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## To Assess to the Relationship between Mizaj and Happiness in College Students during the Lockdown

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### Abstract

Unani medicine (also called as Greco-Arab medicine) is an ancient system of medicine originated from Greece. It is more commonly practiced in Indian Subcontinent and has an age-old concept and principles of drug management. This system is based on Hippocratic theory of four humours viz. blood, phlegm, yellow bile and black bile, and the four qualities of states of living human body like hot, cold, moist and dry. Mizaj (temperament) is one of the fundamental concepts of Unani system of medicine, diagnosis and line of management of any disease is based upon it. Every human being has been furnished with a specific mizaj through which organs and systems of an individual perform his functions properly. The aim of this study is to assess the relationship between Mizaj and happiness. A cross sectional descriptive study to assess the Mizaj and happiness index with the help of mizaj assessment proforma based on classical literature and oxford happiness questionnaire in 119(one hundred nineteen) in college students of different gender was carried out A and U Tibbia college and hospital, Karol Bagh, New Delhi, India during period of 2020-2021. The findings suggested that happiness and life satisfaction had significant association with the variability of mizaj of the person. The restrictions of this study might be the excessive variation between the share of mizaj among the themes, because the majority (49.58%) of participants belonged to the mizaj-e-damvi, and therefore the percentage of mizaj-e-saudawi was much lesser (8.40%).

**Keywords** Mizaj, happiness index, damvi, baghami, safravi, saudavi.

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