

## CONCEPT OF TEMPERAMENT (MIZAJ) AND ITS RELATION WITH DIABETES MELLITUS

Naseem A Khan<sup>1</sup>, Wamiq Ameen<sup>\*2</sup>

<sup>1</sup>Department of Physiology, GUMC Bhopal, India

<sup>2</sup>Department of Kuliyat, AKTC AMU Aligarh, India

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**\*Corresponding author:** Naseem Ahmad Khan, Department of Physiology, Govt Unani Medical College Bhopal, India. Tel: +917746921762; Email: nasimalig@yahooo.com

### Abstract

The concept of Temperament (Mizaj) was postulated by father of medicine Hippocrates in his book “Canon of Medicine” Tabiat al insan has set forth his famous doctrine that the body contains four humours Dam Balgham Safra and Sauda. Dominancy of particular khilt (Humour) makes temperament of individual which is suitable for that person[1]. This theory has occupied a major place in the Unani System of Medicine. It belongs to those basic concept of the tibb which are the distinguish features of this great healing art. A right proportion of khilt and inter mixture (homeostasis) of them according to quantity and quality constituent health and unequal proportion or imbalance according to quantity and quality and irregular distribution leads to disease.. As we know a life style disease known as Diabetes Mellitus (Zia Batees Shakri) caused by the mainly due to the high level of glucose in blood which definitely alter the equilibrium of humours in the body.

If insulin is not working properly but glucose level is maintained in blood by the exercise and calorie restriction we can't consider person is a Diabetic. Calorie restriction is the major part of the management in Diabetes Mellitus<sup>5</sup>. It is very important to know which type of diet allow or restrict in according to the temperament theory in Diabetes Mellitus. Calorie restrictions we want glucose level kept within normal range for the proper function of body. we know high level of glucose in blood alter the temperament of body in many aspects. Low level of glucose in the cell definitely alters the equilibrium of temperament in the cell also. So for the management of diabetes we include diet restriction, exercise and drugs, main focus of the disease management is keep

glucose level in normal range. Normal range of glucose returns the temperament in equilibrium state. Nowadays because of unhealthy life style like less physical activities & more calorie intake definitely cause in equilibrium of temperament known as (Sue Mizaj) which is mainly responsible for Life Style diseases like Diabetes [1].

### Keywords

Diabetes; Equilibrium; Glucose; Temperament

### Introduction

Although the concept of temperament is several centuries old but has been in practice for centuries by unani physician. Recent studies have brought this concept of temperament once again in light to fore front of medical research.

The concept of Temperament (Mizaj) has its origin in ancient four humor theory of the Unani Medicine Postulated by Hippocrates who believed certain human body characteristic caused by Body fluids ( Akhlat). The concept is further developed by Ibn Sina. The most distinguished feature of the temperamental theory of Unani medicine is its approach to individuality [2-6].

ICF	:	Intracellular fluid
ECF	:	Extra cellular fluid
VF	:	Intra vascular fluid

Temperament (MIZAJ) is one of the basic principles of unani medicine on which all the physical, psychological and emotional characteristic of an individual are based. For the

maintenance of individual's health, one's temperament must also be maintained within the normal limits.

- Temperament of the body is specific for each individual.
- Any change in temperament brings about changes in a person in regards with the state of health and disease
- Disease is an expression of imbalance of humors.

## Genesis of Temperament (Mizaj)

During the process of fertilization mizaj or temperament of an individual is formed by the genetic constitution and intermingling of genetic material formed by the genetic constitution of parents with unique process of crossing over [7].

## Types of Temperament

1. Damvi (Sanguine)
2. Balghami (Phlegmatic)
3. Safravi (Bilious)
4. Saudavi (Melancholic)

## Temperament (Mizaj) of Different Ages

- Sine Namoo : upto 25 years (Hot-wet) Haar ratab- Damvi mizaj Sanguine Temperament
- Sine- Shabab : 25-45 Years- (Hot-Dry) Safravi Mizaj Bilious Temperamnet
- Sine Khahoolat : 45-65 (Cold –Dry) Balghami Mizaj Phelgamic Temperament
- Sine Shekhookhat : 65 onwards Saudavi Mizaj - Melancholic Temperament [2].

## What is Disease

In unani system of medicine Disease is an expression of imbalance humors (Body Fluids)

## Diabetes Mellitus (DM)

Commonly referred to as diabetes, is a group of metabolic disorders in which there are high blood sugar levels over a prolonged period.

## Relationship of Diabetes Mellitus with Temperament (Mizaj)

According to the principles of unani medicine temperament of an individual from hot to cold changes gradually with age<sup>2</sup>.

## Evidence-Tendency of Fat Deposition Increases

BMR Decreases In the presence of heat, fat deposition is not easy as in young age [4].  
(Quote from Avicenna)

Insulin Production & function hampered because Temperament of pancreas become hot to cold in higher age may be in early age also [8].

## Result

- Glucose not entering the Cell
- Glucose level is increased in blood
- Cell notable utilized glucose for the Energy Production
- Cells are not able to utilize glucose molecule for energy production

## Imbalance of Humors

Excess amount of glucose in blood definitely leads to alter homeostasis of blood changing our balance of humor which makes Temperament quantitatively and qualitatively both

## Now Question Arises

- Whether temperament change from hot to cold or cold to hot.
- Shifting of temperament from Hot to Cold Glucose is not utilized.
- Energy production in the cell compromised.
- (Less Heat Production).
- Lethargy (Sign of Cold Temperament).
- Weakness.

Parameter mentioned above indicates shifting of hot temperament to cold. Management of Diabetes is based on Temperamental theory of Unani medicine

## Exercise Advised for Achieving Following Benefits

- Exercise is advised for producing energy in the muscle cells
- Increase in glucose utilization
- Increase in Heat Production

The ultimate result of the above benefits is that the Body tries to regain its earlier temperament from cold to hot.

Unani Drugs & Diet relationship with Diabetes

## Restricted Diet in Diabetes

- Potato : Solanum tuberosum- Mizaj-cold (High calorie)
- Rice : Oryza Sativa -Mizaj-cold (High calorie)
- Banana : Musa accunivata- Mizaj-cold (High calorie)
- Pomegranate : Punica Granatum- Mizaj- cold moist

## Diet & Drugs prescription in Diabetes

High calorie Proteins diet specially veg proteins like grams, peanuts, soyabean are allowed in diabetes because Mizaj of

these diets are hot not cold while calorific value is same as carbohydrates<sup>3</sup>.

- Bitter gourd : Momordica Charanta Mizaj- Haar yabis (Hot Dry)
- Methi : Fenu greek Troginella foenum- Haar yabis (Hot Dry)
- Kalonji : Nigella Sativa Mizaj- Haar Yabis (Hot Dry)
- Daar chini Cinnamomum Zeylinacum **Mizaj**- (Hot Dry)

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### Conclusion

- Diabetes Mellitus especially Type II is metabolic disorder in which Temperament of pancreas shifts from hot to cold.
- excess amount of glucose in blood causes disturbance in temperamental equilibrium make temperament cold
- Hot Diet & Drugs are allowed for the maintenance of hot temperament of pancreas and body

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