

Anxiety State and Its Comparison between Two Different Personality Types in Perspective of Unani Tib

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Abstract Unani system of medicine or Tib is one of the Indian Systems of Medicine; it is based on the fundamentals given by Hippocrates, Galen and Ibne Sina. It has holistic approach to healing; it gives equal emphasis to patient's individuality (Temperament) and lifestyle factors. Temperament of the individual is the key concept in total diagnosis, prevention and treatment procedure. Each temperament is defined by peculiar personality traits and associated qualities. The purpose of the present study was to compare the anxiety state between Sanguinous/Damvi and Phlegmatic/Balghami temperaments. The total hundred (50 Damvi and 50 Balghami temperament) males were selected for this study. The ages of the subjects were ranged between 25 to 35 years and their temperament was assessed based on Galen 10 parameters. The data on anxiety state of the subjects were obtained by using a questionnaire developed by Neary and Zuckerman (1976). The t test was used to determine the difference between the mean score of anxiety level between Damvi and Balghami temperaments. Results revealed that there was a significant difference between Damvi and Balghami temperaments at 0.05 level of significance with 98 degree of freedom. Study showed that Damvi temperament males have higher level of anxiety state as compared to Balghami temperament males.

Keywords *Temperament; Balghami; Damvi; Anxiety; Unani Tib*

1. Introduction

Unani Tib is not a newly emerging system of Health care but, has roots in Traditional Medicine which extends back for many centuries. With its holistic approach, Temperament of the individual is the key concept in total diagnosis, prevention and treatment procedure. Tib attaches considerable value to assessing patient's authentic temperament as a precursor to therapeutic approach based on his uniqueness; this has been highlighted by Hippocrates as he says "It is more important to know what sort of person has the disease than to know what sort of disease a person has" [1]. Temperament is a term which describes a person's physical characteristics as well as his psychological and emotional inclination. By estimation of temperament we can assess personality and its predisposition (risk factors) for particular disorders. Although the number of possible temperaments is virtually infinite, Tib

has narrowed them down to four types. They are named after a specific humor which dominates in that individual. Each temperament has peculiar constitution and body mind types and associated qualities. They are Damvi/Sanguinous (hot and moist), Phlegmatic/Balghami (cold and moist), Bilious/Safravi (hot and dry) and melancholic/Saudavi (cold and dry) [2]. Each temperament is recognized by its own basic type of physique, physiology, personality traits and character. Such as Damvi types are high spirited, enthusiastic, effervescent, outgoing confident and social. Balghami types are compassionate, sympathetic, patience, light hearted, calm relaxed and take life easy. Whereas Safravi types prone to anger, impatient irritable, short tempered, courageous, audacious, and confrontive. Saudavi types are withdrawn but practical, pragmatic, realistic, moody, and depressed [3].

Anxiety can be defined as Future oriented mood state in which one is ready or prepared to cope with upcoming negative events [4]. In anxiety as the body prepares itself to deal with threat, pressure, heart rate, perspiration, blood flow to the major muscle groups are increased, while immune and digestive functions are inhibited, therefore physical effect of anxiety include palpitations, increased heart rate, muscle weakness, tension, fatigue, nausea, chest pain, shortness of breath, and headache. Anxiety can be of many types as somatic anxiety, cognitive anxiety, test and performance anxiety, social and stranger anxiety, generalized anxiety, decision anxiety, trait anxiety and state anxiety etc., trait anxiety is a long term trait found in an individual whereas state anxiety is a short term state. It has been found that some individuals have innate capability to cope with anxiety as compared to others.

State anxiety is defined as “subjective, consciously perceived feelings of apprehension and tension, accompanied by or associated with activation or arousal of the autonomic nervous system, and trait anxiety is defined as “a motive or acquired behavioral disposition that predisposes an individual to perceive a wide range of objectively non-dangerous circumstances as threatening and to respond to these with state anxiety reactions disproportionate in intensity to the magnitude of the objective danger” [5].

Other terms requiring clarity are cognitive and somatic anxiety. Cognitive anxiety is “conscious awareness of unpleasant feelings about oneself or external stimuli, worry, or disturbing visual images”, Somatic anxiety was then characterized as the perceived physiological elements of the anxiety experience that develop directly from autonomic arousal (i.e., rapid heart rate, clammy hands, & tense muscles) [6].

According to Unani Tib the temperament of the person encompasses emotional aspect, mental capacity moral attitudes, self-awareness, movements and dreams [7] and Phlegmatics/Balghami are represented as relaxed and thoughtful whereas Sanguine/Damvi as pleasure seeking and social able, which suggests that balghami can easily cope with anxiety as compare to Damvi persons due to their innate constitution. Hence a study was conducted to compare the anxiety level in balghami and damvi temperaments.

2. Materials and Methods

Subjects

The total hundred (50 Damvi and 50 Balghami) temperament males were selected for this study. The age of the selected subjects were ranged between 25 to 35 years.

Instruments

Investigators used the Anxiety State Test (AST) developed by Neary and Zuckerman (1976), to obtain data on sensation seeking of the subjects [8]. Assessment of temperament was based on Galen 10 parameters [9].

Procedure

The data were collected from the Damvi and Balghami temperament males. The tool consists of 15 statements regarding Anxiety State (AS). The scoring varies from 1 (not at all) to 5 (very much) for each item (range=15 to 75). It is a Likert type 5 points scale.

Statistical Analysis

The t test was used to determine the differences between Damvi and Balghami temperament score. Further the level of significance was set at 0.05 levels.

3. Observation and Results

Table 1: Indicating Mean Differences between Anxiety State of Damvi and Balghami Temperament Males

	Mean	SD	Cal. T
Damvi Temperament	54.42	6.92	3.235*
Balghami Temperament	51.36	5.56	

*Significant at 0.05 level of significance Tab t = 1.980

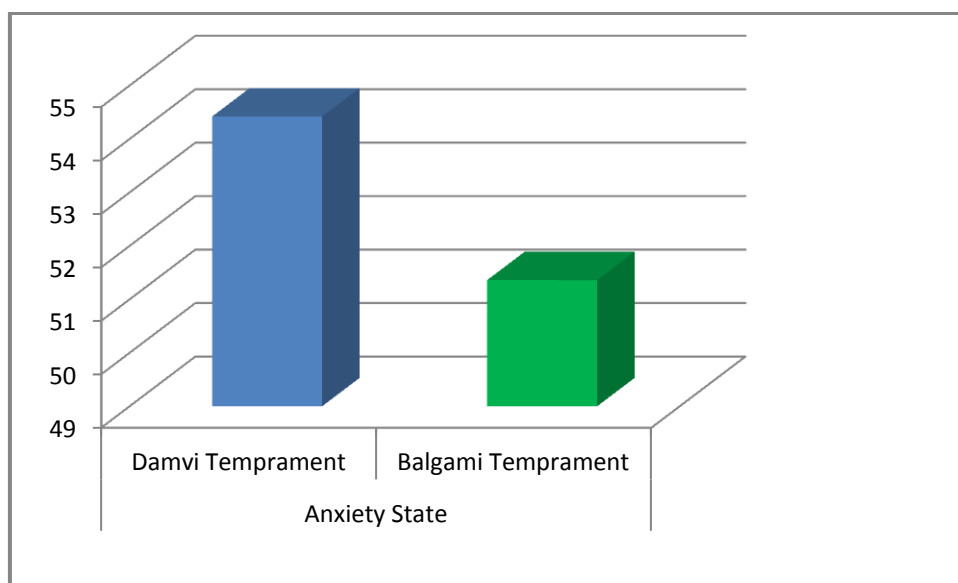


Figure 1: Showing Graphical Representation of Mean Difference between Anxiety State of Damvi and Balghami Temperament Males

4. Discussion

When we go through Table 1 and Figure 1 it is documented that calculated t was higher than tabulated t which indicated that there is significant difference between Damvi and Balghami temperament males in their anxiety state at 0.05 level of significance with 98 degree of freedom. The result of the study showed that there was a significant mean difference between Damvi and Balghami temperament in their anxiety state. Damvi males were found to have more anxiety state in comparison to Balghami males.

5. Conclusion

On the basis of obtained results it is concluded that there was a statistical significant difference between Damvi and Balghami temperament in their anxiety state. This means that people of Balghami temperament as compare to Damvi temperament can cope with anxiety in a better way. This stands true according to theory of Unani Tib.

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