-skinned, well-built, brave, and generally have normal or high blood pressure. Their pulse can be challenging to detect. Melancholic temperament (cold temperament) individuals are often pessimistic, anxious, and overly concerned about trivial matters. They tend to be sensitive, introverted, and quiet.

Melancholic individuals are naturally introverted and tend to live in their own world. They enjoy dreaming, fantasizing, and contemplating the imperfections of the world. Melancholics appreciate vintage (specific to past centuries) or antique items. They would be pleased to receive art pieces as gifts, such as paintings, sculptures, or artifacts. Additionally, presenting them with emotionally profound and deeply meaningful novels is possible. Melancholics are often creative, so they might appreciate a personalized collection, an anti-stress album, or decorative items made





by hand. If you gift them sculptures or stress-relief balls, they will be delighted. Individuals with a cold temperament have a paler complexion, tend to sleep more, and speak more softly. They get tired quickly and become agitated rapidly. They have a weaker physique and prefer cooler and deeper places.



Children usually have a warm temperament. Adolescents tend to have a warm-wet temperament. Individuals up to the age of thirty-five have a balanced temperament. Middle-aged and elderly people have a cold and dry temperament. People with a cold or very cold temperament can consume figs, black grapes, dates, sweet pomegranates, figs, honey, black tea, mutton, beef, poultry, nuts, and melons. Additionally, they should engage in activities like swimming and skiing during the summer.

Walking barefoot on warm soil or sand in the desert or lying down on sand helps expel cold humors from the body through heat. People with a warm temperament enjoy foods like lemons, green tea, and sour dishes. Temperament varies based on a person's age, mood, diet, and even seasons. Warm and cold temperaments are predominant from youth to around the age of 40. However, in middle-aged and elderly individuals (above 60 years old), dry and cold temperaments are more common. Individuals with such temperaments should opt for dry and warm foods. Dairy products are also suitable for them. When considering the influence of gender (men and women) on temperaments, women tend to have a colder temperament compared to men.

Therefore, their temperament is weaker compared to men's in terms of structure. Additionally, according to Ibn Sina's works, it is emphasized that individuals dealing with water-related tasks have a moist temperament, whereas those working in dry environments have a dry temperament. Middle-aged people, especially the elderly, are often described as having an excessively cold and dry temperament. "This can also be inferred from the hardness of their bones and the dryness of their skin," it is stated.



Moreover, the temperament of children is generally balanced. According to physicians, fruits, vegetables, dairy products, lean meats, and dry desserts are considered "cold" foods, and individuals who prefer these foods tend to have a cold temperament. Meat and soup cooked with vegetables are included in cold dishes made from boiled vegetables.

If the lean meat mentioned earlier is cooked with yogurt in a dish, it is considered a "warm" food. When a person craves something specific, and a doctor prescribes such foods, it indicates that the person may have a deficiency of hydrochloric acid in their stomach. The reason for some patients' cravings for specific items (such as sour fruits, sour foods) lies in this deficiency. Fatty meats, liver, kidneys, fatty fish, on the other hand, are considered warm foods. People who enjoy and consume such foods tend to have a warm temperament.

**In conclusion**, every person needs to understand their temperament well, including their preferred foods and the nature of herbs and medicines they like. Additionally, understanding how temperament changes with age, mood, diet, and even seasons is crucial. It makes it easier to treat diseases. For ten people suffering from the same illness, if the same medicine does not work for each of them, it is necessary to prescribe the medicine according to the patient's temperament and the nature of the disease. Therefore, it is crucial for doctors and therapists to have a good understanding of temperament. Ignoring temperament and accepting herbs and medicines without considering it is as absurd as blind treatment.

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