

Psycho Aroma
Remedies From Exotic Cultures
Unit 5 B
The Hippocratic System



The Hippocratic System (5B)



Transformations:

1) Western medicine is based on the Hippocratic system.

Do you think personality types are relevant when healing?

If so, how so?

2) Identify your Hippocratic type.

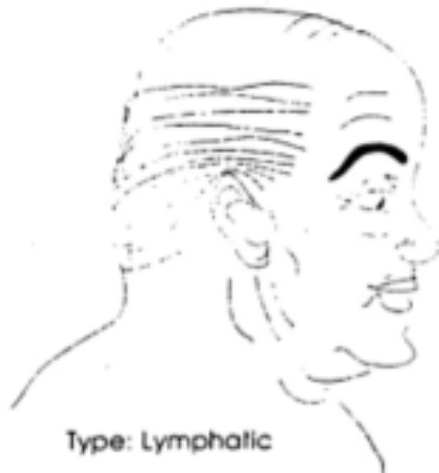
3) Learn enough key words and concepts to identify 3 other people.

4) How might this help you with your aromatic practice? i.e. which essential oils might be helpful for the types

Michael Scholes, one of our original aromatic instructors devised the following questionnaire, charts and write ups, on the Hippocratic Temperaments. Fill out the questionnaire and check out the charts. In some cases, they may be a bit difficult to read. These were the best copies we could find.

Report your results back to the Practical Potions Private Facebook

Essential oils: energy and temperaments



Type: Lymphatic

Electron donating essential oils, high polarity: Melissa, Lemon Verbena
Properties: sedative
Character: nurturing, regenerating



Type: Sanguin

Electron accepting essential oils, high polarity: Rosewood, Savory
Properties: strenghtening

Essential oil character:
red/hot/yang/positive

Essential oil character:
blue/cool/yin/negative



Type: Nervous

Electron donating essential oils, low polarity: Lavender, Chamomile
Properties: anti-inflammatory



Type: Billous

Electron accepting essential oils, low polarity: Cypress, Pine,
Properties: stimulant
Character: dry, contracting

PERSONALITIES

Essential oils and the Hippocratic Temperaments

By Michael Scholes

In the last issue of *Beyond Scents* we looked at the subject of personalities and essential oils.

Before we go any further I would like to stress why it is important to know what personality you are working with. Creating a blend that smells nice and is effective for the condition in hand is very important. Not all essential oils are effective for everyone. You will find that each person has a preference for a specific citrus oil, be it lemon, lime, grapefruit, orange, tangerine, or mandarin. There are specific reasons for each person's choice. One of them is personality type.

SUBSTITUTION

Knowing that you can substitute certain oils, it is helpful to have as many means possible to determine which oils your client prefers. You can ascertain this information intuitively by finding their personality type and then decide which oils to use (this is called the theory of substitution). For instance, you can substitute eucalyptus with cajeput, rose with geranium, cedarwood with sandalwood and coriander with cumin.

Additionally, different personalities might be attracted to certain properties of an oil. A sluggish person may benefit and be drawn to stimulating oils such as grapefruit or rosemary. A stressed out person will benefit or will be drawn to more calming oils like lavender and marjoram. Another variable when blending is condition. Are you creating a blend for a physical, emotional or more spiritual/reflective problem?

CONDITIONS

Not only then do we, as practitioners, have to choose between the various citruses, we also have to find the citrus that is most suited for the

individual personality based on that client's overall condition.

THE TEMPERAMENTS

What follows is a personality profile that will enable you to decide which of the four personality types outlined by Hippocrates in 400 B.C. (Hippocratic Temperaments) you are.

THE QUESTIONNAIRE

Mark boxes next to statements that apply to you. Upon completion, add up all the A's, B's, C's and D's.



An abundance of a certain letter reflects your personality type.

A = Phlegmatic
B = Melancholic
C = Sanguine
D = Choleric

- B organizer and problem solver
- D sometimes unemotional
- A can be sluggish and needs lots of sleep
- B analytical and serious
- A patient, well balanced
- B feelings often hurt
- D goal oriented
- A poor elimination
- C enthusiastic and expressive

- D seeks practical solutions
- A accumulator
- C story teller
- A peaceful and agreeable
- D can be somewhat bossy
- B faithful and devoted
- A intuitive/psychic
- C cheerful, enthusiastic and expressive
- A too compromising
- A performer- always a child
- C expanded personality
- B thin build
- A sometimes lazy and resists change
- B low self image
- A easygoing and relaxed
 - D confident
 - A emotional
 - A loving, sympathetic and kind
 - B compassionate, concerned
 - A good endurance - strong will
 - C active
 - A late - hard to get moving
 - D born leader
 - B indecisive and idealistic
 - C loves people
 - A likes sweets/dairy products
 - D slim build
 - B moody and depressed
 - C doesn't follow through
 - D fiery, dynamic and active
 - A good administrator
 - C makes friends easy
 - B governed by fear and worry
 - C sometimes egotistical
 - A often judges others
 - C has a loud voice and laugh
 - B creative and intuitive
 - C easily distracted
 - D can be obsessive/compulsive
 - B suspicious of others
 - A finds the easy way
 - D demanding of others
 - C can't remember names
 - A larger physical build
- B holds back affection
- C popular and sometimes envied by others
- B lives through others
- B dry sense of humor
- A people watcher
- A compassionate
- B chooses difficult work
- B economical
- C organized
- D independent, maybe too much so
- A sometimes shy
- C hates to be alone
- B deep need for approval
- D competitive
- C diplomatic and charming
- A slightly selfish and stays uninvolved
- B always moving

- A avoids conflicts
- B needs little sleep and falls asleep easily
- D bored by trivia
- C inspires others to join
- D is usually right but unpopular
- C likes oily, spicy foods and cold drinks
- B has an irregular schedule
- C apologizes quickly
- D not very diplomatic
- C volunteers for jobs
- B self sacrificing
- C looks good on the surface, sometimes flashy
- B deep need for approval
- D concerned about health
- B tends to be whiny
- C overburdening
- A fearful and worried
- C precise
- B spends too much time planning
- C short-lived anger
- D has little need for friends
- C good salesperson
- A good under pressure
- B standards often too high
- A good listener
- C compulsive talker sometimes exaggerating
- C wastes time talking
- D inflexible
- D has many new ideas
- C very grounded
- B quick learner
- D has a well-planned career
- B scattered personality
- A lacks self motivation
- D workaholic
- C pedantic
- A lacks goals
- D enjoys controversy
- B talented and creative
- D short tempered
- B poor circulation - cold extremities
- D active in sports
- B seeks ideal mate
- D impatient
- C round faced
- B often in another world
- C articulate
- D agrees with "the ends justify the means"
- C appealing personality
- A avoids responsibility
- D thrives on opposition
- A has many friends
- B anxious
- D can't say I'm sorry
- B perfectionist, persistent and thorough
- C lacks spontaneity
- B easy to get along with
- D dealmaker/businessperson

A's _____

B's _____

C's _____

D's _____

My personality type is best represented by this Hippocratic temperament...



- overburdening • precise • short-lived anger • good salesperson • compulsive talker sometimes exaggerating • wastes time talking • can't remember names • storyteller • enthusiastic and expressive • cheerful, enthusiastic and expressive • performer-always a child • makes friends easily • loves people • has a loud voice and laugh • doesn't follow through • easily distracted

MELANCHOLIC

- thin build • analytical and serious • governed by fear and worry • indecisive and idealistic • moody and depressed • creative and intuitive • poor circulation - cold extremities • quick learners and poor

PERSONALITY TYPE SUMMARIES

PHLEGMATIC

larger physical build • sluggish and needs lots of sleep • patient, well balanced • poor elimination • accumulator • peaceful and agreeable • intuitive/psychic • too compromising • expanded personality • sometimes lazy and resists change • easygoing and relaxed • emotional • loving, sympathetic and kind • has good endurance - strong will • always late - hard to get moving • likes sweets/dairy products • good administrator • avoids responsibility • selfish and stays uninvolved • avoids conflicts • sometimes shy • good under pressure • always finds the easy way • people watcher • compassionate • good listener • has many friends • fearful and worried • lacks self motivation • lacks goals • judges others

SANGUINE

active • popular and sometimes envied by others • organized • round faced • articulate • pedantic • very grounded • appealing personality but compliment seeker • lacks spontaneity • hates to be alone • diplomatic and charming • inspires others to join • likes oily, spicy foods and cold drinks • apologizes quickly • volunteers for jobs • looks good on the surface, sometimes flashy

retention • enjoys being hurt • talented and creative • faithful • scattered personality • organizer and problem solver • self sacrificing • often in another world • always moving • seeks ideal mate • deep need for approval • has an irregular schedule • needs little sleep and falls asleep easily • tends to be whiny • spends too much time planning • anxious • standards often too high • perfectionist, persistent and thorough • easy to get along with • low self image • suspicious of others • holds back affection • lives through others and people watcher • dry sense of humor • compassionate and concerned • chooses difficult work • economical

CHOLERIC

born leader • slim build • fiery, dynamic and active • obsessive/compulsive • competitive • inflexible • bored by trivia • independent, maybe to much so has many new ideas • mind constantly working • has a well-planned career • workaholic • enjoys controversy • short tempered • active in sports • not diplomatic • says what is on the mind • impatient • dealmaker • business-person • concerned about health • demanding of others • sometimes unemotional • confident • bossy • goal oriented • seeks practical solutions • thrives on opposition • has little need for friends • is usually right but unpopular • end justifies the means • can't say I'm sorry

INTERPRETING THE RESULTS

You might have noticed that your answers are spread out among all categories. You probably are leaning towards one, however.

Although you might be close in 2 or 3 categories, one personality type should be more prominent than the others. If you find that you are split between two or even four all this means is that you may view yourself to be a mixture of all the types. In fact, within all of us are all the various archetypes or personalities. Depending on the moment you may be more balanced than times when you are under extreme pressure or stress.

The results of this questionnaire could change over time, as well. Responses will change as your moods change and you overcome obstacles in your life.

Knowing which temperament you are at this point in your life will help you decide which oils can help you relax or bring energy - oils vary for each type. Looking at personality types is a tool to finding balance using essential oils.

For instance, you may find yourself in a situation where you need more leadership skills. This might mean "taking on" the choleric personality and using the oils suited for this temperament. Oils such as pine, fir, grapefruit and ginger would be used. At other times you may need the perfectionistic characteristics of the melancholic and would want to use oils such as pepper, carrot, clove and lemon to help focus. In other instances you will have to use the skills of the sanguine to harmonize the situation during times of conflict. Oils such as sandalwood, neroli, and ylang ylang and petitgrain will be effective in this case. Finally, you might need to be the peaceful listener when compassion is required. Using oils such as geranium, rose, bergamot and melissa will enhance these characteristics.

In the next issue of Beyond Scents, we will look at the best essential oils for each personality type based on their chemical constituents.

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CONTINUING ARTICLES:
The best essential oils for different personalities. Rose essential oil. International Associations.

SPECIAL FEATURES:
Case Studies. Book Review: The Aromatherapy Kit by Charla Devereux. AROMA*FITNESS Column.

DEADLINE FOR ADVERTISING:
Space reservation: June 1.
Camera ready art: June 24.
Issue 6 mailed: July 15.



Name _____

Strengths

| EMOTION | CHOLETIC | MELANCHOLY | PHLEGMATIC |
|--------------------|---------------|---------------|--------------|
| 1 - Assertive | Adventurous | Analytical | Adaptable |
| 2 - Playful | Persuasive | Persistent | Peaceful |
| 3 - Sociable | Strong-willed | Self-starting | Substitutive |
| 4 - Commanding | Competitive | Considerate | Controlled |
| 5 - Retributive | Resourceful | Respectful | Reserved |
| 6 - Sensitive | Self-reliant | Sensitive | Subdued |
| 7 - Promoter | Positive | Planner | Polite |
| 8 - Spontaneous | Sure | Scheduled | Dry |
| 9 - Operative | Outspoken | Orderly | Obliging |
| 10 - Funny | Fearful | Fairful | Friendly |
| 11 - Deepful | Deafing | Detailer | Depositor |
| 12 - Cheerful | Confident | Cultured | Consistent |
| 13 - Inquiring | Independent | Intellectual | Indifferent |
| 14 - Demonstrative | Decisive | Deep | Dry humor |
| 15 - Moves easily | Mover | Musical | Moderator |
| 16 - Talker | Terrestrial | Thoughtful | Tolerant |
| 17 - Lively | Leader | Loyal | Latterer |
| 18 - Cautious | Chief | Charismatic | Conceder |
| 19 - Popular | Productive | Perfected | Pleasant |
| 20 - Bouncy | Bold | Believer | Beloved |

Weaknesses

| EMOTION | CHOLETIC | MELANCHOLY | PHLEGMATIC |
|---------------------|------------------|-------------------|----------------|
| 21 - Bouncy | Bossy | Bastful | Baric |
| 22 - Underlooked | Unsympathetic | Underlying | Unenthusiastic |
| 23 - Reclusive | Resistant | Resistant | Resistant |
| 24 - Forgetful | Fairful | Fuzzy | Fairful |
| 25 - Interrupter | Interrupter | Innocent | Inclusive |
| 26 - Unpredictable | Unhospitable | Unpopular | Unhatched |
| 27 - Hazardous | Hedonistic | Hard-to-please | Headset |
| 28 - Persuasive | Proud | Presumptive | Push |
| 29 - Argued Easily | Argumentative | Altruistic | Arduous |
| 30 - Nihilist | Nervous | Negative attitude | Nihilist |
| 31 - Warts and all | Workaholic | Withdrawn | Worrier |
| 32 - Talkative | Tactless | Too sensitive | Tired |
| 33 - Disorganized | Domineering | Depressed | Doubtful |
| 34 - Inconsistent | Inconsistent | Irritable | Indifferent |
| 35 - Misery | Murderous | Moody | Murderous |
| 36 - Show-off | Shallow | Shallow | Show |
| 37 - Loud | Lord over others | Lower | Lazy |
| 38 - Scatterbrained | Short-tempered | Superficial | Sluggish |
| 39 - Rude | Rash | Revengeful | Reckless |
| 40 - Cheap | Catty | Critical | Compromising |

Total _____

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STRENGTHS

| | THE TALKER | THE WORKER | THE THINKER | THE WATCHER |
|----------|---|---|--|---|
| | SANGUINE | CHOLETIC | MELANCHOLY | PHLEGMATIC |
| EMOTIONS | Appealing personality Talkative, storyteller Life-of-the-party Good sense of humor Memory for color Physically holds onto listener Emotional and demonstrative Enthusiastic and expressive Cheerful and bubbling over Curious Good on stage Wide-eyed and innocent Lives in the present Changeable disposition Sincere at heart Always a child | Born leader Dynamic and active Compulsive need for change Must correct wrongs Strong-willed and decisive Unemotional Not easily discouraged Independent and self-sufficient Excludes confidence Can run anything | Deep and thoughtful Analytical Serious and purposeful Talented and creative Artistic or musical Philosophical and poetic Appreciative of beauty Sensitive to others Self-sacrificing Conscientious Idealistic | Low-key personality Easygoing and relaxed Calm, cool, and collected Patient, well-balanced Consistent life Quiet, but witty Sympathetic and kind Keeps emotions hidden Happily reconciled to life All-purpose person |
| WORK | Volunteers for jobs Thinks up new activities Looks great on the surface Creative and colorful Has energy and enthusiasm Starts in a flashy way Inspires others to join Charms others to work | Goal-oriented Sees the whole picture Organizes well Seeks practical solutions Moves quickly to action Delegates work Insists on production Makes the goal Stimulates activity Thrives on opposition | Schedule-oriented Perfectionist, high standards Detail-conscious Persistent and thorough Orderly and organized Neat and tidy Economical Sees the problems Finds creative solutions Needs to finish what he starts Likes charts, graphs, figures, lists | Competent and steady Peaceful and agreeable Has administrative ability Mediates problems Avoids conflicts Good under pressure Finds the easy way |
| FRIENDS | Makes friends easily Loves people Thrives on compliments Seems exciting Envied by others Doesn't hold grudges Apologizes quickly Prevents dull moments Likes spontaneous activities | Has little need for friends Will work for group activity Will lead and organize Is usually right Excels in emergencies | Makes friends cautiously Content to stay in background Avoids causing attention Faithful and devoted Will listen to complaints Can solve others' problems Deep concern for other people Moved to tears with compassion Seeks ideal mate | Easy to get along with Pleasant and enjoyable Inoffensive Good listener Dry sense of humor Enjoys watching people Has many friends Has compassion and concern |

PERSONALITY STRENGTHS AND WEAKNESSES

PERSONALITY STRENGTHS AND WEAKNESSES (CON'L)

| | SANGUINE | CHOLERIC | MELANCHOLY | PHLEGMATIC |
|-----------------------|---|--|--|---|
| PERSONALITY STRENGTHS | <p>Computative talker Exaggerates and elaborates Dwells on things Can't remember names Scares others off Too happy for some Has restless energy Egotistical Blusters and complains Noble, gets taken in Has loud voice and laugh Controlled by circumstances Gets angry easily Seems phony to some Never grows up</p> | <p>Boxy Impatient Quick-tempered Can't relax Too impetuous Enjoys controversy & arguments Won't give up when losing Comes on too strong Inflexible Is not complimentary Dishes tears and emotions Is unsympathetic</p> | <p>Remembers the negatives Moody and depressed Enjoys being hurt Has false humility Off in another world Low self-image Has selective hearing Self-centered Too introspective Guilt feelings Persecution complex Tends to hypochondria</p> | <p>Unenthusiastic Fearful and worried Indecisive Avoids responsibility Quiet wit of iron Selfish Too shy and reticent Too compromising Self-righteous</p> |
| WORK | <p>Would rather left Forgets obligations Doesn't follow through Confidence fades fast Undisciplined Priorities out of order Decides by feelings Easily distracted Wastes time talking</p> | <p>Little tolerance for mistakes Doesn't analyze details Bored by things May make rash decisions May be rude or tactless Manipulates people Demanding of others End justifies the means Work may become his god Demands loyalty in the ranks</p> | <p>Not people-oriented Depressed over imperfections Chooses difficult work Hesitant to start projects Spends too much time planning Prefers analysis to work Self-deprecating Hard to please Standards often too high Deep need for approval</p> | <p>Not goal-oriented Lacks self-motivation Hard to get moving Resents being pushed Lazy and careless Discourages others Would rather watch</p> |
| FRIENDS | <p>Hates to be alone Needs to be center stage Wants to be popular Looks for credit Dominates conversations Interrupts and doesn't listen Answers for others Fickle and forgetful Makes excuses Repeats stories</p> | <p>Tends to use people Dominates others Decides for others Knows everything Can do everything better Is too independent Possessive of friends and mate Can't say, "I'm sorry" May be right, but unpopular</p> | <p>Lives through others Insecure socially Withdrawn and remote Critical of others Holds back affection Dislikes those in opposition Suspicious of people Antagonistic and vengeful Unforgiving Full of contradictions Skeptical of compliments</p> | <p>Dampens enthusiasm Stays uninvolved Is not exciting Indifferent to plans Judges others Sarcastic and teasing Resists change</p> |

PERSONALITY COMPARISON CHART

These comparisons are made for your enjoyment and are based on my personal study of these various systems.

| | Sanguine | Choleric | Melancholy | Phlegmatic |
|---|--------------------------|-----------------|-------------------|-----------------------|
| Hypocrites | Expressive | Daring | Analytical | Amiable |
| * Mump-tired Social Styles | Barberly | Elaborate | Frog | Turtles |
| * Fr. Wiering | Talented | Invasive | Deliberate | Tired |
| * Jack Williams Car Customers | Pepper | Gauk | Grayer | Prayer |
| * Harco-Pyrotechnics | Principles | Corrosives | Analyses | Supporters |
| * Sam-Deaney | Fest Tauts | People Catalyst | Hard Charger | Power Stroke |
| * Leigh-Harwood Business Personalities | | Type A | | Type B |
| * Friedman-Rosenman Cardiologists | | Type A | | Type B |
| * Furdana Blood-types | Type B | Type A | Type O | Type A-B |
| * Peter Koels God Personalities | Fuzzy Zeeber | Tom Kola | Dani Gachun | Ben Chevrolet |
| * Dr. James Carr | Professional Good Guy | Fire-Eater | Rebellious Genius | Serene Democrat |
| * Dr. Dennis Hendley Seminar Attendees | Late Arrive | Big Mouth | Would-be Expert | Whisperer |
| * Bill Frazier Drivers | Impetuous Drivers | Strong Attached | Record Keeper | Headset Drivers |
| * DSC Systems Performers | I = Influence | D = Dominance | C = Compliance | S = Expressive |
| * Activity Vector Analyses | Friendly | Aggressive | Prudent | Reserved |
| * Robert Branson | Explosives | Shaman Tents | Drillers | Indecisive Eshlers |
| * Robert Linton Effective Motivation | Dominant-Warm | Command-Honda | Substantive-Honda | Substantive-Warm |
| * Barbara McCarty eMail Systems | Colleague | Manager | Analyst | Whisper |
| * Personal Dynamics | Expressive | Self-Realist | Factual | Loyal |
| * Associates & Careers | Sociable | Director | Thriller | Realist |
| * Roger Hargreaves | Miss Sunshine | Miss Tugful | Miss Heat | Miss Sry |
| * Harold Douglas | Talkers | Adapters | Thinkers | Artists |
| * Lawrence Oshb | Emotional | Vitalist | Rational | Personal |

Hypocratic Temperaments

Phlegmatic

- wet, cool
- kind, caring
- slow-paced
- unassuming
- heavy body type, water retentive
- emotional, loving, nurturing
- lacks sense of direction
- water element
- Careers: counsellor, psychologist, mother
- Oils: inula, rosemary verbanon, helichrysum, eucalyptus dives, lemongrass, lemon verbena

Melancholic

- cool, dry
- moody, fearful
- gloomy, poetic
- artistic, creative
- thin
- dark hair
- has difficulty at 9 to 5 type job
- needs to set own hours
- earth element
- Careers: actor, writer
- oils: anti-viral, anti-inflammatory
- Oils: sandalwood, blue chamomile, patchouli

Sanguine

- warm, wet
- easy-going, charming
- often blond
- calm, steady pace
- cheerful, talkative, bubbly
- air element
- Careers: kindergarten teacher, salesperson, secretary, people-oriented jobs
- oils: energizing, anti-infectious
- Oils: petitgrain, rosewood, peppermint, tea tree, marjoram

Choleric

- hot, dry
- quick temper, fiery
- often red haired, rudy
- good leader
- quick pace, quick minded
- Type A personality
- fire element
- Careers: leaders, self-employed
- oils: harmonizing, stimulating
- Oils: eucalyptus, niaouli, myrtle, basil, tarragon

- * usually whatever quadrant have emphasis in and goes to acute stage, they need diagonally across quadrant oils or opposite.
- * people tend to be one or blend of two beside each other.

Michael Scholes / *Mauch*
Laukue

Cold/Negative
Anti-inflammatory/Sedative

Aldehydes
Anti-inflammatory
Calming/Sedative
Antiviral
Lemon grass
Lemon Balm
Melissa

Ketones
Mucolytic
Wound Healing
Cellular Regenerator
Hydro- & Lipo- soluble
Potentially neurotoxic
Fennel, Sage, Hyssop
Pennyroyal, Rosemary, Verbena
Helichrysum, Euc. Olive.

Esters
Antispasmodic
Nervous System Tonic
Balancing/Soothing
Antifungal
Roman Chamomile
Basil
Clary Sage
Lavender
Bergamot

Sesquiterpenes
Anti-inflammatory
Antispasmodic
Analgesic
Antibiotic
Growth Inhibitor (tumors, cancers, etc.)
Diuretic
Hypotensive
Juvenile Hormone
Pheromone
Sedative
Blue Chamomile
Sandalwood
Patchouli

WET
CHO

Oxides
Expectorant
Stimulates Kidneys
Respiratory Stimulant
Centering
Eucalyptus
Eucalypti
Myrtle

DRY
CH

Alcohols
Anti-infectious
Gentler to Skin
Beneficial to skin
Immunostimulant
Warming
Rosewood
Peppermint
Tea-Tree
Marjoram

Ethers
Balancing
Antispasmodic
Warming
Basil, Anise,
Tarragon

Monoterpenes
Stimulating
Anesthetic
Analgesic
Antibiotic
Antihistamine
Anti-inflammatory
Pheromone
Purgative
Skin Irritant
Lemon
Lime
Pine
Orange

Phenols
Anti-infectious
Immunostimulant
Deep Infections, Parasites
Antibacterial
Toxic to Liver
Skin Irritant
Thyme
Savory
Oregano

Hot/Positive
Anti-Infectious/Stimulating

Michael Scholtes

Manuel Llanos



