

# Clinical evaluation of Mizaj (Temperament) of the patient of Dysfunctional Uterine Bleeding

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## Abstract:

**Background:** Unani System of Medicine classifies humans personalities into four different mizaj (Temperaments) based on the dominance of body fluids. In healing drugs and diseases are also classified according to the four humours. The four humours correspond to four bodily fluids i.e. blood, phlegm, yellow bile and black bile. According domination of four kind of akhlat the human species can be broadly classified into four types of personalities. 1. Damawi (sanguine or plethoric type) 2. Safrawi (choloretic or bilious type) 3. Balgami (phlegmatic or pituitic type) 4. Saudawi (Melancholic type). Domination of certain khilt which express the mizaj (temperament) of a person. **Objectives:** The aim of the study to evaluation of mizaj (temperament) of the patient of dysfunctional uterine bleeding. With an objective to evaluate the temperament of dysfunctional uterine bleeding patients. **Methods:** Standard controlled randomized single blind study was carried out at department of Amraz-e-Niswan wa Qabalat, Karol Bagh, New Delhi by registering 80 clinically diagnosed cases of DUB were enrolled in both test group (40 patients) and control group (40 patients) after getting their consent to participate in the study. This study was based on a questionnaire and examination of 80 diagnosed cases of DUB, as per standard temperament chart recommended in Unani literature, which is based on ajnas-e-ashra it is ten in numbers. **Result:** The etiological factors as described by Unani Physicians were according to four humour and derangement of temperament and also due to uterine debility and weakness. The present study which was conducted on 80 patients showed that the highest incidence about 60% in test group and 42.5 % in control group among the Balghami mizaj women vide table no. 1. **Conclusion:** Dysfunctional Uterine Bleeding was found to be more prevalent among women with balghami mizaj (phlegmatic temperament) and hence is likely a balghami marz (phlegmatic disorder) or in other words su-e-mizaj balghami (phlegmatic distemperament).

**Keywords:** DUB, Mizaj, Temperament, Ajnas ashra.

## Introduction:

Unani System of Medicine classifies humans personalities into four different mizaj (Temperaments) based on the dominance of body fluids. According domination of four kind of akhlat the human species can be broadly classified into four types of personalities. 1. Damawi (sanguine or plethoric type) 2. Safrawi (choloretic or bilious type) 3. Balgami (phlegmatic or pituitic type) 4. Saudawi (Melancholic type). Domination of certain khilt express the mizaj (temperament) of a person. In Unani literature, Usr-e-Wazifi Nazfur Reham (Dysfunctional Uterine Bleeding) has mentioned under the heading of Istihaza in which bleeding is irregular, excessive in amount and for prolonged duration.<sup>1,2</sup> Istihaza is caused by the weakness of retentive power of uterus, either hiddat or riqaat-e-khoon or su-e-mizaj reham or injury / trauma

to the uterus, as a result expulsive power of uterus becomes weak which in turn leads to dilatation of uterine vessels resulting in excessive menstrual blood loss.<sup>3,4,5</sup> Hippocrates (460 B.C.) in his book "Human Nature" set forth the doctrine of body fluids i.e. humours or Akhlat, that human body contains four major kind of humour i.e. • Dam (blood) • Balgam (Phlegm) • Safra (yellow bile) • Sauda (black bile). A right proportion, according to quality and quantity, and mixing of which (homeostasis) constitutes health and alter in its proportion and irregular distribution, according to their quantity and quality constitute disease."

Identification of mizaj:

Normal (mizaj) or abnormal (su-e-mizaj) is not determined by chemical analysis of different akhlat of the body however the Tibbi Physicians have devised

mean to find out mizaj. The sign and symptoms by which mizaj can be diagnosed are classified into following 10 parameters:

1. Malmus (Tactile sensation)
2. Lahm wa shahm (Muscle and Fat)
3. Ash'ar (hairs)
4. Laun (body color)
5. Hayat-e-aza (Stature)
6. kayfiyat-al-infiial (quality of passiveness of organ)
7. Naum wa yaqzah (sleep and wakefulness)
8. Afal-e-aza (bodily functions)
9. Fuzlat-e-badan (excreta of the body)
10. Infilat-e-nafsaniyah (psychic reactions).

Mizaj (Temperament): Majority of patients has balghami mizaj i.e. 90% which correlates well with the theories proposed by Unani physicians in the causes of Istihaza, sue mizaj barid due to dominance of khilt-e-balgham, riqqat-e-khoon which dilates the uterine vessels and ultimately weakens the retentive power of uterus resulting in excessive menstrual blood loss.<sup>6</sup>

The causes of Kasrat-e-Tams as excessive loss of menstrual blood during periods. According to Zakaria Razi sometimes body remove waste along with kasrat-e-tams when they not been cleared off through micturition, or due to some ailment of the uterus, due to dominance of humour safra (yellow bile), or due to excess of any fluid in the blood. Whereas Sarabiun says excessive bleeding per vaginum is due to debility in the veins, or due to dominant humour phlegm in blood or due to dominancy of red humour blood.<sup>7</sup>

Dilatation of uterine vessels is caused by Riqqat-e-Khoon due to Ghalba-e-Balgham or Hiddat-e-Khoon due to Ghalaba-e-Safra or Sauda resulting in Zoaf-e-Quwwat-e-Masika al-Reham leading to increase menstrual blood loss.<sup>8,9</sup>

The treatment plan of Kasrat-e-Tams in Unani system of medicine is mainly based on concept that, treat the actual cause of heavy menstrual flow (Izala-e-Sabab), Tanqiya-e-badan with Tadeel-e-Mizaj and Istefragh-e-Madda in Su-e-Mizaj-e-sada and Maddi respectively,

use of Habis and Qabiz advia to control bleeding and finally use of Muqauwwi Reham advia to strengthen the uterus.<sup>10</sup>

Modern Concept: Dysfunctional uterine bleeding is defined as a state of abnormal uterine bleeding without any clinically detectable organic, systemic, and iatrogenic cause (Pelvic pathology, e.g. tumour, inflammation or pregnancy is excluded). Dysfunctional uterine bleeding (DUB) is excessively heavy, prolonged or frequent bleeding of uterine origin which is not due to pregnancy or to recognisable pelvic or systemic disease.<sup>11</sup>

Some Unani physicians considered Kasrat-e-Tams (menorrhagia) according to Mizaj of woman and others used to find the Uzu (Reham) defected and some Akhlat (Humours) to be responsible for it. Mizaj-Al-Ajnas (Temperament of sexes): According to Tibb the Mizaj (temperament) of women is cold in comparison to men.<sup>12</sup> The reason is that the B.M.R. in women is lower than the men and with the result the production of heat in terms of calories is lesser than men.

Mizaj-Al-Asnan (Temperament of different ages): Sin-al-Buloogh (Puberty up to 19 or 21 years) comes in Sin-al-Namu (the period of growth and development). This is the period in which rutoobat ghariziyah exceeds the quantity sufficient for the preservation of hararat-e-ghariziyah (normal body heat) or in other words it is more than sufficient for various metabolic processes of the body. Mizaj-Al-Sibyan (Temperament during the period of growth): The period of growth is hot and moist and in this period both rutoobat-e-ghariziyah as well as hararat-e-ghariziyah are dominant. The mizaj of this period is har ratab. The reason for hotness is that the production of heat in terms of calories and their metabolic rate is greater than adults and olds and the reason for temperament being moist is that there is domination of rutoobat-e-ghariziyah in comparison to adults in period of growth.<sup>7,13,14</sup>

**Objectives:** The aim of the study to evaluation of mizaj (temperament) of the patient of dysfunctional uterine bleeding. With an objective to evaluate the temperament of dysfunctional uterine bleeding patients.

**Methods:** Standard controlled randomized single blind study was carried out at department of Amraz-e-Niswan wa qabalat, Karol Bagh, New Delhi by

registering 80 clinically diagnosed cases of DUB were enrolled in both test group (40 patients) and control group (40 patients) after getting their consent to participate in the study. In this study at the time of enrolment of the patient, assess the mizaj of each patient based on questionnaire and examination as per the standard mizaj assessment chart annexure 1 which is based on ajnas-e-ashra it is ten in numbers. To rule out the maximum number occurs in which temperament may be damwi, balghami, safrawi and

saudawi. Maximum number goes to which category that temperament of the women.

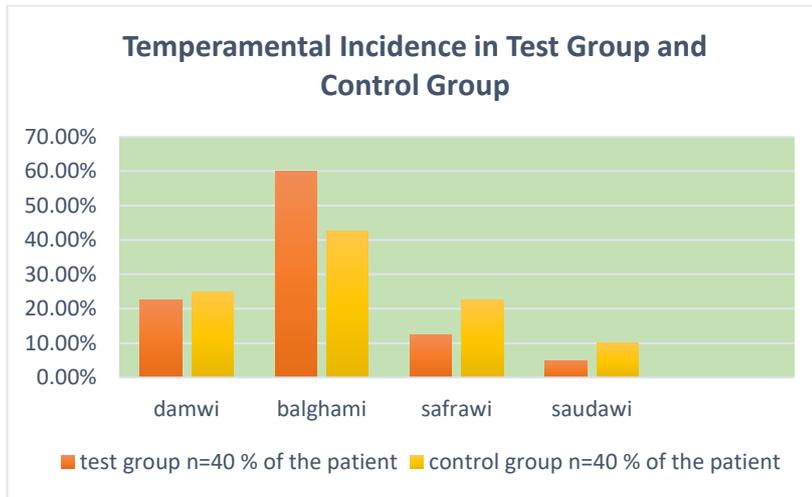
**Result:** The etiological factors as described by Unani Physicians were according to four humour and derangement of temperament and also due to uterine debility and weakness. The present study which was conducted on 80 patients showed that the highest incidence about 60% in test group and 42.5 % in control group among the Balghami mizaj women vide table no. 1.

## RESULTS & OBSERVATIONS

**Table no. 1: Temperamental Incidence in Test Group and Control Group**

Temperament (Type)	Test Group n=40		Control Group n=40	
	No of patient	% of patient	No of patients	% of Patient
Damwi	09	22.5 %	10	25.0 %
Balghami	24	60.0 %	17	42.5 %
Safrawi	05	12.5%	9	22.5 %
Saudawi	02	05.0 %	4	10.0 %
Total	40		40	

**Graph no. 1: Temperamental Incidence in Test Group and Control Group**



**Discussion:** Analysis of the temperamental incidence showed that maximum percentage of patients belongs to Balghami Mizaj in both Test Group (60%) and Control Group (42.5%). Damwi Mizaj in Test Group (22.5%) and Control Group (25 %) Safrawi Mizaj in Test Group (12.5%) and Control Group (22.5%) and Saudawi Mizaj in Test Group (5%) & Control Group (10%).

The etiological factors as described by Unani Physicians were according to four humour and derangement of temperament and also due to uterine debility and weakness. The present study which was conducted on 80 patients showed that the highest incidence about 60% in test group and 42.5 % in control group among the Balghami mizaj (phlegmatic temperament). The above result correlate with the theory of Unani physician, It is due to the fact that when excess of balgham or phlegm alter the temperament of the uterus, weakens the uterine blood vessels, and tonicity of muscles resulting in loss of blood due to poor contracting ability (Zoaf-e-Quwat-e-Masika) and also excess of balgham may be a factor facilitating organisms to inhabit in the genital tract.

**Conclusion:** Majority of patients has balghami mizaj i.e. 90% which correlates well with the theories proposed by Unani physicians in the causes of Istihaza, sue mizaj barid due to dominance of khilt-e-balgham, riqqat-e-khoon which dilates the uterine vessels and ultimately weakens the retentive power of uterus resulting in excessive menstrual blood loss. In this study maximum percentage of patients belongs to Balghami Mizaj in both Test Group and control group after that in damwi then safrawi and saudawi. This study evaluate the disease dysfunctional uterine bleeding most commonly occurs in balghami mizaj hence it likely a balghami marz (phlegmatic temperament).

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### ANNEXURE 1:

#### ASSESSMENT OF MIZAJ (TEMPERAMENT): ACCORDING TO AJNASH-E-ASHRA

Parameters	Damwi (Sanguine)	Balghami (Phlegmatic)	Safrawi (Bilious)	Saudawi (Melancholic)
<b>Complexion</b>	Reddy(reddish)	Chalky (whitish)	Pale (yellowish)	Dark (blackish)
<b>Built</b>	Muscular & broad	Fatty & broad	Muscular & thin	Skeletal
<b>Touch</b>	Hot & soft	Cold & soft	Hot & dry	Cold & dry
<b>Hair</b>	Black & lusty thick, rapid growth	Black & thin slow growth	Brown & thin rapid growth	Black thick Slow growth
<b>Movement</b>	Active	Dull	Hyperactive	Less active
<b>Diet(most suitable)</b>	Cold & dry	Hot & dry	Cold & moist	Hot & moist
<b>Weather(most suitable)</b>	Spring	Summer	Winter	Autumn
<b>Sleep</b>	Normal	In excess	Inadequate	Least
<b>Pulse</b>	Normal 70-80/min	Slow 60-70/min	Rapid 80-100/min	Slow 60-70/min
<b>Emotions</b>	Normal	Calm & quiet	Angry	Nervous

Patients Mizaj:

Damwi

Balghami

Safrawi

Saudawi