

## CLINICAL EVALUATION OF MIZAJ (TEMPERAMENT) IN THE PATIENTS OF POLYCYSTIC OVARIAN DISEASE

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### ABSTRACT

*Unani system of medicine is based on the theory of Mizaj which is considered as the basics of Unani therapeutics. Mizaj is an Arabic word which means Aamezish, Ikhtilat or Tabiyat. In English language, the word Temperament is used to describe Mizaj which is derived from the latin word Tempero, which means to mix together.*

*Every individual has its own unique temperament hence reacts to various internal and external stimuli viz. drug, climate, food, emotions, body reactions etc. differently according to temperament he or she possess. Thus Mizaj plays an important role in assisting specific treatment to the patient of any disease. PCOD is considered as one of the most common gynaecological complaints during reproductive age in which patient experiences scanty and prolonged menstrual cycles, hirsutism, obesity and infertility etc.. Since, in Unani system of medicine, diseased condition is produced due to the imbalance among the quantity or quality of four humours present in our body i-e Khilt-e Balgham, Khilt-e Dam, Khilt-e Safra, Khilt-e Safra, and Khilt-e Sauda, hence basic principle of treatment is according to particular Khilt whose excess is considered as the cause of that particular disease. Ancient Unani physicians including Hippocrates, Ibn Sina And Majusi, relate PCOD with the domination of Khilt e Balgham. This paper presents the observational study carried out in the Department of Amraze Niswan Wa Atfal, A.K.T.C, Aligarh. It has been conducted on the patients of Polycystic Ovarian Disease. All patients of reproductive aged between 20-35 years having complaint of irregular menstrual cycle, hirsutism, obesity, infertility with the pelvic pathology of Polycystic ovaries were included in this study. From the present study, it was observed that maximum no. of patients i.e. 16( 53.33%) were found to have Barid ratab Mizaj and categorized as Balghami whereas 9( 30.0%) were of Safravi Mizaj and 5(16.5%) of Damvi, no patient was found to have Saudavi constitution uptill now. These findings suggested that PCOS is likely to be predisposed by the Balghami constitution.*

**Keywords:** Mizaj (Temperament), Polycystic ovarian disease.

### INTRODUCTION:

Unani system of medicine is based on Mizaj, which is considered as the

core of Unani Therapeutics, founded by Hippocrates. Domination of any Khilt (humor) obviously exerts its influence on

the mizaj of the person and treatment is based upon the correction of that particular dominated Khilt. Hence Mizaj plays an important role in assigning specific treatment of any disease. The study aimed at assessment of Mizaj in Patients of Polycystic Ovarian Disease. According to Ibn Nafees, Mizaj is Admixture and Richerand, a French physiologist, Temperament is physical and moral difference in a man which depends on various proportion and relations among the parts that make up their organization as well as upon the different degree in the relative energy of certain organs.

### **Polycystic Ovarian Disease:**

PCOS is the most common hormonal disorder occurring in women during their reproductive years and 1out of every 5 women has PCOS<sup>1</sup>. Insulin resistance is major contributor in around 50-80% of women with PCOS<sup>2</sup>. PCOS is a leading cause of infertility.44.60% married PCOS patients complained of infertility<sup>3</sup>.Symptoms of PCOS frequently start to show up soon after puberty, often in early to mid of 20's.The 2003 Rotterdam consensus workshop (ESHRE/ASRM) concluded that- "PCOS is a syndrome of ovarian dysfunction along with the cardinal features of hyperandrogenism and polycytic ovary morphology.<sup>4,5,10</sup>

Characteristic features associated with PCOS,are-

- Hirsutism (excessive hair growth on the face, chest, abdomen, etc.)
- Hair loss (often in a classic "male baldness" pattern)
- Acne
- Obesity
- Infertility or reduced fertility.<sup>5,9</sup>

### **Review of Literature:**

A group of experts who were convened in 1990 by the National Institute of Health

(NIH) defined PCOS as ovulatory dysfunction with clinical evidence of hyperandrogenism.

In Unani system of medicine, the disease has not been defined under the term of PCOS; as disease has been categorized recently just a century before. The description of the disease can be compared with what has been described by various Unani physicians under the headings of *ehtebas tams* and *uqr*.

According to Hippocrates the main cause of the disease is impairments of humors (*Akhlat*)<sup>6</sup>. *Ehtebas Tams* is caused by the domination of *Khilte balgham* which increase the viscosity of blood. Ibn Sina and Majusi stated one of cause of *ehtebas tams* is *sue mizaj barid* of *rehm* and *samane mufrat* (obesity). Due to obesity narrowing of blood vessels develops and reduces blood circulation and *sue mizaj barid* causes increase in the viscosity of the humours.

The Unani physicians described various diseases in this category, such as *qillate tams*, *ehtebase tams*, *uqr*. Since PCOS is manifested with symptoms of amenorrhoea, infertility, obesity and hirsutism, various descriptions related to the above conditions are found in unani literature in the description of *Sue mizaj mukhtalif* of *quwate tauleed mani* in women; mainly *sue mizaj barid* causes *uqr* by *toole ehtebase mani*( chronic an ovulation).

Further Galen, states that, women become amenorrhoeic if her *mizaj* transformed towards masculinity and she may develops the features like male pattern hair growth hoarseness of voice etc.<sup>8</sup> The causes of infertility in female due to obesity and PCOS as described by recent researchers are very much similar to the features of *Uqr* in Unani medicine.

### **Objective of the Study:**

\* To know which *Mizaj* is predominant in patients of Polycystic ovarian disease.

\* To evaluate the role of *Mizaj* in the patients of Polycystic ovarian disease.

**Methodology:**

**Sample:** 30 patients were taken as a sample

Present is the observational study carried out in the department of Amraze niswan wa Atfal, Ajmal Khan Tibbiya College, Hospital on the patients suffering from Polycystic ovarian disease. The criterion for selection of patients was by history taking, clinical examination and in-

**Observation Table:**

**Showed the patients of different mizaj**

s.no	Patients	No.of patients
1	Barid ratab miraz	16 (53.33)
2	Safarivi mizaj	9 (30%)
ss3	Damvi	5 (16.5%)
4	Saudavi	0

**DISCUSSION**

From the Table: Maximum no. of patients i.e. 16( 53.33%) were found to have Barid ratab Mizaj and categorized as Balghami whereas 9( 30.0%) were of Safravi Mizaj and 5(16.5%) of Damvi, no patient was

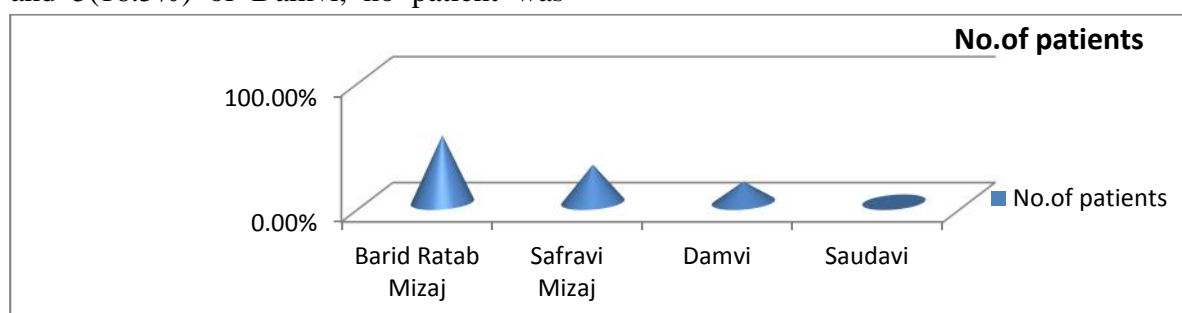
investigation. All patients aged between 20-35 years, including married and unmarried having complains of irregular menstrual cycles, hirsutism, and obesity and married patients with infertility along with polycystic ovaries in ultrasonography were included in this study.

Patients with other systemic illness were excluded from the study. Informed consent was obtained from each patient.

*Mizaj* of each patient was evaluated on the basis of ten physiological parameters called Afnas-e-Ashra mentioned in classical Unani Literature.

found to have Saudavi constitution uptill now.

These findings suggested that PCOS is likely to be predisposed by the Balghami constitution. It validated the statement of Hippocrates<sup>6</sup>, Ibn Sina<sup>7</sup>, and Majusi.



**CONCLUSION**

From the above study it has been concluded that patients with Balghami mizaj are likely to be more affected as compared to the patients with other mizaj. So, Balghami constitution may be considered as an important factor in the pathogenesis

of PCOS. The study is still continuing, so there is possibility of exploring new data in future. Since PCOS is an emerging disorder nowadays, so early screening could provide opportunity to target the group for promoting healthy lifestyles and early

interventions to prevent future morbidities.

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