



Assessment of Temperament of outdoor patients of DUMC: an observational study

Shagufta Nikhat¹ Shabir Ahmad Parray² Javed Ahmad Khan³

1. Professor, D/o Ilmul Advia, NRIUMSD, Hyderabad (Telangana)

2. Medical Officer, Directorate of Indian System of Medicine, J&K (India)

3. Assistant Professor, D/o Ain, Uzn, Anf, Halaq wa Asnan, Mohammadia Tibbia College, Mansoor Malegaon, Nashik MS

Corresponding Author:

Javed A Khan

Mohammadia Tibbia College, Mansoor Malegaon, Nashik (India)

ABSTRACT

Unani system of medicine is a well known traditional system of medicine in the world. The concept of *Mizaj* (Temperament) in the system is a unique feature as the diagnosis and treatment line is also as per this concept. In the given study an assessment of *mizaj* was done to the patients attending the OPD of Deoband Unani Medical College (DUMC), Deoband, during the year 2010-11 before consulting the physician. This assessment was done on the basis of classical concept and the parameters of *Ajnas-e-Ashrah*. On the basis of this concept, *mizaj* assessment was very helpful for the physicians to evaluate the treatment and prevention for the different diseases during this time as per classical treatment. In this study we tried to assess temperament (*Mizaj*), type of diet, sex ratio of 250 individuals on the basis of *Ajnas-e-Ashrah*.

Keywords: Temperament, *Mizaj*, *Ajnas-e-Ashrah*, *Quwa*, Unani system of Medicine

INTRODUCTION

The history of medicine is very old and with the passage of time, different system of medicine based on principles and philosophies of diagnosis and treatment were originated¹. Unani system of medicine (USM) is one of the oldest traditional systems of medicine; and has its own philosophies of diagnosis and hence treatment respectively^{1, 2, 3, 4}. The goals of Unani medicine are the maintenance of good health and healing of diseases.

Mizaj is one of the basic and fundamental concepts of USM. Ancient Unani physicians were very much devoted towards the concept of *Mizaj*. It forms the basis of pathology, diagnosis and treatment and holistic approach of USM⁵. The great Unani physician Ibn-e-Sina has described 10 parameters or signs through which the states of *Mizaj* of any individual can be recognized. These parameters are related with the morphological,

physiological and psychological conditions of the individual; and are known as determinants of *Mizaj or Ajnas-e- Ashrah*^{3, 6}. The modern concept of temperament is very limited to the psycho-somatic behavior, while as meaning of *Mizaj* in USM has broader meaning^{7, 8, 9}. It is evident that apart from genetic influence the ultimate physiological and anatomical set up of an individual (as temperament of an individual) is influenced by external factors, which are known as *Iktisabi Awamil*⁹. However, this assessment of a person is though rough and approximate, is not only supplemental but encompasses the physical, chemical, anatomical, and physiological aspects of constitution as a whole and thus has the great merit of correlating both structure with function as well as body with mind.

Although the Unani system of medicine is the oldest system of medicine and the concept of *Mizaj* is backbone of Unani system of medicine. Keeping in mind, the importance of *Mizaj* concept and its correlation with different diseases, a format for the assessment of *Mizaj* on the basis of *Ajnas-e- Ashra* was introduced in the DUMC, Deoband for treatment and prevention as per Unani System of Medicine.

MATERIAL AND METHODS

Sample

For the present study, 250 randomly varied ages, either sex of patients attending the OPD of Deoband Unani Medical College, Deoband, were selected for the assessment of *mizaj* during the year 2010-11.

Inclusive Criteria:

Either sex of individuals of age 20-70 years of age.

Exclusion Criteria:

Individuals below the age of 20 or above the age of 70 years respectively

Informed Consent

An informed consent form was given to the volunteers during this study. The purpose of the informed consent form was to obtain permission from each of the volunteers in their willingness to take part in this study. The form clearly indicated what exactly the study demands, what the volunteers expect from the study, the minimal risk and benefits of their participation, and guaranties of confidentiality. It has also stated the volunteer's ability to withdraw from the study at any time without penalty.

Determination of *Mizaj*

The objective parameters described in literature and quoted in review were assessed to determine the *Mizaj*. The assessment if *Mizaj* of the volunteers was made on the basis of a self-designed proforma (questionnaire) prepared in the light of criteria, described in Unani classical literature i.e *Ajnas-e-Ashra*. The proforma of the *Mizaj* was fulfilling by asking the questions and the grading was done as per observation or assessment (Table 1).

Table 1
Assessment of Temperament

| | | Assessment of Temperament | | | | | | | |
|-----------------------------------|--|---------------------------------------|--------|-----------------------------|------|-------------------------------|-------------|-------------------------------|-------------|
| Morphological | Parameters | Damvi (Sanguine) | | Balghami (Phlegmatic) | | Safravi (Bilious) | | Saudavi (Melancholic) | |
| | Complexion | Ruddy (Reddish) | 1 | Chalky (Whitish) | 0.75 | Pale (Yellowish) | 0.5 | Purple (Blackish) | 0.25 |
| | Built | Muscular & Broad | 1 | Fatty & Broad | 0.75 | Muscular & Thin | 0.5 | Skeletal | 0.25 |
| | Touch | Hot & Soft | 1 | Cold & Soft | 0.75 | Hot & Dry | 0.5 | Cold & Dry | 0.25 |
| | Hair | Black & lusty thick. Rapid Growth. | 1 | Black & thin Slow Growth | 0.75 | Brown & Thin. Rapid Growth | 0.5 | Brown & Thin. Slow Growth. | 0.25 |
| | Physiological | Movement | Active | 1 | Dull | 0.75 | Hyperactive | 0.5 | Less Active |
| Diet (Most liked) | | Cold & Dry | 1 | Hot & Dry | 0.75 | Cold & Moist | 0.5 | Hot & Moist | 0.25 |
| Weather (Most Suitable) | | Spring | 1 | Summer | 0.75 | Winter | 0.5 | Autumn | 0.25 |
| Sleep | | Normal (6-8 hrs.) | 1 | In excess | 0.75 | Inadequate | 0.5 | Insomnia | 0.25 |
| Pulse | | Normal (70-80/min) | 1 | Slow (60-70) | 0.75 | Rapid (80-100) | 0.5 | Slow (60-70) | 0.25 |
| Psycho logical | Emotion | Normal | 1 | Calm & quiet | 0.75 | Angry | 0.5 | Nervous | 0.25 |
| Total | Range of Temperament in range | | | | | | | | |
| | Sanguine: 7.51-10 Phlegmatic: 5.10 - 7.50 Billious: 2.51 – 5.0 Melancholic: 0.0 – 2.50 | | | | | | | | |

Study Design

Observational study for the assessment of Mizaj

Sample size: 250 volunteers

Duration: Patients attending the OPD during 2010-11

Procedure of study:- The subject fulfilling the inclusion criteria were selected, then their temperament was assessed by a pre-structured proforma designed for the assessment of Mizaj.

Data Analysis:

Data were tabulated in a systemic way for presentation and analysis on the basis of recorded parameters including demographic profile. Statistical analysis was done if need.

Documentation:

Records have been kept for the future assessment in the department of Moalejat, Deoband Unani Medical College, Deoband.

RESULT AND DISCUSSION

The study was carried out on 250 patients attending the OPD of Deoband Unani Medical College, Deoband. On the basis of sex, total numbers of patients were 154 and 96 male and female respectively. Majority of the patients were between the age group of 31-40 years (20%) 65 patients and least age group of 61-70 years (14.8%) 37 patients in both the groups. Among male, the patients in age group of 41-50 years were highest (39 which constitutes 15.6%) and in female, the highest number of patients were age group of 31-40 years (29

which constitutes 11.6%) respectively (Table 2). On the basis of diet, most of the patients were having mixed diet 85.2% (213) and pure vegetarians were of only 14.8% (37) (Table 2).

On the basis of occupation, majority of them were (98, which constitutes 39.2%) and least were from tailors (07, which constitutes 2.8%) respectively (Table 2). The other occupation includes labour, housewives, businessman and teacher which constitute 25.6%, 21.2%, 6.8% and 4.4% respectively (Table 2).

Table No. 2
Distribution of Patients according to Age, Sex, Dietary Habits and Occupation

| Age | No. of Patients | % |
|-----------------------|-----------------|------------|
| 20-30 | 43 | 17.2 |
| 31- 40 | 65 | 26 |
| 41- 50 | 60 | 24 |
| 51- 60 | 45 | 18 |
| 61- 70 | 37 | 14.8 |
| Total | 250 | 100 |
| Gender | | |
| Male | 154 | 61.6 |
| Female | 96 | 38.4 |
| Total | 250 | 100 |
| Dietary Habits | | |
| Mixed diet | 37 | 14.8 |
| Vegetarian | 213 | 85.2 |
| Total | 250 | 100 |
| Occupation | | |
| Farmer | 98 | 39.2 |
| Labour | 64 | 25.6 |
| House wife | 53 | 21.2 |
| Business Man | 17 | 6.8 |
| Tailor | 07 | 2.8 |
| Teacher | 11 | 4.4 |
| Total | 250 | 100 |

On the basis of religion, only Muslims and Hindus have attended the OPD. Majority of the patients were of Muslim community (147, which constitutes 58.8%) and followed by Hindu religion (103, which constitutes 41.2%) respectively (Table 3). It is due to the dominancy and high percentage of these two religions in the area. Similarly, on the basis of addiction, most common addiction which was found smoking 33.2% (83); followed by tobacco and alcohol 21.5% (41) and 7.6% (19) respectively (Table 4).

Table No. 3
Distribution of patients according to Religion

| Religion | No. of patients | % |
|--------------|-----------------|------------|
| Muslim | 147 | 58.8 |
| Hindu | 103 | 41.2 |
| Christian | 00 | 00 |
| Sikh | 00 | 00 |
| Total | 250 | 100 |

Table No. 4
Distribution of patients according to Addiction

| Addiction | No. of patients | % |
|--------------|-----------------|------------|
| Smoking | 83 | 33.2 |
| Tobacco | 41 | 16.4 |
| Alcohol | 19 | 7.6 |
| None | 107 | 42.8 |
| Total | 250 | 100 |

According to body built, highest number of patients were fatty and muscular 37.2% (93), followed by moderate, thin and strong and thin as 30.8% (77), 18.4% (46) and 13.6% (34) respectively (Table 5).

Table No. 5
Distribution of patients according to Body Built

| Body Built | No. of patients | % |
|------------------|-----------------|------------|
| Moderate | 77 | 30.8 |
| Thin & Strong | 46 | 18.4 |
| Fatty & Muscular | 93 | 37.2 |
| Thin | 34 | 13.6 |
| Total | 250 | 100 |

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When *Mizaj* was assessed on the basis of *Ajnas-e- Ashrah* it was found that out of 250 individuals visiting Deoband Unani Medical College, Deoband. The highest number of patients were of *Damvi Mizaj* (Sanguine) 35.6% (89), whereas the less patients were of 14.8% (37) *Saudavi* (Melancholic) respectively. The *mizaj* of other patients was *Balghami* (Phlegmatic) and *Safravi* (Bilious) *mizaj*, which constitutes 32.4% (81) and 17.2% (43) respectively (Table 6).

Table No. 6
Distribution of patients according to Mizaj

| Mizaj | No. of patients | % |
|--------------|-----------------|------------|
| Balghami | 81 | 32.4 |
| Damvi | 89 | 35.6 |
| Safravi | 43 | 17.2 |
| Saudavi | 37 | 14.8 |
| Total | 250 | 100 |

The predominance of *Damvi mizaj* among the volunteers may be due to *Sinne Shabab*, which is considered as *Har Yabis* age^{3, 10}, so in this age group (20-40years), prevalence and susceptibility to *Har Mizaj* of the individuals should be higher as was found in this study. The participation of more numbers of Muslim

volunteers was because of Muslim dominated area so the participation of Muslim volunteers was inevitable (Table 3)

Mizaj is one of the unique concepts of Unani system of medicine by which the Unani physician explain the properties of different types of individuals, properties of drugs and pathophysiology of different diseases^{9, 11}. Mizaj has an important role in diagnosis and treatment in Unani system. The mizaj of individual is not an incidental phenomenon. One attains one's temperament while in the womb by hereditary from parents and intrauterine environment, and after birth by extra uterine environment. Once a temperament established during life it will be modifies by ambient environmental factor alone^{7, 12}. The great Unani physician Ibn-e-Sina has described 10 parameters or signs, which are called as determinants of *Mizaj or Ajnas-e- Ashra*, through which the states of *Mizaj* of any individual can be recognized^{3, 6}.

In Unani system of medicine, the *Asbab sitta zururiyah* (six essential factors) are the potent factors to maintain the health of an individual. One among them is related with the diet schedule and hence the influence on the individuals morphological as well as physiological aspect respectively. Infact, it is evident that apart from genetic influence the ultimate physiological and anatomical set up of an individual (as temperament of an individual) is influenced by external factors, which are known as *Iktisabi Awamil*⁹.

Conclusion

From the present sample size of 250 patients with above materials method and observation it was concluded that the predominance of *Damvi mizaj* was found highest in numbers of patients that visited the OPD and least in *Saudavi*. The results were quite similar with the age distribution and as per Unani concept of *mizaj* distribution commonly mentioned in literature.

However, the data so obtained so far is provisional and further more extensive study in a large sample size with some advance equipment is in need to clear the correlation between *mizaj* and body weight respectively .

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Conflict of interest

None

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