

**INTERRELATION BETWEEN EOSINOPHILIA AND TEMPERAMENT IN CASES OF
NAZLA-E-MUZMIN (CHRONIC RHINOSINUSITIS)****Faseeh Ahmad*, Mehboob Us Salam, *Mohd Tariq, Z. H. Siddiqui, Maqbool Ahmad Khan and Mohd Naime**

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ABSTRACT

The aim of the study was to describe the relation or linkage between Eosinophilia and Temperament of patients of Nazla e Muzmin (Chronic Rhinosinusitis) who attended in OPD of Central Research Institute of Unani Medicine, Lucknow, up, India. The Patients included were of any sex and of age group between 19 to 60 years. Eosinophils are a type of leucocytes which fights against allergy, parasitic infections, cancer etc. Mizaj (Temperament) are of 4 types based on humours. Damvi, Balghami, Safra and Sauda. Every individual has one of the Temperament and on that basis, treatment is done. Nazla e muzmin (Chronic Rhinosinusitis) is inflammation of mucosa of nasal and paranasal sinuses. The patients come with the symptoms of nasal congestion, nasal discharge, facial pain etc. After the study we found that majority (94.45 %) of the patients having Eosinophilia had Balghami Temperament.

KEYWORDS: Eosinophilia, Temperament, Nazla-e-Muzmin.**INTRODUCTION**

Eosinophils represent up to 6% of the bone marrow resident nucleated cells and are routinely measured as part of the full blood cell count. (Giuseppe A. Et al, 2018) Eosinophilia represents an increased number of eosinophils in the tissues and/or blood. Although enumeration of tissue eosinophil numbers would require examination of biopsied tissues, blood eosinophil numbers are more readily and routinely measured. Hence, eosinophilia is often recognized based on an elevation of eosinophils in the blood. (Anna Kovalszki, 2016)

Eosinophils are a type of disease-fighting white blood cell. Eosinophilia is a condition in which the Eosinophils count in the blood and Tissues are elevated. Eosinophils usually account for less than 5% of the circulating leukocytes. Diagnosis of Eosinophilia is done via a complete blood count (CBC). Percentages generally above 5% of the differential count are regarded as elevated in most institutions. Eosinophilia is not a disorder (rather, only a sign). Eosinophilia can occur in a wide variety of disease processes that include infectious, allergic, malignant, primary hematologic disorders, autoimmune, idiopathic, and miscellaneous clinical scenarios (Kovalszki and Weller, 2016). Worldwide, Helminth (worm) parasites are most common, followed by drug hypersensitivity and atopic diseases.

Mizaj (Temperament)

According to Hippocrates, the father of medicine, it is important to know what sort of a person has a disease, then to know what sort of disease a person has. He suggested that differences in the proportion of the four humours in the body were responsible for the differences observed between individuals (Kagan, 1995). The four Temperaments are Damvi, Balghami, Safra & Sauda based on four humours which are Blood, Phlegm, Yellow, and Black bile respectively. Every person has one of the 4 pairs of qualities based on 4 humours: Hot & moist, Cold & moist, Hot & dry, Cold & dry (Bhikha, 2000). The backbone of Unani system is Temperament. Different individuals are categorized by analysing the temperament. It forms the basis of diagnosis & management in the Unani system. Any disturbance in normal temperament results in Su-e-Mizaj which causes illness or disease. After determination of Mizaj it becomes easy for a physician to treat the patient according to his own Mizaj.

Nazla - e - Muzmin (Chronic Rhinosinusitis)

It is a group of disorders and is defined as an inflammation of Mucosa of Nasal along with Paranasal sinuses (Singh and Tiwari, 2014). It is characterized by more than 12 weeks of at least 2 symptoms, Radiological changes and Endoscopic signs (Piromchai P et al, 2013). Symptoms are Nasal congestion/Blockage/Obstruction, Nasal discharge, Loss of smell, Cough, Facial pain etc. In Chronic Rhinosinusitis, the flora of Paranasal sinuses seems to be altered, with a higher Prevalence of

staphylococcus species and an-aerobes. This flora is often polymicrobial and difficult to treat successfully (Bachert et al, 2014). Patients were taken of any sex and of age group between 19 to 60 years.

RESULTS AND DISCUSSION

Eosinophilia and Temperament (Mizaj) were investigated among the patients of Nazla e Muzmin (Chronic Rhinosinusitis). The Patients included were of any sex and age group between 19 – 60 years, who attended the Research OPD of Central Research Institute of Unani Medicine, Lucknow, up, India. The study was done during 2017 – 2018.

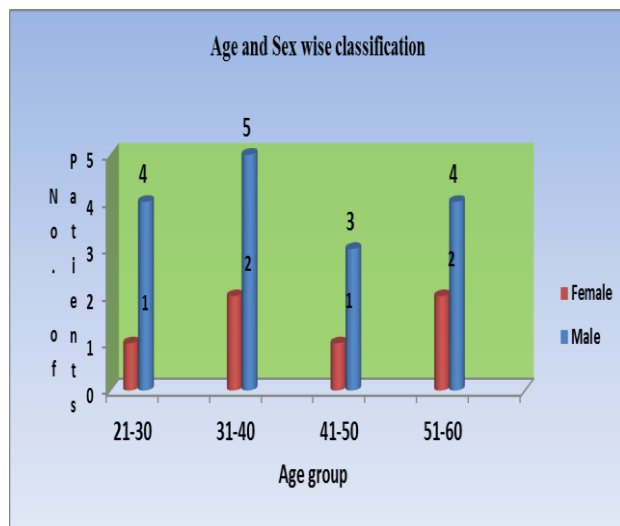
Eosinophilia in Nazla-e-Muzmin patients.

Parameter	Normal value	Mean	S.D.
Eosinophils Count	> 5%	8.23	1.85

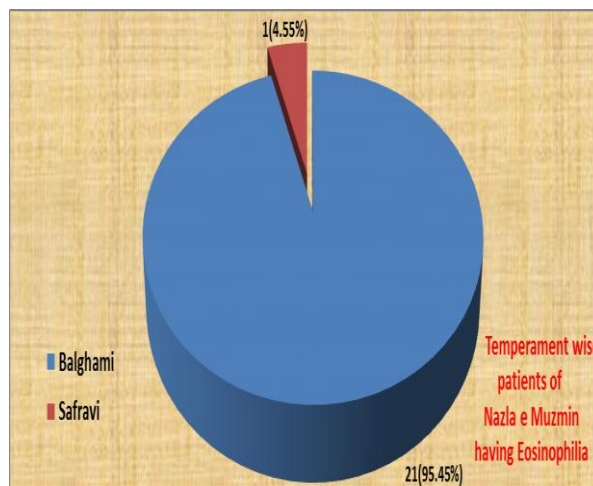
Increased Eosinophilic count (8.23 ± 1.85) were found in most of the Nazlae Muzmin patients.

Age and Sex wise classification.

Age group	Sex		Total (%)
	Male	Female	
21-30	04	01	05 (22.73)
31-40	05	02	07 (31.82)
41-50	03	01	04 (18.18)
51-60	04	02	06 (27.27)
Total (%)	16 (72.73)	06 (27.27)	22 (100.00)



Majority of the Nazla Muzmin patients exhibiting Eosinophilia i.e. 07 (31.82 %) were belonging to 31-40 years of age group followed by 06 (27.27 %) patients of 51-60 years of age group.



CONCLUSION

The result in the tables (above) revealed a strong association between Eosinophilia and the Temperament in the patients of Nazla e Muzmin (Chronic Rhinosinusitis). Majority, 94.45 % having Eosinophilia were of Balghami Temperament and only 4.55% were of Safravi temperament.

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