

Physical Health: How Our Character Traits Affect Our Body

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Article History	Abstract
Received: 24 th March 2026 Accepted: 20 th April, 2026	This article looks at how our temperament affects our health and how it can lead to certain health problems. We are looking at this from an psychological point of view. The study looks at the ideas of I.P. Pavlov and Meyer Friedman. How they relate to heart disease, stomach problems and issues with our immune system. We found that people with a temperament are more likely to have heart problems while those with a melancholic temperament are more likely to have problems with their immune system. The goal of this article is to help us understand how our temperament can affect our health and how we can prevent health problems.
Keywords: Temperament, health, nervous system types, choleric, melancholic, heart health, stress, immune system.	

1. Our health is not just affected by the world around us. Also by what is going on inside us. Most chronic diseases are related to our emotional state. Our temperament determines how we respond to stress.

The reason we are looking at this is that people with temperaments respond differently to stress. Understanding these differences can help us figure out why people get sick and how we can treat them. However we still do not know how to use this information to prevent health problems. This article looks at how our temperament can affect our health and what biological mechanisms are at play.

2. Main Body

A) How Our Temperament Affects Our Body

I.P. Pavlov found that there are four types of nervous systems. These types determine how well our body can adapt to stress. Our temperament is related to how our nervous system works, specifically the pituitary-adrenal axis and the autonomic nervous system. People with a unbalanced nervous system like those with a choleric temperament are more likely to have problems with their internal organs.

B) Heart Health and Temperament

Research by M. Friedman and R. Rosenman shows that people with a "Type A" personality, which is often associated with a temperament are more likely to have heart problems. This is because they release much adrenaline when they are stressed which can lead to high blood pressure.

C) Melancholic Temperament and the Immune System

People with a temperament have a weak nervous system and are more likely to have problems with their immune system. This is because they have levels of cortisol, which can suppress the activity of immune cells. This makes them more susceptible to infections and other health problems.

D) Phlegmatic Temperament and Metabolism

People with a temperament often have a slower metabolism. They may be more likely to have problems with insulin resistance and obesity although they tend to be emotionally stable.

3. Our temperament is not a personality trait but it also affects our physical health. If doctors take into account a patients temperament when treating them they may be able to address the root cause of the disease, not the symptoms.

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