Abstract
Mizaj is a specific entity of unani medicine that is an indicator of preponderance of a specific humour (galba-e-khilt) in the body, on which function and specific character of that body depends moreover Mizaj also has an effect on different body weight. Statements regarding relation between body weight and different Mizaj in ancient unani medical literature suggest that Balghami (Phlegmatic) persons have more fat content while the Safravi (Bilious) individuals are supposed to have lean and healthy body mass. Damvi (Sanguine) personalities have more muscle mass while Saudavi (Melancholic) person possess lean and thin personality. This ancient concept is being used by unani physician in Ajnas-e-Ashra; a Mizaj diagnostic tool of Unani System of Medicine, to find out the Mizaj of different people. In this study 100 young healthy individual were included. BMI of Each subject was calculated by measuring height in centimeter and weight in kilogram by using standard height and weight measuring methodology and Mizaj of each individual was assessed by using the standard format of Assessment of Mizaj, based on the points of Ajnas-e-Ashra mentioned in classical Unani literature. BMI mean of Damvi Mizaj (22.47 ± 3.64) is highest and BMI of Saudavi Mizaj (18.42 ± 1.87) is the lowest with significant t-test (p<0.05), which is in concordance with the old aged concept of Unani medicine.

Keywords: BMI, Mizaj, Unani medicine

Introduction
Unani system of medicine is the knowledge of achieving perfect physical, mental, social and spiritual health. The primary goals of Unani Tibb are to maintain the perfect health and the healing of diseases. Unani medicine is a science, which teaches us how to maintain natural harmony within the body to attain health and live healthy life. Mizaj is one of the unique concepts of Unani system of medicine, by which the Unani physicians explain the properties of different types of individuals, properties of drugs and pathophysiology of different diseases. Mizaj has an important role in diagnosis and treatment in Unani System. Mizaj is a quality, which produced by the action and reaction of different qualities of Arkan (elements), which take part in the formation of body, resulting in generation of a new property (quality) which is equally found in particles of elements.

Ancient unani physicians have described several parameters to determine the Mizaj of an individual. Ibn Sina has described ten parameters known as “Ajnas-e-Ashra”. Ajans-e-ashra is a Mizaj assessment tool in unani system of medicine, which is being used to find out the particular Mizaj of a healthy person or patient. Ten parameters are included in ajans-e-ashra, which are being interrogated during Mizaj assessment of a person. Out of these ten parameters, some provide information about the Sakht (structure) and others about the functions of the body. Laham wo Shaham (muscle and fat) is one of the important parameter amongst the ten determinants of Mizaj. Laham wo Shaham (muscle and fat) is one of the important parameter amongst the ten determinants of Mizaj. It is the second most criteria to determine the Mizaj of individuals.

Material Methods
Hundred (100) young healthy individuals were enrolled for this study, which was carried out in the Department of Munafe-ul Aza (physiology) of Ayurvedic and Unani Tibbia College Karol Bagh, New Delhi during the year 2011-2014. The aim of the study was to find out the relationship between the BMI and the Mizaj of an individual.
Inclusion criteria
- Individuals of 18 to 30 years of age
- Either sex
- Non-vegetarian

Exclusion criteria
- Known cases of any chronic illness like Diabetes/hypertension/thyroid disorders
- Pregnant women
- Individual with history of tobacco chewing/ smoking or alcohol intake

Determination of Mizaj
*Mizaj* of each subject was assessed by using the standard format of Assessment of Mizaj designed by Central Council of Unani Medicine, New Delhi; the apex research council of Unani system of Medicine, based on the points of Ajnas-e-Ashra mentioned in classical Unani literature.

Determination of BMI
BMI of each subject was calculated by measuring height in centimeter using 200cm Stature Meter manufactured by BIOCON and weight in kilogram using electronic digital weighing machine to the nearest measure of 0.1 kg. Standard height and weight measuring methodology was used.

Observation
Hundred individuals were selected for the study, out of which 46 were *Safravi*, 36 were *Balghami*, 13 were *Damvi* and 5 subjects were of *Saudavi Mizaj*.

The mean of *safravi* subjects were (22.25) and the standard deviation were ±3.32 while the *balghami* subjects have mean (21.66) and the standard deviation ±3.74. *Damvi* subjects fall in the category of highest mean of BMI (22.47) and standard deviation ±3.64 amongst the four category while the *saudavi* subjects fall in the category of lowest BMI mean (18.42) with standard deviation ±1.87.

**Table 2**: Mean of BMI in different Mizaj

<table>
<thead>
<tr>
<th>MIZAJ</th>
<th>BMI (MEAN ± S.D.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safravi</td>
<td>22.25 ± 3.32</td>
</tr>
<tr>
<td>Ballgame</td>
<td>21.66 ± 3.74</td>
</tr>
<tr>
<td>Damvi</td>
<td>22.47 ± 3.64</td>
</tr>
<tr>
<td>Saudavi</td>
<td>18.42 ± 1.87</td>
</tr>
</tbody>
</table>

A **t- test** was applied to test the level of significance between different Mizaj. The difference between BMI of *Damvi* and *Safravi* was not significant (*p*>0.05), *Damvi* and *Balghami* was insignificant (*p*>0.05), *Damvi* and *Saudavi* was significant (*p*<0.05), *Safravi* and *Balghami* was significant (*p*>0.05), *Safravi* and *Saudavi* was significant (*p*<0.05), *Balghami* and *Saudavi* was not quite significant (*p*>0.05).

Amongst 46 *Safravi* subjects, 7 were under weight, 28 were normal, 10 were pre-obese and one belonged to obese class-I category. Among total 36 *Balghami* subjects, 7 were underweight, 22 were normal, 6 were pre-obese while one fell in obese class-I category. There were total 13 *Damvi* subjects in whom 3 were under weight, 7 were normal, 3 were pre-obese and no one was in obese category. Out of 5 *Saudavi* subjects 2 were under weight, 3 were normal and none belonged to either pre-obese or obese category.

**Table 3**: *t*-test of different groups

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Groups</th>
<th>Unpaired T Test</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><em>Damvi</em> V/S <em>Safravi</em></td>
<td><em>p</em> = 0.8370 <em>t</em> = 0.2066</td>
<td>Not Significant</td>
</tr>
<tr>
<td>2</td>
<td><em>Damvi</em> V/S <em>Balghami</em></td>
<td><em>p</em> = 0.5037 <em>t</em> = 0.6739</td>
<td>Not Significant</td>
</tr>
<tr>
<td>3</td>
<td><em>Damvi</em> V/S <em>Saudavi</em></td>
<td><em>p</em> = 0.0325 <em>t</em> = 2.3406</td>
<td>Significant</td>
</tr>
<tr>
<td>4</td>
<td><em>Safravi</em> V/S <em>Balghami</em></td>
<td><em>p</em> = 0.4522 <em>t</em> = 0.7554</td>
<td>Not Significant</td>
</tr>
<tr>
<td>5</td>
<td><em>Safravi</em> V/S <em>Saudavi</em></td>
<td><em>p</em> = 0.0150 <em>t</em> = 2.5211</td>
<td>Significant</td>
</tr>
<tr>
<td>6</td>
<td><em>Balghami</em> V/S <em>Saudavi</em></td>
<td><em>p</em> = 0.0663 <em>t</em> = 1.8893</td>
<td>Not Significant</td>
</tr>
</tbody>
</table>

**Conclusion**
Among the four categories of Mizaj, *Damvi* has highest BMI mean (22.47 ± 3.64) followed by *safravi*, *ballgame* and *saudavi* has lowest BMI mean (18.42 ± 1.87). BMI of *Damvi* subjects were higher than any other category which were in concordance with the Unani concept that the *Damvi* individuals have *Har Rataab* (hot and moist) *Mizaj*, tall, strong built and muscular body, broad chest, large and strong bones.
and well-formed joints. While on the other hand the Saudavi subjects have the lowest BMI amongst the four categories which is completely in concordance of Unani concept that the Saudavi subjects have Barid Yabis (cold and dry) Mizaj, cold and rough skin, lean and thin built.

The present study was restricted to only 100 volunteers. Thus, it may not be comprehensive. Large sample provides better results. Therefore, future researches may be conducted on much larger sample. The results of such studies may provide greater insight for the determination of Mizaj in relation to BMI

Reference