

Pathological Changes Related To *Infalat-E-Nafsaniyah* (Psychic Reactions) and Their Effects on Human Health

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ABSTRACT: *There are six components of human health and disease. One of them is the emotional health which means expressing the emotions in a positive and constructive way. Emotions are an important part of Human life, but an excess of anything has its negative aspects and it does holds true with emotions too. Whenever they exceed the normal range for a given person they have deleterious effects on the Health whether it is physical, mental or social. So through this paper it has been tried to show the importance of psychic reactions or emotional health on other components of human health. It has also been explained how it can be made better with some examples related to its pathology.*

Key Words: *Unani, Infalt-e-nafsaniyah, psychic reactions, temperament, components of health.*

INTRODUCTION: The definition of health and disease given by ancient Unani scholars are still complete itself in its content that was defined earliest by Galen (*Jalinūs*) (131-210 A. D.) who defines “*health is a state of body in which all the functions of the body are equipoised*”. While Avicenna (*Ibne Sina*) defines health as “*it is a state which is responsible for normal functioning of the body*”.^[1] Health, is defined by the World Health Organisation (WHO) as “*a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.*”^[2] This definition has been subject to controversy, as it may have limited value for implementation. Health may be defined as the ability to adapt and manage physical, mental and social challenges throughout life.

So, by the above definitions it can be analyzed that Unani scholars had been defined health by mentioning that all functions of the body should be normal for the being healthy. The definition described by Unani scholars has each and every aspect that is responsible for health or disease by saying all functions of the body. Therefore, the six components of health that are coming below with brief illustrations are described in classical Unani literature and to maintain them all measures are present.

To understand the emotional aspect of human health one should know all the six essential components of health. Health history is an all-inclusive examination and assessment of all the parameters affecting an individual’s well being which includes knowledge regarding physical, social, environmental, emotional, spiritual and intellectual aspects of the person’s life. The health history is formulated and guided to examine the effects of deviations in health care of the patient and the family which is the basis of an individualized plan for reporting wellness and improvement occurred or needed.^[2,3] These basic six components of health history are:

- 1) **Physical health:** Physical health infers the way human body functions and responds to different actions occurring around a person in day to day life such as diet plan, regular exercises, preferred body weight and avoiding drugs, alcohol etc and being free from any illness, diseases and malfunctioning of body parts.
- 2) **Social health:** This includes the status and temperament with the near and dear ones, friends, relatives, and teachers.
- 3) **Environmental health:** It includes the air a person inhale, water he drink, food he eat and atmosphere that surrounds that person. It is all about the hygienic and purity of air, water, atmosphere and balanced diet.
- 4) **Emotional health:** This refers to the positivity one express for others, the supportive and encouraging attitude he/she show and encouragement a person provide others who need it.
- 5) **Spiritual health:** It plays crucial role in maintaining healthy environment around a person. It includes respecting values, morality, dignity, ethical values, and harmonious temperament for all.

6) **Intellectual/mental health:** It includes the inner strength a person show and ability to face the reality and maintain the proper discipline to fight against the negativity and illness.^[2,3]

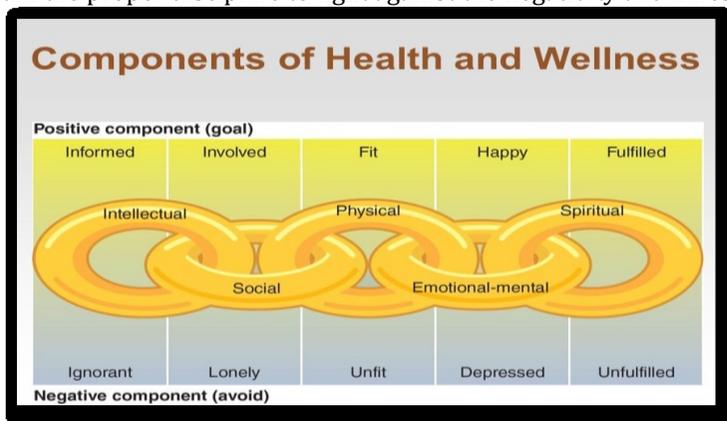


Figure 1 link between six health components and wellness status of a human being

EMOTIONAL HEALTH: Psychic/Emotional reaction? An emotional reaction is a neurological response, which is generated in one’s body giving information about the world a person live in. When something happens in the surrounding then all the sensors in the body pick it up in various ways and this information is then available for further processing inside the body. “Emotion is a way of feeling and a way of acting”. Psychology is the term which means the scientific study of behaviour and mind.^[2,4]

PSYCHOLOGICAL SIGNS OF TEMPERAMENTS: Warmth is associated with anger, irritation and agitation, cleverness, lack of shame, optimism, hopefulness, heartlessness, speed, masculinity, activity, and being less impressionable. Coldness is the opposite of warmth and thus is associated with the opposite qualities of warmth. Dryness is associated with endurance in both anger and peace, being a dreamer, and with being reserved and impassive. Moisture has the opposite characteristics, particularly fleeting impressionability.^[4,5] Temperament is a term which describes a person’s physical characteristics as well as his psychological and emotional inclination. Each temperament has peculiar constitution and body mind types and associated qualities. Emotional dispositions are also comparable to character traits, where someone may be said to be generally disposed to experience certain emotions. Bilious temperament is more prone to all the kind of emotions.^[6,7]

Infalat-E-Nafsania Is Composed of Two Words: Al-infa’al means to be done /to be affected and Al-nafsania means spirit, soul. There are mainly 5 types of emotions:

1. Happiness
2. Anger
3. Fear
4. Grief , Sadness & Sorrow
5. Guilt

These emotions can be broadly divided into two categories: Negative emotions and positive emotions.



Afal- E- Nafsaniyah: They are the functions of perception and movement performed by Quwat-e-Nafsania (Nervous Faculty).The principal organ of Quwat-e-Nafsania is brain.^[8,9]

ROLE OF AMYGDALA IN EMOTIONS: Emotions more or less begin inside two almond-shaped structures in our brain which are called the Amygdala. The Amygdala is the part of the brain responsible for identifying threats to our well-being, and for sending out an alarm when threats are identified that result in taking steps to protect ourselves. The Amygdala is so efficient at warning about the threats that it gets reacting before the cortex (the part of the brain responsible for thought and judgment) is able to check on the reasonableness of our reaction.^[10]

Patho-physiology of Amygdala: The amygdala exhibits significant pathological changes in Parkinson's disease, including atrophy and Lewy body (LB) formation. Amygdala pathology has been suggested to contribute to some clinical features of Parkinson's disease, including deficits of olfaction and facial expression. The degree of neuronal loss in amygdala subnuclei and the relationship with LB formation in non-demented Parkinson's disease cases have not been examined previously. ^[10,11]

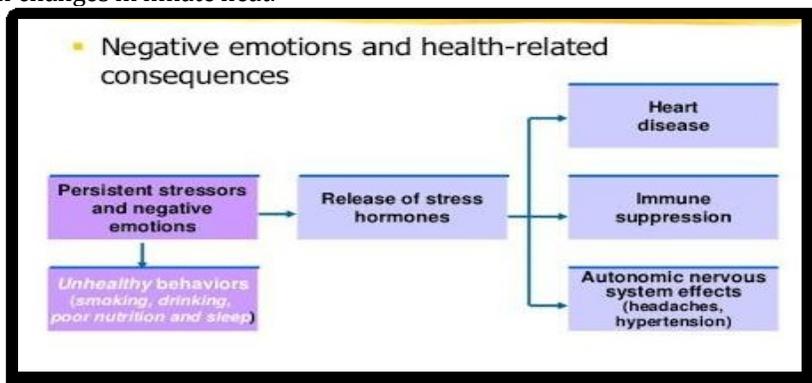
ANGER (Ghazab): Legend Unani scholar Al- Jurjani has defined what anger is as "any irritating and annoying condition in which a person involves; produces excess of innate heat in the body." Anger causes the Arwah (Pneuma) to expand all of a sudden, thus the pulse becomes large, high pitched, rapid and brisken. According to Unani scholars anger is phenomenon in which Hararat-e-Gharizia (innate heat) becomes over active. During anger, body releases the hormones adrenaline and nor-adrenaline. With the help of these hormones body controls the heart rate as well as blood pressure. Another benefit of these hormones is the regulation of the pancreas which controls the sugar level in our blood. In "Paradise of Wisdom", Tabri said that in fear, innate heat swings inside the body and produces coldness and dryness and pulse becomes short; if this condition persist excess of innate heat leads to minimize the cardiac movement.^[12,13]

EFFECTS OF ANGER ON HEALTH: Like other emotions, anger is experienced in our bodies as well as in our minds. In fact, there is a complex series of physiological (body) events that occurs as we become angry:

- The heart rate increases
- Arterial tension increases
- Testosterone production increases
- Cortisol (the stress hormone) decreases
- Anger ramps up 'fight- or- flight' reaction in the body, thus leading to an excess secretion of stress hormones like Adrenaline, Noradrenaline and Cortisol.^[13,14]

HAPPINESS (Farhat): 'Quality of life' or 'well-being' is the synonymous word of happiness. According to Unani concept, it also drives the blood towards extremities, consequently, skin becomes warm and pulse feels as strong and rapid. Optimistic feeling like joy, happiness, and other characteristics for instance satisfactory life, anticipation, positive thinking, is associated with reduced risk of fatality rate in healthy peoples. ^[15]

EFFECTS OF HAPPINESS ON HEALTH: Majusi stated happiness provides strength to the innate heat and this innate heat regulates the homeostasis of Akhlat (humors) and owing to this, body feels healthy and joyful. Unani scholars also corroborated if happiness or joy is sudden perceived then it may cause death because of sudden changes in innate heat.^[15,16]



CONCLUSION: There are six essential components of health among them Emotional health is one which means expressing your emotions in a positive and constructive way. Emotions are an important part of Human life, but an excess of anything has its negative aspects and it does holds true with emotions too. Whenever they exceed the normal range for a given person they have deleterious effects on the Health whether it be physical, mental or social.

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