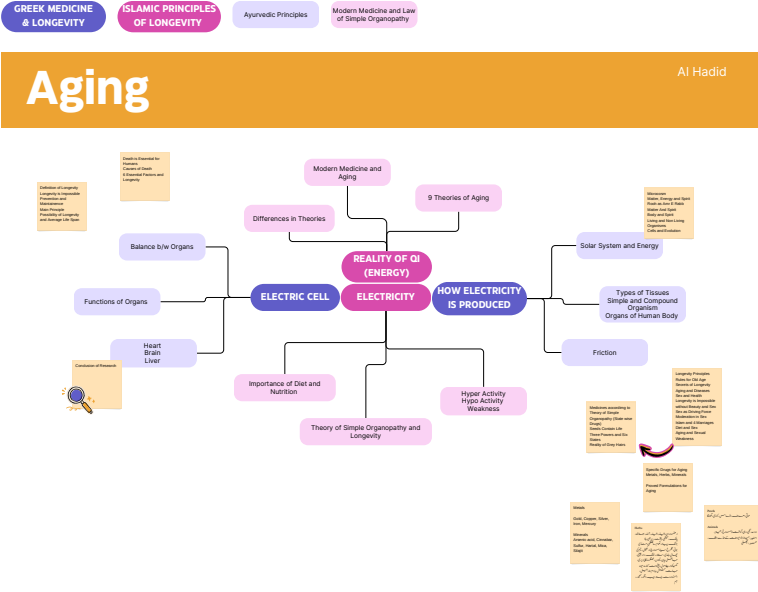
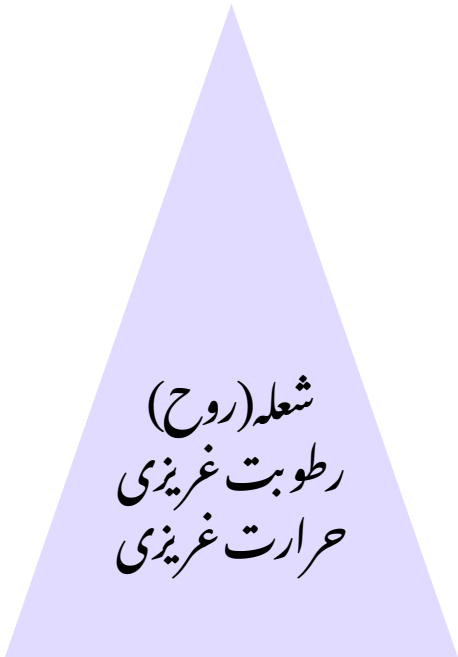


Let's end the session with action items			
Action Item	Melancholic	Billous	Phlegmatic
Diagnose your Temperament	<p>The melancholic temperament is characterized by a cold and dry nature. Individuals with this temperament are typically lean and thin, with a narrow chest and coarse, rough skin. They have abundant body hair and a dark complexion. Their hair is black, thin, and grows slowly. Their blood vessels are narrow, and they have a slow pulse. People with a melancholic temperament often have weak digestion and irregular appetite. They may suffer from interrupted sleep and insomnia. Their senses are acute, and they have an excellent memory. Melancholic individuals are described as irresolute, reserved, and despondent, lacking courage and appearing slow and awkward. They tend to miss opportunities in life and have a sluggish inclination towards sexual activity. They often experience excessive evil thoughts and anxieties. The melancholic temperament exhibits a long delay in response, and once they respond, their reaction can be sustained for a long time or even appear permanent</p>	<p>It is characterized by a hot and dry disposition. People with this temperament typically have a medium stature, a thin and hairy body with moderate musculature, and deficient fat. Their joints are well-formed and prominent, and they have a yellowish complexion. Their hair is thick, curly, black, rough, and abundant. Veins are prominent, and their pulse is strong and rapid. They often pass fiery and yellow urine and may sometimes feel sensations of pain and pricks throughout their body. Choleric individuals feel comfortable in cold environments but are troubled by heat. They find winter weather most suitable. Their temperament shows a short response delay to stimuli but the response is sustained for a relatively longer time. Individuals with a choleric temperament typically have active digestive organs, a good appetite, and light, often disturbed sleep. According to Ahmad, these people are characterized as proud, revengeful, shrewd, and zealous. They tend to get angry quickly and are known for their energy and intelligence. Additionally, they have a strong inclination towards indulging in sexual pleasure.</p>	<p>Individuals with a phlegmatic temperament have a cold and moist nature. They typically have a soft and flabby body with excess weight, soft muscles, a flat chest, and large but poorly defined joints. Their complexion is usually whitish, and their hair, which is thin, straight, and either brownish or whitish, grows slowly. Their blood vessels are not prominent, and their pulse is soft, slow, and infrequent. People with a phlegmatic temperament produce colour less urine in large amounts and often feel excessively heavy in their bodies. They move and act slowly, and their bodily functions like digestion, appetite, and thirst are not strong. They tend to sleep a lot, have a poor and forgetful memory, and their ability to imagine and understand things is slow and weak. Phlegmatic individuals prefer hot and dry conditions and items, and they feel comfortable in hot weather. They are not easily aroused sexually and generally do not get angry easily [20, 26]. The phlegmatic temperament involves a longer delay in response but the response itself is short-lived.</p>

Triangle of Human Beings



Recommended Diet Plan According to Temperament	<p>All Hot and Dry and Hot and Wet Foods</p> <p>کدو کا حلوہ، حلوہ کا حبر، مسرب ہی،</p> <p>معنیا ت کا حبر، دودھ والی سویاں، مشربی،</p> <p>برنی، مکھن، میٹھے چاول، ملائی، قہوہ (چھوٹی)</p> <p>الائیچی + سوف + زیرہ سفید، چار معنر، پیلے</p> <p>شلجم، چندر، موگی دال، میٹھے چاول، کیا،</p> <p>ناشپاتی، گرما، پھیکا حبر بوزہ، گت، گنڈیری،</p> <p>مسی، گنے کارس، شربرت بوزی معتدل، پانی</p> <p>میں شہد ڈال کر، بھیڑ کا دودھ، ساگودا</p> <p>کی کھیر، کسڑ، اسپنل، انڈے کی سفیدی، بگی</p> <p>لی، دودھ سوڈا، تازہ جو کا دلیہ، ایلے ہوئے</p> <p>چاول + دودھ، حنر گوش کا گوشت، گھب</p> <p>توری، بھنڈی، اروی، کھئی، دال ماش، تریوز، تازہ</p> <p>ناریل، شکر قندی سفید، سردا، پھرٹ،</p> <p>میٹھا انار، سرخ مسرو، آلو بخارا، میٹھے،</p> <p>کھیرا، بکڑی، پکی لی، ناریل کا پانی، شربرت</p> <p>صندل، شربرت بوزی باد، خشک دھنیا،</p> <p>سبز دھنیا، بڑی الائچی</p>	<p>All Wet and Hot and Cold and Wet Foods</p> <p>مسرب آملہ، سفید چنے، مسرب ہرڑ،</p> <p>مسرب کر دندہ، ڈنل روٹی، سیر ی پائے، دہی،</p> <p>ترش کشی، آلو، مشر، گو بھجی، مینچن، موٹھ کی</p> <p>دال، مونگرے، دہی بھیلے، مٹی کی روٹی، اجار،</p> <p>جاسن، فٹالہ، ترش سیب، کو، سنگترہ،</p> <p>بیر، پیچی، رس بھری، آڑو، لوکاٹ،</p> <p>انسس، آلو ج، ترش انار، سنگھاڑا،</p> <p>سرخ شکر قندی، انار پھل، بھاملوک،</p> <p>چکوترا، مونگ پھلی، لیوں،</p> <p>شربت فٹالہ، سرکہ، چائے کا قہوہ،</p> <p>بیکری کی اشیا، انار داسن، پوست ترچ، بوڑھ</p> <p>کی داڑھ کا قہوہ، حاد تری، لونگب، دار چینی کا</p> <p>قہوہ، ایلے ہوئے انڈے، مسرخ چنے، بین کا</p> <p>حلوہ، بھجے ہوئے چنے، فکو، مسرب تب،</p> <p>اونٹ کا گوشت، چھینس، گائے کا گوشت، سور</p> <p>کی دال، سیاہ سور کی دال، چنے کی دال، کڑی</p> <p>پکڑا، کھنار، بالک، شملہ سرچ، کریلے،</p> <p>کتے، کباب، کشای کباب، چو بنگاں، قیب، مینی</p> <p>روٹی، ترش انگور، چھو بارے، جاپانی پھل، بھجور</p> <p>خشک، پست، مونر، خشک، اجیر، تل</p> <p>سیاہ، کاجو، ترش آم، بادیاں خطائی، ٹٹاڑ،</p> <p>پیاز</p>	<p>All Dry and Cold and Dry and Hot Foods</p>