



**CLINICAL ASSESSMENT OF TEMPERAMENT (MIZAJ) OF PATIENTS WITH
DIABETES MELLITUS (ZIABETES SHAKRI) ATTENDING THE OUT PATIENT
DEPARTMENT OF AHWC'S OF DISTT.PULWAMA (J&K)...AN OPEN STUDY**

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ABSTRACT

Background: Temperament (*Mizaj*) is defined as the admixture of four humours (*Akhlat*) the quantity and quality of which determines the particular *Mizaj* of an individual. Every individual has its own unique *Mizaj* (temperament), hence reacts to various internal and external stimuli viz .air, water, diet, drug, climate, emotions, body reactions etc. differently according to temperament. Hence, *Mizaj* predisposes an individual to a particular group of diseases. According to the classical texts of *Unani* Medicine, it is the concentration, quality and quantity of humours which forms the base and cause of health and disease in an individual. As per *Unani* doctrine, *Mar'd* (Disease) is caused either due to *Su' Mizaj* (abnormal temperament), *Su' tarkib* (abnormal composition/structure) or *Taffaruk Ittesal* (discontinuity)^[1-7] This study was conducted at different Ayush Health & Wellness Centres of Distt. Pulwam, Jammu & Kashmir to assess the *Mizaj* (Temperament) of patients with Diabetes mellitus. Out of 400 patients enrolled for the study, 344 (86%) were *Balghami*, 20 (5%) were *Damwi*, 36 (9%) were *Safravi* and none was of *Sawdawi Mizaj*. Thus, from the study, it was evident that the temperament (*Mizaj*) of most of the patients with the above mentioned metabolic disease is *Balghami* followed by *Safravi* and *Damwi* and there was no patient with *Sawdawi Mizaj*.

KEYWORDS: *Mizaj*, Humours, Unani, Metabolic diseases, Diabetes mellitus, *Mar'd*, Temperament (*Mizaj*).

INTRODUCTION

As per the fundamentals of *Unani* system of medicine, *Mar'd* (disease) occurs due to *Su'- Mizaj* (impaired temperament), *Su'-Tarkib* (abnormal composition/structure) or *Tafarruq-i-Ittisal* (discontinuity). *Su'-Mizaj* (impaired temperament) has again been divided into *Su'-Mizaj Harr* (impaired hot temperament), *Su'-Mizaj Barid* (impaired cold temperament) *Su'- Mizaj Ratb* (impaired moist temperament), *Su'-Mizaj Yabis* (impaired dry temperament)^[1-7] The diagnosed patients of metabolic disease Diabetes mellitus (*Ziabetes shakri*) were assessed for their temperament (*Mizaj*) using the standard Temperament Assessment form prepared by Central Council for Research in Unani Medicine (CCRUM). Ministry of AYUSH, Govt of India.

The study was conducted at the Out patient Deptt.(OPD) of different Ayush Health & Wellness centres of Distt Pulwama Jammu and Kashmir from November 2022 – Aug. 2023.

OBJECTIVES OF THE STUDY

The objectives of the study are

To assess the Temperament (*Mizaj*) of patients with metabolic disease, Diabetes mellitus (*Ziabetes shakri*).

Methodology:- The study was conducted on a sample size of 400 patients in the OPD & special NCD screening camps of different Ayush Health & wellness centres of Distt. Pulwama Jammu & Kashmir. The criteria for selection of patients was known cases of patients with Diabetes mellitus (*Ziabetes shakri*).

1. Inclusion Criteria

- Clinically diagnosed patients of Diabetes mellitus (*Ziabetes shakri*)
- Sex-Male, Female, Transgender.
- Patient in age group of 20 to 60 years.
- Willingness to sign the informed consent form and participate in the study voluntarily.

2. Exclusion Criteria

1. Patients below 20 and above 60 years
2. Patients who fail to give consent.

3. Patients not willing to be enrolled for the study

Selection of cases

The source for selection of cases was the Out-patient department & Non-communicable disease(NCD) screening camps of different Ayush Health & wellness centres of Distt. Pulwama of Jammu & Kashmir. History and clinical examination was the basis for enrolling patients for the study. Patients were selected on the basis of complete history, present and past and general physical and systemic examinations. Specially designed case record forms were used for the recording of the details of the patients which included name, age, sex, address, occupation, marital status, socio economic status, dietary habits, educational background, income, chief complaints, history of present illness, past history, family history, treatment history etc. General

examination include pulse, BP, temperature, respiratory rate, build, skin, hair, tongue, eyes, nails, legs and feet etc. Systemic examination was carried out to rule out any involvement of that particular system.

Consent of the patient

Before enrolling the patients for the study, every patient was provided a set of specially designed Informed Consent Form (ICF) which included all the relevant information about the study with all the options to ask any query regarding the study.

Assessment of Mizaj (Temperament)

Temperament of each patient was assessed as per the specially designed questionnaire format prepared by Central Council for Research in Unani Medicine (CCRUM), Ministry of AYUSH, Govt. of India.

PARAMETERS	DAMVI (Sanguine)		BALGHAMI (Phlegmatic)		SAFRAVI(Bilious)		SAWDAMI(Melancholic)	
COMPLEXION	Ruddy (Reddish/wheaty/brown)	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
MOVEMENT	Active	1	Dull	0.75	Hyperactive	0.5	Less Active	0.25
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
EMOTIONS	Normal	1	Calm & quiet	0.75	Angry	0.5	Nervous	0.25

Total = Range of temperament in numbers

Sanguine: 7.5-10; Phlegmatic: 5.10-7.50; Bilious: 2.51-5.00; Melancholic: 0.00 – 2.50

Damvi

Balghami

Safravi

Sawdawi

OBSERVATIONS AND RESULTS

Table 1: Showing Age of patients (n=400).

Age in years	No. of Patients	% age
20-30	28	7%
31-40	122	30.5%
41-50	178	44.5%
51-60	72	18%

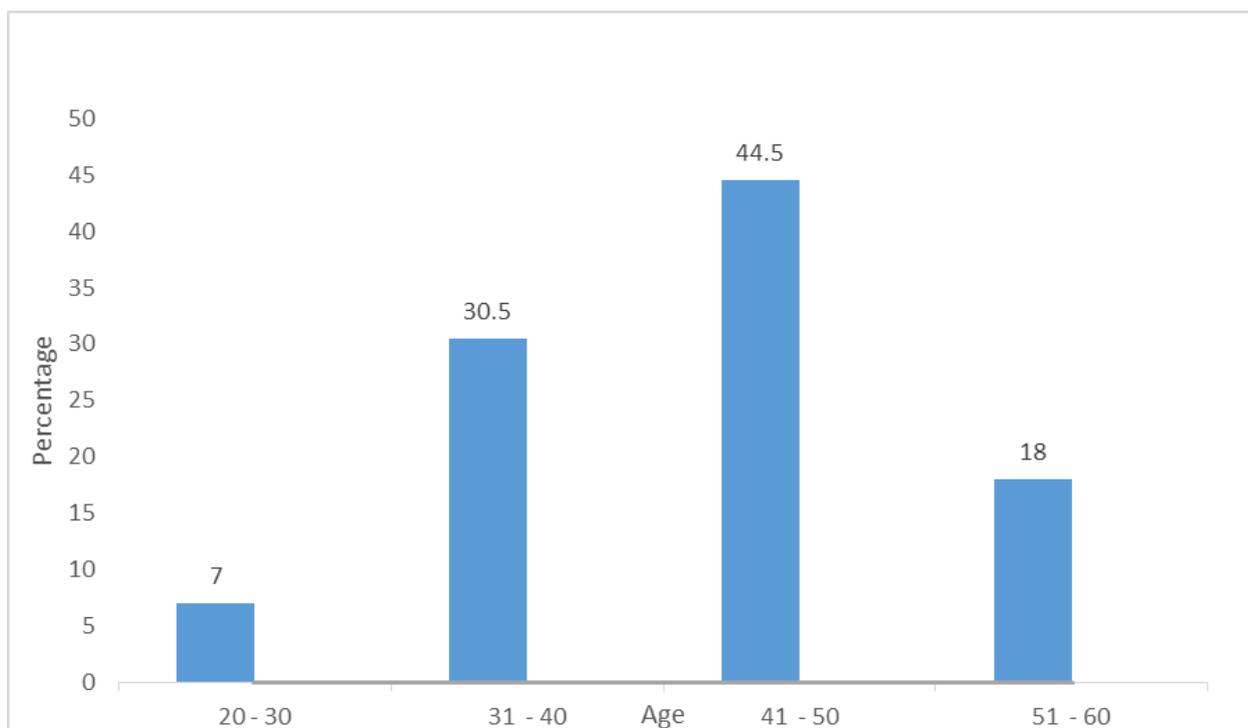


Figure Depicting Age distribution of patients with Diabetes mellitus(*Ziabetes shakri*) that maximum no. of patients belonged to age group 41-50 years(44.5%),followed by 31-40 years(30.5%),51-60 years(18%) and least in 20-30years(7%).

Table 3: Showing Temperament (*Mizaj*) of patients with metabolic diseases (n=400)

Type of Temperament (<i>Mizaj</i>)	No.of patients	%age
<i>Balghami</i> (Phelgematic)	344	86
<i>Safravi</i> (Bilios)	36	9
<i>Damwi</i> (Sanguine)	20	5
<i>Sawdawi</i> (Melancholic)	0	0

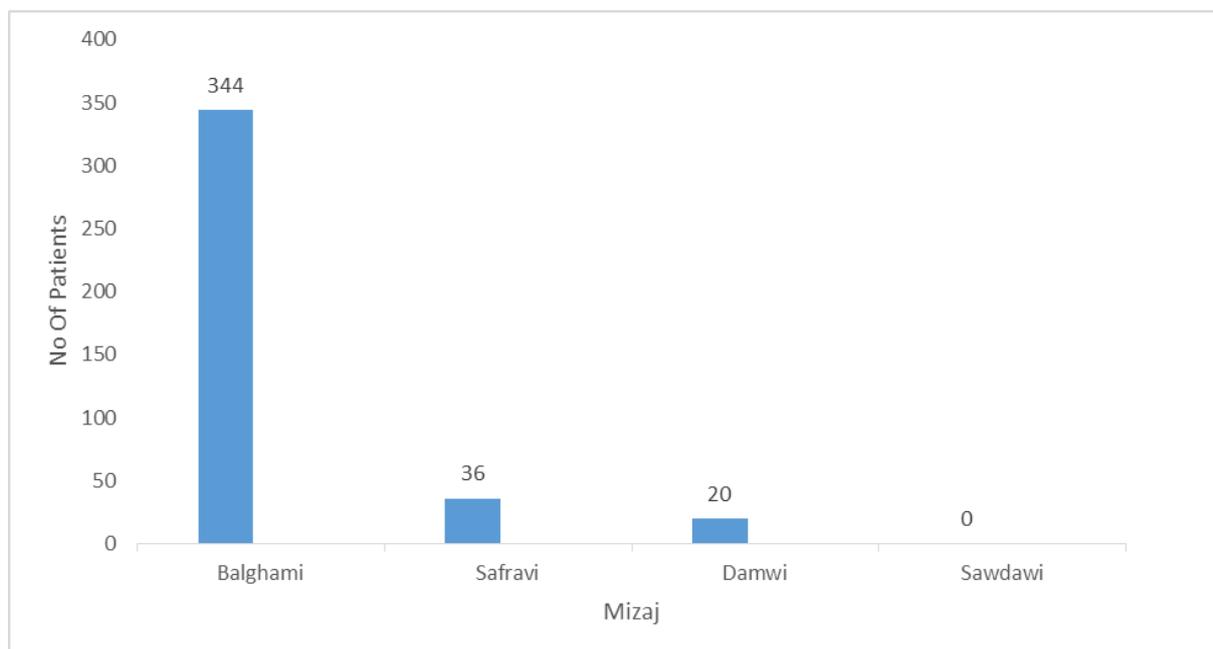


Figure Showing Temperament (*Mizaj*) of patients with Diabetes mellitus(*Ziabetes shakri*) with maximum no. of cases of *Balghami Mizaj*(86%) followed by *Safravi Mizaj* (9%),*Damwi Mizaj*(5%) and none with *Sawdawi Mizaj*(0%).

DISCUSSION AND CONCLUSION

Out of 400 patients enrolled for the study, the age of patients showed that Diabetes mellitus (*Ziabetes shakri*) is more common in the age group 41-50 years (44.5%) followed by 30-40 (33.5) and then 51-60 years (18%) and least in the age group 20-30 years (7%). On assessment of *Mizaj* of patients with Diabetes mellitus (*Ziabetes shakri*) by specially designed format the result showed that out of 400 patients enrolled for the study, 344 patients were *balghami mizaj* (86%), 36 patients were *safravi mizaj* (9%), 20 were *damvi mizaj* (5%), and none of the 400 patients enrolled for the study was *Sawdawi mizaj*. Hence, it became evident that metabolic disease Diabetes mellitus (*Ziabetes shakri*) is mostly *balghami mar'd* (Phelgematic disease) and mostly affects people with *barid wa ratabb mizaj* (cold and moist temperament).

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