

Diagnosing Neuroticism Dimensions through Hand Analysis

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Abstract: Neuroticism is a fundamental personality trait in the study of psychology characterized by anxiety, fear, moodiness, worry, envy, frustration, jealousy, and loneliness. Individuals who score high on neuroticism are more likely than the average to experience such feelings as anxiety, anger, envy, guilt, and depressed mood. They respond more poorly to stressors, are more likely to interpret ordinary situations as threatening, and minor frustrations as hopelessly difficult. They are often self-conscious and shy, and they may have trouble controlling urges and delaying gratification. Main objective of this review is to diagnose Neuroticism aspects of people through hand analysis. Obtaining the handprints of the people with Neuroticism and also normal people and examine them. Examine was done considering three levels of hand involving (1) the major palmar creases, (2) the dermatoglyphics and (3) the pinky finger. The reported findings provide a deeper understanding of how the Big Five personality dimension Neuroticism can be recognized to manifest in the hand. It is essential that we learn to recognize early constitutional tendencies toward neurosis; we may be able to help these individuals before they develop a psychoneurotic personality and physical ailments which often accompany it. In conclusion I emphasize the fact that hand analysis can be used to identify psychological problems.

Keywords: Heart line, Head line, Simian line, triradius, ATD angle, dermatoglyphic, Pinky finger.

I. INTRODUCTION

Neuroticism is a prospective risk factor for most "common mental disorders", such as depression, phobia, panic disorder, other anxiety disorders, and substance use disorder - symptoms that traditionally have been called neuroses. Approximately 1 in 4 people are high scorers for 'neuroticism' (emotional instable) and versus 1 in 4 people are low scorers, which represents 'emotional stability' (emotional stable); additionally, 2 in 4 people score between 'neuroticism' & 'emotional stability' (emotional variable). The human hand is a key to understanding anxiety and its consequences. It is not only reflects our emotional state but also helps us to recognize our particular body type and our possible reactions to extreme stress.

II. METHODOLOGY

Obtaining the handprints of the people with Neuroticism and also normal people and examine them. Examine was done considering three levels of hand involving (1) the major palmar creases, (2) the dermatoglyphics and (3) the pinky finger.

III. RESULTS

- Hand factor 1: **The major palmar creases**

Path of the heart line:

Significance: An additional observation concerns the following: a proximal path of the heart line is also typically seen in simian lines - which are present more commonly in high scorers than low scorers: interestingly, simian lines featured

with an ulnar path directed at the lower side of the upper thenar zone have only been noticed in high scorers and not at all in low scorers. Nevertheless, inside the assessment procedure for the path of the heart line below the presence of a simian line in specific plays no role at all.

» **Ulnar part of heart line (below pinky finger):**

- directed towards the lower half of upper thenar zone [= mount of mars-negative]
- directed towards the upper half of upper thenar zone [= mount mars-negative]
- directed towards the life line (requirement: head line and life line have separate radial origins)
- directed between the head line and life line (requirement: head line and life line have separate radial origins)

» **Radial part of heart line (below middle/index finger):**

- ends far below the 'dermatoglyphic a-d zone'
- ends just below the 'dermatoglyphic a-d zone'

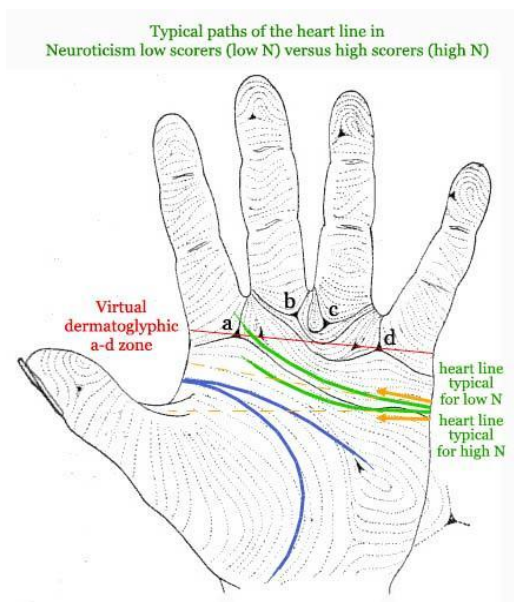


Figure 01 - Visual guidelines are presented inside the above picture.

Notice: The 'dermatoglyphic a-d zone' (see picture above) refers to the virtual straight path crossing the a-triradius and d-triradius located in the palm just below the fingers - which have been illustrated with the small letters 'a' and 'd'.

Radial termination point of the head- & life line:

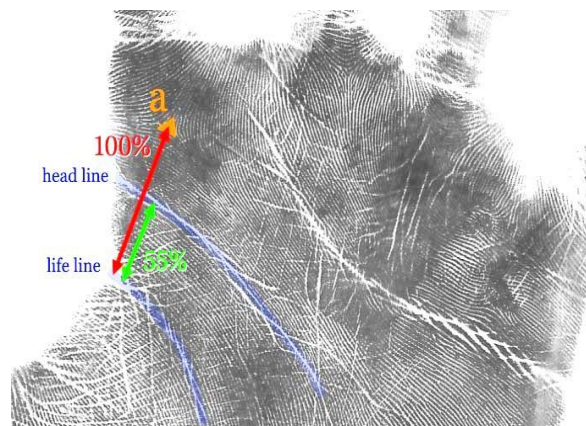


Figure 02 disconnection spaces of lines

- Large disconnection (requirement: distance is larger than 40%)
- Small disconnection (requirement: distance is smaller than 40%)

Notice: An earlier study revealed that a dissociated head line has a relatively high prevalence among introverts (+ a relatively low prevalence among extraverts). In general, a dissociated head line often has a higher prevalence in females than in males; studies around the world also indicate that it is relatively common among in Africans and likely less common among Asians.

Length of the heart- & head line:

» Length of the heart line [upper transverse crease]:

- doesn't clearly pass beyond mid-axis middle finger
- doesn't clearly reach the vertical zone between a-triradius & b-triradius nor the central zone between mid-axes of index- & middle finger

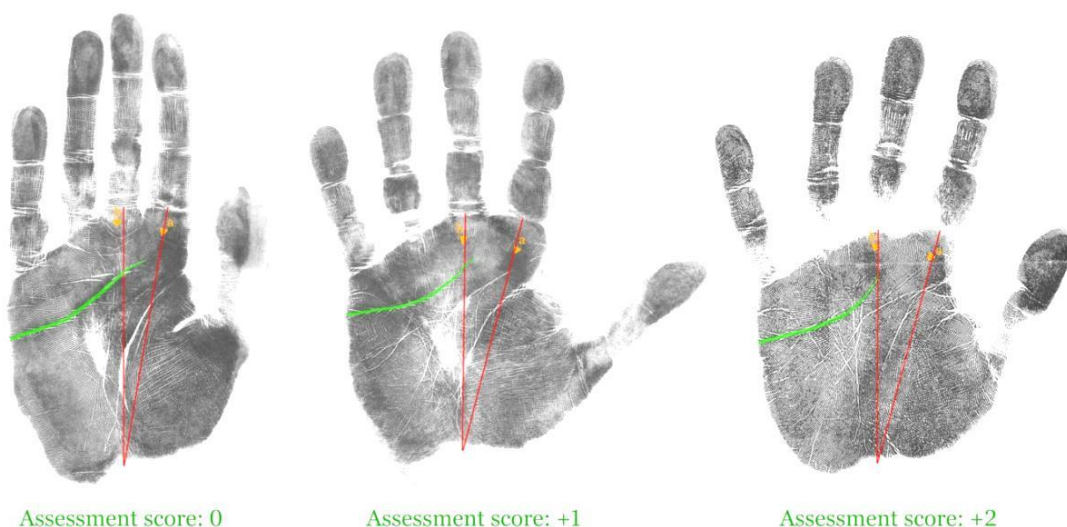


Figure 03 - length of the heart line

» Length of the head line [lower transverse crease]:

- doesn't reach mid-axis ring finger & doesn't reach the vertical zone of c-triradius
- ends just beyond mid-axis ring finger & close to the vertical zone of c-triradius

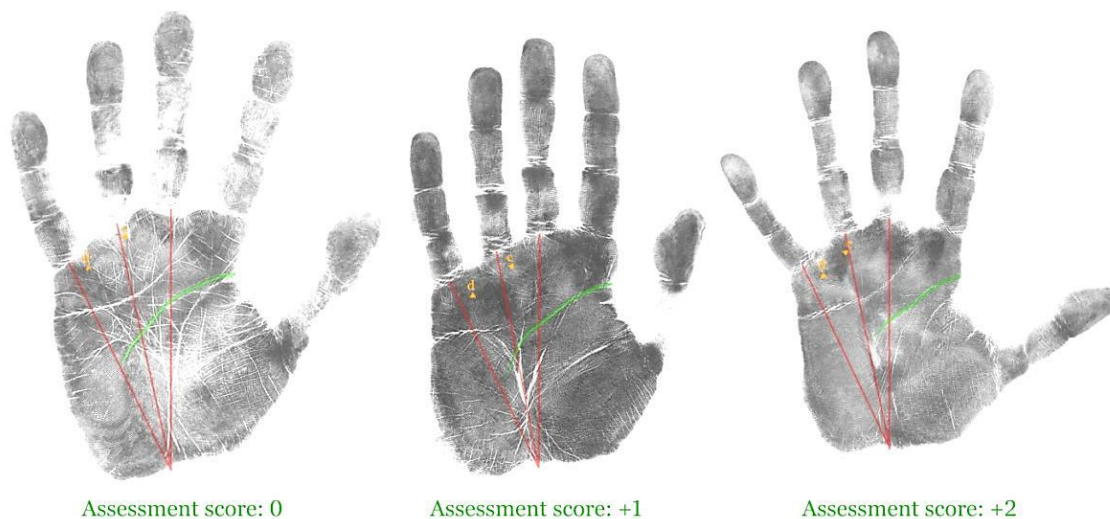


Figure 04 - length of the head line

Structure & stability of the 3 primary lines:

» **Overall structure of the 3 primary lines:**

- course structure present in most parts of all 3 individual primary lines
- consistent tendencies towards course structure in some parts of the 3 primary lines

» **Overall stability of the 3 primary lines:**

- stable morphology present in most parts of all 3 individual primary lines
- consistent tendencies towards stable morphology in some parts of the 3 primary lines



Figure 05 – Structure and stability of the 3 primary lines

Path of the 3 primary lines:

- abnormal path is present in both hands
- abnormal path is present in one hand

Notice: The simian line has commonly been associated with quite a few syndromes, diseases & mental disabilities; additionally, also a large interruption inside the heart line has incidentally been associated with mental disorders (such as schizophrenia).

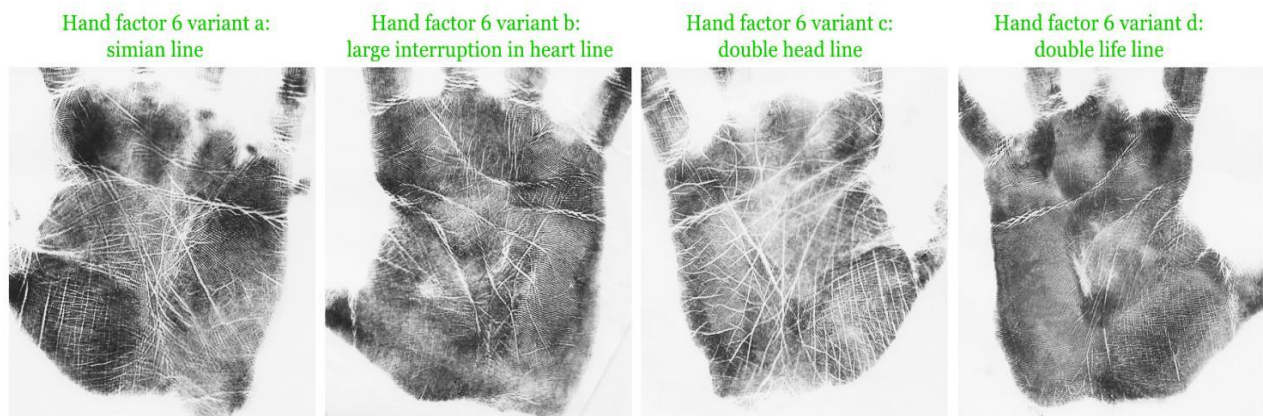


Figure 06 – Four abnormal path variants for the 3 primary lines

- Hand factor 2: **Dermatoglyphics**

C-triradius is missing:

- missing c triradius in both hands
- missing c triradius in a single hand

Notice: A missing c triradius has also been reported to have diagnostic significance for other types of behavior such as introversion, schizophrenia. However, a missing c triradius may also have significance for diseases like for example diabetes mellitus, plus quite a few genetic syndromes, including: Down syndrome & fragile-X syndrome.



Figure 07 – Example of a missing C - triradius

Dermatoglyphic asymmetries:

Significance: the most significant manifestation was found in a group of low scorers where multiple fingers exhibit dermatoglyphic pattern asymmetry combined with relatively small amount of dermatoglyphic asymmetries in the palm - this combination was not found in any of the high scorers. Additionally, in almost half of the high scorers various combinations reflecting a relatively high amount of palmar asymmetries were found that are not present among any of the low scorers.

- Whorl or loop patterns on the mount of Moon were more frequent in high scorers than low scorers.
- An increase of composite patterns on all fingers and on the mount of Venus were found in high scorers than low scorers.

Path of the dermatoglyphic main lines a, b & t:

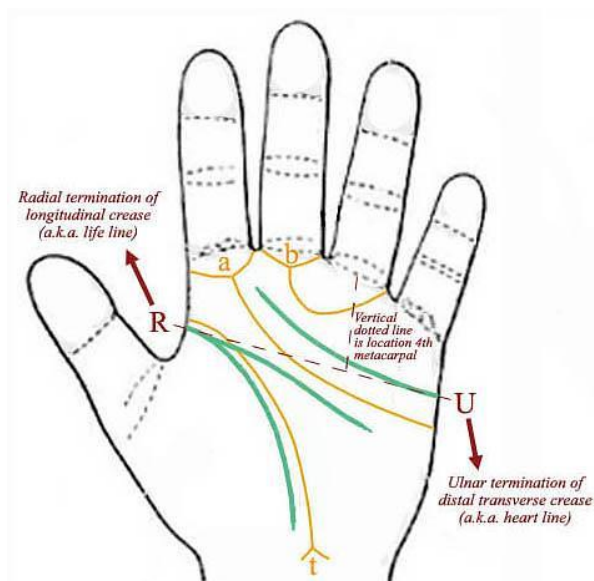


Figure 08 - Normal constellation

Often there are few signs of crossings between the systems involving the palmar creases & dermatoglyphic main lines (only main line a, b & t need to be taken in consideration); main line t is very often inclined to cross the proximal transverse crease (a.k.a. head line), and the distal transverse crease (a.k.a. heart line) usually curves upward before reaching the zone of the 4th metacarpal phalange.

The typical tendency for the human hand to show an 'oblique' system of primary transverse creases & dermatoglyphic main lines that run parallel to each other is often not present in the hands of high scorers on the Big Five dimension Neuroticism.

ATD angle:

Interestingly, the high positioned axial triradius t" found in most of high scorers and also few in low scorers. Therefore, the combination of a high axial triradius featured with at least one of the four described variations (1 A simian crease, 2 a large interruption in one of the primary creases, 3 a twin-line, 4 a dissociated head line) in the three major primary creases also appears to represent a significant clue in the perspective of the Big Five personality dimension Neuroticism.

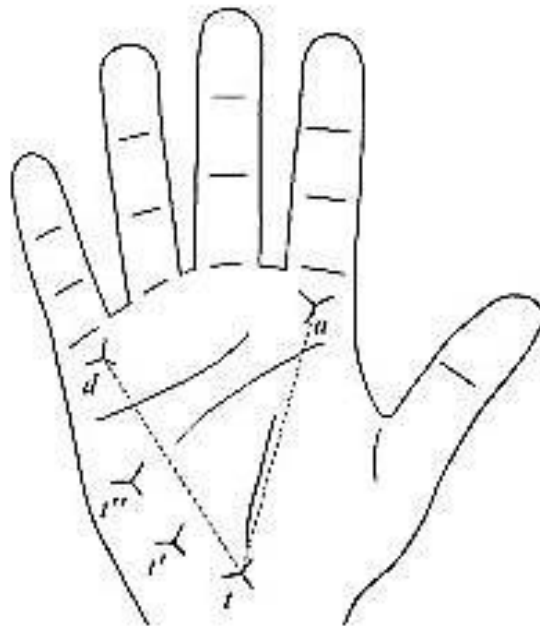


Figure 09 – ATD angle measure

Notice: Especially the combination of a high positioned axial triradius plus a simian line is strongly associated with the so-called trisomy-syndromes (e.g. Down syndrome, Edwards syndrome, Patau syndrome & Warkany syndrome). Apart from this earlier research reports state that higher range of Atd angle was reported in some cases of mental retardation.

Disassociated or ill formed ridges found more frequently on the hands of high scores:



Figure 10 - Dissociated ridges

- Hand factor 3: **Overall development of the pinky finger:**

Significance: a consistent strong development of the pinky finger is more often present in low scorers compared to high scorers while a consistent weak development of the pinky finger is more often present in high scorers compared to low scorers.

Measurements have been made for the absolute length of the pinky finger relative the absolute length of the middle finger; measurements have also been made for the distance between the accessory palmar triradius (d) to the tip of the pinky finger relative to the distance between the accessory palmar triradius (b) to the tip of the middle finger.

Average value < 0.75 length of the middle finger

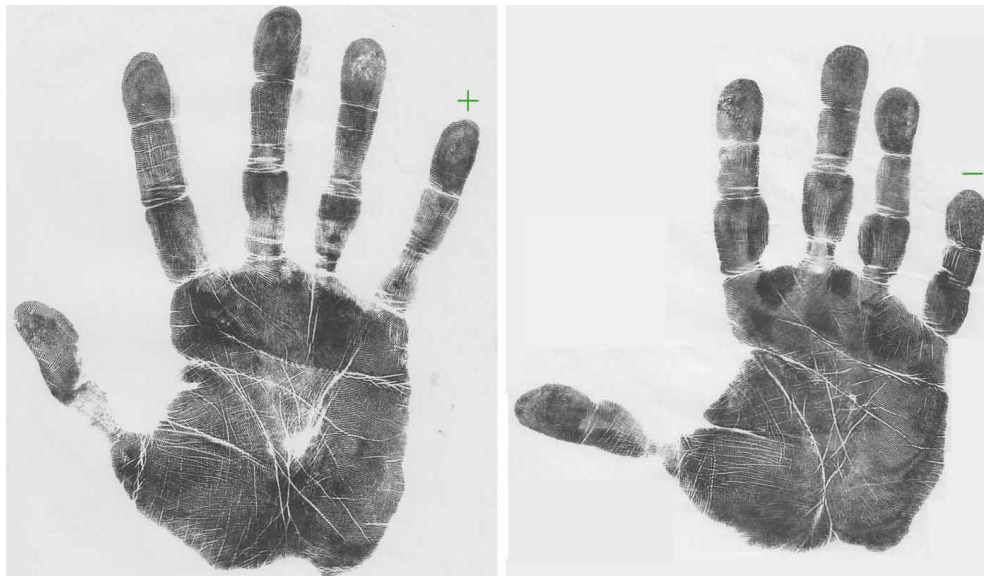


Figure 11 – Overall development of the Pinky finger
(Left - long pinky finger / right - short pinky finger)

IV. DISCUSSION

Heart line:

When the heart line is thick and heavy, such a line furrows through the palm like a very coarse crease. It gives the impression of a deep crack rather than a palm line. This is a symbol of animalism; its owners are ruled by a low physical type of love instinct. They lack emotional refinement, sense of culture, as a rule they are crude and rough. Their feelings border on the primitive and mainly center around coarse manifestation of sex.

An extremely short heart line betrays heartlessness. If the heart line starts in the middle of the palm they are people who are selfish, prone to be sensuous without being warm hearted. They seek satisfaction for their physical sexual appetites. They are unable to appreciate love and tend to be crude, rough and primitive.

Absent of the heart line (Simian Line) indicates extreme coldness of heart.

Head line:

If the Head line is very high on the hand, it indicates the person is inclined to be “Half mad” at times.

When the head line is short it indicates that this person does not have a strong mentality. When there is a wide space between the head and life lines the person is born self-reliant. They can be anti-establishment or even a rebel if the head line is half way or more to the base of the mount of Jupiter. This person’s independence is carried to the extreme. Instead of being independent this can make them cold selfish and even deceitful. They do not enjoy the company of others or even animals and have little sensitivity of the little pleasures of life.

When the head line is widely separated from the life line with the chain formations of islands it is still more accentuated and difficult to cure. These people have periods of mental excitability which seems impossible for them to control and are liable to fly off in a tangent and commit murder or rash acts, but the acts are generally dangerous to other people.

Dermatoglyphics:

A person with a predominance of composite fingerprints can be characterized by vacillation. The fingerprints show two loops running in opposite directions which indicate difficulty in forming definite opinions and conclusions.

Chiromically mounts of Moon and Venus refer to the forms of imagination and the degree to which it plays a part in the person's attitude to life. Whorl and loop patterns on these mounts are always a sign of a strong tendency towards over imagination. They must be regarded primarily as atavistic markings, indicative of a basic instability. Such markings give undue predominance to the mount, separating the unconscious 'for special consideration' and the resulting instability is one in which the unconscious elements of the subject's life is not in tune with the conscious elements.

"longitudinal ridge alignment" which has been associated to represent "an atavism", because in most monkey- & ape species the path of the dermatoglyphics usually displays a much more longitudinal direction than usually seen in the human hand (Cummins & Midlo, 1943; p.174).

Overall development of the pinky finger:

If the first phalanx of the Pinky finger is longer than the other two phalanxes, it indicates these people are sexually permissive; they never seem to appreciate anyone, never have long relationships and cannot find happiness. If the first phalanx of the Pinky finger is shorter than the two other phalanxes, these people will suffer impotency, have sexual and social problems. They can be cold and have little insight.

If the second phalanx is longer than the other phalanxes, it indicates these people will have difficulty of making up their minds, very open and receptive.

If the third phalanx is longer than the other two phalanxes, these people are always finding fault. They are always seeking perfection and have a frigid nature. If the third phalanx is shorter than other two phalanxes, it indicates that these people irresponsible have problems finding and keeping their jobs and have no compunction about letting others support or take care of them.

A twisted or distorted Pinky finger, very often hereditary, most palmists regard this as a sign of lying and trickery. When fingers show a marked twist or distortion they are a symbol of defeat, their owners tend to approach life in a wrong way and avoid facing facts. They are inclined to be evasive, suspicious and unduly cautious and seem unable to follow a straight path. They lack inner harmony. They hardly achieve anything worthwhile in life. If they do reach a measure of success it is generally due to underhanded and devious means. They in fact, tend to be immoral and deceitful.

Additional observations:

However there is an additional sign of stress that can be seen in the hands. It is the presence of small horizontal lines located on the top phalange of the fingers. These lines tend to appear during periods of stress and can disappear if the subject learns how to manage stress and tension.

Another sign of neuroses is the softened, fan shaped nail. People with this type of nail are very sensitive and are seldom satisfied. They often complain, tend to nag and delight in finding fault with others. Very short nails are a sign of a peculiar neurotic behavior which is characterized by an urge to contradict everyone and to argue, even if the person is convinced that he wrong and the opponent is right. They are a sure sign of someone who is critical of others as well as himself.

V. CONCLUSION

However research has shown that these hand signs may help a physician to confirm a suspect diagnosis. In some cases a study of the skin ridge patterns of the hand and fingers can enable a doctor to become more aware of potential health problems before they actually manifest as physical or mental disease, especially those that are genetic in origin. *Notice: through my various research works I have noticed that this Neuroticism can be seen in many criminals in maximum and minimum contrasting levels.*

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