

Clinical Evaluation of Mizaj (Temperament) in the Patients of Cervicitis (*Iltehab-E-Unqur Rehm*)

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ABSTRACT

Background: 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. Hence, Mizaj plays an important role in assisting specific treatment to the patient of any disease. Cervicitis is considered as one of the most common gynaecological complaints during reproductive age in which patient experiences foul smelling vaginal discharge, lowback pain, dysuria, dyspareunia, suprapubic pain 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. **Methods:** Ancient Unani physicians including Hippocrates, Ibn Sina And Majusi, relate cervicitis with the domination of Khilt e Damvi. 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 cervicitis. **Results:** From the present study, it was observed that maximum number of patient i.e. 30 (50.0%) belongs to Damvi Mizaj, followed by 18(30.0%) of Safravi Mizaj and 12(20.0%) of Balghami Mizaj. None of the patient is of Saudavi Mizaj. **Conclusions:** These findings suggested that cervicitis is likely to be predisposed by the Damvi constitution.

Key words: Mizaj(Temperament), Cervicitis(Iltehab-e-Unqur rehm)

INTRODUCTION

Unani system of medicine is based on Mizaj, which is considered as the 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 dominated Khilt.^[1] Hence Mizaj plays an important role in

assigning specific treatment of any disease. The study aimed at assessment of Mizaj in Patients of Cervicitis. According to Ibn Nafees,^[1] 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.

In classical literature of Unani medicine, cervicitis is defined as Iltehab e unqur rehm, which comes under the diseases of Warm e rehm.^[2,3] It has been described by some other names also like, Warm e rehm, Batn e rehm, Iltehab e rehm, Warm e batn e rehm and Warm e ghisha e mukhati e rehm.

Symptoms of Cervicitis:-^[4,5]

- 1) Pain in lower abdomen.
- 2) Low back ache
- 3) Itching or burning sensation in the vulvae.
- 4) Thick mucoid or mucopurulent or white or yellowish discharge from the vagina.
- 5) Menstrual disturbances.

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- 6) Dysmenorrhoea.
- 7) Dyspareunia.
- 8) Infertility.

Signs:-

- 1) Tenderness in lower abdomen.
- 2) Inflamed and congested cervix.
- 3) Mucoïd or purulent or blood stained discharge from external Os.
- 4) On per vaginal examination, inflamed, firm and tender cervix, large flabby and tender uterus with patulous soft os.

Unani Physicians like, Ibn Sina, Majoosi, Jurjani and Razi have mentioned that warm e rehm is associated with the involvement of other organs such as stomach and brain so other symptoms are also present along with gynaecological symptoms like-

- 1) Hiccups.
- 2) Nausea and Vomiting.
- 3) Indigestion.
- 4) Reduced appetite.
- 5) Constipation.
- 6) Urinary symptoms such as dysuria or increased frequency of micturition.
- 7) Headache.
- 8) Heaviness and pain in groins, thighs.
- 9) Generalized weakness.
- 10) Spasm and pain in calf muscles.

Nabz: *Zaeef, Sagheer wa Mutawatir*

Objective of Study:

1. To know which *Mizaj* is predominant in patients of Cervicitis.
2. To evaluate the role of *Mizaj* in the patients of Cervicitis.

METHODS

Sample: 60 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 Cervicitis. The criterion for selection of patients was by history taking, clinical examination and investigation.

Inclusion Criteria:

- Patients in the age group of 18-40 years, all are married.
- Patients complaining of vaginal discharge, low backache, low abdominal pain, dyspareunia, dysuria, etc.
- Women with inflammatory pap's smear.
- Patients willing to take part in study.

Patients with other systemic illness were excluded from the study. Informed consent was obtained from each patient. *Mizaj* of each patient was evaluated based on ten physiological parameters called *Ajnas-e-Ashra* mentioned in classical Unani Literature.

RESULTS

This retrospective study was carried out in Department of Deptt. of Amraze Niwan Wa Atfal (Gynaecology), AKTC, AMU Aligarh. From the present study, it was observed that maximum number of patient i.e. 30 (50.0%) belongs to

Damvi Mizaj, followed by 18(30.0%) of Safravi Mizaj and 12(20.0%) of Balghami Mizaj. None of the patient is of Saudavi Mizaj.

Table 1: Distribution of Patients according to Mizaj

Mizaj	No. of Patients
Damvi	30(50.0)
Safravi	18(30.0)
Balghami	12(20.0)
Saudavi	0
Total	60(100.0)

DISCUSSION

From the table, maximum number of patients ie 30(50.0%) belongs to Damvi Mizaj, followed by 18(30.0%) of Safravi Mizaj and 12(20.0%) of Balghami Mizaj and there was no patient who has Saudavi Mizaj as assessed by temperament chart. This observation correlates to the theories presented by the eminent Unani physicians like Ibn Sina,^[2] Al Razi,^[3] Majoosi^[6] and Ismail Jurjani^[5] who have mentioned that this disease is more common in individuals with dominance of Khilt-e-har (dam and safra). The above mentioned khilt causes sue-e-mizaj of rahm due to excessive accumulation leading to *Itehab e unq ur rahm*.^[7]

CONCLUSION

From the above study, it has been concluded that patients with Damvi Mizaj are likely to be more affected as compared to the patients with other mizaj. So, Damvi constitution may be considered as an important factor in the pathogenesis of Cervicitis. The study is continuing, so there is possibility of exploring new data in future. Since Cervicitis is the most distressing disorder affecting nearly 80% 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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