

Temperament Evaluation Performa

CATEGORY	SANGUINOUS	BILIOUS	PHLEGMATIC	MELANCHOLIC
FRAME	Large frame, More muscle <input type="checkbox"/>	Medium frame, Lean <input type="checkbox"/>	Large frame, More fat <input type="checkbox"/>	Thin / bony frame (short/tall) <input type="checkbox"/>
SKIN TEXTURE	Moderate in softness and dryness. Warm to the touch <input type="checkbox"/>	Warm, dry <input type="checkbox"/>	Cool, moist, soft <input type="checkbox"/>	Dry, rough, cold <input type="checkbox"/>
COMPLEXION COLOUR	Reddish, glowing <input type="checkbox"/>	Yellowish <input type="checkbox"/>	Pale/white <input type="checkbox"/>	Greyish <input type="checkbox"/>
HAIR	Thick, oily, wavy/straight <input type="checkbox"/>	Moderate in thickness and softness Straight, long <input type="checkbox"/>	Thin, oily, straight <input type="checkbox"/>	Dry, tends to curl <input type="checkbox"/>
EYES	Moderate to large in size Bright, reddish with prominent capillaries <input type="checkbox"/>	Small to moderate in size Sharp, penetrating with yellowish tint <input type="checkbox"/>	Moderate to large in size Watery, dreamy, attractive with bluish tint <input type="checkbox"/>	Small in size active/darting dry, sunken with greyish tint <input type="checkbox"/>
PERSONALITY TRAITS	Persuasive, sociable, outgoing, talkative <input type="checkbox"/>	Resourceful, outspoken, dominant, may be short-tempered <input type="checkbox"/>	Calm, accommodating, patient, good listeners <input type="checkbox"/>	Thoughtful, logical, analytical, tend to be perfectionist <input type="checkbox"/>
EMOTIONAL TRAITS	Worry, cheerful, excited, boldness <input type="checkbox"/>	Aggressive, anger, irritable, impatient <input type="checkbox"/>	Fear, shyness self-content <input type="checkbox"/>	Fearful, insecure suspicious, anxious <input type="checkbox"/>
MEMORY	Good but selective <input type="checkbox"/>	Sharp, never forgets <input type="checkbox"/>	Slow but prolonged <input type="checkbox"/>	Recent memory good distant memory bad <input type="checkbox"/>
FOOD & DRINK	Healthy appetite with a moderate to excessive thirst <input type="checkbox"/>	Good appetite, excessive thirst, cannot delay meals becomes irritable <input type="checkbox"/>	Slow, steady appetite low thirst, can skip meals <input type="checkbox"/>	Irrregular and variable appetite and thirst <input type="checkbox"/>
PHYSICAL ACTIVITY	Moderate to active Good stamina and physical endurance <input type="checkbox"/>	Very active, enthusiastic, precise, orderly <input type="checkbox"/>	Lethargic, slow, poor stamina <input type="checkbox"/>	Active, disorganized, erratic <input type="checkbox"/>
MENTAL ACTIVITY	Moderate to active intelligence <input type="checkbox"/>	Aggressive, intelligent, sharp minded <input type="checkbox"/>	Calm, slow, receptive, cool minded <input type="checkbox"/>	Restless, enquiring, philosophical, imaginative <input type="checkbox"/>
CLIMATIC PREFERENCE	Intolerance to hot & humid conditions, summer and rainy weather <input type="checkbox"/>	Intolerance to & dry conditions, summer and spring <input type="checkbox"/>	Intolerance to cold and moist conditions, Winter and rainy weather <input type="checkbox"/>	Intolerance to cold and dry conditions, late Winter & Autumn <input type="checkbox"/>
ELIMINATION	Regular, soft stool Golden yellow urine, with occasional burning, tends to perspire easily <input type="checkbox"/>	Soft, loose stool, occasional dysentery, tends to pass dark yellow urine - low in quantity with occasional burning, tends to perspire easily <input type="checkbox"/>	Thick, sticky, uncomfortable stool Occasional diarrhea Tends to pass excessive transparent, light-yellow urine Low perspiration <input type="checkbox"/>	Hard, dark stool towards constipation tends to pass moderate to excessive urine low perspiration <input type="checkbox"/>
MENSTRUATION	Tendency towards painful menstruation <input type="checkbox"/>	Tendency towards excessive menstruation <input type="checkbox"/>	Tendency towards low/lack of menstruation <input type="checkbox"/>	Tendency towards low menstruation with clots <input type="checkbox"/>
SLEEP PATTERN	Moderate to deep 6-8 hours adequate <input type="checkbox"/>	Low but sound 5-6 hours adequate Tendency to insomnia <input type="checkbox"/>	Heavy, prolonged, excessive 8 hours plus Tendency to oversleep <input type="checkbox"/>	Interrupted, irregular Tendency towards insomnia <input type="checkbox"/>
SPEECH	Clear, moderate to loud <input type="checkbox"/>	Sharp, talkative, loud <input type="checkbox"/>	Slow, soft <input type="checkbox"/>	Fast, less vocal Soft <input type="checkbox"/>

Total ticks:.....

Now that you have chosen your dominant and subdominant temperament, examine the qualities associated with your unique self.

Pulse Evaluation Performa

Umoor e Tabaiyya	Temperament	Humors	Organs	Arwah	Quwa	Af'aal
Disease Nature	Pleasure/Lazzat	Habas (Stoppage of Rutubat Production)	Qabaz (Stoppage of Rutubat in body)	Inflammation/Sozish	Swelling/Waram	Weakness/Zuaif
Medicine Nature	Muharrak	Shadeed	Mulayyan	Mus'hal	Akseer	Muqawwi
Pulse Types	Asaabi Ghaddi Wet and Hot	Asaabi Uzlati Wet and Cold	Uzlati Asaabi Dry and Cold	Uzlati Ghaddi Dry and Hot	Ghaddi Uzlati Hot and Dry	Ghaddi Asaabi Hot and Wet
Humors Types	Khaam Phlegm	Pukhta Phlegm	Khaam Sauda	Pukhta Sauda	Khaam Safraa	Pukhta Safraa
Symptoms of Disease	Stiffness/Akrao	Pain	Khadar Pan	Toxins/Zehar	Dissolvation/Pighalna	Paralysis/Falajna
Organs Structure	Contraction/Sukarna	Expansion/Phelna	Inflammation	Risna	Lean/Dubla pan	Hanging/Latakana
Urine Color	White/Light Yellow	Transparent	Slightly Red Low amount of urine	Yellow-Red like mustard oil Low Quantity	Yellow-Red like Turmeric Low Quantity	Yellow-White
Organs Af'aal	Parasympathetic	Sympathetic	Voluntary	Un voluntary	Retention	Naqila
Tehreek/Taskeen/Tehleel	Tehreek Haqeqi	Taskeen Nisbati	Taskeen Haqeqi	Tehleel Nisbati	Tehleel Haqeqi	Tehreek Nisbati
Pulse in Healthy individual	Feeding Period	After Feeding	Adults	Young Males	Young Females	Menstruation/Pregnancy
Identification of Pulse	Index Finger Deeply	Index Finger Superficialy	Middle Finger	Third /Ring Finger	Fourth Finger	B/W Middle and Ring Fingers deeply
Pulse Parameters	Wide=Asabi Moderate=Ghaddi Narrow=Uzlati	Hard=Uzlati Moderate=Ghaddi Soft=Asabi	Superficial=Uzlati Moderate=Ghaddi Deep=Asabi	Strong=Uzlati Moderate=Ghaddi Weak=Asabi	Fast=Uzlati Moderate=Ghaddi Slow=Asabi	Long=Uzlati Moderate=Ghaddi Short=Asabi

<p>Possible Diseases</p>	<p>Suda Dudi (Headache due to the presence of worms in the forebrain). Convulsive Headache Congestive Headache (Headache due to predominance of Dam) Copulative headache(Headache due to excessive intercourse) Vertigo and Giddiness Amnesia(A state of forgetfulness) Cynanthropy(A combined state of agitation and relaxation caused by the accumulation of Muhtariq Sawda' (burnt black bile) in the Brain) Epilepsy Epileptic aura(Epilepsy of this type occurs when Radi bukharat (putrified gases) from hand and legs get collected in the brain) Acute Meningitis(The inflammation of meninges of brain due to predominance of Dam) Cataract white Hyperaemia of eye(Redness of eye due to sub acute inflammation with moderate symptoms. Redness of the eyes is also mild leading to dirty eyes) Watery eyes in cold Odantitis(Large teeths) Halitosis(Foul smell from the mouth due to involvement of stomach. It is caused due to the abnormal heat and putrified phlegm in the stomach and characterized by blackish discoloration of teeth. It may also be caused by ulcers of gums and dental caries) Inflammation of tongue Increased Thirst Whitening of Tongue Urulitis Sweetish Taste of Mouth Ageusia Vermia Nasi Amsomia Hot secretions from nose Oedema of Lungs</p>	<p>Left Side Paralysis Convulsions Traumatic Headache Numbness Secondary Epilepsy (Abdominal Problems) Coma Ectacy Nerve Pain Weakness of Eyesight Cataract Hemeolopia Ophthalmia Conjunctivits Ear Pain Otorrhea (Right side) Tinnitis Bulky Lips Sneezing Coryza White secretion from nose Vermia Nasi Rhinitis Thrush Vasalar Lomachitis Oral sepsis Tyalism Leugoplakia Heaviness of tongue Glassocete Ageusia Elongation of uvula Silent persons Whooping Cough Bronchial Asthma Oedema of Lungs Vomiting Bradycardia Hypertrophy of Heart(due to excessive fluids) Hypertrophy of breast Galactorrhoea Enlargement of Nipples Flatulence Anorexia Coldness of Stomach Diarrhoea Cholera Weakness of intestines Anemia Hepatomegaly Splenomegaly Insufficiency of Liver Anasarca Anal Flaccidity(Flaccidity of the anal canal due to paresis and paralysis of sphincter muscles which leads to involuntary expulsion of stool and gas from the anus) Diabetes Mellitus Incontinence of urine Bed wetting Atrophy of Testis Enlargement of Right Testis Impotency</p>	<p>Cerebrasthenia Headache due to accumulation of gases Copulative Headache Apoplexy Epilepsy due to black bile Secondary Epilepsy Nightmares Meningitis due to black bile Dandruff Melancholia Insomnia Facial Paralysis Cataract Black Weak Eyesight Pannus Contraction of eyes Oedema of conjunctivitis Tilosis Legopthalmas Irritation of pupils Tinnitis Catarrh Nasal polyp Rhinitis Vermia nasi Epistaxis Ulcer of nose Cracked Lips Inflammation of lips Stomachache (due to black bile) Oral sepsis Dysphagia Pharyngitis Glossitis Gingivitis Cracks in tongue Toothache Odontoprisis Odentic Worms Odentic T.B Uvulitis Oesophagitis Bronchial Asthma Pulmonary tuberculosis Dry cough Pneumonia Pleuritis Heamoptysis Atrophy of heart Fasciculation of heart</p>	<p>Melancholia Headache due to Dam Paraplegia Convulsions Headache due to accumulation of gases from inside the body Echymosis Pruritis of Pupils Tilosis Paratitits Otalgia Bleeding from ear left side Tinnitis Dryness of ears Nasal Polyp Epistaxis Catarrh Dry Lips Cracked Lips Inflammation of Lips Glossotrachia Fissure of Tongue Mouth Cancer Aphonia Odontoprisis Toothache Scurvy Gingivitis Dysphagia Asthma Dry Cough Bronchitis Heamoptysis Tachycardia Endocarditis Bleeding from Nipples Right side Mastitis Hard tumors Stomachache Cardalgia Stomach Ulcer Hernia Splenomegaly Hepatitis C Hardness of liver Chronic constipation Tape worms Chronic Colic Choleysystitis Gall Stones Biliary Colic Piles due to dam Anal Fistula Inflammation of Anus Renal Colic Heamaturia</p>	<p>Billious Headache LT.migraine Vertigo Meningitis due to yellow bile Paralysis of left side Tetanus Inflammation of eyelids Yellowish eyes Acne on Eyelids Pain in eyes Periodic pain in ears Otorrhea Inflammation of the lips Epistaxis Abcess Stomacache Pharyngitis Billious Cough Heamoptysis Pus Pleuritis Inflammation of Lungs Bradycardia Syncope Cardiac Hypertrophy Palpitation Pericarditis Hypertension Odantic Roughness Billious Cancer of Mammary gland Acute Mastitis Galactoskesis Sloughing Tumors Irritation of Stomach Prolaps anus Billious Vomiting Dysentery Enteritis Grips Tapeworms Anasarca Billious Jaundice Inflammation of Liver Cirrrosis Hardness of Liver Anal Fistulas Round Worms Billiary Renal Stones Renal Colic Bright Disease Nephritis Heamaturia Hyper Ejaculation</p>	<p>Meningitis due to Dam Billious Headache Echymosis Cataract Mucosa Rhinitis Catarrh Thrush Mouth Ulcers Gingivitis Toothache Dysphagia Oesophagitis Asthma Acute Bronchitis Lt.Pleuritis Bradycardia Hypertension Lt.Mastitis Chronic Dysentery Enteritis Billious Vomiting Increased Thirst Liver Inflammation Nephritis Cystitis Urithritis Lt.Renal Colic Sexual Debility Premature ejaculation Spermatorrhea Gonorrhoea Lt.Testis Pain Inflammation of uterus Hysteria Round worms Prolaps anus Billious Urticaria Billious Boils</p>
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	uterus due to discharge of acidic humours, uterine ulcers, foetal infection, difficult labour, leucorrhoea and excessive intake of hot and corrosive medicines)					
Emotional State	Fear(Deep&Strong)	Pleasure(Superficial&Strong)	Happiness	Sadness(Moderate and Towards Superficial)	Anger(Moderate and Towards Deep)	Repentance (Deep and Weak)