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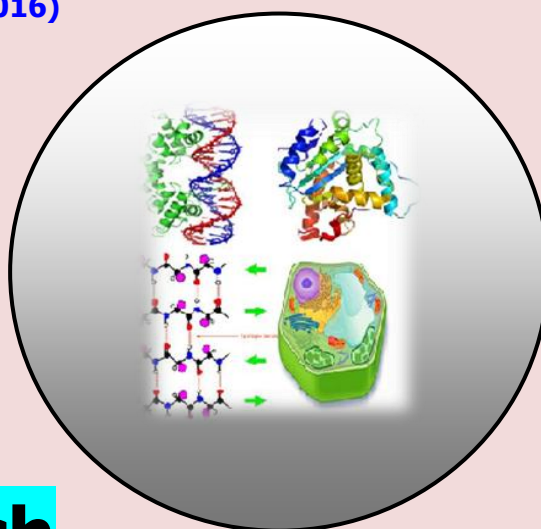
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Association of Mizaj (Temperament) with Duration of Menstrual Cycle: An Analytical Study

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ABSTRACT

Unani medicine is based on the concept of Temperament (Mizaj) and Akhlat (Humors). Mizaj (Temperament) is the overall quality of the body and any of its organ in terms of the amount and the proportion of combination of four elements i.e. Ardh, Ma', Hava, Nar in it. This combination describes each individual's unique constitutional make-up including personality traits, physical appearance and disease predispositions. Everything in the universe is related to temperament (Mizaj) including every physiological and pathological condition of the human body. Menstrual cycle is also a physiological condition in females. The menstrual cycle which is normal in duration, quality and quantity leads the health and indicates normal temperament of that female. In this study an attempt has been made to establish association of Temperament (Mizaj) of individuals with duration of their menstrual cycle.

Key Words: *Unani Medicine, Mizaj (Temperament), Akhlat (Humours) and Menstrual cycle.*

INTRODUCTION

As individuals we are all unique. But what defines this uniqueness? The basis of the human temperament, and why it fluctuates so much, has been a source of fascination to physicians for thousands of years. Every age has a preferred explanation of the obvious differences amongst people and many attribute these differences to physiology; in ancient times to bodily fluids and more recently to genes. Hippocrates, the father of medicine, suggested that differences in the proportion of the four humours in the body were responsible for the differences observed amongst individuals (Kagan 1995, Bhikha, 2000). Each of the humours; Blood, Phlegm, Yellow and Black bile, was associated with a pair of qualities: viz hot and moist, cold and moist, hot and dry and cold and dry. The concentrations of the four humours and the relative dominance of the derived qualities were inherent in each person's physiology.

Galen 1700 years ago introduced the concept of temperament (from the Latin: temperare, to mix), which combined inherited constitution, diet and climate (Kagan J.1995). One pair of qualities out of the four possibilities was dominant, leading to the temperamental categories that called Sanguine (Damvi), Phlegmatic (Balghami), Melancholic (Saudavi) and Choleric (Safravi). The Arab philosophers took up the concept with enthusiasm, in particular Ibn Sina (Avicenna) who incorporated it into his medical system as Mizaj (Bakhtiar I. 1999).

The Temperament of an individual is not an incidental phenomenon. One attains temperament while in the womb by heredity from parents and intrauterine environment and after birth by extra uterine environment. Once temperament is established during fetal life it will be modified by ambient environmental factors alone (Zaidi I.H 1999). No two individuals are same or alike and every person has possessed a unique temperament, which includes his physical characteristics, physiological profile and psychological as well as emotional state which attribute to the Mizaj. All physiological functions of the body are very closely related to the temperament. So menstrual cycle is a physiological phenomenon and temperament determines the menstrual cycle pattern of a female. Ancient Unani physicians such as Ibn Sina, Razi and Jurjani have mentioned association of temperament with menstrual cycle of females. Jurjani (y.n.m.), as described the duration, quantity and quality of menstrual cycle. Jurjani has mentioned that menstrual cycle which is normal in duration, quality and quantity leads the health and indicates normal temperament. There is a high degree of variability in the normal, regular menstrual cycle among different temperamental personalities.

RESEARCH OBJECTIVE

The research objective of this study was to assess any association of Temperament (Mizaj) with duration of menstrual cycle in different temperamental personalities such as Damvi, Balghami and safravi.

MATERIAL AND METHODS

SELECTION OF VOLUNTEERS

The aim of study is to establish a relationship between duration of the menstrual cycle of female subjects to their temperaments. For this purpose the volunteers were selected randomly between the age group of 18- 28 years. The study was carried out on 294 unmarried female volunteers selected from Aligarh Unani and Ayurvedic Medical College, Ajmal Khan Tibbiya College and some other faculties of Aligarh Muslim University. Preference was given to the students residing in hostels because their environmental and nutritional status is almost similar.

INCLUSION CRITERIA

Healthy volunteers in the age group of 18-28 years without any apparent morbidity and history of disease were included in this study.

EXCLUSION CRITERIA

Volunteers having history of any medication, any type of addiction, any gynecological disorders like amenorrhea, menorrhagia, polymenorrhea, scanty menses etc. were excluded from the study. Saudavi temperament persons are excluded due to less number and whose temperament could not be evaluated with confidence were excluded.

DETERMINATION OF TEMPERAMENT

The Unani system of medicine is mainly based on the concept of temperament. Every individual, in the state of either health or illness, is categorized on the basis of temperament. It is because of the temperament that every person has a unique personality of his/her on the basis of which he/she is identified. Body built, facial features, voices activities etc. of each person are different because of the particular temperament. As diverse geographical conditions such as regions, countries, cities and habitats etc. exert their effects on the human temperament. The basis of temperament which includes habitat, stature, built, weight, age, complexion, state of hair of the body, mental state etc. have been described in detail by Unani physicians. An assessment of temperament was made on the basis of a questionnaire prepared in the light of criteria described in classical Unani literature. Age, weight, complexion, color of the hair, condition of flesh and fat, hairs of the body, sense of perception, physical functions-sleep, quality of excreta etc. were taken into consideration for the determination of mizaj. Besides these points for the assessment of temperament, the questionnaire also includes the points of details of menstrual cycle such as age at menarche, premenstrual symptoms, period, duration, association of pain etc.

This questionnaire was distributed among the female volunteers. An isolated and stress or fear free environment was provided to them.

After getting this filled questionnaire the temperament was detected and their menstrual history was obtained. Statistical evaluation of obtained values was carried out by using student t test and z test.

PROFORMA FOR TEMPERAMENT ASSESSMENT

Name of the volunteer : _____
 Age : _____
 Height : _____
 Weight : _____
 Address : _____
 Chief Complaint (if any) : _____
 B.P : _____
 Pulse: _____
 Temperature : _____

PARAMETERS	DAMVI	SAFRAVI	BALGHAMI	SAUDAVI
1. MALMAS				
a. Touch	Warm, Soft	Warm, Dry	Cold, Soft	Cold, Dry
b, Temperature				

2. LAHAM-WA SHAHAM

Body	Muscular	Muscular, less fatty	Fatty, less muscular	Lack of fat & muscles
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3. SH'AR

a. Texture	Thick, lusty	Thick, curly	Thin, straight	Straight, coarse
b. Growth & distribution	Rapid, average	Rapid, profuse	Slow, scanty	Rapid, excessive
c. Color	Blackish	Black	Brownish	Blackish

4. LON-E-BADAN

Complexion	Reddish	Yellowish	Whitish	Blackish
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5. HAYAT-E-AZA

Built	Muscular	Slim	Fatty	Lean & thin
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6. KAIFIYAT-E-INF'AL

a. Tolerate well	Dryness	Cold	Heat	Dampness
b. Remains well in	Spring	winter	Summer	Autumn

7. AFAL-E-AZA

a. Digestion	Average	Strong	Poor	Irregular
b. Appetite	Normal	Increased	Less	False
c. Taste	Sweet	Bitter	Normal	Normal
d. Thirst	Normal/ More	Increased	Decreased	Low
e. Diet	Cold & dry	Cold & moist	Hot & dry	Hot & moist
f. Salivation	Moderate	Decreased	Increased	Low
g. Respiratory rate	Average	Increased	Decreased	Low
h. Physical activity	Average	Hyper active	Lazy, dull	Decreased
i. Speech	Average	Quick	Slow	Slow

8. FUZLAAT-E-BADAN

Urine	Reddish, concentrated, moderate in quality	Yellow, dilute, less in quantity	Whitish, turbid, more in quantity	Darkish, turbid, less in quantity
Stool	Semisolid, voluminous, brownish	Loose, less amount, yellowish	Loose, voluminous, whitish	Constipated blackish
Sweat	Odoured, more	Odoured, more	Odourless, average	Bad odoured, less

9. NOM-WA YAQZA

a. Response	Aggressive	Brave	Weak	Coward
b. Anger/Joy	Easily come & easily lost	Frequent, severe & persist for long	Comes hardly	Frequent but persist
c. Mental alertness	Enthusiastic prepared	Reactive provoked	Dull sluggish	Deep thinking
d. Memory	Good, long term retention	Not good, short term	Good, can't retain for long time	Not good but excellent retention
e. Emotions	Normal	Angry	Calm, quiet	Nervous
f. Decision taking power	Bold	Quick	Hesitate	Afraid
g. Behavior	Reacts fast	Irritative, loose temper easily	Calm, cool, reacts slowly	Sleepy, reacts very late
h. Dream	Blood red objects	Fire red or yellow objects	White cold objects	Fearful black objects

TOTAL POINTS =**DAMVI****SAFRAVI****BALGHAMI****SAUDAVI****TEMPERAMENT:****MENSTRUAL HISTORY:**

Age at Menarche : _____

Marital Status : _____

PREMENSTRUAL SYMPTOMS:

(1) Irritability : _____

(2) Malaise : _____

(3) Headache : _____

(4) Colon spasm: _____

(5) Frequency of micturition: _____

(6) Feeling of fullness in the breast, abdomen: _____

(7) Edema of face & feet: _____

(8) Backache : _____

(9) Weight gain : _____

(10) Short tempered : _____

(11) Eruption of acne on face: _____

(12) Depression : _____

MENSTRUAL CYCLE

Regular	<input type="text"/>	Irregular	<input type="text"/>
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PERIOD OF MENSTRUAL CYCLE:

28 days	<input type="text"/>	30 days	<input type="text"/>
31 days	<input type="text"/>	32 days	<input type="text"/>

DURATION OF MENSTRUAL CYCLE

3 days	<input type="text"/>	5 days	<input type="text"/>
7 days	<input type="text"/>		

MENSTRUAL FLOW EXCESSIVE ON

1 day	<input type="text"/>	2 day	<input type="text"/>
3 day	<input type="text"/>		

ASSOCIATION OF PAIN

Low	<input type="text"/>	Moderate	<input type="text"/>
Severe	<input type="text"/>		

RESULTS AND OBSERVATIONS

The 294 unmarried female volunteers were thoroughly screened for temperamental assessment on the basis of Amat-e-ajnas-e-ashra. The details of observation was noted.

Table 1. Distribution of Volunteers According to Temperament.

Temperament	Frequency	Percentage (%)
Damvi	120	40.81
Balghami	64	21.76
Safravi	110	37.41

According to temperament the volunteers were divided into 3 groups.

Group I: Damvi Temperament includes 120 volunteers (40.81%).

Group II: Balghami Temperament includes 64 volunteers (21.76%).

Group III: Safravi Temperament includes 110 volunteers (37.41%).

DISTRIBUTION OF VOLUNTEERS ACCORDING TO TEMPERAMENT

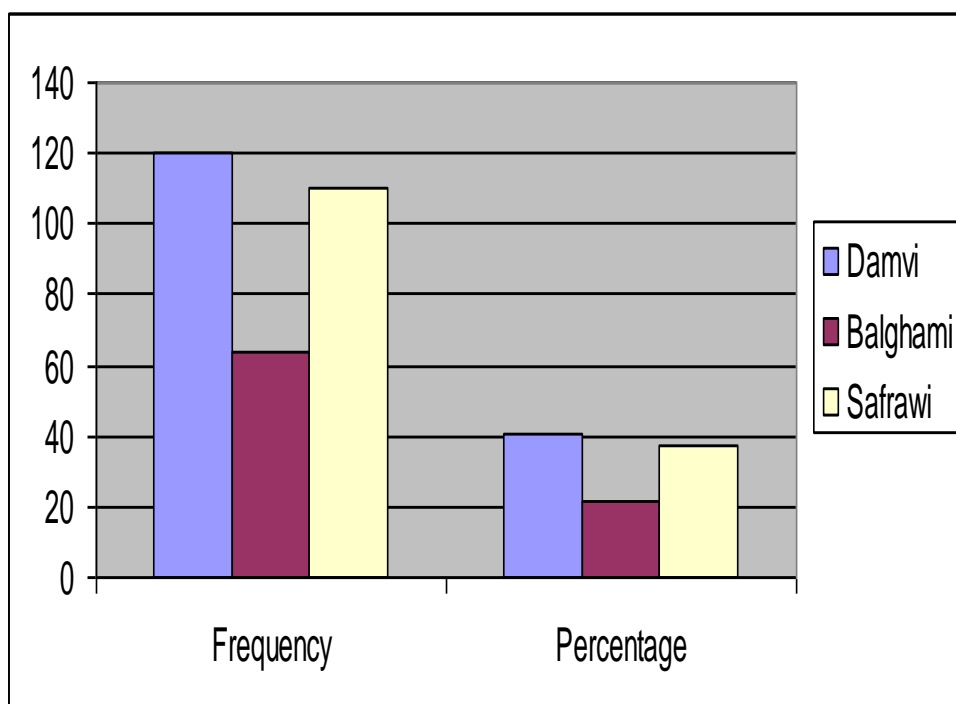


Table. 2. Distribution of Volunteers According to Age.

Age in years	No. of volunteers	Percentage	Damvi	Balghami	Safravi
18-20	21	7.14%	6	5	10
20-22	76	25.85%	25	14	37
22-24	73	24.82%	30	21	22
24-26	56	19.07%	24	14	18
26-28	68	23.12%	35	10	23
Total	294	100%			

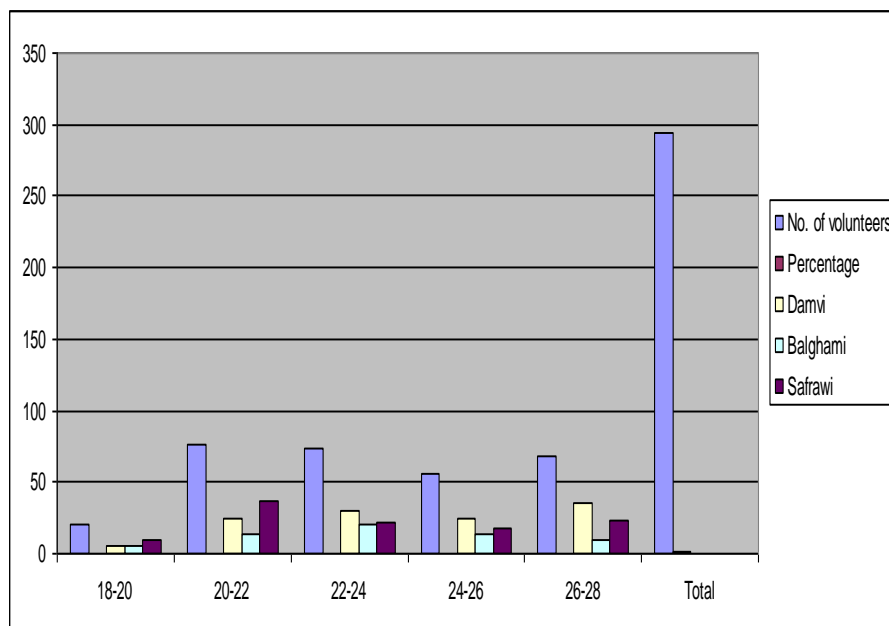
During study, all 294 volunteers were divided into 5 groups according to age. In group I (18-20 years) there were 21 volunteers, out of which 6 volunteers included in Damvi temperament, 5 in Balghami temperament and 10 in safravi temperament (7.14%).

In group II (20-22 years): there were 76 volunteers out of which, 25 in Damvi temperament, 14 in Balghami and 37 in Safravi temperament (25.85%).

In group III (22-24 years): there were 73 volunteers out of which, 30 in Damvi temperament, 21 in Balghami and 22 in Safravi temperament (24.85%).

In group IV (24-26 years): there were 56 volunteers out of which, 24 in Damvi temperament, 14 in Balghami and 18 in Safravi temperament (19.07%). In group 5(26-28 years): there were 68 volunteers out of which 35 in damvi temperament, 14 in balghami temperament, 23 in safravi temperament (23.12%).

DISTRIBUTION OF VOLUNTEERS ACCORDING TO AGE



DISTRIBUTION OF VOLUNTEERS ACCORDING TO DURATION OF MENSTRUAL CYCLE

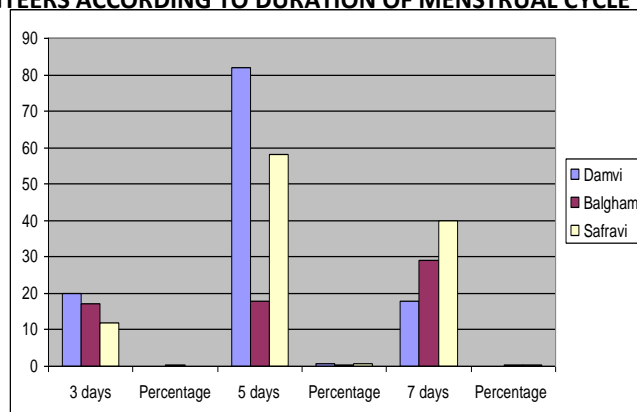


Table 3. Distribution of Volunteers According to Duration of Menstrual Cycle.

Temperament	3 days	%	5 days	%	7 days	%
Damvi	20	16.66%	82	68.33%	18	15%
Balghami	17	26.56%	18	28.12%	29	45.31%
Safravi	12	10.90%	58	52.72%	40	36.36%

Group I (3 days): This includes 20 Damvi temperament volunteers (16.66%), 17 Balghami temperament volunteers (26.56%) and 12 Safravi temperament volunteers (10.90%).

Group II (5 days): This includes 82 Damvi temperament volunteers (68.33%), 18 Balghami temperament volunteers (28.12%) and 58 Safravi temperament volunteers (52.72%).

According to duration of menstrual cycle the volunteers were divided into 3 groups.

Group III (7 days): This includes 18 Damvi temperament volunteer (15%), 29 Balghami temperament volunteers (45.31%) and 40 Safravi temperament volunteers (36.36%).

DISCUSSION

In this study a comparison was made between various temperamental group viz. Damvi, Balghami and Safravi in terms of their symptoms of menstruation. To my knowledge this work is first of its kind.

In this study total numbers of female volunteers were two hundred and ninety four (294) out of which the highest number of volunteers were found to have Damvi temperament. As Table-1 Shows, the number of volunteers in Damvi group was 120 (40.81%). In Safravi group we studied one hundred and ten (110) individuals, which comprises (37.41%) of total strength. Where as in 64 (21.76%) subjects were inducted to have Balghami temperamental qualities. No volunteer in our study had Saudavi temperament. Thus, only three groups of temperament were studied. After the distribution of volunteers according to age, the youngest volunteers had 18 years of age and elder ones were of 28 years. Thus this study projects data of volunteers with in the limit of 10 years in age wise comparison. As shown in Table-2 lowest numbers of subjects were in between 18-20 years of age and highest numbers belong to age group of 26-28 years. According to duration of menstrual cycle volunteers were divided into 3 groups as shown in table. 3, Group I (3 days): had highest number of volunteers 20 (16.66%) belonging to Damvi temperament and lowest number of volunteers 12 (10.90%) of Safravi temperament.

Group II (5 days): 82 (68.33%) highest number volunteers belong to Damvi temperament and lowest number of volunteers 18 (28.12%) belong to Balghami temperament. Group III (7 days): The highest number of volunteers 40 (36.36%) belong to Safravi group and lowest number of volunteers 18 (15%) belong to Damvi group.

CONCLUSION

In this study an attempt has been made to establish relationship of the temperament of individuals with their duration of menstrual cycle.

The eminent Unani physicians had described deep relation of temperament with menstrual cycle. In our sample study it is clearly evident that the duration of menstrual cycle is influenced by temperament of an individual. The result observed during the research work have been analyzed statically and explained in terms of tables and graphs clearly. With the limitation of resources and time, the study sample could not become large enough however the results show that there does exist relationship between the duration of menstrual cycle of subjects and their temperament. I believe that the result of this study may create a new window for further research.

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