

Article

Towards Understanding the Relationship Between Personality Types and Homeopathic Remedies in an Integrative Health Approach

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Abstract: Objective: This study aims to explore the integration of Enneagram personality types with homeopathic prescribing by evaluating the relationship between personality traits and the corresponding homeopathic remedies, enhancing individualized care through an analysis of the possible mind rubrics. **Method:** Personality traits from the dynamic Enneagram model were mapped to corresponding mental–emotional traits. These traits were matched to the relevant possible rubrics in the Synthesis Treasure Edition repertory, using Radar Opus software. A total of 36 analyses were conducted across nine personality types. The frequency distribution (%) of remedies appearing in the top five rankings was analyzed, identifying remedies corresponding to the highest number of rubrics. **Results:** Forty rubrics were used in the repertorization, with duplicate rubrics counted only once, and nine different remedies were identified with a value of four points. The frequency distribution showed that polychrest remedies appeared most frequently in the top five rankings across all 36 analyses, indicating a relationship between certain remedies and personality traits. **Conclusions:** Integrating Enneagram personality traits into homeopathic prescribing could enhance individualized care by providing additional insights for remedy selection, alongside the traditional approaches that are commonly used, such as case analysis using the totality of symptoms. Further research is needed to refine and validate this approach.



Academic Editor: Ion G. Motofei

Received: 29 January 2025

Revised: 18 March 2025

Accepted: 7 April 2025

Published: 11 April 2025

Citation: Tosun, E.; Atayoglu, A.T. Towards Understanding the Relationship Between Personality Types and Homeopathic Remedies in an Integrative Health Approach. *J. Mind Med. Sci.* **2025**, *12*, 17. <https://doi.org/10.3390/jmms12010017>

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Keywords: Enneagram; holistic; homeopathy; integrative; personality types

1. Introduction

The holistic health approach aligns with the WHO's definition of health, which includes physical, mental, and social well-being, not just the absence of disease. It addresses the whole person, considering physical, psychological, spiritual, and social factors [1–4]. Research suggests that holistic approaches like homeopathy may contribute to treatment for various issues and conditions [5,6].

Homeopathy is a well-established therapeutic system that has been practiced for over two centuries, originating from the work of the German chemist and physician Christian Friedrich Samuel Hahnemann (1755–1843). It is a holistic medical approach grounded in the principle of “like cures like”, wherein substances that cause symptoms in a healthy individual are used in diluted forms to treat similar symptoms in a sick individual [7,8]. According to Hahnemann, the fundamental force behind the healing

process is an individual's life force [9]; highly diluted remedies are used to activate the body's natural self-healing mechanisms [1]. Homeopathic practice involves administering minute doses of specific substances to stimulate the body's self-regulatory responses, with the goal of promoting healing and restoring balance [10]. Treatment protocols vary, based on the patient and their condition. Acute illnesses often require repeated doses, while chronic conditions may necessitate less frequent administration [11].

The most widely practiced form of homeopathic treatment is individualized classical homeopathy, which tailors the prescribed remedies to the unique needs of each patient [12–14]. Homeopaths perform comprehensive assessments, taking into account physical symptoms, mental state, and emotional well-being. They analyze these symptoms, typically using repertory books or software to identify the most appropriate remedy based on rubrics, which are specific categories of symptoms [10]. Mind rubrics are sometimes important in homeopathic prescribing [15], as they provide critical insights into a patient's emotional and psychological state, guiding the selection and administration of the most appropriate remedy [16].

The development of mind rubrics and the consideration of personality traits in homeopathy represent a natural extension of Hahnemann's principles, focusing on the totality of the patient's symptoms. While Hahnemann emphasized treating the whole person, addressing both physical and mental symptoms, he did not specifically develop a system for mind rubrics [17]. James Tyler Kent expanded upon this foundation by more explicitly integrating mental and emotional aspects into remedy selection, helping homeopaths to consider the mental–emotional state as part of the totality of symptoms [18]. In the post-Kentian era, mind rubrics have been refined, offering a more nuanced approach to treatment while remaining faithful to classical homeopathic principles. This evolution continues to align with homeopathy's core philosophy: treating the patient as a whole and addressing both psychological and physical health in a comprehensive healing process [19,20].

This study aims to evaluate the relationship between personality traits and their potential corresponding homeopathic remedies, specifically focusing on possible mind rubrics. By examining the connection between personality types and mental–emotional symptoms in the repertory, this research seeks to provide homeopaths with additional insights that could be useful in the remedy selection process, enhancing the individualized nature of treatment.

2. Material and Methods

There are several popular models used to classify personality types, each offering a different perspective on human behavior. The Big Five model focuses on 5 main traits: openness, conscientiousness, extraversion, agreeableness, and neuroticism. The Myers–Briggs type indicator (MBTI) identifies 16 different personality types, based on how people perceive the world and make decisions. Eysenck's three-factor theory looks at extraversion, neuroticism, and psychoticism. The HEXACO model expands upon the Big Five by adding honesty–humility and emotional stability. Jungian typology, based on Carl Jung's theories, emphasizes different personality functions and attitudes. Lastly, the Enneagram divides personalities into 9 types, each reflecting core motivations and behaviors. These models offer unique ways of understanding personality, helping to explain how people think, feel, and behave.

To examine the link between personality types and homeopathic remedies, the Enneagram model was chosen to focus on because of its dynamic nature compared with static models, under the assumption that it is, thus, more suitable for homeopathy. The Enneagram system is gaining increasing recognition and interest due to its advantages and potential strengths among the various personality models [21]. However, there is currently

no study specifically addressing the relationship between homeopathic remedies and Enneagram personality types. This gap presents an opportunity for further exploration into how understanding a patient’s Enneagram type might enhance the homeopathic prescribing process, particularly in relation to mental–emotional rubrics. Following the determination of characteristics considered to have an unhealthy level in the Enneagram personality types and the corresponding homeopathic rubrics, potentially applicable homeopathic remedies were identified through the process of repertorization.

The Enneagram personality typology system was initially developed by Oscar Ichazo (1931–2020) through the synthesis of ancient traditions [22]. The Enneagram delineates nine unique routes of growth tailored to nine different personalities [23] (shown in Figure 1). These types are described as follows: Type 1: Perfectionist/Critical, Type 2: Caregiver/Helper, Type 3: Achiever/Success-oriented, Type 4: Tragic-Romantic/Individualist, Type 5: Observer/Investigator, Type 6: Loyal Questioner/Security-seeking, Type 7: Enthusiast/Adventurer, Type 8: Leader/Challenger, and Type 9: Peace and Harmony-seeker [22,24]. None of the personality types are superior to any others. The system provides a comprehensive and holistic framework for each type and their healthy, average, and unhealthy states [23].

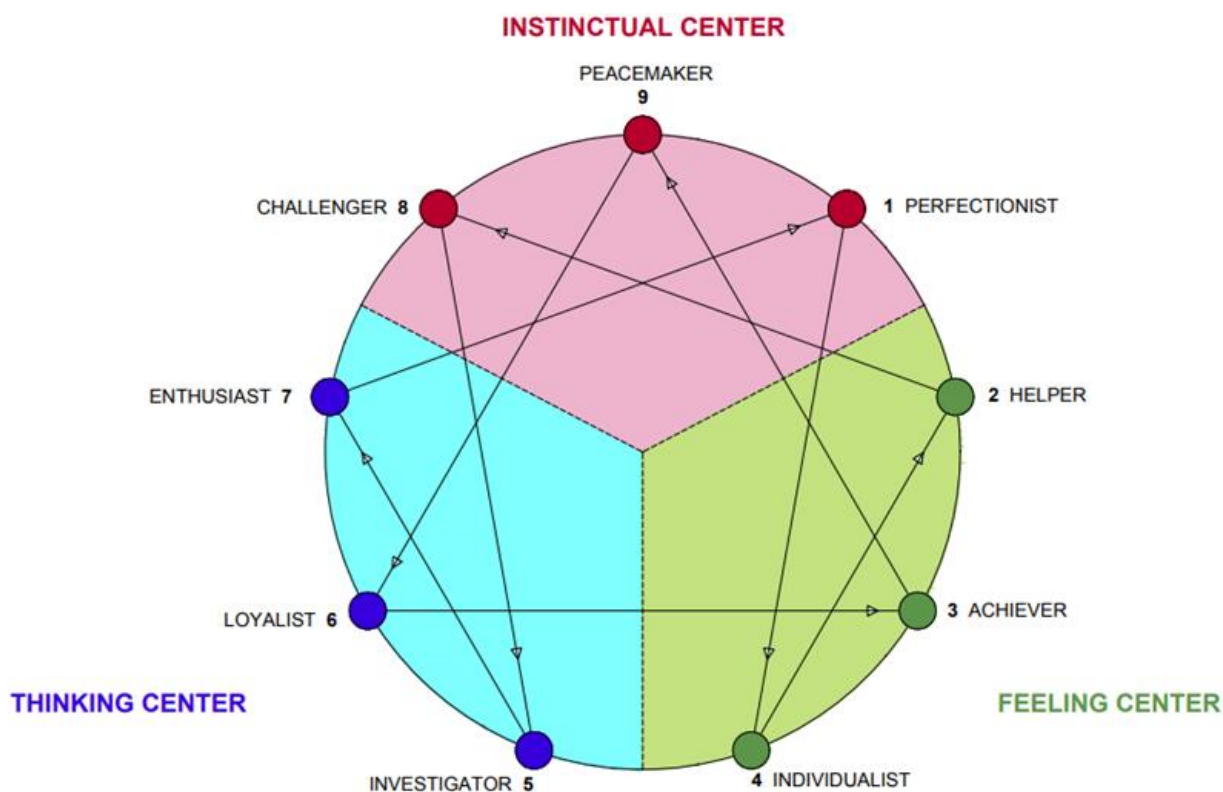


Figure 1. Enneagram diagram.

2.1. Determination of Selected Personality Traits of Enneagram Types

In the case of illness, the person’s Enneagram stress line typically becomes more prominent. This shows how the person reacts under stress, in contrast to how they behave when they are relaxed and balanced. The stress line represents a situation whereby the individual starts to behave in an unhealthy way, and more negative aspects of their personality emerge. However, during the illness process, not only the stress line but also the unhealthy levels of characteristics within the Enneagram can be observed. These levels can lead to more extreme and unstable behaviors, especially when the individual faces deeper stress or health issues.

As a result, both the stress line and unhealthy personality traits may emerge during illness. However, the stress line is generally more noticeable in terms of how the person copes with illness. Therefore, in our research, the concepts of core type and wing type, along with the stress line and unhealthy levels, have also been considered.

The characteristics of Enneagram personality types were determined by considering the behavioral and cognitive patterns observed at the unhealthy levels of the fundamental types defined within the dynamic Enneagram system.

Specifically, the following steps were followed when identifying personality traits:

1. Primary Sources: Both classical and contemporary studies on Enneagram theory were reviewed, with a particular focus on typical behavioral patterns at unhealthy levels [22–24].
2. Expert Consultation: Opinions were obtained from experts who are knowledgeable in both homeopathy and the Enneagram to assess the validity of the identified personality traits.

The determined personality characteristics were subsequently matched with corresponding rubrics in the homeopathic repertory. The repertorization process was conducted using the Radar Opus software (Synthesis treasure edition 2009V). During the matching process, not only the literal meaning of the rubrics but also their contextual implications were considered. Additionally, consultations with expert homeopaths were carried out to ensure the clinical applicability of the selected rubrics within homeopathic practice.

In the Enneagram system, there are several important aspects to consider: the core types, the wings of these core types, health levels, and stress lines. A clearer explanation of each of these aspects is given below.

2.1.1. Core Types and Wings:

The Enneagram identifies nine core personality types. Each type can exhibit the traits of two neighboring types, called “wings”. These wings add nuance to a person’s core personality.

For example, a Type 1 personality values ethics, integrity, and order. A Type 1 personality can have a wing of Type 9 or Type 2. A Type 1 with a Type 2 wing might be more compassionate and helpful, while still maintaining their perfectionist tendencies. Conversely, a Type 1 with a Type 9 wing might be more relaxed and accommodating.

2.1.2. Health Levels

Each Enneagram type has different health levels, which reflect how positively or negatively their traits are expressed. There are generally three health levels: healthy, average, and unhealthy. The healthier an individual’s personality is, the more pronounced the positive traits that they exhibit. Conversely, at unhealthy levels, negative traits become more pronounced.

2.1.3. Stress Lines

In the Enneagram system, each personality type shifts to another specific type when under stress. This shift, known as the “stress line,” can lead to the manifestation of the negative traits of the type under stress. Here are the stress line changes for each Enneagram type:

Type 1 → Type 4; Type 2 → Type 8; Type 3 → Type 9; Type 4 → Type 2; Type 5 → Type 7; Type 6 → Type 3; Type 7 → Type 1; Type 8 → Type 5; Type 9 → Type 6.

By understanding these stress line changes, the ways in which each Enneagram type might react under stress, particularly during health problems, can be better comprehended, and the potential unhealthy behaviors that may emerge can be identified.

In this study, to thoroughly understand the potential behavioral and thought patterns that may emerge during times of sickness and stress for each Enneagram type, the unhealthy traits of the core type were analyzed, along with those of the stress line type and their wings.

2.1.4. Unhealthy Traits of the Core Types

The unhealthy level personality traits of the core type itself were identified and studied. For example, for Type 1, the negative traits that manifest when this type is at an unhealthy level were examined.

2.1.5. Unhealthy Traits on the Stress Line

The unhealthy level personality traits of the type to which the core type will shift under stress were determined. Each Enneagram type has a specific type to which it shifts when under stress, known as the stress line. For instance, a Type 1 under stress may exhibit the traits of an unhealthy Type 4. These specific traits were analyzed to understand how stress from health issues can cause a person to adopt different, and often more negative, behavioral patterns.

2.1.6. Combined Unhealthy Traits with the First Wing

The compounded effects of stress and the first wing's influence were evaluated by analyzing the unhealthy level traits of the core type, the stress line type, and the first wing type. For example, for a Type 1 with a Type 2 wing, the unhealthy traits of Type 1, Type 4 (stress line), and Type 2 (first wing) were considered. This provided an insight into how the core type's response to health problems might be modified by the first wing.

2.1.7. Combined Unhealthy Traits with the Second Wing

Similarly, the compounded effects of stress and the second wing's influence were assessed by analyzing the unhealthy level traits of the core type, the stress line type, and the second wing type. For a Type 1 with a Type 9 wing, the unhealthy traits of Type 1, Type 4 (stress line), and Type 9 (second wing) were examined.

These four scenarios helped us to understand how each Enneagram type might act or think when they are sick or stressed. This method gave us a clear picture of how the main type, wings, and stress lines work together, showing how health problems can affect each personality type in the Enneagram system.

2.2. Determination of Possible Homeopathic Rubrics

The identified personality traits were viewed as mental symptoms or signs from a homeopathic perspective and were matched with the relevant mind rubrics for homeopathic analysis (Table 1). The selection of these rubrics was based on their closest meaning and clinical relevance to the identified personality traits. The Synthesis Treasure Edition, a repertory curated and compiled by Dr. Frederik Schroyens that is available in the Radar Opus software (Synthesis treasure edition 2009V), was utilized for this purpose.

To ensure that the rubric selection process aligned with clinical homeopathy and the Enneagram system, consultations were conducted with five expert homeopaths, each with a minimum of ten years of clinical experience and knowledge of the Enneagram system. These experts were selected based on their clinical expertise and familiarity with the Enneagram system to ensure informed and relevant contributions. During the selection process, multiple rubric options were reviewed, with priority given to those rubrics broad enough to encompass the identified traits while remaining consistent with homeopathic principles. This process aimed to enhance the accuracy of the maps and ensure that the mapping reflected both the nuances of the Enneagram system and the principles of clinical homeopathy. Both conceptual relevance and alignment with clinical practice were key con-

siderations when selecting traits and rubrics, and the approval of the consulted homeopaths was valued throughout the process. However, it is acknowledged that rubric selection inherently involves some degree of subjectivity, as different homeopaths may interpret personality traits differently. To improve objectivity, future research could incorporate methods to measure inter-rater reliability among homeopaths.

Table 1. Enneagram personality types, traits at unhealthy levels, and related possible homeopathic rubrics.

Enneagram Type	Selected Traits	Possible Homeopathic Rubrics
Type 1	Obsessed; Highly focused (Concentration, intense; fixed ideas)	thoughts-persistent; concentration-active; obstinate
	Intolerant; Unaccepting, Rigid-minded	intolerance; obstinate; contradiction-intolerant of contr.;
	Rigid-minded; Inflexible	contradiction-intolerant of contr.; obstinate
	Destructive behavior; Critical tendencies	wicked disposition; mischievous; hard hearted; conscientious about trifles
	Fastidious; Particular, Meticulous Impatience; Restlessness	fastidious; tidy; proper-too impatience; restlessness
Type 2	Anger; Irritability; Frustration	anger, irritability; sensitive
	Feels unwanted; Low self-esteem	forsaken feeling; confidence-want of self confidence
	Shut himself off; Withdrawal	reserved; company-aversion to
	Lack of self-confidence; Doubt, insecurity	confidence-want of self confidence; insecurity-mental
	Repressed emotions; Suppressed feelings Accusatory; Blaming others	emotions-suppressed censorious
	Sensitive, Easily hurt; Emotional vulnerability	sensitive; offended-easily
Type 3	Interest-oriented; Goal-driven, Ambitious	selfishness; ambition
	Cheater; Dishonest	deceitful; dishonest; liar
	Arrogant; Over-confident	haughty; egotism
	Insensitive to others; Lack of empathy	indifference; unsympathetic
	Vindictive; Resentful; Revengeful	malicious; revengeful; misanthropy
Type 4	Depressive-pessimist; Feeling of hopelessness	pessimist; despair; sadness
	Hopeless; Despair, Feeling trapped	despair; helplessness-feeling of
	Wants nothing, Indifferent; Emotional detachment	indifference; desires-nothing desires
	Believes that he is frustrated; Identity crisis Anger; Inner anger, brooding	delusions-worthless he is anger; irritability
	Introverted, closed off; Isolation	introspection; reserved; forsaken feeling-sensation of isolation
Type 5	Closed off; Withdrawal, detachment	reserved; company-aversion to; indifference
	Depressed, Moody; Feelings of sadness	pessimist; sadness
	Disconnected from people; Social isolation	company-aversion to; reserved; detached
	Skeptical, delusional; Doubt, distrust	doubtful-skeptical; suspicious
	Emotionless; Lack of emotional expression Indifference; Lack of interest	indifference; sensitive-want of sensitiveness indifference; heedless

Table 1. *Cont.*

Enneagram Type	Selected Traits	Possible Homeopathic Rubrics
Type 6	Skeptic; Fear of betrayal, uncertainty Coward; Fear, anxiety Anxious; Restless, nervousness Pessimistic; Worry, foreboding Undecided; Indecisiveness Flustered; Easily overwhelmed Trusting no one; Distrust	doubtful-skeptical; suspicious; cowardice; timidity; anxiety anxiety; restlessness; excitement-nervous pessimist; anxiety irresolution; confusion-of mind hurry; impetuous; helplessness-feeling of suspicion; cautious
Type 7	Rude; Impulsive, abrasive Angry; Frustration, irritability Impulsive; Recklessness Insensitive, indifferent; Emotional detachment Lack of self-confidence; Self-doubt Feeling blocked; Stuck, restricted	rudeness; impulsive; abrupt anger; sensitive; irritability impulsive; heedless indifference; senses-dull confidence-want of self confidence; cowardice discontented; complaining
Type 8	Quarrelsome, aggressive; Argumentative, forceful Threatening; Intimidating, domineering Violent; Physical aggression Destructive; Overbearing, overpowering Ruthless, cruel; Hard, severe Skeptical; Distrust, doubt	anger; quarrelsome threatening; abusive; dictatorial violent; rage; destructiveness destructiveness; haughty hardhearted; cruelty suspicious, doubtful-skeptical;
Type 9	In desperation; Feeling trapped Indifference; Apathy, emotional numbness Anger; Internalized frustration Emotionally isolated; Detachment Negligent; Lack of care, avoidance Gave up on himself; Low self-esteem	helplessness-feeling of; sensitive indifference; senses-dull anger; irritability reserved, indifference indifference; heedless; neglecting forsaken-feeling; will-lack of will power

2.3. Determination of Potential Homeopathic Remedies

The analysis of the obtained rubrics was conducted using the Synthesis Treasure Edition repertory included in the Radar Opus software, resulting in the identification of the most compatible remedies. The relationship between the identified personality types’ mental symptoms that overlapped with the rubrics, the remedies that encompassed the highest number of rubrics, and the remedies with the highest score according to the scoring system, indicating the level of alignment between the remedy and the rubric in the repertory, were analyzed. This scoring system ranged from 1 to 4 points. The frequency distribution of the occurrence of those remedies appearing in the top five rankings in all analyses was determined.

2.4. Analysis of the Relationship Between Enneagram Personality Types and Homeopathic Remedies

A quantitative analysis method was used to evaluate the relationship between homeopathic remedies and Enneagram personality types, with scoring based on priority levels. Subsequently, the table’s data were visualized using a heatmap, with red indicating the presence of a relationship and white representing its absence. Therefore, remedies colored intensely red (with a score of 5) indicated those remedies prioritized as the 1st priority (shown in Figure 2). The heatmap allowed patterns to be observed more clearly. Noticeable differences were identified among remedies in terms of both frequency rate and priority ranking. According to the heatmap analysis, similarities were observed between the analy-

ses conducted for Type 1, Type 4, Type 1’s stress state, and its wings, as well as for Type 6, Type 6’s stress state, and its wings.

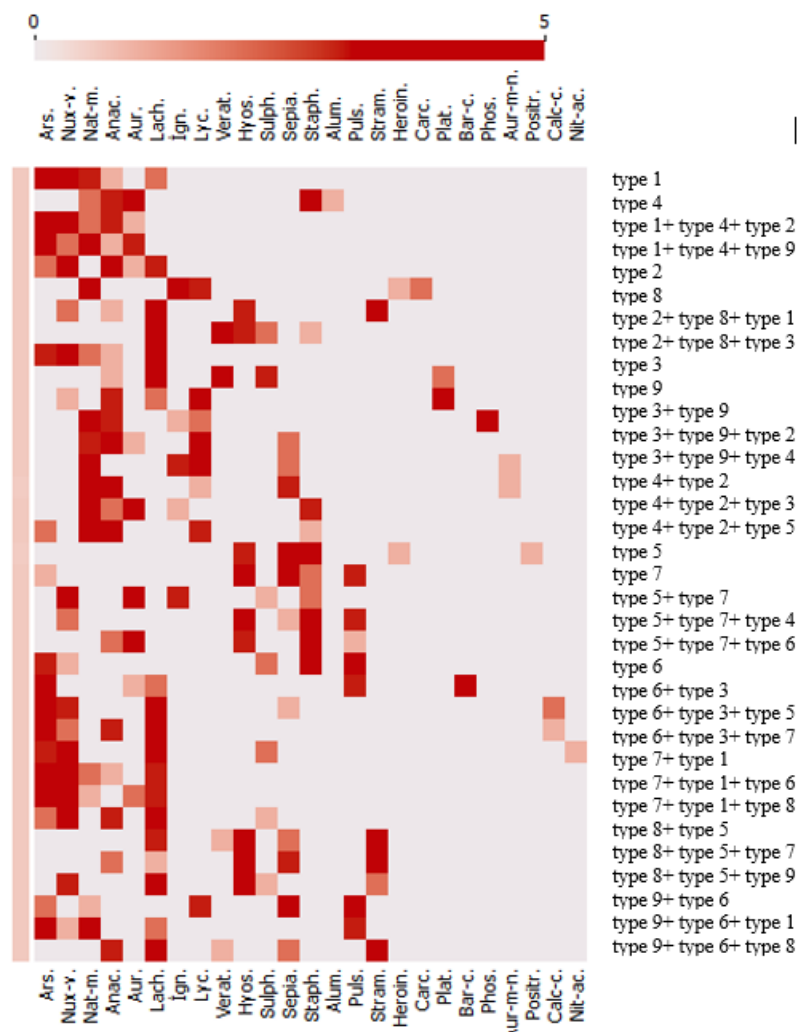


Figure 2. Heatmap summarizing the relationship between potential homeopathic remedies and personality types.

3. Results

3.1. Potential Homeopathic Remedies Corresponding to the Selected Enneagram Personality Traits

By analyzing possible rubrics for the unhealthy levels of Enneagram personality types, potential patterns have been evaluated that can help homeopaths tailor their treatments according to an individual’s personality traits.

In this study, we conducted a comprehensive analysis to explore the relationship between homeopathic remedies and Enneagram personality types. Detailed statistical analyses were performed to numerically evaluate this relationship. The Orange v.3.34.0 program was utilized for data analysis.

For each core Enneagram type, the unhealthy level of the core type itself, along with its combinations with stress line types and wing types, was examined. This analysis offered insights into how different personality traits may appear and interact under various conditions. Figure 2 presents the results of this analysis, showing the unhealthy traits of each core Enneagram type, along with their various combinations with stress line types and wing types. Each trait was assigned a numerical score ranging from 0 to 5, reflecting the strength of its association with the respective type.

Additionally, repertorization was conducted using the homeopathic software Radar Opus to identify the potential remedies corresponding to each Enneagram type trait. The top five remedies highlighted in the repertorization process are listed in Table 2. These remedies were prioritized based on their relevance to the unhealthy traits associated with each Enneagram type.

Table 2. Table of the top 5 remedies for all analysis results.

	1.	2.	3.	4.	5.
Type 1	Ars.	Nux-v.	Nat-m.	Lach.	Anac.
Type 1 + Type 4	Ars.	Nux-v.	Anac.	Nat-m.	Aur.
Type 1 + Type 4 + Type 2	Nat-m.	Ars.	Aur.	Nux-v.	Anac.
Type 1 + Type 4 + Type 9	Nux-v.	Anac.	Lach.	Ars.	Aur.
Type 2	Nat-m.	Ign.	Lyc.	Carc.	Heroin.
Type 2 + Type 8	Lach.	Verat.	Hyos.	Sulph.	Stram.
Type 2 + Type 8 + Type 1	Lach.	Nux-v.	Ars.	Nat-m.	Anac.
Type 2 + Type 8 + Type 3	Lach.	Verat.	Sulph.	Plat.	Anac.
Type 3	Plat.	Lyc.	Anac.	Lach.	Nux-v
Type 3 + Type 9	Lyc.	Anac.	Nat-m.	Sep.	Aur.
Type 3 + Type 9 + Type 2	Lyc.	Nat-m.	Ign.	Sep.	Aur-m-n.
Type 3 + Type 9 + Type 4	Anac.	Nat-m.	Sep.	Aur-m-n.	Lyc.
Type 4	Aur.	Staph.	Anac.	Nat-m.	Alum.
Type 4 + Type 2	Nat-m.	Aur.	Staph.	Anac.	Ign.
Type 4 + Type 2 + Type 3	Nat-m.	Anac.	Lyc.	Ars.	Staph.
Type 4 + Type 2 + Type 5	Staph.	Sep.	Hyos.	Positr.	Heroin.
Type 5	Sep.	Hyos.	Puls.	Staph.	Ars.
Type 5 + Type 7	Staph.	Hyos.	Puls.	Nux-v.	Sep.
Type 5 + Type 7 + Type 4	Staph.	Aur.	Hyos.	Anac.	Puls.
Type 5 + Type 7 + Type 6	Staph.	Puls.	Ars.	Sulph.	Nux-v.
Type 6	Ars.	Bar-c.	Puls.	Lach.	Aur.
Type 6 + Type 3	Ars.	Lach.	Nux-v.	Calc-c.	Sep.
Type 6 + Type 3 + Type 5	Ars.	Lach.	Anac.	Nux-v.	Calc-c.
Type 6 + Type 3 + Type 7	Nux-v.	Lach.	Ars.	Sulph.	Nit-ac.
Type 7	Aur.	Nux-v.	Ign.	Staph.	Sulph.
Type 7 + Type 1	Nux-v.	Ars.	Lach.	Nat-m.	Anac.
Type 7 + Type 1 + Type 6	Nux-v.	Ars.	Lach.	Aur.	Nat-m.
Type 7 + Type 1 + Type 8	Nux-v.	Lach.	Anac.	Ars.	Sulph.
Type 8	Stram.	Lach.	Hyos.	Nux-v.	Anac.
Type 8 + Type 5	Hyos.	Stram.	Lach.	Sep.	Verat.
Type 8 + Type 5 + Type 7	Hyos.	Stram.	Sep.	Anac.	Lach.
Type 8 + Type 5 + Type 9	Hyos.	Lach.	Nux-v.	Stram.	Sulph.
Type 9	Nat-m.	Phos.	Anac.	Lyc.	Ign.
Type 9 + Type 6	Puls.	Sep.	Lyc.	Ars.	Nat-m.
Type 9 + Type 6 + Type 1	Ars.	Nat-m.	Puls.	Lach.	Nux-v.
Type 9 + Type 6 + Type 8	Stram.	Lach.	Anac.	Sep.	Verat.

Furthermore, the repertorization results for the core Enneagram Type 4 personality are visually depicted in Figure 3. This visualization provides a graphical representation of the relationship between homeopathic remedies and Enneagram personality types, thereby aiding in the interpretation of the data.

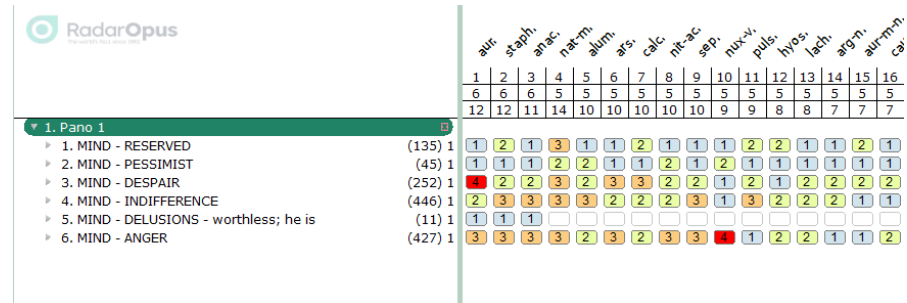


Figure 3. Relationship between the unhealthy level of Type 4 and homeopathic remedies.

3.2. Relationship Between Enneagram Personality Types and Homeopathic Remedies

In the initial phase, a comprehensive summary table encompassing all rubrics and personality types was constructed. In this table, the absence of a relationship was assessed as 0, while its presence was evaluated on a scale of 1–5, based on the priority of remedies. Here, 5 refers to the highest priority.

This comprehensive format was utilized to condense the data into a single table and make it suitable for statistical analysis. Subsequently, a reversed transformation of the table was applied, and a heatmap graph was generated for visual examination (shown in Figure 2). Here, 1 stands for the lowest priority and 5 for the highest priority (highlighted with the darkest red).

The heatmap allowed for clearer visibility of the patterns within the table. While some remedies were frequently used, others were observed to be less common in terms of priority. This observation indicates notable differences in both frequency and priority rankings among the remedies. Through this analysis, the similarities and differences among the remedies were identified. Additionally, this visual analysis enhanced the distinction between similar personality types and remedies.

Table 3 shows the top five remedies identified in the four analyses conducted for each Enneagram type. As a result of the analyses conducted across the nine personality types, the frequency of the top five potential remedies in the rankings is illustrated in Figure 4. Table 4 presents the total number of rubrics included in the repertorizations for the study. In this study, 40 traits from the 125 possible unhealthy traits of the nine personality types were selected as a sample, and the corresponding homeopathic rubrics were identified through repertorization. Additionally, two wing combinations for each main type (27 possibilities) and stress-related changes were analyzed to determine the potential remedies. The identification of nine remedies, each with a value of 4 points corresponding to these rubrics, is presented.

Table 3. The frequency derived from the results of the four analyses performed for each personality type.

Personality Types	1st Remedy		2nd Remedy		3rd Remedy		4th Remedy		5th Remedy	
	Name	Frequency	Name	Frequency	Name	Frequency	Name	Frequency	Name	Frequency
Type 1	Ars.	4	Nux-v.	4	Nat-m.	3	Lach.	3	Anac.	4
Type 2	Nat-m.	4	Ign.	2	Lyc.	2	Carc.	1	Heroin.	1
Type 3	Plat.	1	Lyc.	3	Anac.	4	Lach.	3	Nux-v.	2
Type 4	Aur.	3	Staph.	4	Anac.	4	Nat-m.	3	Alum.	1
Type 5	Sep.	2	Hyos.	3	Puls.	3	Staph.	4	Ars.	2

Table 3. *Cont.*

Personality Types	1st Remedy		2nd Remedy		3rd Remedy		4th Remedy		5th Remedy	
	Name	Frequency	Name	Frequency	Name	Frequency	Name	Frequency	Name	Frequency
Type 6	Ars.	4	Bar-c.	1	Puls.	3	Lach.	3	Aur.	2
Type 7	Aur.	2	Nux-v.	3	Ign.	2	Staph.	3	Sulph.	2
Type 8	Stram.	2	Lach.	3	Hyos.	3	Nux-v.	3	Anac.	3
Type 9	Nat-m.	4	Phos.	1	Anac.	4	Lyc.	2	Ign.	1

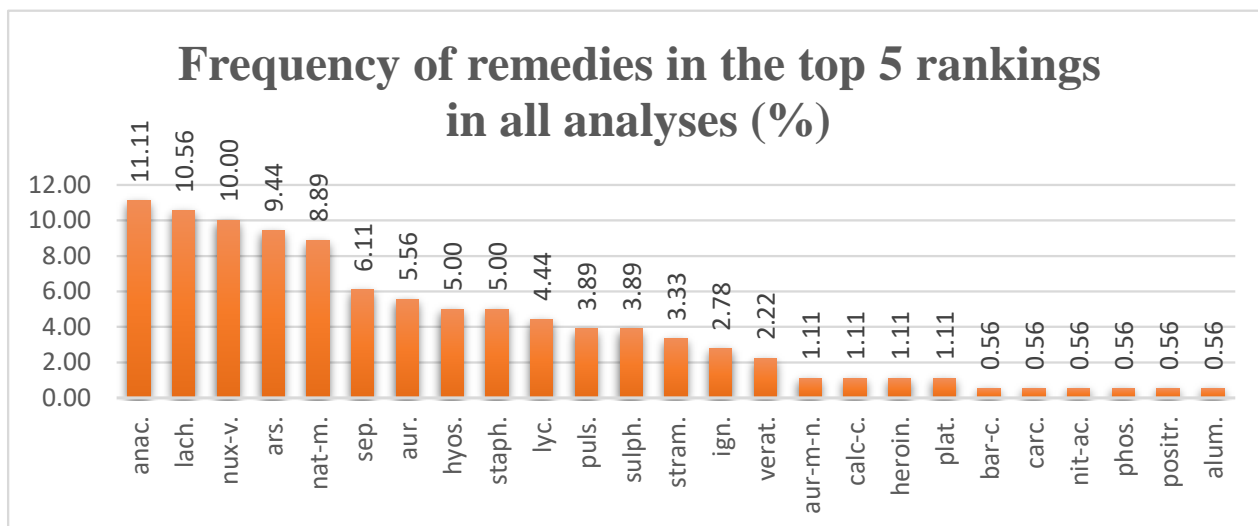


Figure 4. Frequency (%) of occurrence of the remedies appearing in the top five rankings in all analyses.

Table 4. The number of rubrics used in the conducted repertorizations.

Personality Types	Number of Rubrics
Type 1	6
Type 1 + Type 4	12
Type 1 + Type 4 + Type 2	17
Type 1 + Type 4 + Type 9	18
Type 2	7
Type 2+ Type 8	14
Type 2 + Type 8 + Type 1	20
Type 2 + Type 8 + Type 3	19
Type 3	5
Type 3 + Type 9	10
Type 3 + Type 9 + Type 2	14
Type 3 + Type 9 + Type 4	13
Type 4	6
Type 4 + Type 2	11
Type 4 + Type 2 + Type 3	15
Type 4 + Type 2 + Type 5	14
Type 5	6
Type 5 + Type 7	11

Table 4. *Cont.*

Personality Types	Number of Rubrics
Type 5 + Type 7 + Type 4	13
Type 5 + Type 7 + Type 6	16
Type 6	7
Type 6 + Type 3	12
Type 6 + Type 3 + Type 5	16
Type 6 + Type 3 + Type 7	16
Type 7	6
Type 7 + Type 1	12
Type 7 + Type 1 + Type 6	19
Type 7 + Type 1 + Type 8	19
Type 8	7
Type 8 + Type 5	12
Type 8 + Type 5 + Type 7	16
Type 8 + Type 5 + Type 9	17
Type 9	6
Type 9 + Type 6	13
Type 9 + Type 6 + Type 1	19
Type 9 + Type 6 + Type 8	18

The number of rubrics included in the repertorizations conducted in the study is provided in Table 4.

4. Discussion

This study is a modest attempt to explore the intriguing intersection between Enneagram personality types and homeopathic remedies, particularly focusing on the mental and emotional aspects that are sometimes taken into account during remedy selection in homeopathic practice. By analyzing possible rubrics for the unhealthy levels of Enneagram personality types, potential patterns have been evaluated that can help homeopaths tailor their treatments according to an individual's personality traits. The goal of this approach is to enhance homeopathic prescribing by offering additional insights into the patient's emotional and psychological state, which can complement the classical homeopathic methodology.

In homeopathy, mental symptoms often hold great significance when they are prominent, as they provide deep insights into a patient's overall health and vitality. The concept of totality, a fundamental principle in homeopathic practice, emphasizes the importance of understanding the entirety of a patient's symptoms—both physical and mental. This study's analysis of the mental symptoms associated with different Enneagram types offers a useful way to better understand a patient's emotional and psychological tendencies, providing a deeper, more individualized approach to remedy selection.

In fact, the incorporation of personality types in post-Kentian homeopathy has sparked considerable debate. While some homeopaths view this shift as a way to enhance patient understanding, others caution that prescribing should not stray from Hahnemann's original emphasis on the totality of observable physical and mental symptoms. They argue that the introduction of concepts like constitutional types, which are often vaguely defined, may have contributed to homeopathy's decline in the 20th century. The move from focusing on observable symptoms to speculative personality classifications may have undermined the importance of clear, clinical evidence in remedy selection. As such, it is essential to maintain

a careful balance, ensuring that any new approaches align with classical homeopathic principles, which prioritize the totality of symptoms as the foundation of treatment.

Classical homeopathy is founded on observing and treating the externalized manifestations of disease, not the internal, static aspects of personality. Personality traits are seen as part of the patient's overall background and as not necessarily indicative of the disordered vitality appearing at the moment of illness. Integrating static personality traits—especially those not directly linked to a person's symptoms—into the decision-making process could be seen as moving away from this classical model. At this point, the Enneagram system, with its dynamic personality typing approach, holds promise for alignment with homeopathy. Unlike static personality categorization, the Enneagram focuses on how personality types can change in “stress situations” and at “unhealthy levels,” allowing for the exploration of important mind rubrics that should not be overlooked during homeopathic questioning, offering a more dynamic perspective. This could lead to more personalized and adaptable treatment plans in homeopathy, taking into account changes in the patient's mental and physical state.

By incorporating the Enneagram as a tool to understand personality traits, homeopaths may gain a more comprehensive view of a patient's underlying tendencies, including their emotional responses and mental patterns. For instance, Type 1 individuals, who are often perfectionistic and self-critical, showed strong correlations with remedies such as Arsenicum and Nux-vomica. Similarly, Type 4 individuals, marked by emotional depth and a sense of individuality, were aligned with remedies like Sepia and Arsenicum. These correlations provide potential guidance for homeopaths, enabling them to consider the mental and emotional traits of patients alongside their physical symptoms when selecting a remedy.

The majority of the remedies corresponding to the stress lines identified in this study are polychrests—remedies known for their broad application to various symptom patterns. This aligns with the classical homeopathic approach, wherein polychrests are often used to address a patient's constitutional imbalance.

The use of a heatmap in the study helped visualize the relationships between Enneagram types and homeopathic remedies, highlighting patterns and potential overlaps. This tool aids homeopaths in quickly identifying potential remedies based on a patient's psychological and emotional profile, which technique could simplify the repertorization process. Although the heatmap is a useful visual aid, it is important to recognize that it does not replace the holistic, individualized process of remedy selection that classical homeopathy emphasizes.

Our findings resonate with previous works, such as that by Claudio Naranjo in *Character and Neurosis* [25], in which he explored the connections between Enneagram types and homeopathic remedies. Naranjo's research identified correlations that support our study's conclusions—for example, Type 1 individuals correlating with Arsenicum, Type 2 with Pulsatilla, and Type 4 with Natrum muriaticum. These correlations suggest that personality traits, particularly when expressed in unhealthy or extreme forms, may provide useful insights into remedy selection.

However, there are challenges in integrating personality types into homeopathy, especially considering the subjectivity of personality analysis and the historical language used in repertory books. The process of aligning contemporary psychological concepts, such as the Enneagram, with homeopathic rubrics is not always straightforward. For instance, certain personality traits may not have direct equivalents in the repertory, or multiple rubrics may reflect similar traits, leading to ambiguity in potential remedy selection.

One of the primary challenges facing the integration of personality typing into homeopathy is the subjective nature of personality assessments. In classical homeopathy, the

emphasis is placed on understanding a patient's complete symptom picture—their physical, mental, and emotional symptoms. The process of mapping personality traits to homeopathic rubrics involves interpretation and judgment, which can vary among practitioners. This subjectivity can introduce variability in remedy selection, potentially leading to inconsistencies. Additionally, the study's focus on unhealthy levels of Enneagram types may limit its applicability to individuals who are healthier or more balanced in their personality traits. Classical homeopaths may argue that remedy selection should be based on the current state of the patient's health, rather than on personality traits that may not be manifesting in a way that affects their overall well-being. As a result, using Enneagram types as the primary guide for remedy selection may not always provide an accurate or reliable representation of a patient's constitutional state.

Another difficulty in integrating personality typing with homeopathic practice lies in the translation of psychological concepts into the language of homeopathic rubrics. Homeopathic repertories were developed at a time when psychological terminology was less advanced; thus, many rubrics were written in a way that reflects a more archaic understanding of mental and emotional health. This discrepancy in language can make it challenging to map modern psychological concepts, such as those found in the Enneagram, onto the repertory rubrics.

Homeopaths, who rely heavily on the repertory for accurate remedy selection, may find it challenging to reconcile modern personality typologies with the historical language used in repertory books. While some rubrics may seem to correlate with certain Enneagram types, this translation may not always be clear or straightforward.

Despite these challenges, the integration of personality-based analysis into homeopathy holds potential for more personalized, holistic treatment. However, it is crucial that this integration be approached with caution and not be considered a substitute for the classical method of remedy selection based on the totality of symptoms. Homeopaths should continue to prioritize comprehensive anamnesis, which includes a full assessment of both mental and physical symptoms, as the guiding principle for remedy selection.

This study, which explores the relationship between Enneagram personality types and homeopathic remedies, is approached with the understanding that any integration of personality traits into homeopathic practice must remain grounded in Hahnemann's original philosophy. Homeopaths must continue to focus on observable, individualized symptoms rather than relying too heavily on theoretical personality classifications. The role of personality traits, such as those outlined in models like the Enneagram, should be seen as complementary to the homeopath's understanding of the patient, rather than as a primary factor in remedy selection.

In other words, homeopaths could explore how Enneagram-based remedies might be used in conjunction with traditional methods. For example, personality types could be considered as a secondary layer of information that informs remedy choice, rather than being the primary determinant. This approach could help bridge the gap between traditional homeopathy and more modern personality theories, ensuring that homeopathic principles remain intact while also embracing newer tools that may enhance treatment efficacy.

Future studies should aim to further explore how personality traits might complement traditional homeopathic principles without overshadowing the importance of the individual's current health state. By combining the insights gained from personality typing with the classical homeopathic approach, practitioners can enhance their understanding of the patient's emotional and psychological landscape, leading to more individualized care.

5. Conclusions

This study marks a modest first step in exploring the integration of Enneagram personality types with homeopathic prescribing. While this concept is still in its early stages and presents certain challenges—including subjectivity, translation issues, and the difficulty of aligning personality traits with repertory rubrics—it holds promising potential for enhancing personalized and holistic patient care.

Homeopaths may find value in considering personality traits as an additional factor in the remedy selection process. However, it is crucial that the foundation of homeopathic practice continues to focus on the totality of the patient's symptoms. The integration of personality-based methods should be approached with caution and must remain in alignment with classical principles. Our study does not advocate replacing traditional case-taking but rather explores the potential complementary role of personality assessment in enhancing individualization. It does not aim to redefine homeopathic methodology but instead to examine the correlations between personality traits and remedies as an adjunctive tool for practitioners. While personality traits may provide additional insights into the patient's mental and emotional state, the core of homeopathy must remain rooted in the totality of the physical and mental symptoms presented by the patient. This balanced approach ensures that the practice stays true to its classical foundations, while still exploring avenues that may support a more individualized treatment process. In this way, homeopaths can maintain the integrity of their practice without becoming distracted by potentially irrelevant information.

Further research and collaboration between homeopathic practitioners and personality theorists will be essential to refine and validate this approach. Through continued study and dialog, it may be possible to develop a useful framework for incorporating personality-based repertorization in a way that enhances the overall effectiveness and individualized nature of homeopathic treatment, ultimately benefiting both practitioners and patients.

Author Contributions: Conceptualization, A.T.A.; methodology, E.T. and A.T.A.; software, E.T.; validation, E.T.; formal analysis, E.T. and A.T.A.; investigation, E.T.; resources, E.T.; data curation, E.T.; writing—original draft preparation, E.T.; writing—review and editing, A.T.A.; visualization, E.T.; supervision, A.T.A.; project administration, E.T. and A.T.A. All authors have read and agreed to the published version of the manuscript.

Funding: This research received no external funding.

Institutional Review Board Statement: Not applicable.

Informed Consent Statement: Not applicable.

Data Availability Statement: Dataset available on request from the authors.

Acknowledgments: This article is derived from the data of the Master's thesis on Traditional and Complementary Medicine completed by Esra Tosun under the supervision of Ali Timucin Atayoglu at Istanbul Medipol University, Istanbul, Turkiye. Part of the data was presented at the 77th LMHI World Homeopathic Congress, 2–5 October 2024, in Seville, Spain. The authors would like to express their gratitude to all those who contributed to this research and supported its development. We would like to sincerely thank our consulting homeopaths. We are deeply grateful for their time, effort, and willingness to contribute their knowledge, which was invaluable to the success of this research. The authors also wish to express their sincere appreciation to Kıvanç Kök of Medipol University for his expert guidance and valuable contributions to the statistical aspects of this study.

Conflicts of Interest: The authors declare no conflicts of interest.

Abbreviations

The following abbreviations are used in this manuscript: **Alum.** Alumina, **Anac.** Anacardium, **Ars.** Arsenicum album, **Aur.** Aurum, **Aur-m-n.** Aurum muriaticum natronatum, **Bar-c.** Baryta carbonica, **Calc-c.** Calcarea carbonica, **Carc.** Carcinosin, **Heroin.** Heroin, **Hyos.** Hyoscyamus **Lach.** Lachesis, **Ign.** Ignatia, **Lyc.** Lycopodium, **Mat-m.** Natrum muriaticum, **Nux-v.** Nux vomica, **Nit-ac.** Nitric acid, **Phos.** Phosphorus, **Positr.** Positron, **Sulph.** Sulphur, **Sep.** Sepia, **Staph.** Staphysagria, **Puls.** Pulsatilla, **Stram.** Stramonium, **Plat.** Platina, **Verat.** Veratrum album.

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