



HEB

Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
 (Constitutionally Entitled As Health-Education, Bureau)

JRIM

Comprehension, Obligation and Determination of *Mizaj*


Prof. Mohd Zulkifle¹, Dr. Tasfiya Hakeem Ansari^{2*}

¹HoD, Dept. of Kulliyat, ²Lecturer, Dept. of Mahiyatul Amraz, National Institute of Unani Medicine, Bangalore.

Email Id: serviceheb@gmail.com

Abstract:

Fundamental framework of Unani system of medicine (USM) is based on philosophical principles and concepts like *arkan*, *Tabi'at* and *mizaj* etc. For better understanding of these concepts one should know their contexts and need of time when these were proposed. The concept of *mizaj* is unique which distinguishes USM from other traditional systems of medicine. *Mizaj* provides individuality to every compound (including human). According to philosophy of USM every compound in this world is composed of four *arkan*. In spite of same composition i.e. four *arkan*, compounds existing in this world are different in their structures and functions. *Mizaj* addresses the diversity of compounds. In the simplest words *mizaj* encompasses various functional and structural profiles of the objects both animate and inanimate. Not only in their composition but in survival also *mizaj* play a pivotal role along with ambient environment. There are several other factors that affect *mizaj*. Relevant literary materials are collected from classical Unani literature, Journals and theses. Collected material then systematized in a comprehensive manner for better understanding of this concept. The aim of this paper is to explain the concept of *mizaj* in detail along with its obligation and determination.

Access this Article Online	Quick Response Code: 
Website: http://heb-nic.in/jrim	
Received on 01/10/2020	
Accepted on 07/10/2020 © HEB All rights reserved	