

3rd World Congress on

TRADITIONAL AND COMPLEMENTARY MEDICINE

September 10-11, 2018 Auckland, New Zealand

Concept of temperament (Mizaj) and its relation with Diabetes Mellitus**Naseem Ahmad Khan**

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The concept of temperament (Mizaj) was postulated by father of medicine Hippocrates in his book *Tabiat al-insan* has set forth his famous doctrine that the body contains four humors: Dam, Balgham, Safra and Sauda. Dominancy of particular khilt (Humor) makes temperament of individual which is suitable for that person. This theory has occupied a major place in the Unani system of medicine. It belongs to those basic concept of the tibb which are the distinguish features of this great healing art. A right proportion of khilt and inter mixture (homeostasis) of them according to quantity and quality constituent health and unequal proportion or imbalance according to quantity and quality and irregular distribution leads to disease. Nowadays because of unhealthy life style like less physical activities and more calorie intake definitely cause inequilibrium of temperament known as sue mizaj, which is mainly responsible for life style diseases. As we know, a life style disease known as Diabetes Mellitus (Zia Batees Shakri), mainly due to the high level of glucose in blood which definitely alter our temperament from equilibrium state to inequilibrium state. If insulin is not working properly but glucose level is maintained in blood by the exercise and calorie restriction, we can't consider person is a diabetic. By exercise and calorie restriction, we want glucose level kept within normal range for the proper function of body. We know high level of glucose in blood alter the temperament of body in many aspects.

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