



Concept of Temperament (Mizaj)-A Review Article

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Abstract:

Unani Tibb is a holistic traditional system of medicine. Temperament of a person represents its physical constitution and tendencies. It is believed in Tibb that imbalance in temperament predisposes human body to various diseases by producing a biotic imbalance with in body. Causes of initial imbalance in temperament lies in more subtle elements of life like air, water, food, rest, activity, work, evacuation of wastes, sleep etc. Health can be preserved and maintained as long as overall quality of humours is in harmony with overall quality of the temperament of the individual and humoral balance is influenced by lifestyle factors. Hence temperament acts as a guiding force for maintenance and preservation of individuals' health.

Keywords: Temperament, Classification of Mezaj, Humour, Lifestyle factors

I. Introduction

The fundamentals of Unani medicine are mainly based upon the temperament (Mizaj) and humours (Akhlat). It was described by various eminent Graeco-Arab physicians like Jalinoos, Abu Bakr Mohammad Bin ZakariaRazi, Ali Ibn-e- Abbas Majoosi, RabbanTabri, Ibn-e- Rushd and other eminent Unani scholar in their literatures. According to them the specific temperament is present in every individual. The temperament of an individual is broadly classified into four types as Phlegmatic (Balghami), Sanguine (Damvi), Bilious (Safravi), and Melancholic (Saudavi). These four types of temperaments of individuals are very important for treating various diseases. Unani System of Medicine trusts that every individual has their own unique temperament according to their humoral constitution, lifestyle and environmental conditions. The interaction between four elements in the body produces various states which determine the temperament of an individual. Any deviation from normal temperament results into disease. The management of the disease depends upon the correction of

altered temperament by using various regimens and drugs. In Unani system, the temperament of the individual is very important and it is believed to be the result of the interaction of the elements. For maintaining the health of an individual, it is imperative to maintain temperament. It is also very important to keep the temperament in mind while diagnosing a disease. Temperament is also important in the treatment of diseases with natural remedies derived from Herbo-animo-mineral sources. It is also taken into consideration for identifying the most suitable diet and life style for promoting good health.

II. Classification/ Types of Temperament (Mizaj) according to humours (Akhlaat)

The human body comprises four body fluids namely –Dam (blood), Balgham (phlegm), Safra (yellow bile) and Sauda (black bile), constituted by initiation of different proportion of all four elements (Arkan). The temperament of a man is characterized both by the fluid element and its physiological and physiognomic effects, and it is expressed by the preponderance of a particular humour (Khilt) present in his body. Thus a man may be damvi (Sanguineous), Balghami (Phlegmatic), Safravi (Choleric) or saudavi (Melancholic) in nature according to the preponderance of dam, balgham, safra or sauda respectively.

1. Sanguine Temperament (Damwi Mizaj)

This type has also been called the 'Muscular' temperament. This temperament will be Hot & Wet in nature. It belongs to Air element. Individuals will look fair with muddy complexion, with full muscular development, large full veins and a large pulse. They are confident with positive thinking that is rarely anxious. They are very prone to involve themselves with physical excesses and as a result they often suffer from injuries and their sequels. Individuals with Damwiul Mizaj are very active, tense, moderately hypersexual, good appetite and full strong pulse. They have slight feeling of heaviness in their body.

2. Phlegmatic Temperament (Balghami Mizaj)

This type has also been called the 'Lymphatic' temperament. This temperament will be Cold & Wet in nature. It belongs to Water element. It displays a fair complexion, light hair, general softness and laxity of tissues and a pulse that is soft and wide. People of this types tend to feel the cold acutely. The Phlegmatic type is slow and sluggish, apathetic and not readily excited they easily become flabby and overweight. They experience excessive heaviness of the body.

3. Choleric Temperament (Safrawi Mizaj)

This type has also been referred to as the 'Nervous' temperament. This temperament will be Hot & Dry in nature. It belongs to Fire element. It is characterized by a slim build and by much nervous activity. These are passionate people, quick to become excited or angry and just as quick to forget their excitement. They live on their nerves and because of this they are susceptible to brain and nervous disorders. Their pulse tends to be sharp and quick. The skin in this type appears yellowish, and this temperament occurs often in those with brown hair.

4. Melancholic Temperament (Saudawi Mizaj)

This type of temperament will be Cold & Dry in nature. It belongs to Earth element. Usually the individual has a darkish complexion and appears emaciated. Their tissues are hard and dry and their pulse is narrow and thready. This temperament is prone to frequent spells of pessimism, a gloomy state of mind with

much depression. The individuals with melancholic temperament are more slender and lean. They don't tolerate dry food and they like moist things. Also their skin is black and colorless.

III. Lifestyle Factors and Temperament

The approach towards health and its preservation should be individualistic and based on temperament. Health maintenance and disease prevention can be improved when linking it to the specific constitutional type of person, knowing how to eat, live and medicate properly¹⁹. Hippocrates emphasized that all living organisms grew at the expense of their environment, using what was needed and expelling that which was unnecessary. The progression of Greek medicine linked six lifestyle factors as strong influences on the temperament of the individual. These factors when in harmony with the temperament promote good health and facilitate efficient healing. When these lifestyle factors are not well managed in line with one's temperament it creates an internal environment conducive to illnesses. The six lifestyle factors are food and drink, environmental air and breathing, physical and mental movement and rest, sleep and wakefulness, emotions and elimination and retention²⁸. The concept of temperament does not negate microbes as causative agents in disease instead it explains that the activating factor to microorganisms defeating bodily defenses is due to the imbalanced temperament²⁰.

IV. Healthy Living guidelines for each Temperament

Below are the four temperamental body types with associated elements, qualities and humor. Identification of the differences between the four temperaments includes physical observational features, skin texture and temperature, speech, appetite, sleep patterns, methods of learning, mental activity, personality traits, emotional and behavioral tendencies as well as possible disease predispositions with common associated signs and symptoms. An over accumulation of the dominant quality associated with a temperament will produce negative effects, therefore an important guideline for the maintenance and preservation of health is to follow a lifestyle program suited to the temperament^{2,4,15,21}.

1) Sanguinous temperament

(Element-air / quality hot and moist / humor-blood)

Oval face with reddish complexion, deep set almond-shaped eyes with prominent capillaries, small chin and small lips, moderate frame with more muscular tissue than fat, solid shape, shapely legs and arms, joints are well formed and prominent, amacho stride (gait), hairs of the head are thick and oily, early hair recession in some men, skin is warm somewhat moist and soft to the touch with veins that are apparent. Their speech is clear, moderate to loud and they judge by feeling, they have a strong sense of smell and taste, most effective method of learning is via flowcharts whilst looking for the source of information. They incline to a moderate to active lifestyle with good stamina and physical endurance. Elimination- bowel habits are regular, stool is soft, urine often golden yellow and they perspire easily. Menstruation tends to be painful.^{2,4,15,19,20,21,23,28}

The following lifestyle factors are best suited for the Sanguine temperament for health preservation:

➤ Environmental air and breathing:

Avoid prolonged periods in humid conditions. Keep cool in hot weather and warm in wet weather. They can tolerate cold conditions. They should take precautions during the spring season.

➤ **Food and drink:**

They should consume more protein and less carbohydrates, as well as more fruit and vegetables. They should ensure that their fat intake is minimal. They should preferably drink cool water and avoid excessive sugar, rich fatty foods and excess meat consumption. Seafood is better suited for them. Moderation in eating habits is essential to avoid metabolic illnesses. Intermittent fasting programs are highly recommended.

➤ **Movement and rest:**

Light weight training, brisk walking, jogging and aerobics for 15-30 minutes daily are suitable activities for this temperament. Proper rest between exercise sessions are crucial to avoid soft tissue injuries. They should avoid strenuous exercise for prolonged periods.

➤ **Sleep and wakefulness:**

6-7 hour of sound sleep is essential for this temperament. Sleeping less than 5 hours or more than 8 hours will be harmful. Oversleeping or sleeping after sunrise could be harmful. Afternoon naps are beneficial.

➤ **Emotions:**

Excessive excitement, worry, anger or emotional excesses are detrimental to them. Relaxation techniques like deep breathing exercises, meditation and visualization are beneficial.

➤ **Elimination:**

A generous consumption of fruit and vegetables is important in order to maintain regular bowel habits. Adequate water intake is needed to maintain optimum kidney function. Wet cupping once per season or donating blood twice a year is recommended. ^{2,4,15,19,20,21,23,28}

➤ **Common signs/symptoms and disease**

Congestive headache, dizziness, vertigo, oversleeping, hemiplegia, facial paralysis, syncope, high blood pressure, aneurysm, pleurisy, weakness of the heart, irritable bowel syndrome, anal prolapse, dysentery, diabetes, urinary tract infection, dysmenorrhea, gonorrhea, inflammation of the ovaries and fallopian tubes, endometriosis, uremia, gout, diabetes, high cholesterol, reduced intestinal motility, respiratory catarrh, asthma, genitourinary disorders, hypersensitivity and capillary congestion amongst others. ^{2,4,15,19,20,21,23,28}

2) Bilious temperament

(Element-fire / quality-hot and dry / humor-yellow bile)

Square-shaped face with flushed complexion, straight eyebrows, sharp angular features, broad strong jaw, wide forehead with a straight hairline, hair is thin and oily, eyes are penetrating and small to moderate in size with a yellowish tint, lean to medium body built, firm stride (gait), skin texture is warm and dry with prominent veins. Their speech is sharp and loud, they are talkative, they perceive by sight and judge by intuition, they look at the bigger picture, they are sharp minded, outspoken, a natural born leader, extrovert, very resourceful, brilliant intellect, they are dominant, impatient, irritable and short tempered. They can be fearless and rebellious. Elimination- stool is soft and loose, urine dark yellow, perspire easily. Menstruation tends to be excessive. ^{2,4,15,19,20,21,23,28}

The following lifestyle factors are best suited for the Bilious temperament for health preservation:

➤ **Environmental air and breathing:**

Increased heat affects them the most, excess sun exposure/hot climate should be avoided. They work well in cool, fresh and properly ventilated environments. Summer has a drastic effect on them.

➤ **Food and drink:**

They should avoid excess salt, salty foods, fats, fried foods, vinegar, sour/fermented food, hot spices and red meat intake. They should include more milk, dairy products, ice cold drinks, fruit and vegetables. They should ensure adequate to extra water intake. They should eat slow and not eat whilst working.

➤ **Movement and rest:**

They should avoid strenuous exercise and they should manage their heat levels well, time of exercise should be early in the morning or late in the evening to avoid the midday heat. Proper rest and adequate hydration after exercise are essential.

➤ **Sleep and wakefulness:**

A good night sleep for 6-7 hours is essential, 1 hour rest/nap after lunch is beneficial especially during summer. They are prone to insomnia especially during periods of over working.

➤ **Emotions:**

Extreme emotions of anger, irritability, excessive speech, and suppression of anger are most harmful for this kind of temperament. Meditation and breathing exercise in a natural environment is beneficial especially at the time of emotional turmoil.

➤ **Elimination:**

2-3 liters of water is essential to eliminate heat and toxins especially in summer and spring. Cupping, massage and hydrotherapy are beneficial. Laxatives should be considered. ^{2,4,15,19,20,21,23,28}

➤ **Common signs/symptoms and disease**

Bilious headache, stress and anxiety, chronic fatigue syndrome, migraines, dizziness, mania, heart palpitations, cardiomegaly, hay fever, gastritis, vomiting, nausea, dysentery, hepatitis, jaundice, nephritic and nephrotic syndrome, menorrhagia, erectile dysfunction and premature ejaculation, fevers, infections, rashes, urticaria, hyperacidity, eyestrain, hypertension and cardiovascular disorders among others. ^{2,4,15,19,20,21,23,28}

3) Phlegmatic temperament

(Element-water / quality-cold and moist / humor-phlegm)

They have round faces with full cheeks, large watery eyes, have medium to large frame, more fatty tissue than muscular tissue, they have a youthful build, bones are well covered and they have a slow gait. Veins are less visible and they have delicate soft, cool and moist skin. They have slow steady appetites with a low level of thirst and they can skip meals. They need at least 8 hours of sleep and they do tend to oversleep. They are introverts, calm, accommodating, patient, good listeners, shy, self-contained, indecisive, have sentimental subjective thinking, emotional, sensitive and cool minded. Elimination- stool tends to be thick and sticky, their urine is transparent to light yellow and they have a low level of perspiration. Menstruation tends to be low in quantity and frequency. ^{2,4,15,19,20,21,23,28}

The following lifestyle factors are best suited for the Phlegmatic temperament for health preservation

➤ **Environmental air and breathing:**

Cold and wet environment affects them negatively. Air conditioners and exposure to coastal areas for prolonged periods should be avoided. Winter has a drastic effect on them.

➤ **Food and drink:**

Dairy products, refined carbohydrates, ice-cold drinks, creamy rich foods should be avoided or consumed in small amounts. Gluten could affect their digestion negatively. They digest meat easily however they should consume more chicken and fish than meat, they should include more hot and spicy foods in their diet.

➤ **Movement and rest:**

A sedentary lifestyle and oversleeping is harmful to them. Unnecessary resting/napping during day time especially one hour before sunset should be avoided. They should indulge in more strenuous exercise for longer duration. Aerobics, long distance running or weight training is beneficial for them.

➤ **Sleep and wakefulness:**

Sleep for 7-8 hours is sufficient, more than this will harm them and cause lethargy. Less than 6 hours will affect their mood and productivity. They should rise early in the morning and avoid over sleeping especially after sunrise.

➤ **Emotions:**

Fear, shyness, depression and self-pity are the emotional excesses for this temperament. Counselling, breathing exercises and prayer medicine are essential during emotional distress.

➤ **Elimination:**

Saunas and sweating are beneficial. Sweating should never be suppressed. Cupping therapy, purgatives and laxatives are also beneficial. ^{2,4,15,19,20,21,23,28}

➤ **Common signs/symptoms and disease**

They are naturally predisposed to phlegm related conditions, asthma, wet coughs, sinusitis, tonsillitis, phlegm congestion, water retention, edema, slow digestion, weight gain and obesity, metabolic syndrome, poor venous circulation, tendency towards depression, phlegmatic headache, sneezing, migraine, weak memory, epilepsy, oversleeping, infantile convulsions, bradycardia, low blood pressure, dyspepsia, diarrhoea, cholera, sluggish liver, anaemia, impotence, inadequate erection, bedwetting, weakness of the kidneys and bladder, leucorrhoea, amenorrhoea, prolapse of the uterus, arthritis and sciatica among others. ^{2,4,15,19,20,21,23,28}

4) Melancholic temperament

(Element-earth / quality-cold and dry / humor-black bile)

They have oblong/oval faces, small active shallow-set eyes, bony cheeks, arched eyebrows, high forehead and hair recession at the temples in men, they have less body and facial hairs of all temperamental types, a thin and bony frame, delicate, slender, elongated build with a quick and anxious gait. They have a rough, cold and dry skin with noticeable veins. They are analytical, detail oriented, their retentive faculty of mind is well developed; they tend to be perfectionists, they are practically efficient and dependable. They are thoughtful, logical, analytical, tendency to be fearful, insecure, anxious, introverts with a restless, philosophical and enquiring mind. They are naturally very imaginative and creative. Elimination- hard and dark stool, prone to

constipation, moderate to excessive urine and low perspiration. Menstruation tends to be irregular, low in quantity with clots.^{2,4,15,19,20,21,23,28}

The following lifestyle factors are best suited for the Melancholic temperament for health preservation.

➤ **Environmental air and breathing:**

Prolonged exposure to cold and dry air affects them negatively. Excessive exposure to air conditioners harms them. They should take caution in dry weather conditions like autumn. Humid and coastal areas are beneficial for their health.

➤ **Food and drink:**

They should avoid cold food, excessive beans, nuts, astringent foods and rancid fats which are harmful to them even in small quantities. They should consume less carbohydrates and more protein, fats, fruit and vegetables. White flour and gluten has a negative impact on their digestion. Excessive tea, coffee, soured and artificially flavored drinks should be avoided.

➤ **Movement and rest:**

Light to moderate exercise for short periods are best suited for them like brisk walking and jogging. Walking for 15 minutes after dinner facilitates good digestion.

➤ **Sleep and wakefulness:**

Early to bed for 6-8 hours is best suited for them. They are prone to insomnia and often struggle to fall sleep. They often find it difficult to rise early especially before sunrise. A 15-30 minutes break/nap after lunch is beneficial.

➤ **Emotions:**

Feelings of loneliness, grief, depression, and being overly philosophical may have a negative impact especially if prolonged, unresolved or excessive.

➤ **Elimination:**

They should prevent dryness by applying moisturizers on their skin. Drink at least 2 litres of water daily. Excessive white flour products can lead to irregular bowel movements. Bodily wastes like urine and stool should never be suppressed. Heating baths, cupping therapy, massage are recommended. Laxatives/purgatives are essential.^{2,4,15,19,20,21,23,28}

➤ **Common signs/symptoms and disease**

Melancholic headache, melancholia, insomnia, angina, thrombosis, embolism, arteriosclerosis, infarction, dry cough, asthma, pneumonia, gastritis, hyperacidity, constipation, piles, flatulence, colic pain, kidney stones, hysteria, psoriasis, cracked skin, gout, anorexia, anaemia, poor appetite, colon and gas related ailments, wasting, dehydration, osteoarthritis, neuromuscular disorders, and anxiety amongst others.^{2,4,15,19,20,21,23,28}

V. The role of Temperament in Preventative Medicine

In recent years the insights of Greek medicine has shifted from the fields of philosophy and psychology and moved into the realm of modern scientific research with focus on physiology, pathology and disease prevention in terms of quantifiable results²⁹. Re-interpreting the philosophical insights relating to temperament in terms of quantifiable scientific laws has led to research within many disciplines like genetics, physiology, biochemistry, enzymology, endocrinology and thermodynamics amongst others²⁵. A study done on

148 healthy volunteers aimed to provide scientific validation on the correlation of temperament and body mass index. The results showed statistically significant differences between phlegmatic and bilious temperaments. This suggests that the knowledge of temperaments can be employed as an early detection tool for those prone to diseases of lifestyle like obesity³⁰. A study on the effect of temperament on the menstrual cycle conducted on 294 patients showed a clear relationship between the frequency of menstruation and the temperament of participants²⁴. A similar study looked at pre-menstrual syndrome and the temperaments of different patients in terms of the common PMS symptoms like irritability, malaise, headaches, colon spasm, frequency of micturition, feeling of fullness in the breasts and abdomen, edema of the face and feet, short tempered nature, acne and depression. This study concluded that a close relationship exists between the PMS symptoms experienced and the temperament of the participants²⁶. The follow-up study which focused on blood groups and the temperaments of blood donors and their recipients for blood transfusions hypothesized that cross matching temperaments would lessen the ill effects commonly experienced after blood transfusions like jaundice, hemolysis of red blood cells, itching and skin rashes³¹. In clinical study it suggests a significant percentage (66% to 100%) correlation between patient temperaments and diagnosed clinical disorders in those patients. Clinical disorders assessed included asthma, hypertension, drug addiction, diabetes, HIV/AIDS, psoriasis, stress, eczema, menstrual disorders, menopause and arthritis. The study revealed that 80% of the clinically diagnosed patients with chronic bronchitis were of the phlegmatic temperament³³. This has relevance to chronic lifestyle disease prevention for obesity, diabetes and coronary artery diseases early detection can provide intervention and modification in terms of diet, exercise, emotions and the elimination of bodily wastes³⁴.

VI. Process of Temperament Assessment/ Diagnosis of Temperament (Mizaj)

Temperament (Mizaj) classifies human beings, diet, drugs etc. into four qualitative types: Hot & Dry, Hot & Wet, Cold & Wet and Cold & Dry. The knowledge about an individual's temperament is very important for treating various diseases. For the assessment of the temperament the unani physicians documented their different parameters. These are called as Ajnas-e-Ashra, which are as follows:

- A. Malmas (Tactus)
- B. Lehamwashaham (Flesh and Fat)
- C. Ashar (Hair- rate of growth, color, distribution)
- D. LaunulBadan (Body complexion)
- E. Haiyyatul Aaza (Physique)
- F. Kaifiyat-e-Infiyat Aaza (Responsiveness of organs)
- G. Naum-wa-Yaqzah (Sleep and wakefulness)
- H. Afal-ul- Aaza (Functions of the organs)
- I. Fuzlat-e- Badan (Wastes)
- J. Infiyat-e- Nafsaniya (Psychic Reactions)

A. Malmas (Tactus)

Through touching of the body two things are seen

- Body heat
- Hardness and softness of the body (Salabah, Laiyenat, Malasah and kushunah etc.)

B. LahamwaShaham (Muscle and Fat)

This is another criterion for determining temperament of the body. Thus, Laham –well developed and strong muscles, indicates toward hararat and rutubat of temperament. If the quantity of muscles is less and the body is devoid of fat, it indicates towards yubusat (dryness) of temperament.

Shaham and samin (Fats): Presence of both of them indicates towards burudat (Coldness) of temperament. The body of such person is flaccid. Deficiency of samin and shaham in the body indicates toward hotness of temperament. According to the Unani physicians the material causes (sabab-e-maddi) of deposition of shaham in the body is blood –fat and the efficient cause (sabab-e-fa'ili) is burudat.

C. Ash'ar (Hairs) : The following things are seen in the hairs

- Fast or the slow growth of the hairs
- Excess and the sparseness of the hairs
- Thickness or the thinness of the hairs
- Straightness or the curliness of the hairs
- Color of the hairs

D. Laun-u-l Badan (Colour of the Body)

The colour of the body also indicates towards a particular temperament. Different colors indicate toward different temperaments. According to “RabbanTabri” the real cause of bodily color is the dominance of particular khilt and its diversion towards the skin at the time of formation of the embryo, as we know the melanocytes are responsible for skin colors.

E. Hay'atul Aaza (Physique)

The temperament also affects the physique. Therefore, development of different organs of body and body build indicate towards particular temperament. Anatomically four types of personalities have been described which are probably influenced by the respective temperaments which are probably influenced by the respective termprament. These are:

- Hyper-sthenic type
- Sthenic type
- Hypo-sthenic type
- Asthenic type

F. KaifitatInfiyalul Aaza (Quality of organs to react):

This is seen by tendency of organs to accept the effect of heat or cold with slowness or fastness.

G. NaumWaYaqza (Sleep and Wakefulness)

The normal sleep and wakefulness indicates the presence of normal temperament, especially it indicates towards the temperament of the brain. Excessive wakefulness indicates towards hot and dry temperament, while excessive sleep indicates increased cold and wet (BaridRatab) temperament of the brain.

H. Af'aal-ul- A'aza (Functions of The Organs)

Different physiological function of the body are examined. Thus in the light of these functions the temperament is interpreted.

I. FuzlatulBadan (Excrements of the Body)

The inspection and examination of different excrement of the body also indicates towards certain temperament. According to the modern concept of the excrement of body are four types, which are described.

- Urine
- Faeces
- Sputum
- Sweat

J. Infi'alat-e- Nafsaniya (Psychic Reactions)

Under the heading of the whole psychological and mental setup of a man is studied and nervous functions are examined and interpreted in the light of facts given by the Unani physicians. The following chart can be helpful in evaluating the temperament.

The following chart can be helpful the temperament in evaluating

Name of the subject...

Age-----

Sex-----

Occupation-----

Address-----

Height Weight-----

Surface area-----

MALMS (Tactus)

Temperature: Morning-----

Noon-----

Evening- -----

Mean-----

Linat (Softness) / Salabat (hardness) rutubat (moistness) / yubusat (dryness).

Total quantity of water in the body-----

B.M.R.-----

LAHM, SAMIN AND SHAHM

Lahm (Muscles): Developed/under developed/Moderat

Samin (fat): Excessive/deficient/moderate Shahin (fat): Excessive/deficient/moderate.

SHAR (Hairs):Excessive/sparse/moderate

AZA NAFSANIYAH: Brain

QUWA NAFSANIYAH : Spinal Cord:

AF AL NAFSANIYAH : Nerves:

Special Sense organs:

NAUM AND YAQZAH (sleep and wakefulness)

Quality of sleep: Excessive / deficient / moderate.

Time of onset of sleep / time of awakening.

Kind of dreams.

INF'ALAT AL-NAFSANYAH (Psychical reactions)

Strong / weak / fast / slow

Persist for long time/fade away quickly.

Condition of: Anger, Fear, Cowardice, Bravery, Shrewdness, etc.

Talkativeness,

Thick thin/moderate

Curly Straight / black / red / brown / white etc.

LAUN AL-BADAN (colour of the body)

White / red / wheatish / yellow / bluish / ashy.

HAY AT AL-A'ZA' (stature)

Shape of the thorax: Wide/narrow/other shapes.

Blood vessels: Prominent/ buried. Extremities:

Joints:

Type of the body: Hypersthenic / sthenic / hyposthenic asthenic.

KAYFIYAT AL-INF'AL-Quality of being affected with

Heat /cold / moisture / dryness

Fast/Slow

NORMAL FUNCTIONS OF THE ORGANS:

Fast/Slow

A'ZA' TABIYAH) (Hadhm mi'di, hadhm kabidi & hadhm)

(‘Udhwi-Appetite- digestion-metabolism

QUWA TABI YAH &) (Liver function test.

AFAL TABI YAA) (Kidneys.

Reproductive organs:

Function of reproduction:

growth:

FAZALAT AL-BADAN :

Urine:

Stool:

AZA HAYWANIYAH,): Pulse: (All ten ajnas (divisions) of Pulse with their Subdivisions)

QUWA HAYWANIYAH): Blood Pressure-

AF AL HAYWANIYAH: Condition of the Heart-

Blood circulation-

Respiration: Inspiration-

Expiration-

Vital capacity etc—

Conclusion

The physical state, heat, and water are three criteria that can describe the conditions of a biological entity- organs, structures, biochemical compounds, liquids, and such. The combinations of the three physical characteristics of the four elements give rise to the temperaments. Abnormal temperament, called dys-temperament, occurs when the body or its organs deviate in one or two of the temperamental qualities. Here is where the Unani physician has to determine the qualitative deviation and amount of deviation. The physician's assessment of deviation will determine the types of medication to use and their potency. People of one type of temperament are prone to a particular group of diseases in different phases of their life and under different climatic conditions due to dominance of particular humor in particular temperament. This susceptibility can be checked by adopting the temperament specific regimens given by Unani physicians. Hence, temperament based preventive approach of Unani medicine can offer a better way for promotion and preservation of health with least cost.

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