

## Evaluation of Decision Making and Energy Level in the Individuals of Four *Amzajah* (Temperamental Constitutions)

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The concept of *Mizaj* exists in Unani System of Medicine for thousands of years and it plays a pivotal role in determining the physiological and psychological status of the human individuals. The decision making and energy level are very important aspects to determine the status of an individual in the society as well as to achieve positive goals in life. As we see some persons cannot adjust properly in the society only because of their internal physiological status that changes their behaviour and they become unsocial although they themselves would not like it.

In the present study, the decision making and energy level were assessed in eighty individuals comprising of twenty representatives from each constitution, viz. *Damvi Mizaj* (Sanguine humor), *Balghami Mizaj* (Phlegmatic humor), *Safrawi Mizaj* (Bilious humor) and *Saudawi Mizaj* (Atrabilious humor). They were subjected to the psychological tests based on a questionnaire comprising of the questions related to above parameters. After proper assessment, very interesting results were revealed, e.g. it was revealed that the individuals of *Safrawi* temperament have maximum level of energy, while the *Saudawi* individuals showed less energy level.

**Keywords:** Constitution; psychological status; energy level.

### Introduction

The concept of *Mizaj* exists in Unani System of Medicine for thousands of years and it plays a pivotal role in determining the physiological and psychological status of the human individuals, diagnosing different diseases and deciding their line of management according to *Mizaj* or temperament of the individual concerned.

*Mizaj* (temperament) is defined as the new state of a matter, having quality different from that present in the '*Anasir* (elements) or compound before coming into *Imtezaj* (intermixture or chemical combination), which results from the action and reaction among the contrary qualities and powers present in the minute particles (atoms) of different elements (or molecules of different compounds), when they are combined together, the resultant new quality, a uniform state or the state of equilibrium emerging after the combination of more than one elements is called *Mizaj* (Ahmed, 1980).

As far as therapeutics is concerned in Unani medicine, physicians keep into consideration, patient's *Mizaj*, emotions, behaviour, habit and habitat, life style, religion, occupation, weather, environment, etc.

The decision making and energy level are very important aspects to determine the status of an individual in the society as well as to achieve positive goals in life. As we see some persons cannot adjust properly in the society only

because of their internal physiological status, that changes their behaviour and they become unsocial although they themselves would not like it. The individuals of four temperaments possess typical characteristic, which denote their physiological and psychological status, their susceptibility of being affected due to the social, environment and other health factors, and their capability to live in the world.

## Methodology

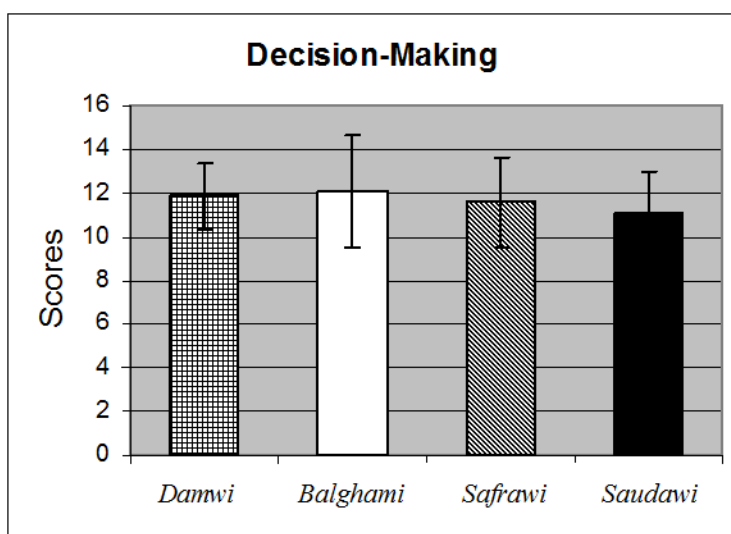
### Assessment of Sociability and Self Independence

In the present study, the decision Making and Energy level were assessed in eighty individuals comprising of twenty representatives from each constitution, viz. *Damwi Mizaj*, *Balghami Mizaj*, *Safrawi Mizaj* and *Saudawi Mizaj*. They were subjected to the psychological tests based on a questionnaire comprising of the questions related to above parameters. This questionnaire was designed under supervision of an expert psychiatrist (Anasthesia *et al.*, 1997 and Sharma, 1999).

### Decision Making

The Scores of Decision Making were  $11.85 \pm 1.49$  in *Damwi Mizaj*,  $12.1 \pm 2.57$  in *Balghami Mizaj*,  $11.6 \pm 2.06$  in *Safrawi Mizaj* and  $11.1 \pm 1.90$  in the individuals of *Saudawi Mizaj*. It shows that the individuals of *Balghami* temperament show highest level of decision making. The *Damwi* and *Safrawi* individuals show nearly similar scores of decision making, but both are lower than that of *Balghami* temperament. The *Saudawi* persons show lowest scores of decision making.

Scores of Decision Making in Four Temperaments



As per the results of 'decision-making' it is clearly revealed that the person of *Balghami* temperament are best in decision-making and it is an approval of Unani concept, in which the *Balghami* persons are considered as calm, passive, thoughtful, controlled, and reliable individuals (Ibn Sina, 1930). These characteristics, of course, play an important role in decision-making.

The *Saudawi* individuals were poor in decision making, as they showed lowest scores in this parameter. This is the approval of their behavioral characteristics described in Unani literature, that they are anxious, pessimistic, depressed individuals (Ibn Sina, 1935). These characteristics make them poor in making any decision.

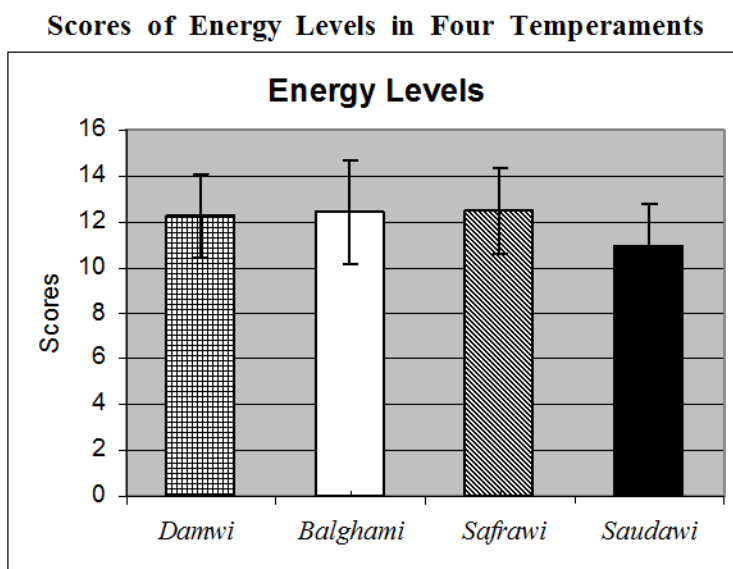
The *Damwi* persons are also found good in decision making, as they showed the scores nearer but slightly lesser than that of *Balghami* individuals. According to Unani philosophy, the *Damwi* persons are considered as confident, decisive and they possess leadership characteristics also (Ibn Sina, 1935b).

The *Safrawi* persons are found lesser than *Damwi*, and better than *Saudawi* persons in decision making. According to Unani philosophy, the *Safrawi* individuals are considered intelligent, clever, optimistic, but they possess changeable behaviour. That is why; they are not so strong in decision making.

### Energy Level

The Scores of Energy were  $12.25 \pm 1.82$  in *Damwi Mizaj*,  $12.4 \pm 2.25$  in *Balghami Mizaj*,  $12.5 \pm 1.88$  in *Safrawi Mizaj* and  $10.95 \pm 1.85$  in the individuals of *Saudawi Mizaj*. It reveals that the individuals of *Safrawi* temperament have maximum energy levels, while the *Saudawi* persons show low levels of energy.

As the results reveal, the energy levels were found maximum in the individuals of *Safrawi* temperament that proves the Unani concept of *Ajnas-e-Ashr* in which it is clearly described that the *Safrawi* individuals are energetic, active or hyperactive and excitable<sup>4,23</sup> (Ibn Sina, 1930; Chandpuri, Kausar, 1998). The *Saudawi* individuals showed less energy levels and it further proves the Unani concept of *Mizaj*, in which the *Saudawi* persons are considered less active and easily prone to fatigue.



The score of energy levels of *Damwi* and *Balghami* individuals were nearly similar and slightly lesser than the *Safrawi* individuals, and does not show any significant difference in energy levels. This may be due to the fact that all the subjects included in the study belong to the younger age group (14 to 25 years), and in this age the energy levels remain at peak in comparison to other periods of life.

As revealed in the scientific evaluation, the energy levels were found maximum in *Safrawi* individuals, who according to Unani concept are already described as energetic, active or hyperactive and excitable. The *Saudawi* individuals showed less energy level, and it proves the Unani concept regarding the *Saudawi* persons that they are less active and easily develop fatigue. The score of energy levels of *Damwi* and *Balghami* persons were nearly similar and slightly lesser than the *Safrawi* individuals.

### Conclusion

Different psychological problems and psychiatric disorders are increasing day by day and the main stream

medicine almost failed to present any satisfactory solution for the same. Therefore, it becomes the responsibility of the researchers of Unani System of Medicine to re-investigate the virtues of this system, particularly Unani psychology and psychiatry. The present study is one of the steps in this direction and this will certainly provide a scientific base to the concept of *Mizaj*, which would help to improve the line of treatment and pharmacotherapy of the psychiatric disorders which are prevalent world wide.

The present study is an attempt in the field of *Kulliyat* of Unani System of Medicine, which has been conducted on the basis of scientific parameters for the evaluation of one of the basic concept of *Kulliyat*, i.e. *Mizaj* (temperament) and its correlation with *Infi'alat-e-Nafsaniyah* (psychological functions). The results are very encouraging and the present study may attract serious attention of the Unani community to use its findings.

### Questionnaire for Psychological Status

Reg. No. \_\_\_\_\_ Code No. \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

#### Questions Based on Decision-making

1. I get impatient easily with people who don't decide quickly:
  - a) Yes
  - b) Sometimes
  - c) No
2. I prefer to take decisions on my own without any outside help
  - a) Yes
  - b) Sometimes
  - c) No
3. I think I take decision quickly:
  - a) Often
  - b) Sometimes
  - c) Never
4. I repent over decision taken in the past
  - a) Often
  - b) Sometimes
  - c) Never
5. I guess I have more trouble in making up my mind than others seem to have
  - a) Yes
  - b) Sometimes
  - c) No
6. When I know I am doing the right thing I find my task easy
  - a) Yes
  - b) Sometimes
  - c) No
7. Are you so afraid of what might happen that you avoid making decision.
  - a) Always
  - b) Sometimes
  - c) Never

8. I act hastily much of the time and don't do things through as I should
  - a) Often
  - b) Sometimes
  - c) Never
9. I have often lost out on things because I couldn't make up my mind soon enough
  - a) Yes
  - b) In-between
  - c) No
10. I'm a very erratic person, changing my mind and feelings all the time
  - a) Yes
  - b) In-between
  - c) No

### Questions Based on Energy

1. Whenever I need I have lots of energy
  - a) Always
  - b) Sometimes
  - c) Rarely
2. After a days work I usually feel so exhausted that I try and avoid any social contact in the evening
  - a) Yes
  - b) Sometimes
  - c) No
3. I tend to feel weak and get tired easily:
  - a) Yes
  - b) Sometimes
  - c) No
4. At times I am full of energy.
  - a) Yes
  - b) In-between
  - c) No
5. At work I find myself full of vigor
  - a) Always
  - b) Sometimes
  - c) Rarely
6. I often wonder how others can be so full of enthusiasm and zeal
  - a) Yes
  - b) In-between
  - c) No
7. I find myself very irritable by the end of a day in office
  - a) Often
  - b) Sometimes
  - c) Rarely

8. I feel fresh and well rested when I get up in the morning
  - a) Usually
  - b) Sometimes
  - c) Never
9. I feel very excited and happy for no particular reason
  - a) Often
  - b) Sometimes
  - c) Never
10. When I do not have anything worthwhile to do I start feeling restless
  - a) Yes
  - b) Sometimes
  - c) No

### The Scoring

For the questions of energy, and decision making the scoring is done as: a = 2, b = 1 and c = 0.5; the maximum score for every factor would be 20 points. Thus the scores would tend to vary between 0–20 for each factor. The following are the factors covered by the questionnaire:

1. **Energy:** The higher the score the higher the energy of the particular person.
2. **Decision-making:** The higher the score the better the decision making skills.

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