

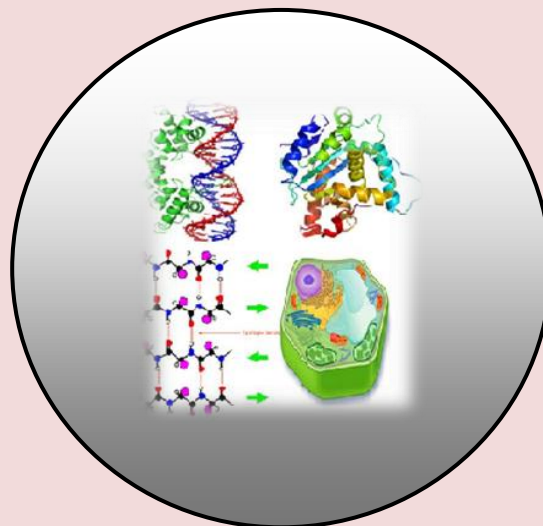
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By
Saba Zaidi

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Dr. Saba Zaidi

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jbiolchemres@gmail.com

RESEARCH PAPER

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Does the Humoral Theory Influence the Mizaj (Temperament)

Saba Zaidi

**Assistant Professor, D/O Tashreeh Wa Munafeul Aza F/O Unani Medicine AMU,
Aligarh (UP), India**

ABSTRACT

Unani Medicine is based upon theory of Akhlat (Humors) which presupposes the presence of four Akhlat (humors) in the body: Dam (Blood), Balgham (Phlegm), Safra (Yellow Bile), and Sauda (Black Bile). Akhlat (Humors) are made of foods and whatever entered into the body via inhalation or by penetration into the skin. These quadruple humors have qualities by which can make the nature of native Mizaj (Temperament) in normal and healthy condition but in the abnormal condition can transform this nature of native Mizaj (Temperament) to Su-e-Mizaj (Dys temperament).

Key words: Akhlat (Humors), Dam, Balgham, Safra, Sauda, Mizaj (Temperament) and Su-e-Mizaj (Dys temperament).

INTRODUCTION

Unani System of Medicine is based on the Humoral Theory (concept of Akhlat Arba); firstly introduced by Hippocrates (Hajar, 1999), in context of Human Physiology. It is said that harmony and sympathy i.e. Digestion and Metabolism (Hazm wa Istehala) of Akhlat is necessary to retain wellness (Chishti, 1988) and harmony of these Humors is necessary for health (Gruner). Hippocrates, systematically observed human temperaments and behaviors, and concluded that besides physiology, they are greatly influenced by environmental factors and geography, thus setting the stage for holistic approaches. Hippocrates attempted to identify the basic constituents of the human body. He therefore propounded the existence of four basic humors, per the four basic elements of the Universe. The four humors are very crucial for the body, since their harmonious mix maintains healthy states. Health absolutely requires the correct humor proportions. Consequently, humor excesses and/or shortages trigger the pathophysiology of disease. The state of harmonious mixing of the humors is called Eucrasia, recorded by Aristotle, whereas humor imbalance is Dyscrasia (Kalachanis et al, 2015).

Formation of Humors

Humors are formed in Liver through long process that is, first of all Digestion starts from mouth and passes to the Stomach where Hararat Gharizia acts upon food stuff and converts into Kailus (liquid substance, Hazm Awwal) after that Ajzae Latifa (diluted substances) absorb from Stomach and Intestine through Urooq Masarika (Mesentric vein) and enters into the Porta Hepatis. In Liver complete Nuzj occurs (Hazm Sani) and Akhlat as a blood are formed properly (Masihi, 2008).

After formation precipitated substance that is Sauda and at surface is Safra instead of Dam and Balgham are blending properly and reach to right atrium in the form of Dam and provides nutrition to the Aza (Organs) (Sina, Nafis, Sina, 2006, Baghdadi).

According to domination of four kinds of Akhlat (Humors) the human species has been broadly classified into four types of personalities- Damvi (Sanguineous), Balghami (Phlegmatic), Safrawi (Bilious) and Saudavi (Melancholic) (Ahmad, 1980).

Hippocrates supported the view that the ratio of the humors in the human body greatly influences temperament, leading to four basic types of people and behaviors shown on table 1.

Table 1: The correlation between humors, organs and temperaments which shows that human physiology has a major impact on human behavior.

HUMOR	ORGAN	TEMPERAMENT	ATTRIBUTES OF CHARACTER
Blood	Heart	Sanguine (Hot and Moist)	courageous, hopeful, playful, care-free
Yellow Bile	Liver	Choleric (Hot and Dry)	ambitious, leader-like, restless, easily angered
Black Bile	Spleen	Melancholic (cold and dry)	despondent, quiet, analytical, serious
Phlegm	Brain	Phlegmatic (cold and moist)	calm, thoughtful, patient, peaceful

Thus, obviously humor proportions in the human body do not only contribute to its health state, but also serve to predict and/or indicate character types. Besides the effects of humors, Hippocrates supports the view that environmental factors may also directly impact the human temperament: Both the temperament and the mood of the inhabitants of a particular region are subject to changes by factors such as the ambient air, its weather, and its general conditions (Jabin, 2011).

Temperament has its roots in the ancient four humors theory. It was the Greek Physician Hippocrates who systematized and developed it into a medical theory. He believed certain human moods, emotions and behavior were caused by body fluids (Humors). Next Galen (AD 131-200) developed the first typology of Mizaj in his dissertation *De temperamentis*, and searched for physiological reasons for different behaviors in humans (Shah, 1972).

Any of these humors have a stable amount in human body (in healthy state), so that in the case of increasing or decreasing in quantity and quality features of Humors, Dystemperament or disease will be presented. In other words there will be a Physiologic Humor which is base of normal Temperament (necessary for optimal level of living and normal function) and the second one as Pathologic Humor, which is harmful for living and lead to dysfunction that is Sue Mizaj. The inherited genes and chromosomes will determine the native Temperament (Mizaj) of human but after birth, mentioned quadruple Humors will maintain the healthy state of Temperament of human body or disease state or Dystemperament (Sue Mizaj) (Avijgan and Avijgan, 2013). Below are the four temperamental body types with associated elements, qualities and humor. Identification of the differences between the four temperaments includes physical observational features, skin, texture and temperature, speech, appetite, sleep patterns, methods of learning, mental activity, personality traits, emotional and behavioral tendencies. An over accumulation of the dominant quality associated with a temperament will produce negative effects (Bhikha Glynn, 2017, Bhikha, 2008, Hoosen, 2017, Bhikha, 2006). The temperament of a person is maintained and supported by the humors. Each individual has a unique temperament and likewise has a unique ratio of humors which match the ideal temperament of the individual. The word temperament is often used in a psychological sense however according to the theory of humors it is understood in a biological sense which indicates the dominant quality of an individual with respect to the ratio of humors. When a person is said to have a hot temperament it means that the blood humor is the dominant humor likewise with those that are cold, dry or moist.

2.1- Sanguineous temperament (element-air / quality-hot and moist / humor-blood/ Khilt Dam)

Features: Oval face with reddish complexion, deep set almond-shaped eyes with prominent capillaries, small chin and small lips, moderate frame with more muscular tissue than fat, solid shape, shapely legs and arms, joints are well formed and prominent, a macho stride (gait), hairs of the head are thick and oily, early hair recession in some men, skin is warm somewhat moist and soft to the touch with veins that are apparent. Their speech is clear, moderate to loud and they judge by feeling, they have a strong sense of smell and taste (preferred sense of perception), most effective method of learning is via flow charts whilst looking for the source of information.

They incline to a moderate to active lifestyle with good stamina and physical endurance. They have healthy appetites with moderate to excessive thirst, balanced and sound sleep of up to 7 hours with a rare tendency to insomnia, a good faculty of judgment, an overall optimistic and positive mental outlook, they are persuasive, a natural extrovert with good social skills. They enjoy traveling and discovering new destinations, they have a playful disposition and they are easily distracted. They are confident, self-motivated and enthusiastic. Elimination- bowel habits are regular, stool is soft, urine often golden yellow and they perspire easily. Menstruation tends to be painful.

Sign & Symptoms of Dystemperament of Khilt Dam:

Congestive headache, Dizziness, Vertigo, oversleeping, Hemiplegia (right side paralysis), Facial paralysis (towards left), Syncope, High Blood Pressure, Aneurysm, Pleurisy, weakness of the Heart (palpitations), Irritable bowel syndrome, Anal prolapse, Dysentery, Diabetes, Urinary tract infection, Cystitis, Dysuria, Leucorrhoea, Dysmenorrhea, Gonorrhea, Inflammation of the Ovaries and Fallopian tubes, Endometriosis, Uremia, Gout, Diabetes, High cholesterol, reduced intestinal motility, respiratory catarrh, Asthma, Genito-urinary disorders, hypersensitivity and capillary congestion amongst others (Chishti, 1991, Rolfe, 2002, Bhikha, 2000).

2.2- Bilious temperament (element-fire / quality-hot and dry / humor-yellow bile/ Khilt Safra)

Features: Square-shaped face with flushed complexion, straight eyebrows, sharp angular features, broad strong jaw, wide forehead with a straight hairline, hair is thin and oily, eyes are penetrating and small to moderate in size with a yellowish tint, lean to medium body built, firm stride (gait), skin texture is warm and dry with prominent veins. They are very active, enthusiastic, precise and orderly. They sleep sound but light, 5-6 hours is sufficient for them. Good appetite with excessive thirst and they become irritable if they delay meals. Their speech is sharp and loud, they are talkative, they perceive by sight and judge by intuition, they look at the bigger picture, they are sharp minded, outspoken, a natural born leader, extrovert, very resourceful, brilliant intellect, they are dominant, impatient, irritable and short tempered. They can be fearless and rebellious. Elimination- stool is soft and loose, urine dark yellow, perspire easily. Menstruation tends to be excessive.

Sign & Symptoms of Dystemperament of Khilt Safra:

Bilious headache, stress and anxiety, chronic fatigue syndrome, migraines, dizziness, mania, Heart palpitations, Cardiomegaly, Bronchitis, cough, hay fever, Gastritis, vomiting, nausea, Dysentery, Hepatitis, Jaundice, Nephritic and Nephrotic syndrome, Menorrhagia, erectile dysfunction and premature ejaculation, fevers, infections, rashes, urticaria, hyperacidity, eyestrain, hypertension and cardiovascular disorders amongst others.

2.3- Phlegmatic temperament (element-water / quality-cold and moist / humor-phlegm/ Khilt Balgham)

Features: They have round faces with full cheeks, large watery eyes, have medium to large frame, more fatty tissue than muscular tissue, they have a youthful build, bones are well covered and they have a slow gait. Veins are less visible and they have delicate soft, cool and moist skin. They speak slowly with a soft tone, they perceive by touch and judge by demonstration, and they learn hands on looking for reliable repetition. They have slow steady appetites with a low level of thirst and they can skip meals. They need at least 8 hours of sleep and they do tend to oversleep.

They are introverts, calm, accommodating, patient, good listeners, shy, self-contained, indecisive, have sentimental subjective thinking, emotional, sensitive and cool minded.

Elimination- stool tends to be thick and sticky, their urine is transparent to light yellow and they have a low level of perspiration. Menstruation tends to be low in quantity and frequency.

Sign & Symptoms of Dystemperament of Khilt Balgham:

They are naturally predisposed to phlegm related conditions, asthma, wet coughs, sinusitis, tonsillitis, phlegm congestion, water retention, edema, slow digestion, weight gain and obesity, metabolic syndrome, poor venous circulation, tendency towards depression, phlegmatic headache, sneezing, migraine, weak memory, epilepsy, oversleeping, infantile convulsions, bradycardia, low blood pressure, dyspepsia, diarrhea, cholera, sluggish liver, anemia, impotence, inadequate erection, bedwetting, weakness of the kidneys and bladder, leucorrhoea, amenorrhea, prolapse of the uterus, arthritis and sciatica amongst others.

2.4- Melancholic temperament (element-earth /quality-cold and dry / humor-black bile/ Khilt Sauda)

Features: They have oblong/oval faces, small active shallow-set eyes, bony cheeks, arched eyebrows, high forehead and hair recession at the temples in men; they have less body and facial hairs of all temperamental types, a thin and bony frame, and delicate, slender, elongated build with a quick and anxious gait. They have a rough, cold and dry skin with noticeable veins. Their speech is fast, less vocal and soft; they perceive by sound and judge by adequacy and explanation, always looking for details and authority in knowledge. Their appetites are variable or poor. They have difficulty in falling asleep and tend towards insomnia. They are analytical, detail oriented, their retentive faculty of mind is well developed; they tend to be perfectionists, they are practically efficient and dependable. They are thoughtful, logical, analytical, tendency to be fearful, insecure, anxious, introverts with a restless, philosophical and enquiring mind. They are naturally very imaginative and creative. Elimination- hard and dark stool, prone to constipation, moderate to excessive urine and low perspiration. Menstruation tends to be irregular, low in quantity with clots.

Sign & Symptoms of Dystemperament of Khilt Sauda:

Melancholic headache, Melancholia, Insomnia, Angina, Thrombosis, Embolism, Arteriosclerosis, Infarction, Dry cough, Asthma (dry), Pneumonia, Gastritis, Hyperacidity, Constipation, Piles, flatulence, Colic pain, Kidney stones, Hysteria, Psoriasis, Cracked skin, Gout, Anorexia, Anemia, poor appetite, Colon and gas related ailments, wasting, dehydration, Osteoarthritis, Neuromuscular disorders, and anxiety amongst others.

Discussion: The ancient Greco-Arab philosophers recognized temperament as an integral part of creation. According to Unani-Tibb the constitution of man and all matter in creation are composed of four primary indivisible elements namely fire, water, air and earth. These elements have associated compound qualities: fire is hot and dry; air is hot and moist, water is cold and moist, and earth which is cold and dry. The quality of the temperament is determined by the mutual interaction of the four primary qualities. The combination of these elements in a physical entity results in an overall quality, when this quality is in equilibrium it is called temperament. Temperament describes an individual's unique constitutional makeup including personality traits, physical appearances, emotional attributes, spiritual attributes and disease predispositions.

Conclusion: Every form of living organism or form of matter has a unique temperament that supports the functions and structure of that specific entity. The temperament of the human body is determined by the humors or bodily fluids which consist of a combination of elements. Humors refers to bodily fluids that are produced through digestion fulfilling the purpose of nutrition, growth, repair, energy production and the preservation of health for the entire human body. The right proportion of these humors according to quality and quantity ensures homeostasis which constitutes good health whilst incorrect proportions and irregular distributions according to quantity and quality constitute disease. The temperament of a person is maintained and supported by the humors. Each individual has a unique temperament and likewise has a unique ratio of humors which match the ideal temperament of the individual.

So it is clearly evident that Temperament is greatly influenced by Humors that is why each temperamental personality is different from each other on the basis of dominance of particular humor (Akhlāt).

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Corresponding author: Dr Saba Zaidi: Assistant Professor, D/O Tashreeh Wa Munafeul Aza F/O Unani Medicine AMU, Aligarh (UP), India
Email: sabazaidi437@gmail.com