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Temperament (Mizaj) patterns versus somatotypes: Concordance or coincidence

Ghazala Javed Mulla

Z V M Unani Medical College & Hospital, India

Human classification or race can be described as a group of people who share similar and distinct physical characteristics. It is a social concept by which one group of human beings identifies and distinguish themselves from other group. The term race was initially confined to groups of people speaking common language later the term referred to national association. By 17th Century race is refer to physical (Phenotypical) traits. In Unani System of Medicine, ancient hakeems have identified ten phenotypic features and called them Ajnas-e-Ashra. Based on these features they classified human being into four groups viz., Damwi Mizaj, Balghami Mizaj, Safrawi Mizaj and Saudawi Mizaj. American psychologist William Sheldon (1898-1977) has also classified human beings into three types of personalities and termed them somatotypes. Sheldon's somatotypes are also based on physical characteristics or physique. He has expressed them numerically and named them endomorphs, mesomorphs and ectomorphs. Sheldon's body types can be assessed by ten anthropometric measurements. A pilot study has been conducted to explore the different Mizaj types and Somatotypes of the same subjects and to find out any relationship between these two methodologies and to point whether this relationship is merely a coincidence or a statistical correlation.

Biography

Ghazala Javed Mulla has completed her post graduation from University of Pune. She is the Head of the Department of Physiology at Z V M Unani Medical College, Maharashtra, India. She is teaching Physiology subject to under graduate students for last 16 years and Medical Genetics to post graduate students. She has three ongoing research projects to her credit sponsored by different Governmental agencies. She has published more than 10 papers in reputed journals and has been serving as an Editorial Board Member of repute. She has presented research paper at various international conferences in countries like Istanbul, Sri Lanka, Abu Dhabi and in India. She is the first author in India who wrote a book on cupping therapy.

ghazalamulla@gmail.com

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