Two days National conference on “Determination of Temperament (Mizaj) with a pre-conference workshop on Basal Metabolic Rate and its measurement” held on 06-07 February, 2018 was organized by the Department of Tashreeh wa Munafeul Aza, Faculty of Unani Medicine, Aligarh Muslim University. The aim of the conference was to deliberate upon and chalk out standard methods for determination of Mizaj. This includes quantification parameters of its assessment and addition of new physiological parameters like Basal Metabolic Rate (BMR) and Total Body Water (TBW) content.

The venue of the conference was Ajmal Khan Tibbiya College, AMU. The ceremonial inaugural function was held in the college auditorium at 10:00 AM on day one. The program began with recitation from Holy Quran by Dr. Qazi Zaid Ahmad. In the welcome address, Prof. Iqtidarul Hasan Zaidi, Chairman, Department of Tashreeh wa Munafeul Aza and Organizing Chairman of the conference greeted all the guests and delegates. Emphasising the scope of Mizaj in prevention, diagnosis and treatment of diseases, he stressed on the need for a better understanding of Mizaj and how various factors like climate, food and profession can affect it.

Principal Ajmal Khan Tibbiya College, AMU, Dr. Saud Ali Khan in his remarks congratulated the organizers and proposed that in future for better outcome interdisciplinary
conferences should be organised wherein experts and delegates from different systems of Medicine and cognate fields should come together on one platform.

Dean (officiating), Faculty of Unani Medicine, AMU, Prof Abdul Mannan threw light on the clinical aspect of Mizaj and expressed why the capability to assess Mizaj should be one of the important qualities of a Unani Physician.

Prof. S. Shakir Jamil from Jamia Hamdard, New Delhi formerly Director General CCRUM, New Delhi was the Guest of Honour of the Occasion. He informed the audience that Kulliyat Tib is a fundamental subject of the Unani Medicine and its study should not be limited to any particular speciality or branch. In fact, all the departments of Unani Medicine whether clinical or non-clinical, should take mizaj into consideration in their respective role in Unani System of medicine.

Speaking on the occasion another esteemed Guest Prof. Mohammad Fahim, adjunct Professor Physiology HIMSR, New Delhi highlighted the importance of giving students exposure to strong experimental work for their better learning of medical subjects like physiology.

Presiding over the function Prof. Tariq Mansoor, Vice Chancellor, Aligarh Muslim University said that scope for alternative systems of medicine is high because people are becoming more health conscious and want to avoid side effects of modern drugs. They are looking for herbal and alternate treatments. He suggested that Unani fraternity should grab this opportunity by providing better health care to the society which is possible only through continuous scientific research and incorporating modern developments in other fields of science into the Unani system.

Souvenir cum abstract book of the conference was released by all the dignitaries on the dice. Two books were also released on the occasion: Moalijate Amraze Qalb wa Daurane Khoon by Prof. Abdul Mannan and Usoole Sehat by Prof. Abdul Mannan and Prof. Ubaidullah.

Dr. Farooq Ahmad Dar, Organizing Secretary of this conference, who also conducted this Inaugural function, proposed Vote of Thanks. The program came to an end with University Tarana and National Anthem.

Eight eminent speakers were invited in this conference. In the first plenary session Prof. Usha Singhal Former Dean Faculty of Medicine, AMU delivered her talk on “Body Water and its effect on Mizaj”, in which she explicitly explained how change in body water percentage with age and sex affect the mizaj. The second invited talk was delivered by Prof. S. Shakir Jamil on Relevance of Mizaj in Treatment of diseases”. The third and last guest lecture of this plenary session was given by Prof. Mohammad Fahim. His talk was on the importance of Laboratory work in teaching and learning of physiology.

The workshop on BMR and its measurement started after lunch. The measurement of oxygen consumption for estimation of BMR was demonstrated by Industry experts from AD
Instruments, New Delhi. Dr. Farooq Dar convened this workshop and also explained the theory of Indirect Calorimetry and RQ.

After the workshop, two parallel open paper sessions were run till evening.

Day two of the conference started with the plenary session. Five invited speakers delivered their lectures in this session. Lecture on “Genetic interpretation of Mizaj” by Prof. Mohd. Zulkifle from NIUM, Bangaluru: “Mizaj - their factors, significance and determination: New Perspective” by Prof. M. Mobarak Hossain from Department of Physiology, JN Medical College, AMU: “Assessment of Mizaj-e-Advia” by Prof. Naeem Ahmad Khan: “Scientific evaluation of Mizaj: Dimensions and Scope” by Prof. Iqtidarul Hasan Zaidi and lastly “Applied aspect of mizaj in identification of Pathological state” by Prof. Ashhar Qadeer from Department of Kulliyat, AMU. While Prof. Zulkifle explained how functional parameters for determination of Mizaj are polygenic characters and studying their inheritance pattern can help in understanding Mizaj, Prof. Mobarak presented physiological and molecular bases for Mizaj. He also expressed his frank opinion on the formation of Akhat and Aza, in which contrary to traditional belief that Aza are formed from Akhat, he stated otherwise. Prof. Naeem Ahmad Khan proposed some formulae and basic guidelines for estimation of Mizaj of Compound drug formulations. Prof. Iqtidarul Hasan Zaidi’s talk encompassed all the facets of Mizaj and particularly focused on the direction of research which should be adopted in moving forward towards the scientific validation of Mizaj. He emphasised on measuring Body heat production and rate of exchange of free heat between body and her environment and Body water content for better evaluation of Mizaj and later its clinical application thereof. Prof. Ashhar Qadeer advocated the inclusion of Biochemical parameters especially pH in the assessment of Mizaj both in healthy and diseased state.

After Lunch open papers were presented in two parallel sessions in Hall A and Hall B. A total of Forty eight (48) research papers were present in the conference. The conference was concluded by a formal Valedictory Programme which was presided over by Prof. Usha Singhal. Prof. Mohd. Zulkifle was invited as Guest of Honour. Prof. S. Masood Ahmad Formerly Dean Faculty of Life Sciences, AMU was the chief Guest and delivered the Valedictory address. In his address he advocated a middle path between the holistic approach of Unani Medicine and reductionist view of modern medicine as a better solution to be adopted for the present health issues of the world. Dr. Aisha Aijaz the joint Organizing Secretary of this conference proposed the Vote of Thanks on this occasion.

Valuable recommendations were put forth by eminent speakers and delegates and consensus was reached on certain points. Basal Metabolic Rate and Total Body water content were accepted as important physiological parameters for determination of Mizaj. It was also recommended that a multicentre research study should be conducted to gather nationwide data on physiological variations of these two parameters in different Amzaja. Inclusion of biochemical parameters especially pH was also advocated. Classical parameters for Mizaj estimation need to be quantified and certain subjective parameters like dreams should better be excluded while accessing Mizaj in healthy population.