

## ROLE OF MIZAJ (TEMPERAMENT) IN FEMALE REPRODUCTIVE HEALTH: A REVIEW

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### ABSTRACT

*Mizaj* (temperament) is a foundational concept in the Unani system of medicine that governs the understanding of health and disease through the balance of four humours—*Dam*, *Balgham*, *Safra*, and *Sauda*. It determines an individual's physical, physiological, and psychological constitution. In women's health, *Mizaj* plays a critical role in maintaining reproductive equilibrium and influencing susceptibility to gynaecological disorders. Disturbance in temperament (*Su'-i-Mizaj*) is associated with conditions such as menstrual irregularities, infertility, polycystic ovarian syndrome, abnormal vaginal discharge, uterine fibroids, and menopausal disorders. Assessment of temperament enables individualized diagnosis and therapeutic planning. The Unani principle of *Ilaj-bil-Zid* aims to restore balance through opposing qualities. This review critically examines the role of *Mizaj* in female reproductive health and highlights its relevance in personalized, preventive, and integrative healthcare.

**KEYWORDS:** Mizaj; Temperament; Unani medicine; Female reproductive health; Gynaecological disorders.

### 1. INTRODUCTION

*Mizaj* (temperament) is a central doctrine in Unani medicine that explains individual variability in health and disease. The concept originates from the humoral theory proposed by Hippocrates and further elaborated by Galen. It is based on the equilibrium of four humours—*Dam* (blood), *Balgham* (phlegm), *Safra* (yellow bile), and *Sauda* (black bile). Classical Unani scholars such as Ibn Sina and Al-Razi emphasized that maintenance of this balance ensures health, whereas its disturbance (*Su'-i-Mizaj*) leads to disease.<sup>[1-3]</sup>

Each individual possesses a specific temperament—*Damvi*, *Safravi*, *Balghami*, or *Saudavi*—which governs physiological and psychological functions and determines disease susceptibility.<sup>[4]</sup> In women, reproductive health is particularly influenced by temperament due to cyclical hormonal changes and physiological transitions across the lifespan. Disorders

such as menstrual irregularities, infertility, polycystic ovarian syndrome (PCOS), and menopausal disturbances have been linked to humoral imbalance.<sup>[5,6]</sup> Despite its clinical importance, the scientific evaluation of *Mizaj* in reproductive health remains limited, necessitating further exploration.

### 2. MATERIALS AND METHODS

This review is based on classical Unani literature and contemporary biomedical research. Primary Unani texts including *Al-Qanun fi al-Tibb*, *Kulliyat-e-Qanoon*, and *Zakhira Khwarazm Shahi* were examined to understand theoretical foundations. Electronic databases such as PubMed, Scopus, and Google Scholar were searched using keywords including “Mizaj,” “temperament,” “Unani medicine,” and “female reproductive health.” Peer-reviewed articles were selected to correlate traditional concepts with modern scientific evidence.

### 3. DISCUSSION

#### 3.1 Conceptual Basis of Mizaj in Female Reproductive Health

*Mizaj* represents the qualitative state of the body arising from the interaction of humours (*Akhlat*). Classical scholars such as Ibn Sina described health as a state of humoral equilibrium, whereas imbalance (*Su'-i-Mizaj*) results in disease.<sup>[1]</sup> In women, reproductive health is influenced by both general temperament (*Mizaj Shakhsi*) and organ-specific temperament (*Mizaj-e-Rahim*), making the reproductive system particularly sensitive to internal and external changes.<sup>[2,3]</sup>

#### 3.2 Humoral Imbalance and Pathogenesis of Gynaecological Disorders

Gynaecological disorders in Unani medicine are attributed to imbalance in humours (*Ghalaba-e-Akhlat*).

- *Balghami Mizaj* (cold–moist): associated with infertility, PCOS, and excessive discharge
- *Safravi Mizaj* (hot–dry): linked with inflammation, menorrhagia, and irritative symptoms
- *Saudavi Mizaj* (cold–dry): Associated with chronic and degenerative disorders
- *Damvi Mizaj* (hot–moist): associated with vascular congestion and hyperplasia

Abnormal vaginal discharge (*Sayalan al-Rahim*) is a common manifestation of uterine *Su'-i-Mizaj*, often caused by weakness of uterine function (*Du'f-e-Quwwat-e-Hadima*) or infection.<sup>[1,5]</sup> Modern studies also identify vaginal discharge as a major gynaecological complaint associated with infections such as bacterial vaginosis and sexually transmitted diseases.<sup>[6,7]</sup>

#### 3.3 Correlation with Contemporary Gynaecological Disorders

The Unani framework of *Mizaj* shows strong correlation with modern disease mechanisms. Endometriosis and uterine fibroids involve hormonal imbalance and tissue proliferation, corresponding to altered *Damvi* and *Safravi Mizaj*.<sup>[8,15]</sup> PCOS is closely associated with *Balghami Mizaj*, characterized by obesity, insulin resistance, and metabolic dysfunction.<sup>[9,17]</sup>

Degenerative and neoplastic conditions may correspond to *Saudavi Mizaj*, where dryness and stagnation contribute to pathological changes.<sup>[2]</sup> Infectious diseases, including reproductive tract infections, can be interpreted as impairment of the body's defensive mechanism (*Quwwat-e-Mudabbira*).<sup>[6,10]</sup>

#### 3.4 Endocrine Regulation and Mizaj

The hypothalamic–pituitary–ovarian axis regulates reproductive function through hormones such as GnRH, LH, and FSH.<sup>[11]</sup> Disturbances in this axis lead to menstrual irregularities and infertility. From a Unani perspective, these disturbances reflect imbalance in temperament affecting physiological processes. This conceptual overlap suggests that *Mizaj* may provide a

holistic interpretation of endocrine regulation.

#### 3.5 Mizaj in Menopausal Transition

Unani literature describes menopause as a transition toward *Barid-Yabis* (cold–dry) temperament, marked by decline in innate heat (*Hararat-e-Ghariziya*) and moisture (*Rutubat*).<sup>[2,3]</sup> This results in symptoms such as amenorrhoea, fatigue, and mood disturbances. Modern medicine similarly attributes menopausal changes to estrogen deficiency and neuroendocrine alterations.<sup>[12,13]</sup>

#### 3.6 Preventive and Lifestyle Approach

Unani medicine emphasizes *Asbab-e-Sitta Zarooriya* (six essential factors) for maintaining health. Balanced diet, exercise, adequate sleep, and mental well-being are essential for preserving humoral equilibrium.<sup>[4]</sup> Preventive strategies such as menstrual hygiene and safe sexual practices play a significant role in reducing reproductive morbidity.<sup>[6,14]</sup>

#### 3.7 Clinical Implications and Future Perspectives

Assessment of *Mizaj* enables personalized diagnosis and treatment. The principle of *Ilaj-bil-Zid* restores balance by using therapies with opposing qualities.<sup>[1,4]</sup> Integration of temperament-based approaches with modern biomedical research may enhance diagnosis and therapeutic outcomes. Further clinical studies are required to validate these concepts scientifically.

### 4. CONCLUSION

*Mizaj* is a fundamental determinant of female reproductive health in Unani medicine. Its imbalance contributes to various gynaecological disorders, while its assessment allows individualized and preventive care. Integration of traditional knowledge with modern scientific approaches may provide a comprehensive framework for improving women's health outcomes.

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