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## Clinical assessment of Mizaj (Temperament) in the patients of Subclinical Hypothyroidism

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### Abstract

Hippocrates was the first to put forward the Mizaj (temperament) school of thought. The Unani medical system is the only one to use the principle of Mizaj (temperament), and the system is built around this central idea. In accordance with this theory, Hippocrates (460–370 BC), the father of medicine and the creator of the Unani School of medicine, each individual has a unique Mizaj (temperament) that is fixed and cannot be altered. Every individual has unique preferences, dislikes, hobbies, skills, and tastes. The sum of all these qualities constitutes a person's superior temperament, or Mizaj (temperament). It has an immediate effect on a person's health and susceptibility to disease. Four kinds of Mizaj (temperament) have been developed by Unani doctors: Damvi (sanguine), Balghami (phlegmatic), Safravi (bilious), and Saudavi (melancholic). Subclinical hypothyroidism is a state in which t3 & t4 are within normal range but TSH is elevated and its signs and symptoms mostly resemble the sue mizaj balghami. Evaluation and analysis of the Mizaj (temperament) of patients with subclinical hypothyroidism were the study's main goals. The results of this study, based on the conventional understanding of temperament, offer hope for preventing and treating subclinical hypothyroidism. 40 participants who met the inclusion and exclusion criteria and had a verified biochemical diagnosis of subclinical hypothyroidism were enrolled in the trial at A & U Tibbia College in Karol Bagh, New Delhi-05. A typical temperament test was used to assess the Mizaj of the subjects. In the current observational study, Balghami (phlegmatic) Mizaj had a greater incidence of patients. The patient's temperament (Mizaj), which was examined in accordance with traditional Unani literature, may have a significant impact on the emergence and progression of subclinical hypothyroidism.

**Keywords:** Balghami, Mizaj, Safravi, Saudavi, Subclinical hypothyroidism, Sue mizaj, temperament

### Introduction

Subclinical Hypothyroidism is defined as a condition in which the serum thyroid stimulating hormone level is above the normal reference range, but serum thyroxine T4 and tri iodo thyronine T3 levels (free and total) are within the normal range. The majority of patients with Subclinical Hypothyroidism show no clinical features of thyroid dysfunction<sup>[1, 2]</sup>.

Women are more likely to have Subclinical Hypothyroidism than men. TSH level of less than 10 mIU/l but more than 5 mIU/l is found in 80 percent of patients with Subclinical Hypothyroidism. The most notable complication of Subclinical Hypothyroidism is its high proclivity to progress to true hypothyroidism. It is also linked with dyslipidemia and an increased risk of cardiovascular diseases<sup>[1, 2]</sup>.

According to Casey *et al.*, Allan *et al.*, Vaidya *et al.*, and Mannisto *et al.* researches, Subclinical Hypothyroidism is common during early pregnancy, affecting about 2.5 percent of pregnant women<sup>[3-9]</sup>.

Baseline TSH level, old age, female sex, and the presence of thyroid autoantibodies are all well-known risk factors for Subclinical Hypothyroidism and its progression to frank hypothyroidism. Smoking addiction, environmental temperature, and ethnicity are some of the risk factors for the development of overt hypothyroidism from the subclinical stage.<sup>10-14</sup>

The concept of Subclinical Hypothyroidism is not available as such in Unani Classical literature but its symptomatology can be related to Sue Mizaj Barid Maddi specially Sue Mizaj Balghami.

Mizaj (Temperament) has been the subject of intense debate among historians and modern experts. The Unani system of medicine is the only one to use the concept of Mizaj (Temperament), and it is the philosophy upon which the entire system is built. Hippocrates (460–370 BC) developed the core Mizaj theory, which demonstrates that each person has a

certain temperament that is fixed and unchangeable. Each person may have unique preferences, passions, and skills. A person's exceptional character, or Mizaj (temperament), is made up of all of these qualities. The four biological fluids, or Akhlat (Humours), are blood (Dam), phlegm (Balgham), bile (Safra), and black bile (Sauda); an adequate proportion, according to quality and quantity, represents health, and an incorrect proportion and uneven distribution, produce disease. An excess of any of the four main body humor (Akhlat) can affect a person's Mizaj (temperament), and treatment focuses on correcting that particular humor (Khilt). As a result, Mizaj (temperament) is crucial in selecting the best course of action for any condition. The four basic Mizaj are Damvi (sanguine), Balghami (phlegmatic), Safrawi (Bilious), and Saudavi (melancholic).

**Materials and Methods**

It is an observational study conducted from 2020 to 2022 at the Ayurvedic & Unani Tibbia College in Karol Bagh, New Delhi-05. Prior to the start of the trial, a thorough protocol was drafted and approved. 40 patients who met the screening criteria for subclinical hypothyroidism were enrolled in the study. The clinical and biochemical diagnoses of all the participants who passed the screening were then verified. A thorough history, general physical exam, and systemic examination were performed during the enrolment process and recorded on a case record proforma. The patient's mizaj was assessed using the accepted criteria (Alamat-e-Ajnas-e-Ashra) from traditional Unani literature.

**Observations and Results**

**Table 1:** Assessment of mizaj (Temperament)

Parameters	Damwi (sanguine)	Balghami (Phlegmatic)	Safrawi (Bilious)	Saudavi Melancholic
Complexion	Ruddy (reddish)	Chalky (whitish)	Pale (yellowish)	Purple (blackish)
Built	Muscular & broad	Fatty & broad	Muscular & thin	Skeletal
Touch	Hot & soft	Cold & soft	Hot & dry	Cold & dry
Hair	Black & lusty thick, rapid growth	Black & thin slow growth	Brown & Thin rapid growth	Brown & thin Slow growth
Movement	Active	Dull	Hyperactive	Less active
Diet (Most suitable)	Cold & dry	Hot & dry	Cold & moist	Hot & moist
Weather (Most suitable)	Spring	Summer	Winter	Autumn
Sleep	Normal	In excess	Inadequate	Insomnia
Pulse	Normal 70-80 / min	Slow 60-70/ min	Rapid 80-100/ min	Slow 60-70/ min
Emotions	Normal	Calm & Quiet	Angry	Nervous

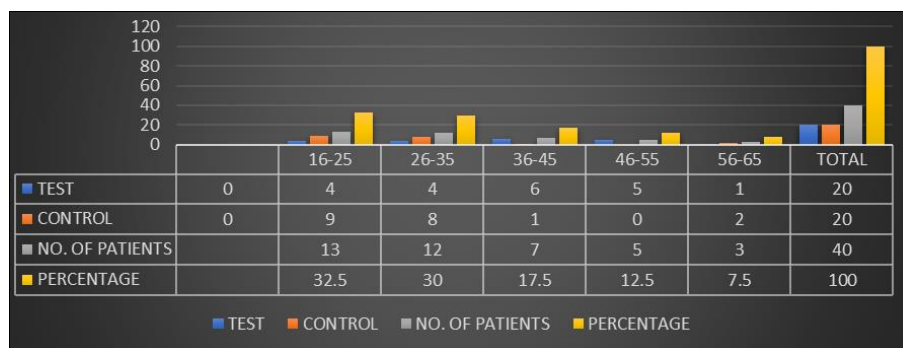
**Distribution of patients according to age**

Patients were separated into five groups based on their age at the time of enrolment in the current clinical trial. It was found that 13 (32.5%) of the cases were between the ages of

16 and 25, 12 (30%) were between the ages of 26 and 35, 7 (17.5%) were between the ages of 36 and 45, 5 (12.5%) were between the ages of 46 and 55, and 3 (7.5%) were between the ages of 56 and 65.

**Table 2:** Show the age group, test group, control group, No. of patients and its percentages

Age group (years)	Test Group	Control Group	No. of patients	Percentage
16-25	4	9	13	32.5
26-35	4	8	12	30
36-45	6	1	7	17.5
46-55	5	0	5	12.5
56-65	1	2	3	7.5
Total	20	20	40	100



**Fig 1:** Age distribution

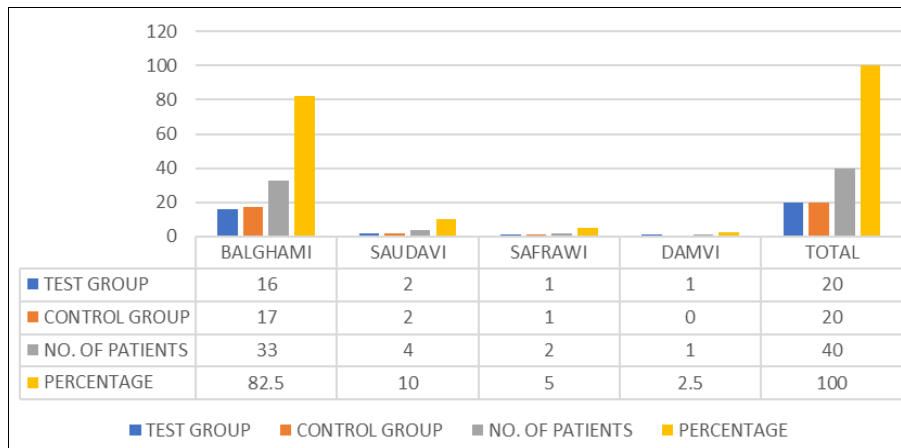
**Distribution of patients according to temperament (Mizaj)**

Patients were split into four distinct categories during the course of the trial based on their temperaments. Phlegmatic

(Balghami), Melancholic (Saudavi), Bilious (Safrawi), and Sanguineous (Damvi) temperaments were seen to occur in 33 (82.5%), 4 (10%), 2 (5%), and 1 (2.5%) case, respectively.

**Table 3:** Show the temperament, test group, control group, No. of patients and its percentages

Temperament	Test group	Control group	No. of patients	Percentage
Balghami	16	17	33	82.5
Saudavi	2	2	4	10
Safrawi	1	1	2	5
Damvi	1	0	1	2.5
Total	20	20	40	100



**Fig 2:** Show the test group, control group, No. of patients and its percentage

**Discussion**

Age, illness duration, and Mizaj (temperament) of the study participants were taken into consideration when analyzing the findings. The following details, which are covered below, were discovered by analysis of the outcomes of 40 cases of subclinical hypothyroidism. Phlegmatic temperament (Balghami Mizaj) patients made up the majority of the patients in our study (82.5%), which is consistent with the description given in the traditional Unani text. Phlegmatic temperament patients were then followed by those with Damwi (2.5%), Safrawi (5%), and Saudawi (10%) temperaments.

**Conclusion**

This study suggests that Balghami (phlegmatic) Mizaj patients are more likely to experience subclinical hypothyroidism. In light of this, it may be said that a patient's temperament plays a crucial role in the development of subclinical hypothyroidism.

**Conflict of Interest**

Not available

**Financial Support**

Not available

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