



**RESEARCHES ON ASSESSMENT OF TEMPERAMENT THROUGH VARIOUS
METHODS TO VALIDATE AJNAS-E-ASHRA/DETERMINANTS OF TEMPERAMENT**

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ABSTRACT

Unani medicine is a unique system of medicine but its basic principles are mostly based on observation that needs scientific validation. The seven physiological factors are needed to be scientifically validated. Among these seven factors, the most controversial topic is the temperament. Although it is the most studied topic and a lot of work & research studies has been done since 25 years and still to be continue. But still we are lagging behind because the work done is scattered and not compiled at one place. Normal temperament of an individual is a condition in which he survives comfortably with all the symptoms of healthy life. For a particular species the temperament is specific, lying in a particular range of maximum to minimum limit within which the temperament for all members of that species is confined. Temperament forms the basis of pathology, diagnosis and treatment. Thus it is necessary to ascertain some parameters to diagnose the human temperament. The Unani physicians have mentioned various parameters for assessment of temperament. However the most appropriate were given by *ibn-e-sina* which are collectively known as *Ajnas-e-Ashra* (ten parameters). A number of studies have been done on almost each parameter for determination of temperament which validates the Unani concept that there is a relationship between *Ajnas-e-Ashra* and Temperament of individuals. The first category in *Ajnas-e-Ashra* is Touch (*Malmas*) on which two to three research studies has been done, second one is Muscle and Fat (*Laham-wa-Shaham*) on which four studies has been done and so on. Purpose of this paper is to amalgamate all the researches at one place which has been done to assess the temperament through various methods. Now the need of hour is to make use of these studies and patent those instruments which have been made to assess the temperament through these studies and use these instruments and techniques directly for assessment of temperament instead of *Ajnas-e-Ashra*. Further research studies related to this topic will be discussed in full length paper.

KEYWORDS- Temperament, *Ajnas-e-Ashra*, *Malmas*, *Laham-wa-Shaham*.

OVERVIEW OF TEMPERAMENT

The literal meaning of *Mizaj* according to *Nafis* is "Intermixture" as he says "The word *Mizaj* originated from Arabic word *imtizaj* meaning intermixture".^[1] *Mizaj* (temperament) is defined as the new state of a matter having quality different from that of present in the elements or compound before coming into *imtizaj* (intermixture or chemical combinations), which result from the action and reaction among the contrary qualities and powers in the minute particles (atoms) of different elements (or molecules of different compounds), when they are combined together the resultant new quality in a uniform state or the state of equilibrium emerging after the combination of more than one element is called *Mizaj*. For a particular species the temperament is specific, lying in a particular range of maximum-minimum limit within which the temperament for all members of that species is confined.^[2] The *etidal* or

equilibrium of this distinct temperament i.e. maintenance of constant internal environment (homeostasis) in different individuals leads to a healthy body i.e. normal body functions. Any derangement of temperament from *etidal* or imbalance of normal temperament results in *sue-mizaj* which causes deranged body functions i.e. diseases. Thus, it becomes necessary to ascertain some parameters to diagnose the human temperament. These parameters must be very accurate and easily applicable; also they must be free of errors, because the human temperament is subtle and very delicate as well as sensitive. Any error or false diagnosis of temperament may be of no use and it will not help in cure of diseases or bringing back the *sue-mizaj* to *mizaj-e-motadil*.

Ajnas-E-Ashra (Ten Parameters/Determinants of Temperament)

Ancient Unani physician described several parameters for the determination of temperament in various manuscripts. These parameters are known as the “determinants of temperament”. These parameters are related to the morphological, physiological and psychological conditions of the human beings. Almost all prominent Unani scholars described these determinants but with a difference in their numbers and types. However the most acceptable and appropriate determinants were given by *Ibn-e-Sina* (980-1037 AD) in his famous book *Al-Qanoon-fil-Tib*. These determinants are ten in number and are applied and used universally in the assessment of temperament. They are known as *Ajnas-e-ashra* i.e., Touch (*Malmas*), Muscles and Fat (*Laham-wa-Shaham*), Hairs (*Sha'ar*), Body Complexion (*Laun-al-Badan*), Physique (*Hayat-al-Aza*), Responsiveness of organs (*Kaifiyat-e-Inf'e'al*), Sleep and Wakefulness (*Naum-wa-yaqzah*), Functions of the body organs (*Afal-ul-Aza*), Excreta of the body (*Fuzlat-e-Badan*), Psychic reactions (*Infialat-e-nafsaniyah*).^[3,4]

Research studies to validate ajnas-e-ashra (ten parameters)

A number of studies have been done on almost each parameter for determination of temperament. Most of the studies were carried out in Kulliyat Department of A.K.T.C., A.M.U. Aligarh, U.P.

- 1) Touch (*Malmas*)- Determination of female temperament with reference to skin colour and texture by Azra Raaz in 1999.^[5]
 - Scientific assessment of *Malmas* (hardness and softness of skin) for detection of individual temperament by Viqar Ahmad in 2008.^[6]
 - An experimental study of thermal variation in different temperament by Naseem Ahmad Khan in 2008.^[7]
 - Comparative study of skin roughness and smoothness in females of different temperament by self designed Frictometer by Sabiha Naaz in 2014.^[8]
- 2) Muscle and fat (*Laham-wa-shahm*)- Mizaj balghami wa safrawi me shehmiyat-e-damwi ka muta'la by mohd Khalid in 2004.^[9]
 - Assessment of *Shahmul Badan* (body fat) for the detection of individual temperament in females by Gulrana neyaz in 2008.^[10]
 - Assessment of *Shahmul Badan* (body fat) for the detection of individual temperament in males by Abu Kashif Anwar in 2008.^[11]
 - A study to evaluate variation in total skeletal muscle mass in phlegmatic and bilious temperament by Arshad kaifi in 2010.^[12]
 - A study of total serum protein in bilious and phlegmatic temperament (mizaj) by S.M. Ahmer 2013.^[13]
- 3) Body complexion (*laun-ul-badan*)- Determination of female temperament with refrence to skin colour and texture by Azra Raaz in 1999.^[5]

- Assessment of colour of skin by dermal photometer in determination of temperament in males by Tariq nadeem khan in 2010.^[14]
 - Assessment of skin complexion variables in different temperament through a self designed complexionmeter (direct method) by Sana Sultana in 2016.^[15]
- 4) Physique (*haiyat-ul-aaza*)- Comparison of physiognomy of the persons of balghami wa safrawi temperaments by Najeebur Rehman in 2011.^[16]
 - Study of somatic variations in males of different temperament by Sadique Ali in 2013.^[17]
 - Anthropometric variables of thorax and extremities in males of balghami and safrawi mizaj by Mohd. Akram in 2014.^[18]
 - Comparative study of spleen size by USG in males of bilious and phlegmatic temperament (a part of hayat-Al-Aza) by imran khan in 2015.^[19]
 - A comparative study of liver size by USG in males of bilious and phlegmatic temperament by Farrukh Anwar Khan in 2015.^[20]
 - A comparative study of liver size by Ultrasonography in females of bilious and phlegmatic temperament by Sameena Firdaus in 2017.^[21]
 - 5) Hairs of the body (*sha'r*)- A study to develop method for measuring various characteristics of hair for determination of temperament by Mohd. Nasir in 2010.^[22]
 - A study of scalp hair density in two different temperament through self designed trichometer by zeenat nauman in 2017.^[23]
 - 6) Functions of the body (*afaal-e-aaza*)- a study for the determination of bilious and phlegmatic temperament with the help of bio-chemical marker of liver function by Qamarul Hasan Lari in 2006.^[24]
 - Assessment of Quwat-e-samiyah having threshold level in different temperament by Tanveer Alam in 2007.^[25]
 - Assessment of IQ in bilious and phlegmatic temperament by Aisha aijaz in 2011.^[26]
 - Comparative study of Pulmonary Function Test in balghami and safrawi temperament by Sallallah in 2013.^[27]
 - A comparative study of Quwat-e-hafizah in individuals of bilious and phlegmatic temperament by Kehkashan Mujeeb in 2016.^[28]
 - Comparative study of reaction time in individual of bilious and phlegmatic temperament by Sehar saleem in 2016.^[29]
 - 7) Psychic reactions (*infi'alat-e-nafsaniya*)- A comparative study of anxiety in persons of bilious and phlegmatic temperament by Sartaj Ahmad in 2015.^[30]

DISCUSSION

Unani scholars mention various parameters for the determination of temperament. *Ajnas-e-ashra* was the most appropriate parameters for this. Research studies for determination of temperament from these parameters

were done. Main aim of all the studies was to establish the related parameter as a definite parameter for determination of *Mizaj*. All the studies were carried out in Kulliyat department of AKTC, AMU, Aligarh. Each study includes sufficient numbers of volunteers needed for a study to carry out. Volunteers were selected randomly and assessment of *Mizaj* of the volunteers was made on the basis of *Ajnas-e-ashra* through the *Mizaj* assessment Performa. After that selected volunteers were divided into groups according to their temperament. After categorisation assessment of related parameter was done through various methods assemble/used for the study. After that obtained raw data was arranged and statistically analysed and appropriate test was applied to obtain the results.

CONCLUSION

From the findings of the studies it was found that there were variations between the temperaments and there were a relation exists in between *Ajnas-e-ashra* and temperament of an individual which scientifically validates the concept of *Ajnas-e-ashra*. Now the need of hour is to develop some new parameters for the determination of *Mizaj*. Research works has been done on almost all parameters except responsiveness of organs, sleep and wakefulness and excrete of body. Research studies on these three parameters too through different methods like assessment of temperament through responsiveness of organs, colour, quantity and consistency of the urine, colour of the stool, duration of sleep and wakefulness etc. More than 5 instruments has been made by the research scholars for the assessment of temperament, make use of these instruments and techniques directly for assessment of temperament instead of *Ajnas-e-Ashra* and patent those instruments which have been made to assess the temperament through these studies.

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