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**TEMPERAMENT STUDY APPLIED SIGNIFICANCE: LITERARY REVIEW
AND OWN DATA**

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The literary review touches the temperament applied significance questions while emphasizing that many diseases and pathological conditions deal to dystemperaments. Also it is discussed the temperament study connection with such typological aspects as ethnic, ethnic-age, ethnic-gender and ethnic-gender-age as well as behavioral strategies. Our personal results demonstrate the connections between interhemispherical asymmetry individual profile and temperament among UMSA students. Eastern approach is different from Russian, Ukrainian one because it often describes not temperament types by themselves but human character separate features.

Key words: temperament, Persian medicine, typological aspects, students.

Temperament study is performed often together with other typological aspects taking into account – ethnic, age, ethnic-age, ethnic-gender, based on control locus (external and internal) [1, p.19-31].

There are works in ethnic aspect about religious views on temperament [2, p.143-162], fire, air, water, soil contribution to human temperament [3, p.1463-1465], temperament for melatonin [4, p.340-342]. Iranian physicians differentiate gastric and hepatic temperament at hypercholesterolemia [5, p.133-138]. Twelve stomach distemperaments were differentiated in Iranian Traditional Medicine and result into stomach diseases [6, p.877-881]. Autonomic nervous system functions quality can be described as modern alternative for the traditional one [7, p.1-23], there is temperament new estimating scale [8, p.1-11], while thinking that medicine effectiveness or the probability of side-effects occurrence can be predicted more accurately by categorizing patients according to their type of disease and considering the patients' temperament, the disease temperament [9, p.1-5], and the medicines' temperament [10, p.237-242]. In Unani Medicine dystemperaments links were found with Alzheimer's, multiple sclerosis, epilepsy, common cold, esophageal and peptic ulcer, herpes simplex, liver problems, colic, jaundice, spleen diseases, kidney and bladder diseases, hemorrhoid, stomach worm, hyperlipidemia, convulsion, depression, muscular, skin, mouth, tongue and teeth diseases, eye and ear problems, asthma, palpitation, bipolar disorder, hypertension, sinusitis, aging, diabetes, diarrhea and others and there was a proposition for physicians to create tumors equilibrium in human organism to avoid diseases and to apply regimen, diet and drugs in their treatment [11, p.3240-3247].

These works touch ethno-gender typological aspect. By Iranian traditional medicine, cold temperament is called sympathetic and warm temperament is called parasympathetic; warm temperament is characterized by less fat level; basal metabolism rate, heart contraction rate, systolic blood pressure, triiodthironine and thyreo-stimulating hormone concentrations were bigger at the warmth temperament; both-sexed people were chosen as the examined [12, p.173-174]. Psychologists take the husband and wife temperament at group training on married men's happiness during counselling and cultural centers [13, p.25-38]. Ethno-gender aspect touches dystemperaments in menstrual cycle disorders [14, p.55-64]. Iranian women with cold temperament (Mizaj in Persian medicine) suffer from postpartum depression

more than the women with the warm one probably due to hormones various levels at these two temperament types [15, p.64-70].

Ethno-age aspect is reflected in the following works. American biologists working in the field of behavioural genetics say about genes responsible for genetic influence on early temperament [16, p.214-223]. Cloninger's questionnaire is widely used in Iranian preschoolers and early temperament is thought to be the one with significant influence on the child further behavior [17, p.39-63]. Iranian students population with warm temperament were happier comparatively to the ones with moderate and cold [18, p.1-6]. Works on correlation between Mizaj and diseases in adult patients were performed much in India [19, p.7-11].

Temperament and age are considered to be children behavior influence predictors at the dental setting by Iranian scientists work results [20, p.119-122]. Only Iranian children and laterborns were at higher risk of developing anxiety and thus worse outcomes in the dental settings [21, p.225-231]. Child temperament some features, socioeconomic measures and child habits (brushing habits mostly) are considered to be the ones influencing on decay appearance in 1,5-2-year-old Iranian children [22, p.3-12]. Shanghai dentists and children psychologists also studied temperaments peculiarities in children [23, p.279-281]. Impulsiveness is considered to be a determinant of child's behavior during sedation in the 36-95-month-old girls and boys without age and gender differences in the USA [24, p.429-435].

Ethno-gender-age aspect can be described by following works: students (males and females) with visual impairment are tended to score higher on extraverted, practical, thinking and organized styles and students without visual impairment are tended to score higher on introverted, intuitive, feeling and flexible styles. The origins of these differences could lie in differences in physical state, the educational system and culture [25, p.59-70]. There exist inventories for temperament and character assessment in the students in various countries in part the Iranian one [26, p.15-24] with specific normative base for the Iranian men and women of different age [27, p.262-266; 28, p.89-98], in part the middle-school children [29, p.81-93] as well as 3-7-year-old children [30, p.165-175]. Babies and mothers good temperament features

can influence positively on family conflicts course by the opinion of the Tarbiat Modarres University Psychology Professor Maria Aguilar Vafaei [31, p.137-147]. Premenstrual syndrome physical and psychological symptoms severity prevalence was improved in the bigger extent in female Iranian students with cold temperament than warm after regular aerobic exercise 8 weeks in duration (students represent separate age category) [32, p.1-12]. Since premenstrual syndrome incidence was observed at moderate temperament mostly (in 49%), combination of hot and wet, hot and dry temperaments (in 38% of the girls) in Iranian high school students, the doctors don't see any relationships between this syndrome and temperament and propose to perform the investigations in bigger populations [33, p.15-23]. Cold and wet uterine temperament can be thought as vaginitis predisposing factor due to enforced infectious secretions in womb [34, p.3589-3595]. Hotness temperament in Iranian male students can be effective factor for sport participation enhancing while wetness and dryness are not related significantly to physical activity any aspect [35, p.117-136]. Palm temperature and sublingual temperature had valuable correlation with temperament in Iranian male and female 20-25 year old students due to which these two indices were proposed to be used for temperament determining [36, p.1-5]. There are also correlation between heart rate and arterial blood pressure with Iranian traditional temperamental model [37, p.45-49], links between hot and cold temperaments with neuroendocrine and immune systems activity parameters [38, p.147-156], atherosclerosis development, constipation [39, p.1438-1439], diabetes mellitus (Iranian children suffering from insulin-dependent diabetes mellitus possessed hot and dry temperament) [40, p.58]. There is correlation between temperament and autonomic cardiac regulation with cardiovascular risk in young Finns [41, p.77-84].

Temperament peculiarities in Iranian females plus avoidance behavioral strategy resulted in somatization disorders in the teachers [42, p.53-65]. Many scientific investigations results emphasized the significant difference between the seven factors of temperament based on the children's age, gender, academic mean score and

parental education level and income. As a whole, there is a consideration about significant association between dystemperament and diseases prevention [43, p.1-6]. UMSA Physiology department paid its attention to detecting the correlations between interhemispherical asymmetry individual profile, temperament types, control locus and behavioral strategies and gender in Iranian and Iraqi [44, p.248-257] students. The present investigation was performed in 81 Iranian students of both faculties (medical and dental) and all courses. We used Eysenck's questionnaire for temperament type assessment and took into account the extremity used for writing at the investigation moment. The results showed that the students of medical department were choleric with melancholism while of the dental one were melancholics with cholericism more. The guys were melancholics with cholericism more and girls were choleric with melancholism in bigger per cents. Left-handers were melancholics with cholericism while right-handers – choleric with melancholism more. Ambidexters were both choleric and melancholics practically in equal extent. These temperament representatives often need bigger individual approach while teaching and bigger support in daily life. Thus, temperament determining indeed has not only theoretical but big applied significance.

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