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Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

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Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

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Abstract -This study was conducted to determine the relationship between the four temperament theories: sanguine, choleric, phlegmatic, and melancholic, and traditional medicine's theory of body Khii, Shar, and Badgan that both theories are defined as innate characteristics. In this study we included more than 200 people and results were calculated. Looking at the participants that combined characteristics in phlegmatic type are Badgan predominant wheter Badgan with Khii and Badgan with Shar characteristics are manily predominnant revealed. The survey of choleric characteristics result shows, participants that Shar with Khii and Shar with Badgan predominance respectevly revealed. For sanguine characteristics participants were Khii with Badgan and Khii with Shar predominant respectively revealed.

Keyword - Khii, Shar, Badgan, Temperament, Sanguine, Phlegmatic, Choleric, Melancholic.

1. INTRODUCTION

From the ancient time, mankind has observed and made conclusions that many variations in human behavior in order to understand why they are so different. There are so many conclusions made in time, some conclusions are on aspects, such as body shape and physiology, while others commented on sensory aspects. This desire to know about themselves are gradually developed and became the basis for scientific interpretations. In the West and East, the different ways of diagnosing people have begun to develop. In the West, the discoveries of physiology and medicine were based on the definition of human behavior.

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Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

Gradually, as the science of psychology developed independently, the methods for determining human temperament became more widely used and developed.

On the other hand, in the East, defining human behavior is based on traditional medicine, wisdom or (arga-bileg), and the theory of the five elements, as well as analyzing human health and behavior based on a long tradition of diagnosing and correcting human health and behavior. In particular, Mongolian traditional medicine's "arga-bileg and the study of the five elements" are the method of understanding the human environment, nature, and matter and has been used as a theoretical tool to analyze and explain various natural phenomena. Arga-bileg and the study of the five elements believe that the world is made up of substances, and these substances are interconnected. The basis of the theory of Mongolian traditional medicine is the theory of Khii, Shar and Badgan.

The theory of Khii, Shar and phlegm is one of the main theories of Mongolian medicine, also how the Khii, Shar and Badgan developed during the development of human embryo, in addition to a detailed description of how it affects a person's physical and behavioral characteristics, it is believed that a person's unique characteristics are preserved throughout life. This unique feature of a person's Khii, Shar, and Badgan represents a unique personality trait and when the right balance of Khii, Shar, and Badgan is lost, a person's health, mood, and even behavior could change, also it describes in detail how to fix it with diet and medicine, and it has developed into a basic theory of traditional medicine.

The knowledge that has been developed in the West and the East has defined human behavior from different angles, and if we look closely, we can see that both innate physiological structures are based on personal characteristics. In this regard, it is assumed that the theory of temperament /behavior/ in Western psychology maybe related to the theory of the three elements of the body /Khii, Shar, and Badgan / in traditional Mongolian medicine. This study was conducted to determine the relationship between the four temperament theories: sanguine, choleric, phlegmatic, and melancholic, and traditional medicine's theory of body Khii, Shar, and Badgan that both theories are defined as innate characteristics. In order to establish the connection between the two theories, Belov.A established in 1971 temperament test's results with a total of 80 questions, as well as 13 questions on each of the symptoms based on the characteristics of Khii, Shar and Badgan in Mongolian traditional medicine, a total of 39 questionnaires were developed and compared with the results of the two surveys.

2. THEORETICAL BACKGROUND

2.1 Let's look at these two theories one by one. Let's start with the concepts of ancient Greek and Roman. The first explanation was made by **Hippocrates** (460-377 BC), a Greek physician and naturalist known as the father of medicine. [1]

- A person with a lot of blood from the heart is a Sharp that **sanguine**, this Latin word "SANGUIS" meaning **blood**. These kind of people are energetic, quick-witted, happy in life, sociable, and easily overcome difficult and unfortunate situations in life.[3]
- A person with a large amount of Shar secreted by the liver has jealous, angry that **cholera**, this Latin word "Cholericus" meaning **gall**. Such a person is jealous, unable to

control his body, has abrupt movements, and his facial expressions change very quickly. [3]

- A person with a lot of mucus secreted from the brain is a slow that **phlegmatic** with less emotion, in Latin “**Phlegm**” meaning **mucus**. Such people are calm, slow, steady, and slow to move from one activity to another.
- A person with a lot of black Shar from the gallbladder are sad, weak and jealous that **melancholic**. In Latin “**Melancholia**” meaning **black Shar**. People with this type are very shy, bored, like to be alone, talkative, unsociable, easily frustrated by failures, and don't even express themselves openly. [3]

The most correct scientifically explanation was made by the famous Russian physiologist Pavlov.I.P, who classified them into four types in connection with the characteristics of the upper nervous system either brain function. He believed that **temperament** was a **natural, innate feature** of the individual's mental characteristics and **nervous system** that determined the ongoing dynamic movement of all processes taking place in the brain. In other words, temperament is not inherited, but is considered an innate characteristics of individual.

The activity of upper nervous system either brain is determined by the ratio of two main processes: excitation and delay. Pavlov.I.P classified temperaments according to the above differences in neural processes, excitations and delay.

1. Strong. The process of excitation and delay is strong and also balanced. This type includes **sanguine** temperament. [1]

2. Unstable. Excitation and delay are very strong and moShar. However, the excitation and delay processes are unbalanced and the predominant pattern of excitation is **choleric** temperament. [1]

3. Inactive. The process of excitation and delay is strong and balanced. However, this type of less moShar inactivity is **phlegmatic** temperament.

4. Weak. The excitation and delay process is slow. This type includes **melancholic** temperament. Scientists agreed that this Pavlov's theory of higher nervous activity is the most scientifically explained theory. [1]

2.2. Let's look at the three elements of the body and the uniqueness of the body in Mongolian traditional medicine. The three body functions are the physical functions of healthy Khii, Shar, and Badgan. The physically healthy function of the human body is controlled by Khii, Shar, and Badgan. According to the theory of Mongolian traditional medicine, one of the three main function of the body which is metabolism, is controlled by Khii, Shar and Badgan in the human body.

Badgan is functions related to the water body, Khii is functions related to the air body, Shar is functions related to the fair body. Body uniqueness refers to the innate physical specificity of the body. In ancient Mongolian traditional medicine books called it "The Nature of the Body". The uniqueness of human body is vary to each other. For example, it is decided which Khii, Shar and Badgan are predominant. The human body contains all three Khii Shar and Badgan but there are different ratio of Khii Shar and Badgan contains in human body. For example: one is dominand and other two is following, two of them are equally dominnant, one is following and sometimes all of them are equally exist in human body. [4]

Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

Khii uniqueness: The person who has Khii predominant is called Khii uniqueness. In the body of Khii uniqueness, the characteristic of features that preserve the yang of the Khii are clearly revealed. For example, the body is small, hunched over, the flesh is emaciated (skinny), the body color is slightly darker, the face is bluish, sensitive to cold, sleep is less, talkative, when they move their body the joints will have a sound, like to sing, dance, shout, bet, all thing that quick, the body is weak, pale, have a light movement, emotionally unstable, intellectual reflection is fast, and these kind of people like sweet, sour, bitter and salty foods.[2]

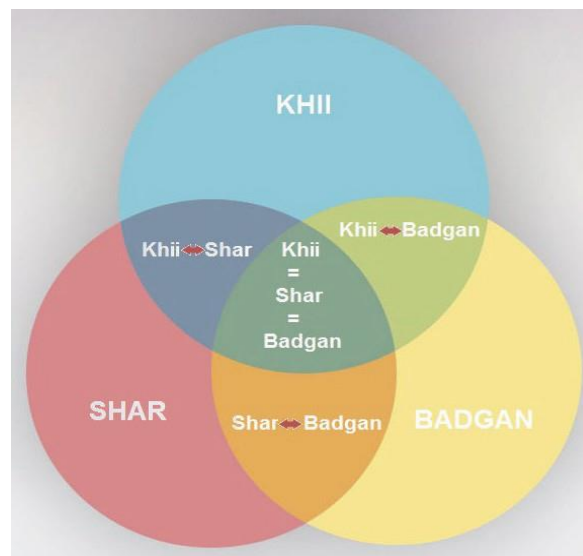


Figure 1. Khii, Shar, Badgan uniqueness

Shar uniqueness: The person who has Shar predominant is called Shar uniqueness. In the body of Shar uniqueness, the characteristic of features that preserve the yang (билигийн чанар) of the Shar are clearly revealed. For example: The body is medium, easy to get hungry and thirsty due to the force of the absorbent Shar, the hair and complexion are yellow, the movement and mental reflection are relatively Sharp, to be able to withstand severe cold, sweating is easy, having a lot of anger, prideable, quick tempered and these kind of people like sweet, bitter, sour and cool foods. [4]

Badgan uniqueness: The person who has Badgan predominant is called Badgan uniqueness. In the body of Shar uniqueness, the characteristic of features that preserve the bile of the Shar are clearly revealed. For example: The body is large, the skin is slightly rougher, the color is lighter, softer, more relaxed, sleepy, resistant to hunger and thirst, submissive, well behaved, gentle and able-bodied. These kind of people like bitter, sour, salty, sweet and cool foods. [4]

When the all three Khii, Shar and Badgan, are collected in equal proportion is called the accumulation of uniqueness. For example: The body is smooth and physically the best shaped people included in this type. The uniqueness of the body is that the human body is made up of three kinds of Khii, Shar, and Badgan therefore, among these common qualities, some are Khii-dominated, some are Shar-dominated, and so on. [4] Tsogtsaihan.S (2020) studied crosstalk between human body constitutional types in mongolian traditional medicine and immune response types.

3. MATERIALS AND METHODS

Among the characteristics of Mongolian medicine's Khii, Shar, and Badgan, there are a number of behavioral indicators that are similar in content to the definitions of temperament patterns in Western psychology. This includes, people who are Badgan uniqueness are calm and slow, people who are Khii uniqueness are talkative and the mood is changeable and fast and also people who are Shar uniqueness are arrogant, quick tempered and quick thinking symptoms are mainly appeared. Given these characteristics, it may be directly related to temperament characteristics. These two theories have developed separately in terms of psychology and Mongolian traditional medicine science whether there is no comparative study has been conducted at the moment. Traditional medicine has been developed during the ancient time and the theory has been enriched by experience of scientists and diagnoses body specificity has based on many characteristics, such as body shape, skin color, behavioral characteristics, and pulse. Physical symptoms are usually diagnosed by Mongolian traditional healers, only feel the pulse, and there are no tests that include symptoms.

In order to establish the connection between the two theories, Belov.A established in 1971 temperament test's results with a total of 80 questions, as well as 13 questions on each of the symptoms based on the characteristics of Khii, Shar and Badgan in Mongolian traditional medicine, a total of 39 questionnaires were developed and compared with the results of the two surveys. The methodology for studying the uniqueness of the body was developed in 2017 based on the main symptoms of Mongolian medicine, Khii, Shar and Badgan. Within 2 years, we have developed a formulation of questions and got advice from traditional medicine doctors.

In the correlation study, we used temperament tests that developed by Belov.A, for each of 20 questions with a description of the symptoms of sanguine, phlegmatic, choleric, and melancholic patterns with a total of 80 questions. If the person agree with 16-20 questions out of 20 questions that reflect the characteristics of the temperament and get 16-20 points, it is purely a sign of the temperament, if the person got 11-15 points from the question it means that indicates it has strong signification, 5-10 indicates it has weak signification of temperament. After this first data analysis, the result is considered to be dominant or pure of temperament, if it is more than 40 percent. However, the percentage of the characteristics of temperament: 30-39% will be considered quite high, 20-29% will be moderate, and 10-19% will be very low.

Due to the rarity of temperament pure uniqueness in nature, the main objective of our study were divided into 4 groups according to the main features of temperament and compare relationship between the results of a questionnaire to determine the physical characteristics of Mongolian traditional medicine. The second questionnaire used in the study was, based on the main features of the physical theory of Mongolian medicine and developed as a result of 2 years experiment with a total of 39 questions with each of Khii, Shar, and Badgan's 13 questions. The questionnaire will have 13 definitions of the symptoms, and if the symptom is present, the answer will be "yes" and add a plus sign. If the person agreed with questions it will marked as one point and total point will be counted for

Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

total question of characteristics of temperament. A score of 1-4 is considered to be significantly low, and a score of 5-8 is considered to be significant and co-occurring. A score of 9-13 indicates that the symptom is strongly significant. For example: if the Khii, Shar, and Badgan appear to be equal or close to the three characteristics, accumulative uniqueness will occur. If the person get 10 points from the symptoms of Badgan characteristics and 8 points from Shar characteristics the result will be Badgan predominant with Shar accompanying symptoms. The survey conducted and developed by characteristic of element of body as following chart. [2]

Table 1. Khii, Shar, and Badgan's 13 questions.

Badgan	Shar	Khii
1. Fatty	1. Sharp and quick thinking	1. Short
2. Sleepy	2. Clever	2. Blue face / dark brown face /
3. Lazy and easy to feeling sleepy	3. Intolerant for hunger and thirst	3. Tongue scale is white pinkish and blue lips
4. Light faced	4. Light yellow skin	4. A lot to nag
5. The color of the tongue is light and thick scaled	5. Tongue scale is yellow	5. Easy to forget, forgetful
6. Less anger	6. Good at finding human harmony and talkative	6. The speech is full of thoughts
7. Calm	7. Like sweet food	7. Like to participate in dance and festivals
8. Motivated think that solves a reasonable basis	8. Making a lot of decisions to without thinking	8. Like to fight and bet
9. When you made a decision, you never go back	9. Have a lot of anger	9. Sensitive to cold
10. Like hot food	10. Tricky and easy to find a way	10. Easy to get tired and emaciated
11. Low body heat	11. Sweaty then usual	11. Having a less sleep
12. Tall and lardy body	12. Having a lots of body heat	12. Decide quickly and return quickly
13. Like sour food	13. Like bitter food	13. Like to get involved in quarrels

Table 2. Questionnaire text of temperament

"Mark with a "+" sign those qualities in the "passport" of temperament that are common and everyday for you.			
Choleric	Sanguine	Phlegmatic	Melancholic
restless, fussy; uncontrollable, hot-tempered; impatient; harsh and straightforward in relationships with people; decisive and proactive; stubborn; resourceful in argument; work in jerks; prone to risk; unforgiving; have fast,	cheerful and cheerful; energetic and businesslike; often do not finish what you start; tend to overestimate themselves; able to quickly grasp new things; unstable in interests and inclinations; easily experience failures and troubles; easily adapt to different circumstances; take on any new business with enthusiasm; you quickly cool down if the	calm and cool; consistent and thorough in business; careful and judicious; know how to wait; silent and do not like to chat in vain; have calm, even speech, with stops, without sharply expressed emotions, gestures and facial expressions; reserved and patient; bring the job you started to completion; don't waste your	shy and self-conscious; you get lost in a new environment; find it difficult to establish contact with strangers; do not believe in your strength; tolerate loneliness easily; feel depressed and confused when you fail; tend to withdraw into themselves; you get tired quickly; have a quiet speech; you involuntarily adapt to the character of your interlocutor;

<p>passionate speech with confused intonations; unbalanced and prone to ardor; aggressive bully; intolerant of shortcomings; have expressive facial expressions; able to act and decide quickly; tirelessly strive for something new; have sudden, jerky movements; persistent in achieving their goals; prone to sudden mood swings</p>	<p>matter ceases to interest you; quickly get involved in a new job and quickly switch from one job to another; are burdened by the monotony of everyday painstaking work; are sociable and responsive, do not feel constrained with people who are new to you; hardy and efficient; have loud, fast, distinct speech, accompanied by gestures and expressive facial expressions; maintain composure in unexpectedly difficult situations; always have a cheerful mood; you fall asleep and wake up quickly; are often disorganized and show haste in decisions; Sometimes you tend to skim over the surface and get distracted</p>	<p>energy; adhere to the established daily routine, life, work system; easily restrain impulses; low sensitivity to approval and censure; are gentle, show a condescending attitude towards barbs addressed to you; are constant in their relationships and interests; slowly get involved in work and slowly switch from one task to another; equal relations with everyone; love neatness and order in everything; find it difficult to adapt to a new environment; have self-control; If you are somewhat slow</p>	<p>impressionable to the point of tearfulness; extremely susceptible to approval and blame; make high demands on yourself and others; prone to suspicion, suspiciousness; painfully sensitive and easily wounded; overly touchy; secretive and uncommunicative, do not share your thoughts with anyone; inactive and timid; compliant, submissive; strive to evoke sympathy and help from others</p>
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4. RESULT

A total of 300 students, around aged 20 to 25 were included in this study, and 248 studies were compared. In order to establish the relationship between the two studies, that the temperaments divided into 4 main types including melancholic, choleric, sanguine and phlegmatic, and the characteristics of the physical characteristics of each group of people were examined to see if there was a correlation between these characteristics. In order to compare the results of the two studies, the results of 62 people were analyzed for each of the four basic temperament patterns, and the ratio of Khii, Shar, and Badgan, which is a characteristic feature of the body in each pattern, was calculated. According to the Mongolian Traditional Medicine Classification of Uniqueness, there are 7 categories: Khii, Shar, and Badgan's single three, complex three, and accumulative and also there are 4 main types of temperament, based on this theory, data analyses was performed on a total of 6 sections that elements of characteristics, including: the elements of the body predominant single 3, taking characteristics associated with the predominant elements in the group 2, and 1 accumulative.

4.1. The result of the study shows, among the total participants that involved in melancholic characteristics, a total 25 number of participants wheter 40.3% are Badgan predominant, 12

Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

participants which is 19.3% are Shar predominant and 14 participants which is 22.5% are Khii predominant.

Table 3-a. Characteristics for melancholic participants

Body uniqueness	Badgan		Shar		Khii	
	number	percentage	number	percentage	number	percentage
Total 62	25	40.3%	12	19.3%	14	22.5%

Table 3-b. Characteristics for melancholic participants

Body uniqueness	Combined characteristics of Badgan		Other combination /Khii, Shar/		Accumulative	
	number	percentage	number	percentage	number	percentage
Total 62	7	11.2%	2	3.2%	2	3.2%

Total of 62 participants in survey of melancholic type, most of them are consists Badgan predominant type. Based on this, symptoms associated with Badgan and Khii or Badgan and Shar characteristics are considered as one of the survey criteria, wheter participants were grouped together and accounted for 7 which is 11.2%. Also the result shows that participants with Khii and Badgan combination is 3.2% which is 2, equally revealed of Khii, Shar and Badgan are 3.2% which is 2 participants respectively.

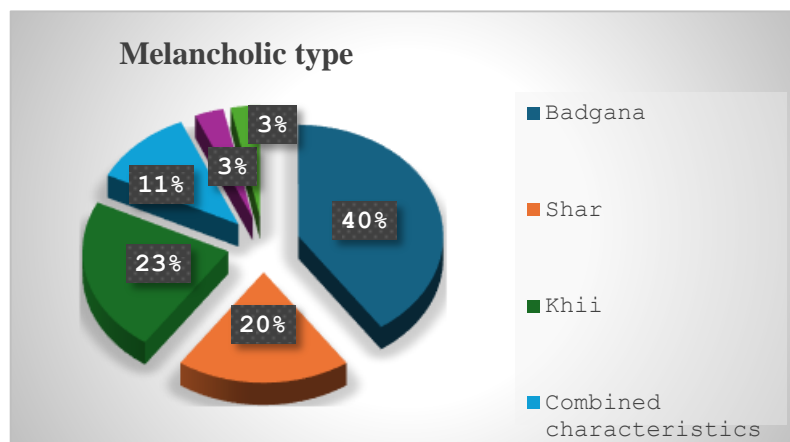


Figure 1. Physical characteristics of melancholic type

4.2. Participants who involved in survey of choleric characteristics was mainly Shar predominant, for this reason Shar and Khii, Shar and Badgan combined participants were included in one section, also Badgan and Shar combined participants and accumulative participants that divided total of 6 section. Total of 62 participants in survey of choleric type, the result shows 27 which is 43.5% is Shar predominant, 9 which is 14.5% is Badgan predominant, 10 participants which is 16.1% of survey is Khii predominant thus, Shar and Khii or Shar and Badgan combined participants were 8 which is 12.9%.

Table 4-a. Characteristics for choleric participants

Body uniqueness	Badgan		Shar		Khii	
	Number	Percentage	Number	Percentage	Number	Percentage
Total 62	9	14.5%	27	43.5%	10	16.1%

Table 4-b. Characteristics for choleric participants

Body uniqueness	Combined characteristics of Shar		Other combination /Khii, Badgan/		Accumulative	
	Number	Percentage	Number	Percentage	Number	Percentage
Total 62	8	12.9%	5	8.06%	3	4.8%

Also the result shows that participants with Khii and Badgan combination is 5 which is 8.06%, equally revealed of Khii, Shar and Badgan are 4.8% which is 3 participants respectively.

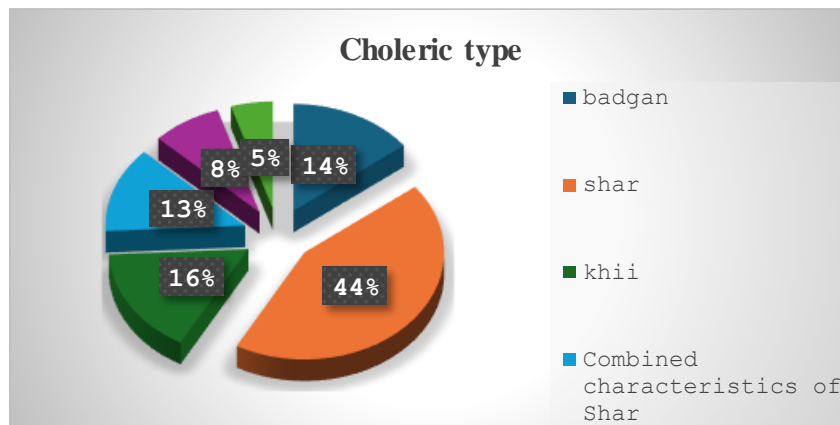


Figure 2. Physical characteristics of choleric type

4.3. For sanguine characters, the results were also categorized into six sections including: predominant of single Khii, Shar and Badgan, combination of Khii and Shar, combined participants of Khii and Shar were in one section also Badgan and Shar combination characteristics were in one section total of 6 section and data analyses were conducted.

Table 5-a. Characteristics for sanguine participants

Body uniqueness	Badgan		Shar		Khii	
	Number	Percentage	Number	Percentage	Number	Percentage
Total 62	14	22.5%	18	29.03%	19	30.6%

Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

Table 5-b. Characteristics for sanguine participants

Body uniqueness	Combined characteristics of Khii		Other combination /Shar, Badgan/		Accumulative	
	Number	Percentage	Number	Percentage	Number	Percentage
Total 62	6	9.6%	1	1.61%	4	6.4%

Total of 62 participants in survey of sanguine type, the result shows 18 participants which is 29.03% are Shar predominant, 14 participants which is 22.5% are Badgan predominant 19 participants which is 30.6% are Khii predominant thus, Khii with Shar combination or Khii with Badgan combined participants were 6 which is 9.6%. Also the result shows that participants with Shar and Badgan combined participants were 1 which is 1.61%, equally revealed of Khii, Shar and Badgan are 6.4% which is 4 participants respectively. In the case of sanguine characters, the quantitative characteristics of Khii, Shar and Badgan's features were found to be similar, and the quantitative characteristics of Khii, Shar and Badgan combined features were considered in one section.

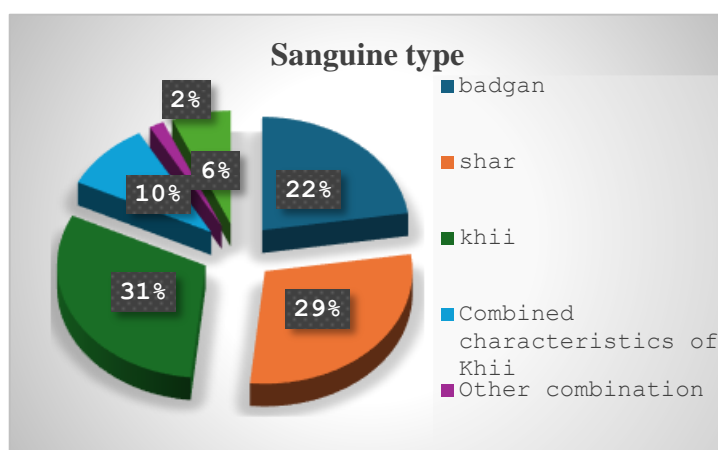


Figure 3. Physical characteristics of sanguine type

4.4. For phlegmatic characters, the results were also categorized into six sections including: predominant of single Khii, Shar and Badgan, combination of Khii and Shar, combined participants of Khii and Shar were in one section also Badgan and Shar combination characteristics were in one section total of 6 section and data analyses were conducted.

Table 6-a. Characteristics for phlegmatic participants

Body uniqueness	Badgan		Shar		Khii	
	Number	Percentage	Number	Percentage	Number	Percentage
Total 62	33	53.2%	7	11.2%	5	8.06%

Table 6-b. Characteristics for phlegmatic participants

Body uniqueness	Combined characteristics of Badgan		Other combination /Khii, Shar/		Accumulative	
	Number	Percentage	Number	Percentage	Number	Percentage
Total 62	11	17.7%	3	4.8%	3	4.8%

Total of 62 participants in survey of phlegmatic type, the result shows 33 participants which is 53.2% are Badgan predominant, 7 participants which is 11.2% are Shar predominant, 5 participants which is 8.06% are Khii predominant thus, Shar with Khii combination or Badgan with Shar combined participants were 11 which is 17.7%. Also the result shows that participants with Khii and Shar combined participants were 3 which is 4.8%, equally revealed of Khii, Shar and Badgan are 4.8% which is 3 participants respectively. In the case of phlegmatic characters, Badgan characteristics were mainly predominant revealed.

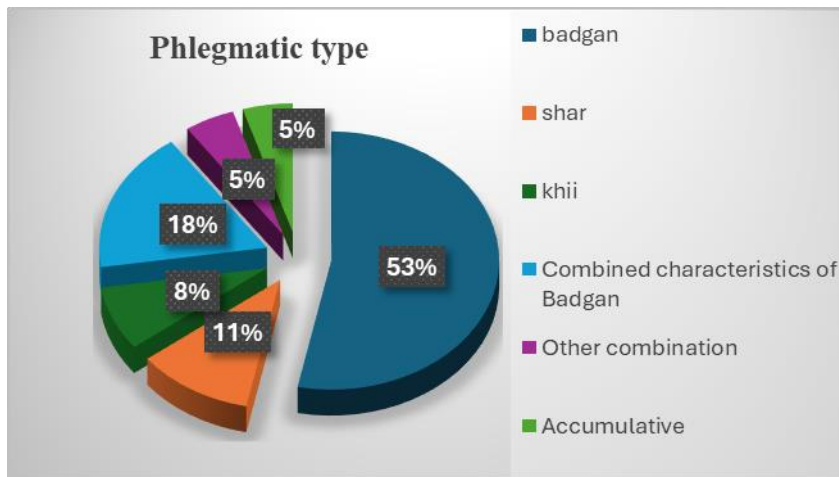


Figure 4. Physical characteristics of phlegmatic type

Temperament * Mahbod Crosstabulation

Count		Mahbod			Total
		Badgan	Shar	Khii	
Temperament	Melancholic	25	12	14	51
	Choleric	9	27	10	46
	Sanguine	14	18	19	51
	Phlegmatic	33	7	5	45
Total		81	64	48	193

Traditional medicine Khii, Shar, Badgan's theory and relation between theories of temperament concepts

Nonparametric Correlations

		Correlations	
		Temperament	Mahbod
Spearman's rho	Temperament	Correlation Coefficient	1.000
		Sig. (2-tailed)	.
		N	193
	Mahbod	Correlation Coefficient	-.147*
		Sig. (2-tailed)	.041
		N	193

*. Correlation is significant at the 0.05 level (2-tailed).

Figure 5. Correlation in temperament types and Badgan, Shar, Khii characteristics

The correlation between temperament (*melancholic choleric, sanguine, phlegmatic*) and bodily uniqueness (*badgan, khii, shar*) was investigated using Spearman's test, and the result was 0.41 (moderate positive correlation), confirming the study's hypothesis.

5. CONCLUSION

From the above figures, it can be concluded that people with melancholic type have a predominance of Badgan, and Khii uniqueness are following while people with choleric type have a predominance of Shar uniqueness. However, in people with phlegmatic type, the uniqueness of Badgan is higher than other temperamental types, according to the results of the study. In the case of sanguine characteristics, there is little difference between the quantitative characteristics of Khii, Shar, and Badgan, but the Khii body element is slightly higher than those of Shar and Badgan.

Looking at the participants that combined characteristics in phlegmatic type are Badgan predominant wheter Badgan with Khii and Badgan with Shar characteristics are manily predominnant revealed. The survey of choleric characteristics result shows, participants that Shar with Khii and Shar with Badgan predominance respectevly revealed. For sanguine characteristics participants were Khii with Badgan and Khii with Shar predominant respectively revealed.

In summary, people with melancholic sumptoms are more likely to have Badgan type, people with phlegmatic symptoms are more likely to have Badgan, and people with choleric temperaments are more likely to have Shar.

It was also observed that the definitions of temperament were similar in comparison to the characteristics of Mongolian medicine, such as Khii, Shar, and Badgan. These include for characteristics of Badgan: sleepy, lazy, calm, motivated think that solves a reasonable basis, in the definition of phlegmatic temperament: orderly accurate, have a trace of things, carefully, calm, have a slow movement, the movement of face and hands are less and less


irritating that the content is the same. As for the Shar uniqueness characteristics are: make a lot of decisions that without thinking, have a lot of anger, Sharp minded, quick thinking and clever and definition of choleric temperament including: arrogant, violent, impatient, can't control their body, straight, Sharp, resentful, easy to get angry and these characteristics are similar to each other. From this characteristics it can be suggest that the above theories may be related to each other. *The results of the research confirmed that the theory of temperament in the science of psychology is interrelated with the theories of the traditional Mongolian medicine on the uniqueness of the body.*

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