

ISSN: 2456-0057

IJPNPE 2019; 4(1): 1064-1066

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www.journalofsports.com

Received: 16-11-2018

Accepted: 20-12-2018

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A correlation of body mass index with different Mizaj

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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 perameters 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.

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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*.

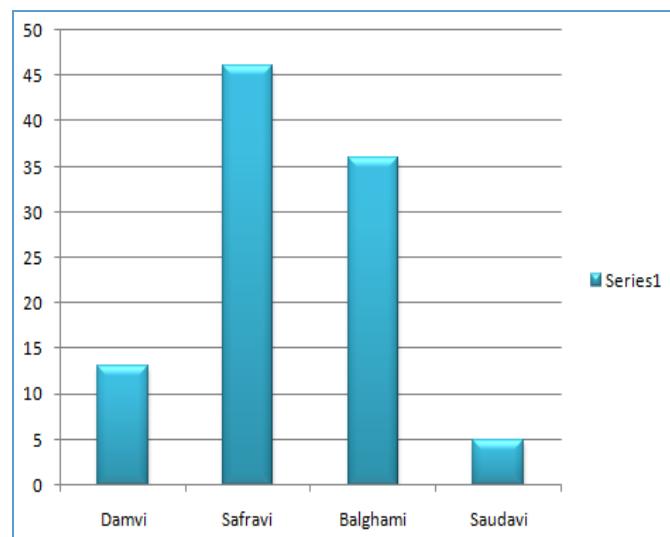


Fig 1: Distribution of subjects according to *Mizaj*

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 1: Distribution of subjects according to their BMI

Classification	BMI	Safravi	Balghami	Damvi	Saudavi
Underweight	<18.50	7	7	3	2
Normal range	18.50-24.99	28	22	7	3
Pre obese	25.00-29.99	10	6	3	-
Obese class-I	30.00-34.99	1	1	-	-
Obese class-II	35.00-39.99	-	-	-	-
Obese class-III	≥40.00	-	-	-	-
Total=100		46	36	13	5

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

MIZAJ	BMI (MEAN \pm S.D.)
Safravi	22.25 \pm 3.32
Balghami	21.66 \pm 3.74
Damvi	22.47 \pm 3.64
Saudavi	18.42 \pm 1.87

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 ($p>0.05$).

Table 3: *t*-test of different groups

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

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 Ratab* (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

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