

To Compare the Pattern of Depression Symptomatology and Mizaj during the Lockdown and After Lockdown in Young College Students

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ABSTRACT

Background: Mizaj is the only thing that imparts a proper shape and structure to the human body and makes capable an individual performs his functions properly. If the Mizaj of a person is changed, his functions, as well as structures, tend to change, resulting in disease. Any temperament of a healthy person represents a good profile of biological state which keeps perfect harmony between the milieu Interieur (the environment within body) and the environment. According to Unani philosophy, the body is made up of the four basic elements i.e., Earth, Air, Water and Fire which have different temperaments i.e., Cold, Hot, Wet and Dry respectively. After mixing and interaction of four elements a new compound has a new Mizaj (temperament) comes into existence i.e., Hot Wet, Hot Dry, Cold Wet, Cold Dry.

Objective(s): The objective of the present study is to assess whether there is any change in the pattern mizaj came up with depression symptomatology during the COVID-19 lockdown and social distancing restrictions and after the removal of lockdown restrictions.

Materials and Methods: A cross-sectional descriptive study to assess the Mizaj and depression with the help of mizaj assessment proforma based on classical literature and Hamilton Depression Rating Scale (HDRS17) in 119 (one hundred nineteen) college students of different genders was carried out A and U Tibbia college and hospital, Karol Bagh, New Delhi, India from 2020 to 2021.

Results: In lockdown, the Kruskal-Wallis test revealed a statistical difference in mizaj groups across four conditions. The median for depression scores was the same and lower in the Damvi and Safravi groups (Md=8.00) in comparison to the balghami (Md=12.00) and highest in the Saudavi (23.50) group. After the lockdown, the Kruskal-Wallis test revealed a statistical difference in mizaj groups across four conditions. Median depression score was lower in the damvi group (Md=3.00) in comparison to balghami and safravi (Md=4.00) and highest in the saudavi (9.00) group.

Conclusion: These findings suggest that saudavi group were more depressed and not satisfied after the lockdown and damvi was least depressed after the lockdown. After that, depression could possibly be considered as one of the diagnostic indices of temperament as there is a significant difference between depression symptomatology and different mizaj.

Keywords: COVID-19, Lockdown, Damvi and Safravi groups

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