A scientific study on Human Temperament (Mizaj) and Diabetes

Zarreen Baig1, Mohd Monis2 & Sadique Ali3*

1Assistant Professor, Dept. of Tahaffuzi wa Samaji Tib, Jamia Tibbiya Deoband, Saharanpur, U.P.247554.
2Assistant Professor: Department of Ilmul Advia, Jamia Tibbiya Deoband, Saharanpur, U.P.247554.
3Assistant Professor, Department of Kulliyat, Dr. Abdul Ali Tibbiya College & Hospital, Katauli, Malihabad, Lucknow, U.P.226102. *Corresponding author

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ABSTRACT

In Unani medicine, mizaj is one of the important factors (umoor) which occupies second place next to Arkan in umoore tabiya, on which health and disease depend. Health is the maintenance of normal Mizaj, any change in the Mizaj brings about change in the person’s state of health. Further, there is affinity of developing a disease of same qualities (Mizaj) as the people are having their own quality or temperament. Unani scholar Jurjani has clearly mentioned that People with Balghami Mizaj (Phlegmatic temperament) are more prone to develop T2DM. In this study it was aimed to identify the Mizaj as a risk factor for T2DM among the studied population and to develop the scientific correlation between Mizaj and occurrence of T2DM. The findings of the study suggested that 27.5% subjects were having Damv mizaj (Har wa Ratab), 33.9% subjects were having Balghami mizaj (Barid Wa Ratab), 24.9% individuals were having Safravi mizaj (Har wa Yabis) and 13.7% diabetic patients were those who were having Saudavi mizaj (Barid wa Yabis). The present study suggested that higher prevalence of T2DM cases were having holistic Balghami Mizaj. The result of the study was in concordance with the statement of Jurjani who mentioned Sue mizaj Barid e aam (generalised holistic cold temperament) as one of the four causes of diabetes.

Keywords: Diabetes Mellitus Type 2, Umoore Tabiya, Mizaj, Arkan, Ajnase Asharah.

Introduction

Hippocrates propounded the philosophy of humours and temperament which is the principal doctrine of composition and physiology of the body. In Unani medicine, the concept of temperament is the most complicated but important one. Qualities [hot, cold (active), dry, wet (passive)] are the four temperaments. One of the active qualities interacts with passive quality to denote a particular temperament of the humour. For example, dam (blood): Hot Wet, balgham (phlegm): Cold Wet, Safra (yellow bile): Hot Dry, and Sauda (black bile): Cold Dry. These humours are categorised into four groups based on their colour viz. Dam (red/blood), Balgham (white/phlegm), Safra (yellow bile), and Sauda (black bile). The predominance of these humours are, called, sanguine (Damvi), phlegmatic (Balghami), choleric (Safravi), and melancholic (Saudawi) respectively. Each person is considered to have a specific humoral makeup, determined by the predominance of a humour suitable for him/ her. Disturbance in quality and quantity of the humours considered to produce pathological changes leading to development of an ailment.1

The main aim of medicine is to maintain health or to restore it, if it’s lost, and to achieve this, knowledge of mizaj (temperament) of the patient as well as disease is pertinent. Mizaj imparts a proper shape and structure to human body and makes an individual capable to perform his functions properly. If the Mizaj of a person is changed, his/her functions as well as structures tend to change, resulting in disease. The temperament of a healthy person represents a good profile of biological state which keeps perfect harmony between the milieu interieur (the environment within body) and environment. People of one type of temperament may be prone to a particular group of diseases in different phases of their lives and under different climatic conditions, because a body is most susceptible to develop such diseases having same Mizaj as that of it.2,3

Diabetes mellitus is not a new disease, its clinical manifestation and dreaded effects on almost entire body were known to ancient physicians. The level of their understandings regarding diabetes was commensurate with the available stock of knowledge and the scientific development at that time. Raizi and Ilne Sina attributed the disease to be associated with kidneys.4,5 Moosa bin Maimoon proposed that it was caused by the sweet water of Nyle and the prevailing heat that spread over the kidneys.6 Paracelsus and Francisculus Sylvius regarded it as a chemical disorder of the blood.7 Zacetus Lusitanus and later John Rollo thought the stomach as seat of trouble.8,9

As of now pathophysiology of T2DM is almost established, function of pancreas and insulin and its peripheral resistance are revealed in the framework of growth of disease along with other causes in lesser extent.10-14 Various possible risk factors to develop Ziabetus shakri (T2DM) were described by Unani physicians time to time. One of the most important theory, was given by Unani scholar Ismail Jurjani in his

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book Zakheerah Khwarizam Shahi, that People with Balghami Mizaj (Phlegmatic temperament) are more prone to develop T2DM. This theory corresponds to basic concept Mizaj and its role in maintaining health and causation of disease. So it was aimed to examine this theory among adult and elderly in Aligarh.

Aims and Objectives
- To assess the temperamental association with occurrence of T2DM
- To identify the Mizaj as a risk factor for T2DM among studied population.

Methodology
1. Study Design: The present study was an observational cross-sectional study; conducted to find out the risk factors of T2DM among adults and elderly population of Aligarh.
2. Duration of study: The duration of study was of 3 months i.e. from January 2018 – March 2018.
3. Sample Size: The sample size was calculated 650 using formula 
   \[ n = \frac{4pq}{L^2} \]
4. Inclusion criteria:
   - Diagnosed cases of T2DM.
   - Patients of either sex.
   - Persons having sound mental status
5. Exclusion Criteria:
   - Patients of Type 1 Diabetes.
   - Patients with any physical or mental problem.
6. Assessment of Mizaj: Mizaj assessment of the subjects was done with the help of questionnaire based on Ajnase Ashra, (the 10 parameters of evaluating the Mizaj (temperament) of an individual, given by Unani Physicians). 21,71

Observation and results

<table>
<thead>
<tr>
<th>Types of Temperament</th>
<th>No. of Individuals</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Damvi</td>
<td>179</td>
<td>27.5</td>
</tr>
<tr>
<td>Balghami</td>
<td>220</td>
<td>33.9</td>
</tr>
<tr>
<td>Safrawi</td>
<td>162</td>
<td>24.9</td>
</tr>
<tr>
<td>Saudavi</td>
<td>89</td>
<td>13.7</td>
</tr>
<tr>
<td>TOTAL</td>
<td>650</td>
<td>100.0</td>
</tr>
</tbody>
</table>

Table 1: Distribution of studied population according to their Mizaj

Figure 1: Distribution of studied population according to their Mizaj
Table 1 and figure 1 illustrate that 27.5% subjects were having Damvi mizaj (Har wa Ratab), 33.9% subjects were having Balghami mizaj (Barid Wa Ratab), 24.9% individuals were having Safravi mizaj (Har wa Yabis) and 13.7% diabetic patients were those who were having Saudavi mizaj (Barid wa Yabis).

<table>
<thead>
<tr>
<th>Age in years</th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 – 35</td>
<td>7</td>
<td>4</td>
<td>11</td>
<td>1.7</td>
</tr>
<tr>
<td>35 – 45</td>
<td>115</td>
<td>25</td>
<td>140</td>
<td>21.5</td>
</tr>
<tr>
<td>45-55</td>
<td>286</td>
<td>50</td>
<td>336</td>
<td>51.7</td>
</tr>
<tr>
<td>55-65</td>
<td>109</td>
<td>54</td>
<td>163</td>
<td>25.1</td>
</tr>
<tr>
<td>Total</td>
<td>517</td>
<td>133</td>
<td>650</td>
<td>100</td>
</tr>
</tbody>
</table>

Table 2: Distribution of the studied population According to Age and Gender

As shown in table 2 and Figure 2, the highest prevalence of the T2DM was in the age group of 45-55 i.e. 51.7% and least number of diabetic found in male patients between the age group of 25-35 i.e.1.7% while in the age group of 35-45 and 55-65 were 21.5% and 25.1% respectively.

Discussion

The studied population consist of 79.5% males and 20.5% females. The mean age group of the sample was 45-55 years. The holistic Mizaj assessment was done, which was based on ten morphological, physiological, and psychic determinants known as ajnase ashrah. In the present study 27.5% (179) were belonged to Damvi mizaj, 33.9% (220) were of Balghami mizaj, 24.9% (162) individuals were having Safravi mizaj and 13.7% (89) diabetic patients were those who were having Saudavi Mizaj.

The present study suggested that higher prevalence of T2DM cases were having holistic Balghami Mizaj. The reason behind preponderance of cold temperament is that the age group because the higher prevalence of the diabetic patients was falls among the age group of 45-55 years and second highest prevalence found among the age group of 55-65 years.

The result of present study was in concordance with the statement of Jurjani who told the four causes of diabetes include Sue mizaj Bard e aam (generalised holistic cold temperament) 3, 10, 11 No data was available from previous studies conducted on risk factor of T2DM in relation to human temperament.

Conclusion

It is concluded that person of Balghami Mizaj are more prone to develop T2DM. Further, studies can be done in future to validate and correlate our Unani concept of disease (Sue Mizaj) in the causation of T2DM.
References