

Comparison of Temperament (Mizaj) in myocardial infarction and healthy individuals

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Abstract:

Background and Purpose: Coronary heart disease (CAD) is one of the most important chronic diseases. In Iran, the first and most common cause of death is cardiovascular disease, especially CAD.

From the perspective of Persian medicine (PM), different temperaments (Mizaj) are prone to different diseases. If CAD is associated with a specific temperament, it can be considered as one of the risk factors for this disease, and correcting it can help reduce the risk of CAD. The aim of this study was to investigate the relationship between myocardial infarction and temperament.

Materials and Methods: This cross-sectional descriptive study included fifty patients admitted to the cardiac intensive care unit (CICU) in the winter of 2018 with a diagnosis of myocardial infarction (MI) selected by convenience sampling method, and 50 healthy individuals. Demographic information questionnaire and Mojahedi Mizaj questionnaire (MMQ) were completed to determine qualities (hotness, coldness, wetness, dryness) of temperament. Data were analyzed by Chi-square test.

Results: There was no significant difference between temperament indices in patients with acute myocardial infarction and healthy individuals.

Conclusion: The results of this study did not indicate a relationship between temperament factors and myocardial infarction. Further studies with higher sample sizes in different climatic regions are suggested to further investigate the possibility of this relationship.

Keywords: Temperament (Mizaj), Traditional Persian Medicine, Myocardial Infarction

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