

Quality of Responsiveness of Body Organs (*Kayfiyāt Infi ‘āl*) with Respect to Determination of Human Temperament

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Abstract:- *Mizāj* is a new condition which emerges as a result of interactions between the opposite qualities, present in different elements of a matter or body, which make each and every compound different in nature i.e. its inbuilt intrinsic nature and property. Ancient Unani physician described the parameters for the determination of temperament in various manuscripts. However the most acceptable and appropriate determinants were given by *Ibn Sīnā* (980-1037 AD) in his famous book *Al-Qānūn fi'l Ṭibb*. These determents are ten in number and are applied and used universally in the assessment of temperament. Quality of responsiveness is the quality of the body being affected rapidly or slowly by the fourfold state of heat, cold, wet or dry temperament. Quickness of the body in reacting to a definite state is the predominance of that state in the body.

Keywords:- Temperament, Quality of Responsiveness, Unani Medicine.

I. INTRODUCTION

Temperament is one of the most important and fundamental theory of Unani System of medicine. It has been explained by each and every Unani physician. Temperament is a wide term in itself which encompasses all distinctive traits of an individual. Accordingly every individual having a distinctive temperament should also possess distinctive characters as well. The sum total of temperamental specifies emerges out as personality and individuality. According to *Nafīs*, the literal meaning of *Mizāj* is “Intermixture”. He says that “the word *Mizāj* originated from Arabic word *imtizāj* meaning intermixture”.^[1]

A'zami says “*Mizāj* is an admixture”. He writes “*Mizāj* denotes admixture, it is a verb but metaphorically used as tempered (*Mamzūj*)”.^[2]

Thus, it becomes necessary to ascertain some parameters to diagnose the human temperament. These parameters must be very accurate and easily applicable; also they must be free of errors, because the human temperament is subtle and very delicate as well as sensitive. Any error or

false diagnosis of temperament may be of no use and it will not help in cure of diseases or bringing back the *Sū'i-Mizāj* to *Mizāj Mu'tadil*. *Ibn Sīnā* (980-1037 AD) in his famous book *Al-Qānūn fi'l Ṭibb*. These determents are ten in number and are applied and used universally in the assessment of temperament. They are known as *Ajnās 'Ashara* that are as following:

(1)	<i>Malmas</i>	(Touch)
(2)	<i>Laḥm-o-Shaḥm</i>	(Muscles and Fat)
(3)	<i>Sh'ar</i>	(Hairs)
(4)	<i>Lawn Badan</i>	(Body Complexion)
(5)	<i>Hay'at A'dā'</i>	(Physique)
(6)	<i>Kayfiyāt Infi 'āl</i>	(Responsiveness of organs)
(7)	<i>Nawm-o-Yaqza</i>	(Sleep and Wakefulness)
(8)	<i>Af'āl A'dā'</i>	(Functions of the body organs)
(9)	<i>Fuḍlāt Badan</i>	(Excreta of the body)
(10)	<i>Infi 'ālāt Nafsāniyya</i>	(Psychic reactions) ^{[3][4]}

Table 1

II. RESPONSIVENESS OF ORGANS

Quickness of the body in reacting to a definite state is the predominance of that particular state in the body because when any quality dominant in a body then that body affected soon by that quality and also prepared to accept the increment and intensities of that quality. The main reason for that is when any quality dominant in a substance then that quality prepares the substance to accept the *Ṣūrat Naw'iyya* from which that quality develops.^[5] If the temperament of an organ is hot in itself it will give a significant response when the external environment becomes hotter, although slightly, whereas this may not be the case with an organ of cold temperament.^[6]

Avicenna mentioned in Canon of Medicine that, if any organ becomes hotter immediately or requirement of heat is high then the temperament of that organ is hot in nature. It means if any organ receives much heat with use of little heat then that organ is hot temperament.^[7]

In classical books it is mentioned that bilious temperament individuals feels comfort with things which are cold in nature and get troubles with hot things. These people have deficient fat. They also feel excessive sweating which leads to work limitation^[8] because gets fatigued earlier due to imbalance of electrolytes. These individual works rapidly which leads to early onset of fatigue. Because of deficient fat, these individuals lacks insulation of heat which leads to early onset of fatigue (heat is necessary to generate force). The phlegmatic temperament individuals have slow activity which means gets fatigue after long period as compared to bilious temperament individuals. These peoples also have abundant fat which causes insulation of heat. These people feels less sweating during exercise, so can do any work for long period.

III. DISCUSSION

Every human being is born with a congenital temperament and encounters environmental assaults while interacting with changed atmosphere in the second phase of life i.e. post-natal. Since concept of temperament is as applicable to organs as to the whole body, every organ possesses its own temperament and, thus works distinctively. Functionally organs of all human beings are similar yet their capacities are not identical. This functional variability results in physiological span of variations.^[9]

A lot was done and developed by *Buqrāt* and *Jalīnūs*, but the Arabs worked more assiduously on the theory of temperaments. They were the first to locate relationship between diseases, various humours and the derangement of temperaments (*sū-i-Mizāj*).^[10] The *E'tidal* or equilibrium of this distinct temperament i.e. maintenance of constant internal environment (homeostasis) in different individuals leads to a healthy body i.e. normal body functions. Any derangement of temperament from *E'tidal* or imbalance of normal temperament results in *Sū'-i-Mizāj* which causes deranged body functions i.e. diseases. Thus, it becomes necessary to ascertain some parameters to diagnose the human temperament. These parameters must be very accurate and easily applicable; also they must be free of errors, because the human temperament is subtle and very delicate as well as sensitive. Avicenna mentioned in Canon of Medicine that, if any organ becomes hotter immediately or requirement of heat is high then the temperament of that organ is hot in nature. It means if any organ receives much heat with use of little heat then that organ is hot temperament. In classical books it is mentioned that bilious temperament individuals feels comfort with things which are cold in nature and get troubles with hot things. These people have deficient fat. They also feel excessive sweating which leads to work limitation^[8] because gets fatigued earlier due to imbalance of electrolytes. These individual works rapidly which leads to early onset of fatigue. Because of deficient fat, these individuals lacks insulation of heat which leads to early onset of fatigue (heat is necessary to generate force). The

phlegmatic temperament individuals have slow activity which means gets fatigue after long period as compared to bilious temperament individuals. These peoples also have abundant fat which causes insulation of heat. These people feels less sweating during exercise, so can do any work for long period.

IV. CONCLUSION

Temperament is one of the most important and fundamental theory of Unani System of medicine. Accordingly every individual having a distinctive temperament should also possess distinctive characters as well. Thus, it becomes necessary to ascertain some parameters to diagnose the human temperament. These parameters must be very accurate and easily applicable; also they must be free of errors, because the human temperament is subtle and very delicate as well as sensitive. Avicenna mentioned in Canon of Medicine that, if any organ becomes hotter immediately or requirement of heat is high then the temperament of that organ is hot in nature. In classical books it is mentioned that bilious temperament individuals feels comfort with things which are cold in nature and get troubles with hot things. These people have deficient fat. They also feel excessive sweating which leads to work limitation. The phlegmatic temperament individuals have slow activity which means gets fatigue after long period as compared to bilious temperament individuals. These peoples also have abundant fat which causes insulation of heat. So responsiveness of body organs is one of the most important parameter for determination of temperament.

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