



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

Study of Monosynaptic Reflexes on Knee Jerk in Young Adults with Reference to Different Mizaj

Dr Zeenat idreesi¹, Dr. Farukh Hasan², & Dr. Yusuf Jamal³

¹Medical officer, Rajkiya Unani Chikitsalaya, Kharora, Distt. Jalaun, Orai, U.P

²Assistant Professor, Markaz Unani Medical College and Hospital, Kozhikode, Kerala

³Professor (HoD) Department of Munafeul-Aza A&U Tibbia College, Karol Bagh, New Delhi.

Corresponding Author: *Dr. Farukh Hasan*

Email Id: serviceheb@gmail.com

ABSTRACT

INTRODUCTION: *Mizaj* /temperament and *Akhlat* /humour are primarily fundamentals of the *Unani system of Medicine*, as it was mentioned by several renowned Graeco-Arab physicians and philosophers in ancient literature. As we know, Afa^l-e-Aza (Functions of the organ) is considered an important parameter in assessing the *Mizaj* of an individual. It is very much clear that the Monosynaptic reflex of the knee joint represents the Afa^l-e-Muharrika of an individual. The monosynaptic stretch reflex is a reflex arc that provides direct communication between sensory and motor neurons innervating the muscle.

OBJECTIVE: In the present study, our emphasis was on the *Mizaj* of the individual and its relationship with monosynaptic reflexes.

METHODOLOGY: In this study one hundred (n=100), randomly selected, both male and female healthy individuals are classified and split into four groups based on the prevalence of one humour: *Damwi* (*Sanguinous*), *Safrawi* (*Choleric*), *Balghami* (*Phlegmatic*), and *Saudawi* (*Melancholic*). The present study is to discover young people's monosynaptic reflexes of various *Mizaj* who are in good health. Therefore, to assess the relationship between *Mizaj* and Afa^l-e-Muharrika (Motor functions), the study was undertaken.

RESULT: Find the significance of the difference in mean DTR value, in different *Mizaj* groups, ANOVA test is applied and the difference in mean DTR value in different *Mizaj* is highly significant as the value of (P <0.0001).

CONCLUSION: After evaluation results found that the DTR mean is highest in individuals having *Safrawi* *Mizaj*, then in *Damwi* *Mizaj* followed by *Saudawi* *Mizaj* and the lowest DTR value is seen in *Balghami* *Mizaj*.

KEYWORDS: Afa^l-e-Muharrika, Afa^l-e-Aza, *Mizaj*, Monosynaptic reflex, DTR.

Access this Article Online

Website:<http://heb-nic.in/jrim>

Received on 15/04/2024

Accepted on 29/04/2024 © HEB All rights reserved

Quick Response Code:

