

**STUDY ON CO-RELATIONSHIP BETWEEN INDIVIDUAL *MIZAJ* (TEMPERAMENT) AND *WAJA UL MAFASIL BALGHAMI* IN *WAJA UL RUKBA* (KNEE JOINT PAIN) ON PATIENTS ATTENDING AT AYURVEDA NATIONAL HOSPITAL, BORELLA**

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Knee joint pain, known as *Waja ul Rukbah* in the Unani system of medicine, is a leading cause of disability. This condition is commonly associated with a phlegmatic (*Balghami*) temperament, characterized by an imbalance of humors, particularly phlegm. This study investigates the relationship between individual temperament and the prevalence of *Waja ul Rukbah* in patients attending Ayurveda National Hospital, Borella, Sri Lanka, while considering the influence of lifestyle factors. A cross-sectional study was conducted with 101 participants aged 40 and above, diagnosed with knee joint pain. Patients were assessed for their individual *Mizaj* (temperament), and data was collected on their diet, physical activity, body weight, and other lifestyle factors. Data were collected through questionnaires, and ERC approval was obtained prior to conducting the research (Reference: ERC UG 24/301). Analysis was done using Excel software. The study found that 50.5% of the total participants (101) had a *Balghami* temperament, with 88.1% of cases of knee joint pain being linked to *Waja ul Mafasil Balghami* (out of 101 patients). Obesity, prolonged sitting or standing, and poor dietary habits were identified as significant contributors to the condition. The majority of affected individuals were in the 50-60 age range, with females being more prone to developing *Waja ul Rukbah*. The results suggest that individuals with a *Balghami* temperament, particularly those with overweight or obesity, sedentary lifestyles, and poor dietary habits, are at higher risk for knee joint pain and *Waja ul Mafasil Balghami* is the most common cause for knee joint pain. These findings emphasize the need for personalized treatment strategies based on temperament and lifestyle modifications to prevent and manage knee joint pain effectively.

**Keywords:** Knee joint pain, obesity, sedentary lifestyle, Unani medicine