

Psychology-Its Homoeopathic Parlance

ABSTRACT: Systemic study of human psychology is necessary for a Homoeopathic physician in dealing with the medical problems in the modern society. In order to study the person as a whole and attributing the constitutional features in the way of Homoeopathic treatment, the knowledge of normal as well as abnormal behavioural patterns is mandatory. Personality classifications enunciated by Hippocrates, which were adopted by Hahnemann and other stalwarts are being utilised unmodified. Unless the thrust is given in the aspect of modern psychological concepts, in the study of constitution and personality, scope of Homoeopathic System may be stunted in facing the challenges of present and future health problems of the society.

Some of the concepts of psychology were adopted by Hahnemann and other stalwarts in the study of the constitution and personality. Personalities classification enunciated by Hippocrates was utilised in description of drugpictures, especially temperament of the patient. Classification of personality (type) postulated that there were four different kinds of fluids or humors (Black bile, Yellow bile, blood and phlegm) in the body and categorized people into four types depending upon the predominance of a particular humor, respectively as Melancholic, Choleric, Sanguine and Phlegmatic. Choleric persons were thought to be hot headed with an irritable temperament, Melancholic persons were supposed to be possessing a sad, pessimistic, and depressed temperament, those with Sanguine type of personality were found to be confident, hopeful and optimistic temperament. Phlegmatic type of individuals were of calm, apathetic and indifferent temperament.

We find concept of instinct, drive, motives, emotions, thought, will, understanding and memory were used in the description of constitution and drug pictures.

The science of psychology progressed by leaps and bounds after 19th century and attained the status of an individual discipline of science. Understanding of human behaviour is the goal of psychology.

Unfortunately, psychological perspectives in both science and art of Homoeopathy are hardly comprehended by our professional colleagues and it remains in the rudimentary form, left by stalwarts. Understanding concepts of modern psychology will further help in the progress of Science and art of Homoeopathy.

THE SCIENCE OF HOMOEOPATHY : Homoeopathy lays equal importance to the study of both body and mind if not more emphasis on mind in understanding the constitution. We study Anatomy, Physiology, Pathology and Medicine to understand the body and its nature. Prescribing drugs just on few symptoms will not be sufficient. In the same way systemic study of human psyche is important in assessing the constitution and personality. Prescribing merely on few mental symptoms is more or less like prescribing on physical symptoms without understanding the human Anatomy, Physiology and Medicine.

To determine the abnormal behaviour, understanding of normal behavioural pattern is mandatory. In studying the personality traits and constitution, it is necessary to understand which trait is inherited and which is learned.

Mental faculties of intellect, memory, emotions are to be clearly understood "personality study" especially helps in individualisation. The personality refers to the distinctive patterns of behaviour of an individual (which includes thoughts and emotions), that characterises each individuals adoption to the situations of his or her life. It is the entire mental organisation of human being of any stage of development. It embraces every phase of human character, intellect, temperament and morality.

Different theories of personality were propounded by different schools of psychology. The following is the Sheldon's personality classification, which will definitely help in classifying constitutions and grouping of drugs.

Physique	Temperament	Personality Traits
Endomorphy	Viscerotonia	Sociable, relaxed, even tempered, easy to get along with generally loves comfort.
Mesomorphy	Somatotonia	Aggressive, tends to be callous of the feelings of others, loud, noisy, loves physical adventure and risk taking, has a strong need for vigorous physical activity.
Ectomorphy	Cerebrotonia	Restrained, inhibited, desires concealment, secrecy and solitude.

Different types of tests have been devised to understand the personality. For example M. M. P. I, (Minnesota Multiphasic Personality Inventory). This test basically studies these following groups of personality traits.

1. Hypochondriasis - exaggerated concern with bodily health.
2. Depression - Tendency to despondency.
3. Hysteria - Physical disabilities in the absence of justifying physiological causes.
4. Psychopathic Deviation - disregard for ethical standards of conduct.
5. Masculinity Femininity-behaviour characteristic of men or of women.
6. Paranoia - extreme suspiciousness.
7. Psychasthenia-obsessive (recurring irrational thoughts) and compulsive (perfor-

ming apparently meaningless acts of behaviour.

8. Schizophrenia - pathological withdrawal from social contacts, eccentricities of thinking and manner.
9. Hypomania - Excessive elation and excitement

There are tests devised to understand and assess intellect (I. Q) and memory also.

With above examples we can assert that wider understanding of psychological concepts will help the study of the constitution.

ART OF HOMOEOPATHY:

A. Case taking: Though basic tenants of case taking were founded by Hahnemann, methods can be improved upon by preparing the inventories and interview schedules, so

that nothing is missed in taking the case. Mere dependence on patients statement (or attendents statement) may give rise to false pictures also. Especially to extract mental pictures we can modify these following tests of personality, intelligence and memory for our needs.

1. Minnesota Multiphasic Personality Inventory.
2. Projective Technics like Thematic Appreciation test and Rorschach test.
3. Intelligence test - like Binet and Simon.
4. Memory - Recall method, recognition method and savings method.

In treating a mentally retarded patient we can periodically assess how for the I. Q. is improving or memory is better.

B. Councillng and Mental Hygiene: Most of the chronic diseases are of Psychosomatic Origin. Mental tensions, internal conflicts and suppressed desires do show effect on the body, giving rise to Psychosomatic problems. For example - Psoriasis, Hypertension, Hyperacidity, Bronchial Asthma, Migraine, Autoimmune disorders.

For the cure of these problems, along with Homoeopathic treatment, counselling will be needed to inculcate Mental Hygiene to resolve internal conflicts, otherwise these continuing conflicts will become hurdles in

the way of cure.

C. Treatment of Psychiatric Problems: Knowledge of normal and abnormal psychology is necessary both in diagnosis of the disease, individualisation as well as the treatment.

So with the understanding of psychological concepts and utilising psychological methods in case taking and treatment, art of Homoeopathy will progress, Physicians will be better equipped in dealing with problems of the present and future societies.



INDIAN INSTITUTE OF HISTORY OF HOMOEOPATHY

NEW MEMBERSHIP

The Institute in its general meeting of 26-11-91 took a historic decision to open its membership to educated and intelligent homoeopathic persons for annual membership fee of Rs. 50/-, Life membership fee of Rs. 125/- and FOUNDER MEMBERSHIP fee of Rs. 225/-.

The institute shall issue a certificate, bearing the signatures of top National and State Executives, of membership, to life and Founder members.

Dr. B. N. Chakravorty was elected as the Chairman and Dr. Mahendra Singh as Director/Secretary. The institute is in the process of electing National and State Executives and Editors for which request letters are being sent.

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