EUROPEAN JOURNAL OF PHARMACEUTICAL AND MEDICAL RESEARCH

CLINICAL STUDY TO ASSESS THE TEMPERAMENT*(MIZAJ)* OF PATIENTS WITH DIFFERENT METABOLIC DISEASES ATTENDING THE OUT PATIENT DEPARTMENT OF RRIUM SRINAGAR…AN OPEN STUDY.

Shiekh Zahoor Ahmad*[1], Shameem Ahmad Rather[2], Arsheed Iqbal[3], Asma Afzal[4] and Huma[5]

[1,3,4]PG Scholars, Deptt of Moalajat(Medicine), Rrium, Srinagar J&K. 190006.
[2]Reader, Deptt. of Moalijat, RRIUM Srinagar.
[5]Research Officer, Regional Research Institute of Unani Medicine(Rrium), Naseem Bagh Campus, University Of Kashmir, 190006.

*Corresponding Author: Dr. Shiekh Zahoor Ahmad

PG Scholars, Deptt of Moalajat(Medicine), Rrium, Srinagar J&K. 190006.

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* plays an important role in diagnosis and treatment of any disease. 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 Regional Research Institute of Unani Medicine, University of Kashmir, Srinagar Jammu & Kashmir to evaluate the *Mizaj* (Temperament) of patients with different metabolic diseases like obesity, Non-Alcoholic fatty liver disease(NAFLD), Dyslipidaemia, Hypothyroidism, Gout.[8] Out of 400 patients enrolled for the study, 344 (86%) were *Blghami*, 20(5%) were *Damwi*, 36 (9%) were *Safravi* and none was of *Sawdawi Mizaj*. Thus, it was evident that the temperament (*Mizaj)*of most of the patients with the above mentioned metabolic diseases is *Balghami followed by Safravi and Damwi* and there was no patient with *Sawdawi Mizaj*

KEYWORDS: *Mizaj*, Humours, Uani, Metabolic diseases, obesity, NAFLD, PCOD, HYPOTHYROIDISM, 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 diseases like obesity, NAFLD, Dyslipidaemia, Hypothyroidism, Gout[8] etc were assessed for their temperament(*Mizaj)* using the standard Temperament Assesment 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 Regional Research institute of Unani Medicine (Central Council for Research in Unani Medicine, Ministry of AYUSH, Government of India) Nassem bagh Campus, University of Kashmir Srinagar Jammu and Kashmir from November 2017 –March 2018.'

OBJECTIVES OF THE STUDY

The objectives of the study are:-
To assess the Temparament (*Mizaj)* of patients with metabolic diseases.
To evalute the role of Temparament (*Mizaj*) in metabolic diseases.

Methodology:- The study was conducted on a sample size of 400 patients in the Deptt. Of Moa'lajat, Regional Research Institute of Unani Medicine Srinagar Jammu & Kashmir. The criteria for selection of patients was known cases of patients with metabolic diseases.

1. Inclusion Criteria

- Clinically diagnosed patients of obesity, Non-Alcoholic fatty liver disease(NAFLD), Dyslipidaemia, Hypothyroidism, Gout.
- 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

- Patients below 20 and above 60 years.
- Patients who fail to give consent.
- Patients not willing to be enrolled for the study.

Selection of cases

The source for selection of cases was the Out-patient department of RRIUM Srinagar. History and clinical examination was the basis for enrolling patients for the study. Patients were asked complete history, present and past and general physical and systemic examinations were carried out. 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 Information Consent Form (ICF) which included all the relavant 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)		*SAWDAWI* (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).

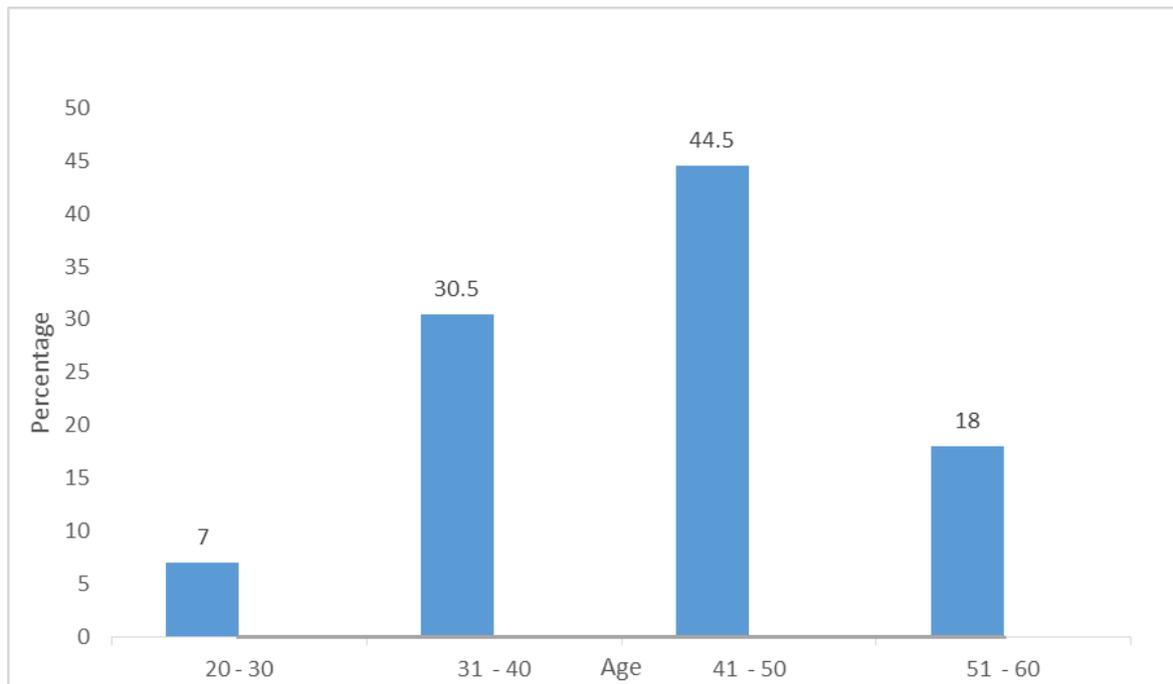| Age in years	No. of Patients	%age
20-30	28	7%
31-40	122	30.5%
41-50	178	44.5%
51-60	72	18%

Figure depicting Age distribution of patients with metabolic diseases 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 2: showing sex distribution of patients with metabolic diseases (n=400).

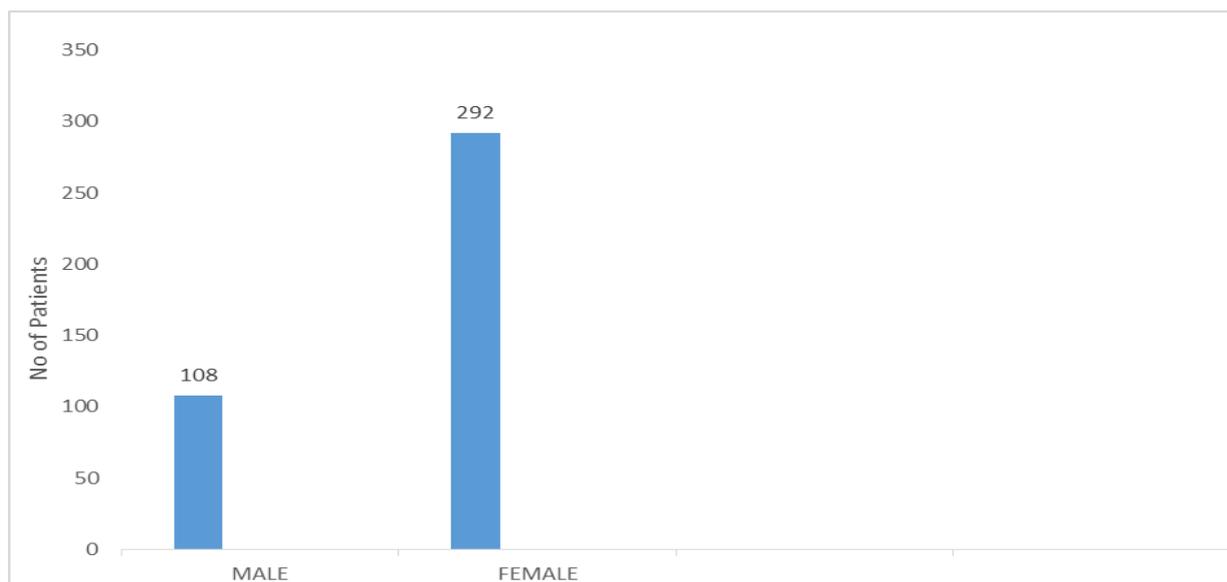| Sex	No. of cases	%age
Males	108	27
Females	292	73

Figure showing Sex distribution of patients with Metabolic diseases showing that prevalence among females (73%) and males (27%)**.**

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

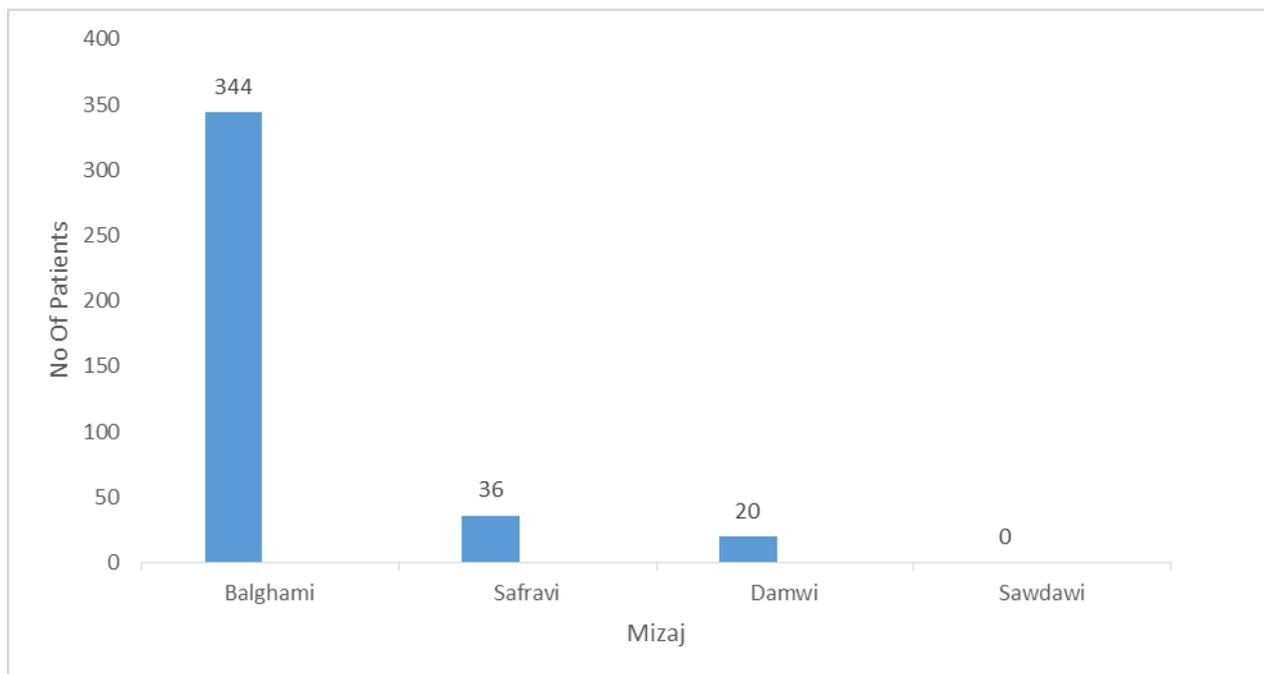| Type of Temperament (*Mizaj)*	No.of patients	%age
Balghami(Phelgematic)	344	86
Safravi(Bilios)	36	9
Damwi(Sanguine)	20	5
Sawdawi(Melancholic)	0	0

Figure showing Temparament (*Mizaj)* **of patients with metabolic diseases 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 metabolic diseases are more common in the age group 41-50 years(44.5%), 30-40(33.5) followed by 51-60 years(18%) and least in the age group 20-30 years(7%). As far as sex distribution of patients with different metabolic diseases is concerned, there is higher prevelance as well as incidence in females(73%) than males(27%). On assessment of *Mizaj* of patients with metabolic diseases like Obesity, Non-Alcoholic fatty liver disease(NAFLD), Dyslipidaemia, Hypothyroidism, Gout, 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 diseases like Obesity, Non-Alcoholic fatty liver disease(NAFLD), Dyslipidaemia, Hypothyroidism, Gout are mostly *balghami mar'd* (Phelgematic disease) and these mostly affects people with *barid wa ratabb mizaj* (cold and moist temperament). The higher incidence in females also is supporting this hypothesis as most of the females have *barid wa ratabb mizaj* (cold and moist temperament).

REFRENCES
1. Baghdadi Hubul. *Kitab al- Mukhtar'at Fi'l Tibb.(Urdu Translation).*CCRUM New Delhi. Vol.-1.Model Offset Works. Jamia Masjid –Delhi, 2005; 155.
2. Razi Z. *Kitab al- Mansuri* (Urdu Translation). CCRUM-New Delhi, 1991; 76.
3. Avicenna. *The Canon of Medicine.*(English Translation by Mazhar H.Shah).Idara Kitabul Shifa, Kucha chelan Darya Ganj. New Delhi, 2007; 225.
4. Majoosi A. *Kamil al- Sana't* (Urdu Translation by Kantoori GH) Vol.1.Lucknow:Munshi Nawal Kishore, 1889; 25, 28, 426.
5. Usmani Saad. *Mizaj al-Insane Tehqeeqi Mutala. Jahane Tibb*, 2005; 7(2): 34-36.
6. Kirmani N.B.A. *Kulliyat al- Nafeesi* (Urdu Translation by Kabeer ud din) Vol.1.New Delh; Idara Kitabul Shifaa; New Delhi, 697-705.
7. Tabri R. *Firdous al- Hikmah* (Urdu Translation). New Delhi: Idara Kitabul Shifaa; New Delhi, 2010; 52: 89-90.
8. Melmed, Polonsky, Larsen, Kronenberg. Williams Text Book of Endocrinology. 13 th ed. RELX India. vt. Ltd, 2016; 2-4.