

Temperamental Association in the Genesis of Ziqun-Nafas Shobi (Bronchial Asthma)

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Abstract :

Aims & Objectives:

The present study is a one-time observational cross-sectional, field survey based epidemiological study undertaken to know the temperamental association in the genesis of Ziqun-Nafas Shobi at Padrayanpura, Bangalore.

Methods :

Face to face interview was performed using a structured pre-tested questionnaire regarding the temperamental association, on a sample size of five hundred fifty five individuals who was based on known prevalence of Ziqun- Nafas Shobi in Bangalore.

Results and interpretation:

The highest prevalence (42.3%) was observed in the subjects aged 0-14 years ($P<0.0001$) followed by the subjects aged 45- 60 years that amounted to 20.83%. ($P<0.0001$). Children's are possessing cold moist temperament therefore ZNS was found to be more prevalent in them.

Conclusion and Interpretation:

The study demonstrated that there is a definite relationship between Temperament and the genesis of ZNS.

IndexTerms **Ziqun-Nafas Shobi, Prevalence, Temperament**

I. INTRODUCTION

Mizaj (Temperament) is the most important theory of Unani medicine that argue that every living and nonliving subject had been endowed with a special quality of having a state of hot, cold, dry and wet dominance at the time of its creation. As the basic matter of creation popularly acknowledged as fire, air, earth and water are also endowed with their own specific qualities of being hot and dry, hot and wet, dry and cold and wet and cold, respectively, therefore, the created objects in the form of animals, plants and earthy objects are also associated with one of the above mentioned four qualities in different proportions derived from the basic matters. Unani Tibb has mentioned the humours and their associated qualities as: (i) *Dam* (blood) as 'hot and moist'; (ii) *Safra* (yellow bile) as 'hot and dry'; (iii) *Balgham* (phlegm) as 'cold and moist' and; (iv) *Sauda* (black bile) as 'cold and dry'. The concept of temperament is a useful indicator for identifying the risk factors associated with individuals, as it indicates the predisposition that the individual has towards chronic disorders. Similarly a deviation from the normal state of temperament results in a disease, while every disease has some association with temperament. Some Unani Schorars like, Majoosi, Jurjani and Rabban Tabri, described that asthma is caused by Barid and Raqeeq khilt (cold and dilute fluid). They believed that such fluid develops more severe form of breathlessness.[1, 2, 3] The *Ziqun-Nafas Shobi* (ZNS) or bronchial asthma has been associated with cold and moist temperament and those having this temperament are prone to suffer from ZNS. It is also described as Ribu, bohar, Dama in different Unani text. (4,5,6,7,8,9,10,11.)

According to Abu Marwan Abdul Malik Ibne- Zohar, Ziqun Nafas is caused by accumulation of fluids in bronchioles. This matter descends from head. It also impend economic burden on affected Nations. (12, 13)

Ziqun Nafas Shobi is caused by viscid fluid which sticks in trachea and results in difficulty in breathing. (14) Indian studies are limited regarding asthma in children. Recent report shows wide variations (4 – 19%) in the prevalence of asthma in school going children from different geographic areas in India. (15)

According to NF HS 2 report the estimated prevalence of asthma in India is 2468 per 100, 000 persons the prevalence was higher in rural than in urban areas (2649 v 1966). (16) Childhood Bronchial Asthma has multifactor causation. Geographical location, environmental, racial, as well as factors related to behaviors and life-styles are associated with the disease. (17-19) Several studies had identified the prevalence of childhood asthma among Indian children. (20-31)

According to IbneSina life is divided into four stages first is the growth, which extends to the age of about twenty five years second is the maturity which lasts up to about thirty five to fourty years third is the middle age, which extend up to about sixty years and last is the senility during which the vital centers become progressively weak until death. According to some Unani terminologies ages can be divided in following categories first is the Sin-e-Namo (up to 25 yrs), second

category is the Sin-e- Shabab (26-40 yrs), third one is the Sin-e-Kuhulat (41-60 yrs) and last one is the Sin-e-Shaikhukhat(> 60 yrs).On the basis of this categorization the age groups were determined and Sine Namo (Growth age) was tested for preponderance of ZNS or Bronchial Asthma.

To test this hypothesis a field survey based epidemiological study was undertaken to know the temperamental association in the genesis of Ziqun-Nafas Shobi at Padrayanpura, Bangalore.

Methods

The sample size was estimated to be 555 subjects on the basis of known 15.32% prevalence of Ziqun- Nafas Shobi in Bangalore. Sample size was calculated by statistical analysis with an allowable error of 20%. Assuming an average of six candidates per household, 93 houses of the area were selected by using the computerized sampling table. Details of the population and the number of houses of the area were taken from the Bangalore Municipal Corporation.

Questionnaire

A detail questionnaire was used having necessary information regarding study. Questionnaire was divided into two parts. Part one included information regarding demographic profile and diagnosis. Part two included clinical examination, personal and environmental history. We have assisted the air flow obstruction by mini peak flow meter. Subjects were asked to hold the instrument exactly. Maximum air flow rate was achieved by a forced expiration. The procedure was repeated twice and the readings were noted twice in all the subjects to avoid the error. All subjects were auscultated to rule out the findings of asthma and the temperament was decided according to Alamat Amjiza. See figure no.1.

Criteria for the diagnosis of ZNS.

1. Did a doctor ever tell you that you had asthma/wheezing?
2. Do you still have asthma/ wheezing?
3. During the past 12 months, not counting colds or the flue, have you ever trouble with wheezing?

Parameters for determination of Temperament

Tables and Figures
Figure No. 1

Parameters for Temperament	Damvi (Hot & Moist)	Balghami (Cold & Moist)	Safravi (Hot & Dry)	Saudavi (Cold & Dry)
1. Body appearance	Muscular, Robust veins are prominent	Lose musculature, fatty/obese look excess fat ,not Prominent	Not thick, average/less musculature	Thin, emaciated weak musculature
2. Feel of body	Tough glazed & hot	Flabby ,soft loose & cold	Dry hard and hot	Hard & rough and Cold
3. Complexion of body	Brown, Reddish	Dusky	Pale	Dark, Purple
4. Type & colour of hair on the body	Thick dense but slow growth, black & Glazed	Thin & less but slow growth Brownish thick	Thick & dense but fast growth thin black and curly	Thick & scanty but fast growth brownish & thin
5. pulse	Full & strong	Slow, feeble, sluggish	Rapid regular	Wide & soft
6. Functions of the body	Reaction time fast	Reaction time slow, Slow movement	Excessive movement	Sense of anxiety, wake fullness
7. Mental alertness.	Enthusiastic and prepared	Dull, sluggish	Short tempered	Deep thinking
8. Behavior	Angry soon	Cool, calm	Irritative	Different from fellow beings

9. Thirst.	Normal	Less	Increase	False
10. Appetite	Normal	Less	Increase	Decrease
11. Sleep	Sound	Excessive	Less	Less & Disturbed
12. Urine colour	Conc. & reddish	Colourless white	Dilute pale	Smoky dark
13. Dreams	Occasional red Article	White article, lake, Water	Fire, Red & yellow Articles	Fearful
14. Sexual desire.	Excessive but Controlled	Occasional but Controlled	Uncontrolled	False & confused
15. Additional.	Epistaxis, like cold climate	Like hot climate	Dry & rough tongue, nauseating feeling, likes cold climate	Heart burn, dark circle around eyes likes hot climate and things

Table No. 1
Distribution of study subjects according to Temperament (Mizaj) (n=555)

Types of Mizaj (Temperament)	No. of individual	Percentage
Damvi (Sanguine)	177	31.89 %
Balghami (Phlegmatic)	161	29%
Safravi (Bilious)	179	32.25%
Saudavi (Melancholic)	38	6.84%
Total	555	100

Graph 1

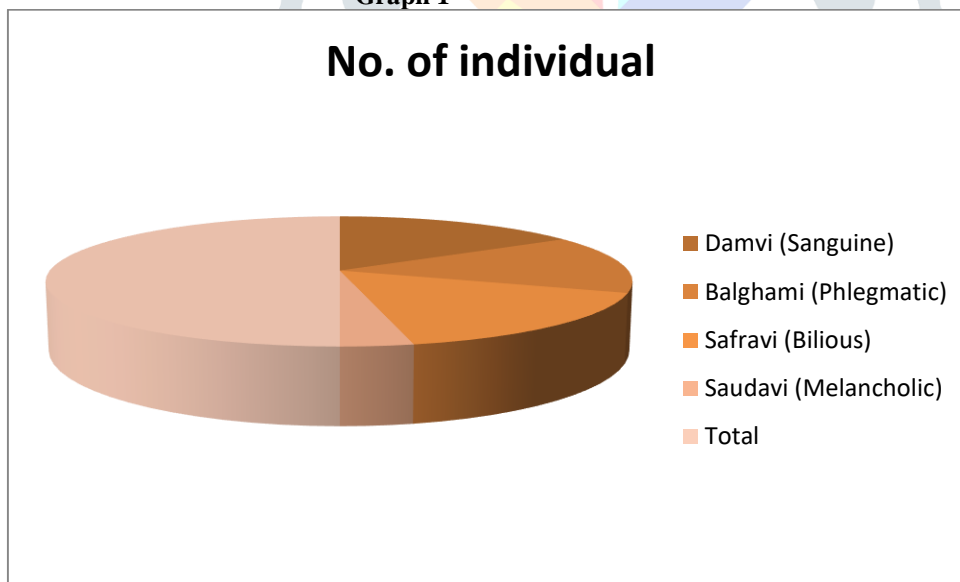


Table No. 2
Distribution of subjects according to age group and their temperament

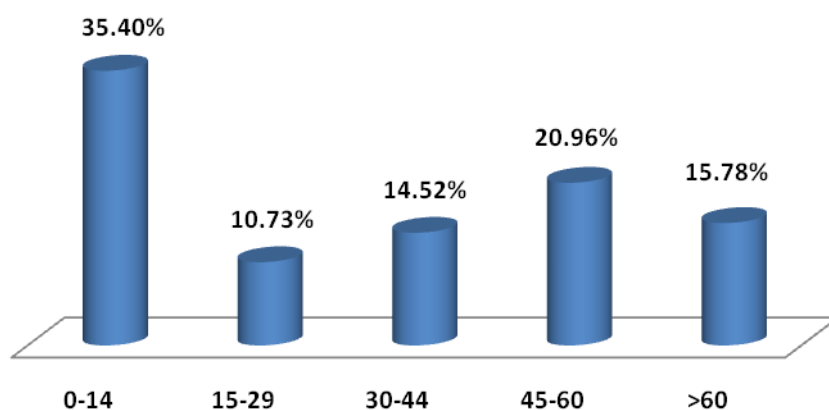
Age Groups in years	No. of Individuals	Percentage	Temperament
0-14	161	29%	Phlegmatic
15-29	177	31.89%	Sanguineous
30-44	117	21.08%	Bilious

45-60	62	11.17%	Bilious
>60	38	6.84%	Sodavi
Total	555	100%	

Among the study population 161 (29%) subjects were in the 0-14 years age group having phlegmatic temperament, 177 (31.89%) were in 15-29 years age group having Sanguineous temperament, 117 (21.08%) were in 30-44 years age group having Sanguineous temperament, 62 (11.17%) were in 45-60 years age group having bilious temperament, 38 (6.84%) were in >60 years age group having Sodavi temperament.

Graph No. 2

PREVALENCE OF ASTHMA ACCORDING TO AGE GROUP



In the study population the prevalence of Asthma among people in age group 0-14 year was 35.4%, among 15-29 years was 10.73%, among 30-44 years was 14.52%, among 45-59 years was 20.96%, among >60 was 15.78%. $P < .0001$, Chi-Square test showed that the finding were statistically highly significant.

Discussion and conclusion

In our study, prevalence of Asthma was highest in age group of 0-14 years and lowest in the age group of 15-29 years. The findings are in consonance of reports of a study conducted by K.J.R Murthy and J.C Sastry which showed that the prevalence was higher in the smaller age group. They have shown high percentage of incidence of asthma in age group of 1-5 years. (12) Increasing pattern of asthma could be seen in smaller age groups due to higher vulnerability of children to allergic conditions and cold environmental conditions.

According to Avicenna the viscid fluid responsible for Ziqun nafas Shobi sometimes produced due to the coldness of lungs, sometimes it may be produced due to the fluid in stomach which descends in stomach from head or produced with in the stomach, sometimes these fluids may produced with in the lungs or nearby organs.(2)

According to Author of Al Akseer Ribu Barid is caused by Baroodat of lungs.(6)

Ajmal Khan in Al Haziq described two types of Ziqun Nafas Shobi. According to him in Martoob Daman (wet type) there is collection of phlegm in the air way beside their spasm leading to dyspnoea.(7) As discussed above ZNS (Martoob Dama) is caused by excess of moisture and coldness and those having moist and cold temperament are more susceptible to develop ZNS. Since the temperament of children is described to be moist, and cold that is why Ziqun-Nafas Shobi was found more prevalent among smaller age group. [2]

The finding suggests that the hypothesis that moist and cold temperament is suitable for ZNS is true and is concordant with our scholars.

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