

Review of the Relationship between Temperament and Qualities in the Predisposition to Illness Conditions

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Abstract: Identifying and understanding one's temperamental combination provides valuable insight into the predisposition to illness conditions and disease progression. The aim of this study was to validate the relationship between an individual's dominant temperamental quality in relation to qualities associated with illness conditions, as an indicator to the predisposition to illness/es. The study was conducted over a period of six months by qualified Unani-Tibb doctors at the Tibb Treatment Centers in Cape Town. Five hundred (500) patients aged between 8-84 years, were included into the study. A comprehensive consultation was conducted, recording patient's age, gender, and temperamental combination (dominant/sub-dominant) including dominant quality associated therewith. Past medical history, qualities with humoral imbalance associated with presenting signs and symptoms, including Western diagnosis, was documented, respectively. The conditions were also identified as acute or chronic. The results confirm the hypothesis that an increase in the dominant quality associated with an individual's temperament will lead to illness condition/s having similar quality/ies. There was also a definite gradient, in the results between the dominant quality of the patient's temperamental combination, with respect to acute and chronic conditions, where acute conditions were higher in children and young adults, whereas chronic conditions increased with age. The results also highlighted a substantial increase in illness conditions, especially chronic after the age of 40 because of the weakening of physis, the body's self-healing mechanism. Significantly, the research also highlighted the role of the Six Lifestyle Factors as being the cause/s, of both health and disease, and the Tibb philosophical principles within the context of aetiology, pathology, diagnosis, and treatment.

Keywords: Temperament; Qualities; Predisposition; Illness/es

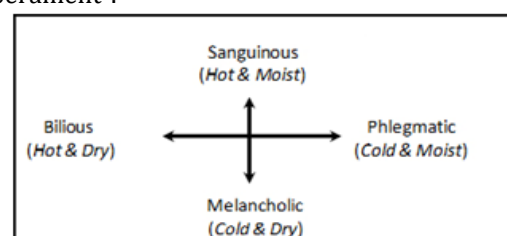
1. INTRODUCTION

The temperamental theory is derived from Greek philosophers who hypothesized that everything in the universe is created from four primary elements with corresponding qualities: Fire (Hot & Dry),

Air (Hot & Moist), Water (Cold & Moist), and Earth (Cold & Dry) ^{1,2,3,4}. Depending on the ratio of the four elements that make up an entity, the opposing qualities in the entity will reach a state of equilibrium resulting in an overall quality. This overall quality is known as temperament. Every part of creation, be it mineral, plant or animal has an overall temperament. In human beings the concept of temperament extends from cells to tissues to organs and finally to each individual having a unique temperament⁵.

Hippocrates emphasized the importance of identifying an individual's temperament in his famous saying "It is more important to know what sort of person has a disease, than to know what sort of disease a person has". Knowing a person's temperament provides valuable insights into the predisposition of illness conditions as well as the maintenance of health within the context of the application of lifestyle factors in both health promotion and illness management^{5,6}. Galen added to the above concept, whilst recognizing the uniqueness of each individual, he categorized people into four main temperamental types with respective qualities: Sanguinous, Phlegmatic, Bilious (also known as Choleric) and Melancholic, each with respective qualities – Sanguinous (Hot & Moist); Phlegmatic (Cold & Moist); Bilious (Hot & Dry); and Melancholic (Cold & Dry) ⁷.

Florence Littauer in her description of the personality traits of the four temperamental types mentions that "We need each temperament for the total functioning of the body". This highlights that whilst each person has personality traits/attributes from all four temperaments, each individual has a dominant temperament, less of a second, even less of a third and the least amount of the fourth temperament⁸.



Within the context of opposite qualities not existing simultaneously, nothing can be hot and cold; nor moist and dry at the same time, the Institute hypothesized that an individual's temperamental combination will have a dominant temperament, a second less (sub-dominant temperament) that will be adjacent to the dominant temperament, and the least temperament being opposite. For example, a person with a dominant Sanguinous temperament with Hot & Moist qualities, will have a sub-dominant temperament of either Biliary (Hot & Dry qualities) or Phlegmatic (Cold & Moist qualities) and not a Melancholic temperament with Cold & Dry qualities, as this is opposite to the qualities associated with the Sanguinous temperament⁹.



Elaborating on the overall qualities associated with an individual's temperamental combination, the above chart is reflective of an individual with a dominant Sanguinous, sub-dominant Phlegmatic temperament as indicated with the line marked X. This person will have an overall dominant quality of moistness, less heat, followed by coldness and the least amount of dryness. Similarly, an individual with a dominant Phlegmatic, sub-dominant Sanguinous temperament (marked with a Y) will also have an overall quality of moistness but followed with coldness than heat and the least amount of dryness. However, both temperamental combinations have a dominant quality of moistness and the least amount of the dryness quality¹⁰. The dominant quality associated with the individual's temperament is indicative of the predisposition to illness conditions having similar qualities. For example, a person with a Sanguinous/Phlegmatic temperamental combination, with a dominant quality of moistness will be predisposed to clinical disorders where moistness is the dominant quality as in Type 2 Diabetes or phlegm related asthma.

The above hypothesis of a dominant/sub-dominant temperament being next to each other, together with the dominant quality associated with the temperamental combination was evaluated in a research project that was included in the Postgraduate Diploma in Unani-Tibb (PGD-UT) at the University of the Western Cape, by 27 students on 2151 patients in the 2006 academic year, entitled "Correspondence of

Qualities and Temperament in patients suffering from hypertension, type 2 diabetes, HIV & AIDS and bronchial asthma"¹¹.

Just as different temperamental types are associated with different qualities, illness conditions are also characterized in terms of qualities, interpreted from the signs and symptoms associated with the particular condition¹⁰. Most, if not all illness conditions, begin with an excess of one of the four qualities of heat, coldness, moistness, and dryness, as well as a second associated quality. An example of this is the common cold, which typically develops in the cold season of the year. If this cold imbalance is not corrected, cold and flu like symptoms develop and are often associated with an increase in mucous production such as a runny or congested nose, productive cough etc. Therefore, colds and flu are associated with qualities of coldness with moistness. Similarly, constipation is linked to qualities of dryness with coldness, as intestinal motility slows and the level of fluid is low, resulting in the formation of dry, hard, dehydrated stools⁹.

Changes to the ideal qualitative state of an individual, results from the qualitative effect/influence of the Tibb Six Lifestyle Factors. These include Environmental Air and Breathing; Food and Drink; Sleep and Wakefulness; Movement and Rest; Emotions and Feelings; and Elimination, where each of the Lifestyle Factors have specific qualities. For example, weather is either hot or cold, foods such as ginger are heating, sleep is cooling, and physical exercise produces heat. More significantly, an increase in the dominant quality associated with an individual's temperamental combination, will have a negative effect resulting in signs and symptoms/illness conditions with similar quality/ies - indicative of the predisposition of illness conditions linked to an individual's dominant quality¹².

2. OTHER TIBB PRINCIPLES UNDERPINNING THE RESEARCH

Having introduced the concept of temperament, qualities, and lifestyle factors within the context of health promotion and in the management and treatment of illness conditions, a brief overview of the following Tibb philosophical principles are provided below.

2.1. Pheysis

Hippocrates described pheysis as "*vis medicatrix Natura*" or '*the ability of the body to heal itself*'¹⁰. Pheysis is the sum total of the body's natural, instinctive reactions and responses to maintain and where necessary restore homeostasis - it is part of our genetic make-up. Pheysis is responsible for maintaining homeostasis between the physical, mental, emotional, and spiritual aspects of each person¹³. At a **Physical level**: Pheysis controls the millions of biochemical reactions taking place at any instant - for protection, for growth, tissue maintenance, reproduction and repair, **Physiological**

functions: Physis ensures that all metabolic functions, between the different organs and systems of the body are efficient and waste/toxins are removed,

Psychological functions: Ensuring harmony and balance of emotions, and the maintenance of good mental health is regulated by Physis, **Nervous system:** Physis ensures that effective communication to and from the brain - controls all mental, emotional and physical activities - mind, body, interaction, **Defence mechanism:** Ensuring that infections arising from outside do not disturb the body's internal harmony from an efficient immune system. It is important to note that the immune system is only one of the many systems/functions controlled by physis¹³.

Unfortunately, in keeping with the circle of life, and as death is inevitable, and, just as our metabolism slows down with age, the efficiency of physis to restore homeostasis becomes weaker from the age of 40 onwards.

2.2. Humours

In his book, "Al-Umur Al-Tabi'yah (Principles of Human Physiology in Tibb)" Hakim Sayed Ahmed describes the role of humours as postulated by Hippocrates:

"The basis of health is the right proportion and specific equilibrium of humours according to their quality (and quantity) i.e. homeostasis in the internal environment. As long as this homeostasis in the internal environment is maintained, the body remains healthy. This is the basis of health preservation and preventative medicine. Second, when the normal proportion and specific equilibrium of humours is altered, the internal environment reaches a state of imbalance, and thus disease develops. This is the basis of aetiology and pathology of disease. Third, when this wrong proportion and altered equilibrium of humours is corrected, health can be recovered. This is the basis of treatment."

Tibb philosophy recognizes that just as each person has a unique temperament, each individual also has a unique humoral composition made up from the four humours: Sanguinous; Phlegmatic; Melancholic; and Bilious. Associated with each humours are the qualities of heat, coldness, moistness and dryness, which results in every person having a unique humoral composition with an overall ideal qualitative state which if it is in harmony with the overall qualitative state of an individual's temperament health will be maintained. Changes to this ideal humoral imbalance occurs from the qualitative effect from Lifestyle Factors, which if beyond the ability of physis to restore homeostasis, will result in signs and symptoms/illness conditions, associated with different humoral imbalances¹⁴.

Whilst extensive literature is available on the different temperaments and its associated qualities, **the link**

between temperament, humoral imbalances, and the predisposition to illness conditions is not clearly defined. The purpose of this research is to identify this link, which could be beneficial in both health promotion and illness management within the context of aetiology, pathology, diagnosis, and treatment.

3. RESEARCH DESIGN

3.1. Research Aim

Based on the above rationale the aim of the research project was to further validate the relationship between an individual's temperament and its associated quality/ies on the predisposition to illness conditions/signs and symptoms.

3.2. Research Questions

- Is the dominant quality of an individual's temperament indicative of a predisposition to illness conditions?
- Do the signs and symptoms of illness conditions vary in relation to the quality associated with an individual's temperamental combination?

3.3. Research Objectives

- To validate the hypothesis that the dominant quality of the temperamental combination is indicative of a predisposition to specific illness conditions.
- To validate the hypothesis that the signs and symptoms of illness conditions vary in relation to an individual's temperamental combination.

3.4. Researchers

The research was conducted over a period of six months by qualified Unani-Tibb Practitioners registered with the Allied Health Professions Council of South Africa (AHPCSA).

3.5. Patient Selection

A total of five hundred (500) patients, aged between 8 and 84 were included into the study.

4. METHODOLOGY

After recording, the patient's age and sex, a temperamental evaluation of the patient's dominant/sub-dominant temperament together with the dominant quality was assessed. This was followed by recording the patient's previous medical history, the presenting signs and symptoms and diagnosis from both conventional/Western perspective as well as from the Tibb humoral perspective.

In keeping with the aim of the research to assess the relationship between an individual's dominant temperamental quality and the predisposition to illness conditions, the following was tabulated.

- Where the quality/ies associated with one or more of the illness conditions were the same as the

dominant quality associated with the individual’s temperament, this was recorded as “Yes”.

- Where illness condition/s with at least one or more of the qualities associated were the same as the dominant quality and other condition/s not having the same quality - this was recorded as “Yes/No”.
- Where none of the illness condition/s had the same quality of the dominant quality associated with the patient’s temperament – this was recorded as “No”.

Also included was whether the illness conditions were “Acute”, “Chronic”, or “Chronic/Acute” in the different age groups. This provided information on the types of conditions that presented during the ages from infancy to aged adult, in relation to the dominant quality of an individual’s temperament.

Table 1 reflects a sample of patient’s details of the five hundred patients.

Table 1: Patient details, Temperament (dominant/sub-dominant), Overall Dominant Quality of patient, Diagnosis/Signs & Symptoms/Medical History, Humoral link to S&S/illness/es, S&S linked to Dominant Quality, Acute, Chronic or Acute/Chronic

Patient Initials, Sex, Age	Temperament: Dominant/Sub-dominant	Overall Dominant Quality of Patient	Diag/S&S/Previous Medical History/Qualities Associated with Illness/es	Humours linked to Signs & Symptoms	S&S/Illness/s linked to Overall Dominant Quality of Patient	Acute (A), Chronic (C) or Acute/Chronic (A/C)
I.L.(M), 11	Phlegmatic/Sanguinous	<u>Moist</u>	Influenza (tonsillar enlargement, fever) Moist & Cold	Phleg/Sang	Yes	A
M.P.(F), 41	Sanguinous/Bilious	<u>Hot</u>	UTI (ubg, Hb, leucocytes) Hot & Dry, Myositis (MSK) (backpain) <u>Cold</u> & <u>Dry</u> . Pmhx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A/C
A.S.(F), 61	Phlegmatic/Sanguinous	<u>Moist</u>	Myositis (MSK) (back pain) <u>Cold</u> & <u>Dry</u>	Phleg/Mel	No	C

Upon completion of the five hundred patients, a critical assessment of the results and discussion within the context of the research aim and objectives were completed. *Complete details of the 500 patients, as mentioned above are available on the Institute’s website, <http://www.tibb.co.za>*

5. RESULTS

Five hundred (500) patients were included into the study, ranging from 8-84 years of age, of which 197/500 = 39% were males and 303/500 = 61% were females. As the research was completed during the wet and cold climate in Cape Town, it is interesting to note that the breakdown of the dominant quality of the illness conditions associated with the five hundred patients include 197 Moist, 135 Cold, 99 Hot and 69 Dry, reflecting the influence of weather on illness conditions. The illness conditions identified in the research with **Cold & Moist** qualities included Upper and Lower Respiratory Tract Infections, Influenza, Sinusitis, Asthma, Otitis media, Tonsillitis, Lymphadenitis, PCOS, Nausea and vomiting and Diarrhoea whereas those associated with **Cold & Dry** qualities Myositis, Osteoarthritis, Carpel tunnel syndrome, Nerve entrapment, Sciatica, Gout, Renal Calculi, Xeroderma, Angina and Cholesterol. Illnesses associated with **Hot & Dry** qualities includes Allergic

rhinitis, Laryngitis, Bronchitis, Gastroenteritis, Gastritis, Stress, Dermatitis, Furuncle, Scalp infection, Pyelonephritis and Menorrhagia. Illness conditions associated with **Hot & Moist** Qualities included Hypertension, Diabetes, Scabies and Urinary Tract Infection.

Listed on the next page (Table 2), are the results of qualities in relation to the dominant quality of the patients, listed as Yes, Yes/No, Yes + Yes/No, and No, and also whether the conditions were Acute or Chronic + Acute/Chronic

As can be seen in Table 2, in the “Yes” column, there is a steady decline in patients whose signs and symptoms/illness conditions have at least one or more quality/ies similar to the dominant quality of the patient’s temperament, ranging from 100% children/young adults to 36% in aged adults, whereas in the “Yes/No” column there is an opposite trend of an increase from 5% to 61% of patients who have at least one or more illness condition/s with a similar quality to the patients dominant quality. However, and more significantly the “Yes” and “Yes/No”, totals to an average of 97.4% of patients with at least one or more illness conditions having a similar quality to the patient’s dominant quality. Whereas in the “No”

column, only an average of 3.6% of patients did not have any condition with quality/ies similar to the dominant quality of the patient.

Table 2: Results of illness quality/ies in relation to the dominant quality of patients in different age groups, and whether conditions were Acute or Chronic + Acute/Chronic

Age group	Description of different age groups	Yes (Qualt/ies = dominant temp quality)	Yes/No (Only one or more dom quality)	Yes + Yes/No (Total of both)	No (Qualt/ies not same as dom quality)	Acute	Chronic + Acute/Chronic
0-19 (14)	children to young adult	14/14 = 100%	0	14/14 = 100%	0	14/14 = 100%	0/14 = 0%
20-29 (133)	Young adult	125/133 = 94%	7/133 = 5%	132/133 = 99%	1/133 = 0.75%	120/133 = 90%	13/133 = 10%
30-39 (92)	Mature adult	76/92 = 83%	16/92 = 17%	92/92 = 100%	0	72/92 = 78%	20/92 = 22%
40-49 (83)	Middle-age adult	58/83 = 70%	21/83 = 25%	79/83 = 95%	4/83 = 5%	31/83 = 37%	52//83 = 63%
50-59 (97)	Senior adult	51/97 = 52%	39/97 = 40%	80/97 = 93%	7/97 = 7%	10/97 = 10%	87/97 = 90%
60-69 (45)	Older adult	18/45 = 40%	26/45 = 58%	44/45 = 98%	1/45 = 2%	2/45 = 4%	43/45 = 96%
70-89 (36)	Aged adult	13/36 = 36%	22/36 = 61%	35/36 = 97%	1/36 = 3%	0/36 = 0%	36/36 = 100%
				Average 97.4%	Average 3.6%		

Also, noted in the table, is that in “Acute” conditions, there is a decrease of illness conditions from 100% to 0%, whereas there is an increase from 0-100% in “Chronic + Acute/Chronic” conditions. It is interesting to note that in the acute conditions, there is a gradual decrease of 10% in patient’s (from 100-90%) in ages 20-29, followed by a decrease of 12% (from 90-78%) in ages of 30-39 with the same opposite increase in Chronic + Acute/Chronic conditions. However, and more significantly there is a spike in the decrease/increase of both “Acute” and “Chronic” + “Acute/Chronic” conditions of 41% (78-37%) in ages of 40-49 and 27% (37-10%) in ages of 50-59, with a combined total of 68% (41+27%). This highlights that between the age of 40-59, there is a substantial decrease in acute conditions, with a corresponding increase in chronic conditions.

5.1. Relationship between the Signs and Symptoms in Relation to an Individual’s Temperamental Combination

Below are the results of the relationship between signs and symptoms in relation to an individual’s temperamental combination with respect to headaches and coughs.

5.1.1. Headaches

Table 3 is a summary of 39 patients with headaches included in the signs and symptoms, associated with the respective illness condition/s. The headaches have been classified into four types of Frontal, Temporal, Occipital and Unilateral.

Table 3: Headaches: Relationship between headaches and dominant quality of temperament

No of patients and Overall Dominant Quality	Description of headaches	No. of patients/%
Moistness (20 patients)	Headaches (Frontal)	17/20 = 85%
	Headaches (Temporal)	3/20 = 15%
Coldness (13patients)	Headaches (Frontal)	9/13 = 69%
	Headaches (Occipital)	4/13 = 31%
Heat (4 patients)	Headaches (Temporal)	3/4 = 75%
	Headaches (Frontal)	1/4 = 25%
Dryness(2 patients)	Headaches (Unilateral)	1/2 = 50%
	Headaches (Occipital)	1/2 = 50%
Total No of patients = 39		Total No of patients = 39

Evaluating the relationship of headaches and the dominant quality associated with the patient’s temperamental combination, it is interesting to note that of the 39 patients who presented with headaches,

20 patients had a dominant quality of moistness. Of these, 17/20 (85%) presented with frontal headaches, and the remaining 3 had temporal headaches. Also, of the 39 patients with headaches 13 patients, had a dominant quality of coldness, of which 9/13 (69%) presented with frontal headaches and the balance of 4/13 (31%), presented with occipital headaches. Of the remaining 6 patients, 4 patients had a dominant quality of heat, of which 3 presented with temporal headaches and 1 with a frontal headache. Of the 2 patients with a dominant quality of dryness, 1 presented with a unilateral headache, and 1 with an occipital headache.

From the above there was a dominance of frontal headaches in individuals with dominant moist qualities of which 17/20 (85%), as well as those with dominant cold qualities (63%). It is interesting to note that most patients with headaches have Cold and Moist qualities

Table 4: Relationship between coughs and the dominant quality of temperament in patients with URTI and LRTI

No of patients and Overall Dominant Quality	Patients with Productive cough - %	Patients with Dry cough - %
Moistness (47 patients)	46/47 = 98%	1/47 = 0,02%
Coldness (31 patients)	29/31 = 94%	2/31 = 6%
Heat (22 patients)	8/22 = 36%	14/22 = 64%
Dryness (10 patients)	4/10 = 40%	6/10 = 60%
Total No of patients = 110	Total = 87	Total = 23

Of the 110 patients 87/110 = 79% had a productive cough whereas 23/110 = 21% had a dry cough. Of the 87 patients with a productive cough, the number of patients with a dominant quality of Moistness was 46 (47-1) together with a dominant quality of Coldness, 29 (31-2), which adds up to a total of 75/87 = 86% of the patients with a productive cough having Cold & Moist qualities - associated with a dominant/sub-dominant Phlegmatic temperamental combination. Similarly, of the 23 patients with a dry cough, the number of patients with a dominant Dryness quality (6/10), together with a dominant Heat quality (14/22), translates to 20/23 = 87% of the patients with Hot & Dry qualities - associated with a dominant/sub-dominant Bilious temperamental combination. It needs to be noted that although, the results, of Headaches and Coughs, have indicated that patients with a dominant/sub-dominant Phlegmatic temperamental type are more inclined to frontal headaches, as well as a productive cough, these results were influenced by the Cold & Moist weather in Cape Town

6. DISCUSSION

6.1. Is the Dominant Quality of the Temperamental Combination Indicative of a Predisposition to Illness Condition?

Interpreting the results from Table 2 where 97.4% patient's in the "Yes" + "Yes/No" column, have at least one or more conditions with quality/ies similar to the patient's dominant quality, confirms the hypothesis that a patient's dominant quality is indicative of a predisposition to illnesses with similar quality/ies. This

(33/39 = 85%) and are associated with the phlegmatic dominant/sub-dominant temperamental combination.

5.2. Upper and Lower Respiratory Tract Infection

Recognizing that the signs and symptoms associated with Upper Respiratory Tract Infections (URTI), include sore throat, nasal congestion, headaches, tonsil enlargement, inflamed tonsils etc., whereas the main signs and symptoms of Lower Respiratory Tract Infection (LRTI), include wheezing and a tight chest. However, both conditions can also include a cough, which may either be a productive or a dry cough.

The results below are a summary of the relationship between coughs and the dominant quality associated with the temperamental combinations, divided into patients with either, a productive or a dry cough.

is further corroborated by the results that only 3.6% of patients with illness conditions, do not have similar quality/ies to the patient's dominant quality.

Interpreting the **decrease** of illness conditions linked to the dominant quality in the "Yes" column, in relation to the **increase** of illness conditions in the "Yes + Yes/No" columns, can be explained within the context, that physis weakens with age to restore homeostasis, resulting in illness condition/s arising from qualities, other than the dominant quality of the patient. In addition, the decrease/increase of the results with respect to the "Acute", "Chronic +Acute/Chronic" conditions where between the age of 40-59, the decrease in "Acute" conditions from 78% to 10% (68%) with the same increase in "Chronic + Acute/Chronic" conditions from 22% to 90% = (68%), bears testimony to the diminishing effect of physis to restore homeostasis after the age of 40 - as hypothesized in Tibb.

6.2. Do the Signs and Symptoms of Illness Conditions Vary in Relation to the Quality Associated with an Individual's Temperamental Combination?

The above results of patients, with a Phlegmatic dominant/sub-dominant temperamental combination with Cold & Moist qualities, having 85% (17/20) frontal headaches, and 86% (75/87) and a productive cough, confirms the relationship between signs and symptoms/illness conditions and their temperamental combination. This is further corroborated with the results of a Bilious dominant/sub-dominant

temperamental combination, with Hot & Dry qualities, having 87% (20/23) a dry cough.

7. SIGNIFICANCE OF THE RESEARCH

Significance of the research and the above results, highlights the importance of the recognition and appreciation of the relationship between temperament and qualities in the predisposition to illness conditions, within the context of aetiology, pathology, diagnosis, and treatment.

7.1. Aetiology within the Context of Health Promotion and Illness Prevention

Historically, Tibb literature review records that poor management of the main Six Lifestyle Factors, is the cause/s of most illness conditions. However, from the above research that highlights the predisposition of illness conditions being associated with an individual's dominant quality, management of lifestyle factors that will not increase the dominant quality will most certainly prevent illness conditions, especially in individuals below the age of 40, as physis is still efficient in restoring homeostasis. The research therefore highlights that whilst poor management of the Six Lifestyle Factors can be the cause/s of illness conditions, however, and more significantly well managed lifestyle factors can also be the 'cause' of health promotion/illness prevention especially in young individuals. Research validating this approach of including the Tibb Six Lifestyle Factors in Personalized Lifestyle Programmes was designed for 120 healthy clients, by Ward Based Outreach Teams in the City of Joburg's Health Department, measured in Quality-of-Life parameters - confirming that the Six Lifestyle Factors are ultimately the cause/s of both health and disease¹⁵.

7.2. Pathology and Diagnosis

The significance of the above research to pathology and diagnosis, is that an understanding of the predisposition of illness conditions linked to an individual's temperament, provides insights into the progression of the pathological process, which allows for an accurate diagnosis of the illness condition, based on the humoral and temperamental theory¹⁰.

7.3. Treatment

With respect to the significance of the above research in treatment, recognition of the qualities, especially the dominant quality associated with illness conditions allows for a targeted approach to treatment in keeping with the traditional approach of allo-pathic medicine, where the word "allo" is the Greek term for opposite⁹. Therefore, treatment in Tibb is opposite to the quality/ies associated with the illness condition. This approach is confirmed by Ibn Qayyim al-Jawziyyah:

"In short, the one is hot and the other cold. Each of them contains rectification for the other and can prevent most of its ill effects. This is the basis of all treatment, and a

*basis for the preservation of health; even more the whole science of medicine makes use of this principle"*¹⁶.

Treatment based on the concept of opposites is relevant to both pharmacotherapy and the Tibb Lifestyle Factors. For example, medication formulated to treat a cold and flu will not only include the pharmacological action that will counter/be opposite to the symptoms of a Cold and Flu but also has qualities that are opposite to the signs and symptoms of flu. For example, the pharmacological action of *Zingiber officinale* (ginger) is often included in common cold formulations, as it counteracts the specific symptoms of runny nose, fever/chills; however, it also has Heating qualities which oppose the Cold & Moist symptoms⁵.

Similarly, Lifestyle Factors in treatment of cold and flu, is to overcome the Cold & Moistness associated with cold and flu by increasing Hot & Dry qualities from the lifestyle factors, especially diet. Research on the impact of Lifestyle Factors in treatment was included in Individualised Care Plans, that was developed in the management of pre-diagnosed mostly chronic illnesses, measured in Quality-of-Life parameters on 480 patients, with positive results¹⁵.

8. CONCLUSION

The above research confirms that there is a definite relationship between an individual's temperament, and its associated dominant quality, in the predisposition of signs and symptoms/illness condition/s. More importantly the research provides insights into the importance of this relationship within the context of aetiology, pathology, diagnosis, and treatment.

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Patient details, Temperament (dominant/sub-dominant), Overall Dominant Quality of patient, Diagnosis/Signs & Symptoms/Medical History, Humoral link to S&S/illness/es, S&S linked to Dominant Quality, Acute/Chronic/or both

Case Study No.	Patient Initials Sex, Age	TEMP: DOM/ SUB	Overall Dominant quality of Temperamental Combination	Diagnosis/Signs & Symptoms/Previous Medical History	Humours linked to Signs & Symptoms/Illness Conditions	S&S/Illness/s linked to overall dom quality of Temp Comb	ACUTE (A)/ CHRONIC (C) or Acute/ Chronic (A/C)
1	A.A.E. (M), 8	P/M	<u>Cold</u>	Cold & Flu (runny nose) Cold & Moist, Ringworm (on face fungal) Cold & Moist	Phleg/Mel	Yes	A
2	I.L. (M), 11	P/S	<u>Moist</u>	Influenza (tonsillar enlargement, fever) Moist & Cold	Phleg/Sang	Yes	A
3	T.T. (F), 11	P/S	<u>Moist</u>	URTI (tonsillar lymph, nasal congestion, productive cough), Headache (frontal) Moist & Cold	Phleg/Sang	Yes	A
4	Z.A. (M), 14	P/M	<u>Cold</u>	URTI (productive cough, sore throat, vomiting phlegm) Cold & Moist. Pmhx: Appendectomy Cold & Dry	Phleg/Mel	Yes	A
5	S.S. (F), 17	P/S	<u>Moist</u>	URTI (sinus congestion, tonsillar enlargement) Moist & Cold, Pmhx: Otitis media (painful ear) Moist & Hot	Phleg/Sang/Bil	Yes	A
6	M.S. (M), 17	P/S	<u>Moist</u>	URTI (runny nose, tonsillar enlargement) Moist & Cold	Phleg/Sang	Yes	A
7	M.S. (F), 17	S/P	<u>Moist</u>	URTI (productive cough, tonsillar enlargement) Moist & Hot. Pmhx: Asthma (Phleg) Moist & Hot, Eczema Moist & Hot	Sang/Phleg	Yes	A
8	T.S. (F), 18	S/P	<u>Moist</u>	LRTI (productive cough, dizziness, sore throat, tonsillar enlargement) Moist & Cold, UTI (leucocytes) Moist & Hot. Pmhx: Aneamia, Asthma (Phleg) Moist & Cold	Sang/Phleg	Yes	A
9	S.S. (F), 18	S/P	<u>Moist</u>	LRTI (productive cough, tight chest) Moist & Cold, URTI (sinusitis) Moist & Cold. Pmhx: Asthma (Phleg) Moist & Cold, Eczema Moist & Cold	Sang/Phleg	Yes	A
10	A.C. (F), 19	S/B	<u>Hot</u>	URTI (follicular tonsillitis, inflamed exudative lesions on tonsils, dry cough) Hot & Dry. Pmhx: Asthma (Bil) Hot & Dry	Sang/Bil	Yes	A
11	K.M. (F), 19	P/M	<u>Cold</u>	Influenza (productive cough, runny nose) Cold & Moist, Myositis (MSK) (lower backache) Cold & Dry, Constipation Cold & Dry	Phleg/Mel	Yes	A
12	T.B. (M), 19	M/P	<u>Cold</u>	Influenza (bodyaches, nasal congestion) Cold & Moist, Dry cough and tight chest Cold & Dry	Mel/Phleg	Yes	A

13	C.I.G. (F), 19	M/P	<u>Cold</u>	Headaches (occipital) Cold & Dry , Mastalgia (breast pain) Cold & Dry , Productive cough Cold & Moist . Pmhx: Tonsillectomy Cold & Moist	Mel/Phleg	Yes	A
14	Z.A. (M), 19	P/M	<u>Cold</u>	Myositis (MSK) (right lower limb pain) Cold & Dry . Pmhx: Meningitis Cold & Moist	Phleg/Mel	Yes	A
15	T.M. (F), 20	S/B	<u>Hot</u>	LRTI (productive cough - green phlegm, burning nostrils, tight chest) Hot & Dry , Stress Hot & Dry	Sang/Bil	Yes	A
16	C. R. (M)	S/P	<u>Moist</u>	Diarrhoea (loose watery stools) Moist & Cold , Nausea Moist & Cold	Sang/Phleg	Yes	A
17	C.R. (M), 20	M/P	<u>Cold</u>	Diarrhoea (loose, watery stools, borborygmas) Cold & Moist	Mel/Phleg	Yes	A
18	I.C. (F), 20	P/S	<u>Moist</u>	Influenza (productive cough, nasal congestion, bodyaches) Moist & Cold , Headaches (frontal) Moist & Cold . Pmhx: PCOS Moist & Cold	Phleg/Sang	Yes	A
19	M.B. (F), 20	P/S	<u>Moist</u>	LRTI (productive cough) Moist & Cold	Sang/Phleg	Yes	A
20	F.B. (F), 20	P/S	<u>Moist</u>	Dysmenorrhoea (painful period) Moist & Cold , Myositis (MSK) (lower back pain) <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A
21	S.T. (F), 20	S/P	<u>Moist</u>	URTI (productive cough, tonsillar enlargement) Moist & Cold . Pmhx: Sinusitis Moist & Cold	Sang/Phleg	Yes	A
22	N.W. (F), 20	P/M	<u>Cold</u>	URTI (productive cough, sore throat) Cold & Moist	Phleg/Mel	Yes	A
23	M.K.B. (M), 20	M/P	<u>Cold</u>	URTI (tonsillar enlargement) Cold & Moist , Tight chest (2wks) with dry cough Cold & Dry	Mel/Phleg	Yes	A
24	F.H. (M), 20	P/M	<u>Cold</u>	URTI (productive cough, sore throat) Cold & Moist , Painful ankle (MSK joint pain) Cold & Dry	Phleg/Mel	Yes	A
25	L.R. (F), 20	P/M	<u>Cold</u>	URTI (very phlegmy, sore throat) Cold & Moist	Phleg/Mel	Yes	A
26	C.L.V.W. (F), 20	P/S	<u>Moist</u>	UTI (burning urination, increased urinary urgency) Moist & Hot	Phleg/Sang	Yes	A
27	T.C. (F), 21	P/S	<u>Moist</u>	Furuncle (painful, inflamed boil, fever) <u>Hot & Dry</u>	Phleg/Sang/Bil	No	A
28	H.R. (M), 21	M/P	<u>Cold</u>	Headaches (frontal) Cold & Moist , Myositis (MSK) (lower back pain) Cold & Dry	Mel/Phleg	Yes	A

29	K.B. (M), 21	M/P	<u>Cold</u>	Myositis (MSK) (knee pain, cold, swollen) Cold & Dry	Mel/Phleg	Yes	A
30	C.L. M (F), 21	P/M	<u>Cold</u>	Myositis (MSK) (lower back pain) Cold & Dry , Headaches (frontal) Cold & Moist	Phleg/Mel	Yes	A
31	S.C. (M), 21	B/M	<u>Dry</u>	URTI (sore throat, nose bleeds, tonsils inflamed) Dry & Hot , Headache (unilateral) Dry & Hot	Bil/Mel	Yes	A
32	S.W. (F), 21	S/P	<u>Moist</u>	UTI (burning urine) Moist & Hot	Sang/Phleg	Yes	A
33	R.C. (M), 22	P/M	<u>Cold</u>	Diarrhoea (loose stools, stomach pain) Cold & Moist , Vomiting Cold & Moist	Phleg/Mel	Yes	A
34	M.A.C. (M), 22	S/B	<u>Hot</u>	Gastroenteritis (loose stools, abdominal cramps, nausea, urine: bilirubin 1+, ketones) Hot & Dry	Sang/Bil	Yes	A
35	T.B. (M), 22	B/S	<u>Hot</u>	Gastroenteritis (nausea, loose stools) Hot & Dry	Bil/Sang	Yes	A
36	H.W. (F), 22	M/P	<u>Cold</u>	Headaches (occipital, low water intake) Cold & Dry . Pmhx: PCOS Cold & Moist	Mel/Phleg	Yes	A
37	K.M. (F), 22	P/M	<u>Cold</u>	Influenza (productive cough, runny nose, SOB, tight chest, sore throat) Cold & Moist , Headache (frontal) Cold & Moist . Pmhx: Tonsillectomy Cold & Moist	Phleg/Mel	Yes	A
38	M.A. (F), 22	P/S	<u>Moist</u>	Influenza (productive cough, tonsillar enlargement, sore throat, bodyaches, fever) Moist & Cold	Phleg/Sang	Yes	A
39	A.D. (F), 22	P/M	<u>Cold</u>	LRTI (productive cough, sore throat, tonsils enlarged, wheezing chest) Cold & Moist	Phleg/Mel	Yes	A
40	K.A. (M), 22	P/M	<u>Cold</u>	Lymphadenitis (lymph node swelling) Cold & Moist , Tonsillitis Cold & Moist	Phleg/Mel	Yes	A
41	I.M. (M), 22	M/P	<u>Cold</u>	Myositis (MSK) (lower limb pain) Cold & Dry . Pmhx: Asthma (Mel) Cold & Dry	Mel/Phleg	Yes	A
42	T.D.K. (F), 22	M/P	<u>Cold</u>	URTI (left earache, enlarged tonsils, fever) Cold & Moist	Mel/Phleg	Yes	A
43	Y.M. (F), 22	M/P	<u>Cold</u>	URTI (productive cough) Cold & Moist	Mel/Phleg	Yes	A
44	A.S. (F), 22	P/M	<u>Cold</u>	URTI (productive cough, sore throat, runny nose) Cold & Moist . Pmhx: Tonsillectomy Cold & Moist	Phleg/Mel	Yes	A
45	M.D.S. (M), 22	P/S	<u>Moist</u>	URTI (runny nose, productive cough-white phlegm) Moist & Cold	Phleg/Sang	Yes	A
46	J.P. (M), 22	P/S	<u>Moist</u>	URTI (sore throat, blocked nose, tonsillar enlargement) Moist & Cold , HTN 150/100 Moist & Hot	Phleg/Sang	Yes	A

47	N.B. (F), 22	P/M	Cold	URTI (chronic nasal congestion at night, earache) Cold & Moist , Sinusitis Cold & Moist . Pmhx: Asthma (Phleg) Cold & Moist	Phleg/Mel	Yes	A
48	T.M. (F), 22	M/B	Dry	UTI (burning, painful urination, menstrual flow excessive) Dry & Hot , URTI (sore throat, nasal mucosa inflamed, fever) Dry & Hot	Mel/Bil	Yes	A
49	S.F. (M), 22	S/P	Moist	Influenza (nasal congestion, runny nose, productive cough, burning throat) Moist & Hot . Pmhx: Epilepsy Moist & Cold	Sang/Phleg	Yes	A/C
50	S.A. (F), 22	M/P	Cold	Influenza (productive cough, sore throat, nasal congestion, loss of appetite) Cold & Moist . Pmhx: Depression Cold & Moist	Mel/Phleg	Yes	A/C
51	A.A. (F), 22	P/S	Moist	PCOS (irregular menstruation - Ammenorrhoea) Moist & Cold . Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang	Yes	C
52	A.S. (M), 23	P/M	Cold	Abdominal pain (increased flatulence/left lower abdominal pain) Cold & Dry	Phleg/Mel	Yes	A
53	C.N. (F), 23	B/S	Hot	Bronchitis (productive green phlegm, inflamed throat, painful, burning chest) Hot & Dry	Bil/Sang	Yes	A
54	S.M. (F), 23	P/M	Cold	Dizziness Cold & Dry , Anxiety Cold & Dry , Nausea Cold & Moist	Phleg/Mel	Yes	A
55	T.G. (F), 23	P/S	Moist	Stye (painfull and inflamed eyeld, blurry vision) Moist & Hot , BP 150/100 Moist & Hot	Phleg/Sang	Yes	A
56	S.L. (F), 23	M/B	Dry	URTI (sore throat, ear pain, tonsils-exudative lesions) Dry & Hot . Pmhx: Appendectomy Dry & Cold , L-arm fracture Dry & Cold	Mel/Bil	Yes	A
57	J.M. (F), 23	P/S	Moist	URTI (tonsil enlargement, nasal congestion) Moist & Cold	Phleg/Sang	Yes	A
58	N.A. (F), 23	P/S	Moist	URTI (sore throat, tonsillar enlargment) Moist & Cold . Pmhx: Ear op Moist & Cold	Phleg/Sang	Yes	A
59	A.H. (M), 23	P/S	Moist	URTI (nasal congestion) Moist & Cold , Conjunctivitis (inflamed, pruritic, painfull conjunctiva) Hot & Dry	Phleg/Sang/Bil	Yes/No	A
60	S.A. (F), 24	S/B	Hot	Dermatitis (dry, itchy lesions on the hands) Hot & Dry	Sang/Bil	Yes	A
61	C.J. (F), 24	S/B	Hot	Dermatitis (rash, itchy) Hot & Dry	Sang/Bil	Yes	A
62	M.W. (F), 24	P/S	Moist	Diarhoea (loose watery stools) Moist & Cold , Productive cough Moist & Cold	Phleg/Sang	Yes	A
63	T.P. (M), 24	P/M	Cold	Influenza (productive cough) Cold & Moist	Phleg/Mel	Yes	A
64	R.N. (F), 24	S/P	Moist	Influenza (productive cough, runny nose, sore throat, wheezing chest) Moist & Cold	Sang/Phleg	Yes	A

65	N.N. (F), 24	P/M	Cold	Sinusitis (nasal congestion) Cold & Moist, Myositis (MSK) (lower back pain) Cold & Dry	Phleg/Mel	Yes	A
66	J.N. (M), 24	P/S	Moist	URTI (dysphagia, productive cough) Moist & Cold, Watery stools Moist & Cold	Phleg/Sang	Yes	A
67	A.S. (F), 24	P/M	Cold	URTI (productive cough, sore throat, runny nose) Cold & Moist	Phleg/Mel	Yes	A
68	K.N. (F), 24	P/S	Moist	Headache (temporal) Moist & Hot, Nausea Moist & Cold, Myositis (lower back pain) Cold & Dry. Pmhx: Epilepsy Moist & Cold	Phleg/Sang/Mel	Yes/No	A
69	K.R. (F), 24	P/S	Moist	UTI (leucocytes) Moist & Hot, Myositis (MSK) (painful back muscles) Cold & Dry. Pmhx: Back injury Cold & Dry	Phleg/Sang/Mel	Yes/No	A
70	S.C. (F), 25	P/S	Moist	Diarrhoea (loose watery stool and abdominal cramping) Moist & Cold, UTI (leucocytes) Moist & Hot	Phleg/Sang	Yes	A
71	N.M. (F), 25	S/P	Moist	Diarrhoea (watery, soft stool, cramps) Moist & Cold	Sang/Phleg	Yes	A
72	R.J. (M), 25	P/S	Moist	HTN 140/80 Moist & Hot. Pmhx: Sinusitis Moist & Cold	Phleg/Sang	Yes	A
73	M.T.A. (F), 25	B/M	Dry	Furuncle (bloody + exudative, painful) Dry & Hot, Gastroenteritis (loose stools with abdominal cramps) Dry & Hot	Bil/Mel	Yes	A
74	N.S. (F), 25	M/B	Dry	Gastroenteritis (loose stools 6-7x/Dday, abdominal cramps) Dry & Hot	Mel/Bil	Yes	A
75	A.M. (M), 25	S/B	Hot	Gastroenteritis (nausea, vomiting bile, loss of appetite, watery loose stools) Hot & Dry	Sang/Bil	Yes	A
76	K.M. (F), 25	P/S	Moist	Influenza (bodyaches, productive cough) Moist & Cold, Headache (frontal) Moist & Cold	Phleg/Sang	Yes	A
77	M.J. (M), 25	P/S	Moist	Influenza (productive cough, tight chest) Moist & Cold	Phleg/Sang	Yes	A
78	T.L.D. (F), 25	S/B	Hot	URTI (dry cough, sore throat, increased heart rate) Hot & Dry	Sang/Bil	Yes	A
79	W.S. (M), 25	B/S	Hot	URTI (throat inflamed, dry cough) Hot & Dry. Pmhx: Allergies Hot & Dry	Bil/Sang	Yes	A
80	Y.M. (F), 25	S/B	Hot	UTI (dysuria, burning urine, vaginal itch) Hot & Dry, Lower backache Cold & Dry	Sang/Bil/Mel	Yes/No	A
81	R.P. (F), 25	S/P	Moist	UTI (excessive discharge) Moist & Hot	Sang/Phleg	Yes	A
82	C.D. (F), 25	P/M	Cold	Influenza (productive cough, wheeze, SOB, fever) Cold & Moist, Asthma Cold & Moist	Phleg/Mel	Yes	A/C

83	C.D. (F), 25	P/M	<u>Cold</u>	LRTI (wheezy, tight chest, dry cough) Cold & Dry . Pmhx: Asthma (Phleg) Cold & Moist	Phleg/Mel	Yes	A/C
84	D.A. (M), 26	S/P	<u>Moist</u>	Anal abscess (painful mass) Moist & Hot	Sang/Phleg	Yes	A
85	N.C. (M), 26	S/B	<u>Hot</u>	Gastroenteritis (cramps, vomiting, loose watery stool, upper quadrant pain) Hot & Dry	Sang/Bil	Yes	A
86	K.V.N. (F), 26	M/P	<u>Cold</u>	Diarrhoea (loose watery stools, abdominal cramps, loss of appetite) Cold & Moist	Mel/Phleg	Yes	A
87	I.J. (M), 26	S/P	<u>Moist</u>	Influenza (excessive phlegm, runny nose) Moist & Cold	Sang/Phleg	Yes	A
88	N.Z. (F), 26	P/M	<u>Cold</u>	Influenza Cold & Moist , Glucosuria Cold & Moist	Phleg/Mel	Yes	A
89	L.A. (F), 26	P/M	<u>Cold</u>	Otitis media (white discharge) Cold & Moist	Phleg/Mel	Yes	A
90	J.B.F. (M), 26	B/S	<u>Hot</u>	URTI (dry cough, nasal congestion, erythema of the throat) Hot & Dry	Bil/Sang	Yes	A
91	L.T. (M), 26	M/P	<u>Cold</u>	URTI (fever, productive cough, sore throat, runny nose) Cold & Moist	Mel/Phleg	Yes	A
92	N.P.N. (F), 26	M/P	<u>Cold</u>	URTI (runny nose, productive cough) Cold & Moist , Headache (frontal) Cold & Moist , Thick white tongue coat Cold & Moist	Mel/Phleg	Yes	A
93	J.D. (M), 26	M/P	<u>Cold</u>	URTI (nasal congestion, sneezing) Cold & Moist , Myositis (MSK) (back pain) Cold & Dry	Mel/Phleg	Yes	A
94	L.V. (F), 26	P/M	<u>Cold</u>	URTI (productive cough, headaches (frontal), sore throat) Cold & Moist	Phleg/Mel	Yes	A
95	K.A. (M), 26	M/P	<u>Cold</u>	URTI (sore throat) Cold & Moist , Headaches (occipital) Cold & Dry , Myositis (MSK) (back muscle tension) Cold & Dry	Mel/Phleg	Yes	A
96	M.S. (F), 26	M/B	<u>Dry</u>	UTI (bladder painful) Dry & Cold , Myositis (MSK) Dry & Cold	Mel/Bil	Yes	A
97	I.A. (F), 26	P/S	<u>Moist</u>	Vaginal discharge (cream discharge) Moist & Hot	Phleg/Sang	Yes	A
98	H.C. (M), 27	P/M	<u>Cold</u>	Asthma (tight chest) (Mel) Cold & Dry	Phleg/Mel	Yes	A
99	Z.L. (M), 27	M/P	<u>Cold</u>	Diarrhoea (soft stools) Cold & Moist , Haemorrhoids (non bleeding) Cold & Dry	Mel/Phleg	Yes	A
100	A.A.L. (M), 27	S/B	<u>Hot</u>	Gastritis (vomiting) Hot & Dry	Sang/Bil	Yes	A
101	C.V. (M), 27	S/B	<u>Hot</u>	Gastroenteritis (loose stools, urine: ubg) Hot & Dry	Sang/Bil	Yes	A

102	F.A. (F), 27	M/P	<u>Cold</u>	Headaches (frontal, radiating into the eyes) Cold & Moist/Dry, Hypotension (dizziness) Cold & Moist/Dry	Mel/Phleg	Yes	A
103	N.N. (F), 27	P/M	<u>Cold</u>	TMJ (jaw and facial pain, worse with coldness) Cold & Dry	Phleg/Mel	Yes	A
104	M.R.A. (M), 27	B/M	<u>Dry</u>	Myositis (MSK) (shoulder + lower back pain) Dry & Cold	Bil/Mel	Yes	A
105	I.G. (F), 27	M/B	<u>Dry</u>	Myositis (MSK) (lower back pain) Dry & Cold	Mel/Bil	Yes	A
106	M.J. (M), 27	P/M	<u>Cold</u>	Otitis media (blocked and painful) Cold & Moist	Phleg/Mel	Yes	A
107	R.B. (M), 27	B/S	<u>Hot</u>	Sciatica (hip and leg pain) Cold & Dry , Callus (thick hardened skin painful) Cold & Dry . Pmhx: Hayfever Hot & Dry	Bil/Sang/Mel	Yes/No	A
108	A.P. (M), 27	P/S	<u>Moist</u>	URTI (productive cough, sore throat) Moist & Cold, HTN 150/110 Moist & Hot	Phleg/Sang	Yes	A
109	J.B. (M), 27	P/M	<u>Cold</u>	URTI (nasal congestion) Sinusitis Cold & Moist, Headaches (frontal) Cold & Moist, Myositis (MSK) (painful back) Cold & Dry	Phleg/Mel	Yes	A
110	R.L. (F), 28	M/P	<u>Cold</u>	Diarrhoea (loose, watery stool, abdominal cramps) Cold & Moist. Pmhx: Haemorrhoids Cold & Dry	Mel/Phleg	Yes	A
111	R.I. (M), 28	P/S	<u>Moist</u>	Diarrhoea (nausea, vomitted once only, loose watery stools) Moist & Cold	Phleg/Sang	Yes	A
112	S.H. (M), 28	B/M	<u>Dry</u>	Furuncle (ruptured, painful inflamed) Dry & Hot	Bil/Mel	Yes	A
113	L.K. (F), 28	S/B	<u>Hot</u>	Menorrhagia/menstruating excessively Hot & Dry	Sang/Bil	Yes	A
114	B.B. (M), 28	M/P	<u>Cold</u>	Myositis (MSK) Cold & Dry	Mel/Phleg	Yes	A
115	T.H. (F), 28	S/P	<u>Moist</u>	Sinusitis Moist & Cold, Headaches (frontal) Moist & Cold	Sang/Phleg	Yes	A
116	R.D. (F), 28	S/P	<u>Moist</u>	Tonsillitis (enlarged tonsils, sore throat) Moist & Cold, Conjunctivitis (itchy, teary eye) Moist & Hot	Sang/Phleg	Yes	A
117	S.A. (M), 28	S/P	<u>Moist</u>	URTI (productive cough, runny nose, inflamed throat) Moist & Cold	Sang/Phleg	Yes	A
118	R.J. (M), 28	M/P	<u>Cold</u>	URTI (productive cough, sore throat, tonsils enlarged) Cold & Moist. Pmhx: Appendectomy Cold & Dry	Mel/Phleg	Yes	A
119	M.P. (F), 28	P/S	<u>Moist</u>	URTI (productive cough) Moist & Cold, Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A
120	E.F. (M), 28	S/B	<u>Hot</u>	Otitis Media (right earache, exudative-yellow) Hot & Dry	Sang/Bil	Yes	A

121	S.J. (F), 28	S/P	Moist	Cold (runny nose) Moist & Cold. Pmhx: Tonsillectomy Moist & Cold	Sang/Phleg	Yes	A
122	R.B. (M), 28	P/S	Moist	URTI (sore throat, infammed enlarged tonsils) Moist & Cold, Diarrhoea (loose, watery stools, abdominal cramps) Moist & Cold	Phleg/Sang	Yes	A
123	B.D.P. (M), 28	P/S	Moist	URTI (sore throat, productive cough) Moist & Cold. Pmhx: Sinusitis Moist & Cold	Phleg/Sang	Yes	A
124	A.W. (F), 28	S/P	Moist	URTI (tonsils swollen) Moist & Cold, Headaches (parietal) Moist & Hot	Sang/Phleg	Yes	A
125	B.K. (F), 28	S/B	Hot	URTI (dry cough, earache) Hot & Dry, Headache (temporal) Hot & Dry	Sang/Bil	Yes	A
126	C.K. (F), 28	S/P	Moist	UTI (leucocytes) Moist & Hot	Sang/Phleg	Yes	A
127	N.J. (F), 28	M/B	Dry	UTI (dysuria, ubg, prot, leucocyte, bilirubin, blood) Dry & Hot, Gastroenteritis (nausea, vomitting, stools) Dry & Hot, Influenza (fever, tonsills follicular) Dry & Hot	Mel/Bil	Yes	A
128	C.P. (F), 28	P/S	Moist	Dysmenorrhoea (painful periods) Moist & Cold/Dry, PCOS (ovarian cysts) Moist & Cold/Dry	Phleg/Sang	Yes	A/C
129	D.W. (F), 28	P/M	Cold	Headaches (occipital) Cold & Dry, Aneamia Cold & Moist/Dry, Overweight Cold & Moist. Pmhx: HPT Cold & Dry	Phleg/Mel	Yes	A/C
130	K.E. (M), 28	P/S	Moist	HPT 140/90 Moist & Hot, Obesity Moist & Cold	Phleg/Sang	Yes	A/C
131	A.L. (F), 28	M/P	Cold	Infertility (trying to conceive, last pregnancy 12 years ago, no contraceptive used) Cold & Moist/Dry	Mel/Phleg	Yes	A/C
132	T.L.B. (F), 28	P/M	Cold	Myositis (MSK) (lower back pain) Cold & Dry. Pmhx: Endometriosis Cold & Dry	Phleg/Mel	Yes	A/C
133	G.A. (F), 29	P/S	Moist	Furuncle (swollen/painful) Moist & Hot/Dry	Phleg/Sang/Bil	Yes/No	A
134	V.M. (M), 29	S/B	Hot	LRTI (fever, inflammed throat, productive cough-green 2 weeks) Hot & Dry	Sang/Bil	Yes	A
135	I.A. (F), 29	B/M	Dry	Myositis (MSK) (lower back pain) Dry & Cold	Bil/Mel	Yes	A
136	A.W. (M), 29	B/M	Dry	Myositis (MSK) (back pain, works in freezer) Dry & Cold	Bil/Mel	Yes	A
137	Q.L. (M), 29	P/M	Cold	Myositis (MSK) (lower back pain) Cold & Dry. Pmhx: Appendectomy Cold & Dry	Phleg/Mel	Yes	A
138	C.J. (F), 29	S/P	Moist	URTI (productive cough, fever) Moist & Cold, Headache (frontal) Moist & Cold. Pmhx: Sinusitis Moist & Cold	Sang/Phleg	Yes	A

139	B.L.N. (F), 29	M/P	<u>Cold</u>	Anxiety Cold & Dry, Dizziness, Hypotension Cold & Moist/Dry	Mel/Phleg	Yes	A
140	S.S. (F), 29	B/M	<u>Dry</u>	Stress Dry & Hot, Anxiety (anxious) Dry & Cold, Breast Lump Dry & Cold	Bil/Mel	Yes	A
141	R. A. (M), 29	P/S	<u>Moist</u>	Headaches (frontal and in the eyes) Moist & Hot	Phleg/Sang	Yes	A
142	A.H. (M), 29	M/P	<u>Cold</u>	URTI (cold, sore throat, tonsillar lymph) Cold & Moist	Mel/Phleg	Yes	A
143	T.D. (M), 29	P/M	<u>Cold</u>	URTI (sore throat, tender sinuses, fatigue) Cold & Moist	Phleg/Mel	Yes	A
144	O.H. (M), 29	M/B	<u>Dry</u>	UTI (leucocytes, ubg) Dry & Hot, LRTI (dry cough for 2 weeks) Dry & Hot, Gastritis (nausea, vomiting) Dry & Hot	Mel/Bil	Yes	A
145	J.B.R. (M), 29	M/P	<u>Cold</u>	LRTI (productive cough with chest tightness, nasal congestion) Cold & Moist. Pmhx: Epilepsy Cold & Moist	Mel/Phleg	Yes	A/C
146	G.D. (F), 29	M/B	<u>Dry</u>	Myositis (MSK) (midback pain) Dry & Cold	Mel/Bil	Yes	A/C
147	W.K. (M), 29	P/S	<u>Moist</u>	URTI (productive cough, nasal congestion) Moist & Cold, HPT 150/100 Moist & Hot	Phleg/Sang	Yes	A/C
148	Z.B. (F), 30	S/B	<u>Hot</u>	Gastritis (vomiting, nausea, burning stomach, struggling passing stools) Hot & Dry	Sang/Bil	Yes	A
149	N.P. (F), 30	M/P	<u>Cold</u>	Influenza (productive cough, throat inflamed, fever) Cold & Moist	Mel/Phleg	Yes	A
150	Y.T. (M), 30	S/P	<u>Moist</u>	Influenza (runny nose, productive cough, bodyaches, sore throat, wheezing chest) Moist & Cold	Sang/Phleg	Yes	A
151	J.C. (F), 30	M/P	<u>Cold</u>	URTI (nasal congestion, productive cough) Cold & Moist	Mel/Phleg	Yes	A
152	R.P. (M), 30	S/P	<u>Moist</u>	URTI (nasal congestion, chills, loss of appetite, tonsillar swelling) Moist & Cold	Sang/Phleg	Yes	A
153	R.H. (F), 30	S/P	<u>Moist</u>	URTI (sore throat, runny nose) Moist & Cold. Pmhx: Ovarian cyst Moist & Cold/Dry	Sang/Phleg	Yes/No	A
154	Y.M. (M), 30	M/P	<u>Cold</u>	URTI (sore throat, productive cough) Cold & Moist	Mel/Phleg	Yes	A
155	A.W.M. (M), 30	P/S	<u>Moist</u>	UTI (hematuria) Hot & Dry , Lower back pain Cold & Dry . Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang/Mel	Yes/No	A/C
156	K.S. (F), 30	P/M	<u>Cold</u>	Ovarian cyst pain Cold & Moist/Dry. Pmhx: Miscarriage Cold & Moist/Dry	Phleg/Mel	Yes	A

157	S.P. (F), 30	P/S	<u>Moist</u>	URTI (sore throat, nasal congestion) Moist & Cold , Irregular menses (skipping periods) Moist & Cold , Diabetes 6.7 Moist & Hot	Phleg/Sang	Yes	A/C
158	A.P. (F), 31	S/B	<u>Hot</u>	Allergies (painful, itchy eyes, itching body, had fish day before, tonsils swollen, dry cough, sore throat) Hot & Dry	Sang/Bil	Yes	A
159	A.M. (F), 31	P/S	<u>Moist</u>	Influenza (bodyaches, productive cough, inflamed throat), Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A
160	I.A. (M), 31	M/P	<u>Cold</u>	Myositis (MSK) (back pain) Cold & Dry	Mel/Phleg	Yes	A
161	L.M. (F), 31	P/S	<u>Moist</u>	Myositis (MSK) (body pain, works in cold environment) <u>Cold & Dry</u> , HPT 140/80 Moist & Hot	Phleg/Sang/Mel	Yes/No	A
162	Y.S. (M), 31	P/M	<u>Cold</u>	Myositis (MSK) (lower back pain) Cold & Dry , Glucosuria Cold & Moist	Phleg/Mel	Yes	A
163	R.B. (M), 31	M/B	<u>Dry</u>	URTI (dry cough and tight chest, nasal erythema, sore throat) Dry & Hot	Mel/Bil	Yes	A
164	S.D.P. (F), 31	M/P	<u>Cold</u>	URTI (nasal congestion) Cold & Moist , Myositis (MSK) (back pain) Cold & Dry	Mel/Phleg	Yes	A
165	M.M. (M), 31	S/P	<u>Moist</u>	HPT (200/140) Moist & Hot , Glucosuria Moist & Cold , Myositis (MSK) (flank and costal pain 3 wks) <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
166	N.C. (F), 31	P/S	<u>Moist</u>	LRTI (productive cough, tight chest, tonsillar enlargement) Moist & Cold . Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang	Yes	A/C
167	R.J. (F), 31	M/P	<u>Cold</u>	Constipation (low water intake, occurs frequently) Cold & Dry	Mel/Phleg	Yes	C
168	G.C. (M), 32	M/B	<u>Dry</u>	Allergic rhinitis Dry & Hot	Mel/Bil	Yes	A
169	F.T. (M), 32	P/M	<u>Cold</u>	Diarrhoea (watery, loose stools for 4 days) Cold & Moist	Phleg/Mel	Yes	A
170	F.S. (F), 32	S/P	<u>Moist</u>	Influenza (sore throat, productive cough) Moist & Cold	Sang/Phleg	Yes	A
171	M.S. (M), 32	B/M	<u>Dry</u>	Myositis (MSK) (lower backache due to increased activities) Dry & Cold	Bil/Mel	Yes	A
172	L.H. (M), 32	S/P	<u>Moist</u>	URTI (blocked nose, fever + chills, sore throat) Moist & Cold	Sang/Phleg	Yes	A
173	Z.T. (M), 32	M/P	<u>Cold</u>	URTI (productive cough, scratchy throat) Cold & Moist	Mel/Phleg	Yes	A
174	H.H. (M), 32	S/P	<u>Moist</u>	URTI (runny nose, sore throat, productive cough, bodyaches) Moist & Cold	Sang/Phleg	Yes	A
175	B.A. (M), 32	M/P	<u>Cold</u>	URTI (sore throat, bodyaches) Cold & Moist	Mel/Phleg	Yes	A
176	T.B. (F), 32	P/S	<u>Moist</u>	URTI (sore throat, productive cough, fever, nasal congestion, tonsillar enlargement) Moist & Cold , Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A

177	C.L. (F), 32	S/B	Hot	UTI (burning urine) Hot & Moist, Lowerback pain <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	A
178	N. J. (F), 32	B/S	Hot	UTI (dysuria, dark yellow) Hot & Dry, Renal calculi <u>Cold & Dry</u> . Pmhx: Gallstones <u>Cold & Dry</u>	Bil/Sang/Mel	Yes/No	A
179	R.L. (M), 32	S/P	Moist	UTI (protein) Hot & Dry , HPT 150/130 Moist & Hot. Pmhx: Kidney pathology <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
180	N.N.V.S. (F), 33	S/P	Moist	Influenza (head congestion, bodyaches, fever, enlarged tonsils, sneezing) Moist & Cold	Sang/Phleg	Yes	A
181	K.A. (F), 33	M/B	Dry	Myositis (MSK) (lower back pain) Dry & Cold	Mel/Bil	Yes	A
182	R.M. (M), 33	S/P	Moist	URTI (productive cough, vomiting phlegm, sore throat) Moist & Cold	Sang/Phleg	Yes	A
183	N.O. (F), 33	P/S	Moist	URTI (sore throat, earache) Moist & Cold	Phleg/Sang	Yes	A
184	J.M. (M), 34	S/P	Moist	Diarrhoea (loose watery stools + mild nausea) Moist & Cold	Sang/Phleg	Yes	A
185	T.G. (F), 34	B/M	Dry	LRTI (sore throat, productive cough: brown phlegm, fever, tonsillar enlargement) Dry & Hot, Haematuria Dry & Hot	Bil/Mel	Yes	A
186	J.A. (F), 34	M/B	Dry	URTI (fever + dry cough) Dry & Hot	Mel/Bil	Yes	A
187	N.A. (F), 34	P/M	Cold	URTI (productive cough, runny nose, sore throat) Cold & Moist	Phleg/Mel	Yes	A
188	B.S. (F), 34	B/S	Hot	URTI (sore throat, dry cough, inflamed throat - does chemical manufacturing) Hot & Dry	Bil/Sang	Yes	A
189	F.A. (F), 34	M/B	Dry	UTI (lower abdominal pain, bloody discharge, burning urine) Dry & Hot, Lower back pain Dry & Cold. Pmhx: Anxiety Dry & Cold	Mel/Bil	Yes	A
190	M.B. (F), 34	P/S	Moist	LRTI (productive cough, nasal congestion, fever, sore throat) Moist & Cold, HPT 130/80 Moist & Hot	Phleg/Sang	Yes	A/C
191	K.L. (M), 34	P/S	Moist	Myositis (MSK) (lowerback pain) <u>Cold & Dry</u> , HPT 160/80 Moist & Hot. Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang/Mel	Yes/No	C
192	S.G. (M), 35	S/P	Moist	Diarrhoea (watery loose stools with abdominal cramps) Moist & Cold	Sang/Phleg	Yes	A
193	H.S. (F), 35	P/M	Cold	Myositis (MSK) (shoulder pain) Cold & Dry	Phleg/Mel	Yes	A
194	N.N. (F), 35	S/P	Moist	URTI (productive cough, nausea, vomiting, sore throat, loss of voice, Pregnant) Moist & Cold	Sang/Phleg	Yes	A
195	C.J. (M), 35	S/B	Hot	URTI (inflamed throat) Hot & Dry, Dermatitis (pruritic lesions) Hot & Dry	Sang/Bil	Yes	A

196	L.T. (F), 35	P/M	<u>Cold</u>	URTI (sinuses tender, sore throat, cervical lymph), Headaches (frontal) Cold & Moist , Myositis (MSK) (bodyaches, lower back ache) Cold & Dry	Phleg/Mel	Yes	A
197	L.B. (F), 35	S/B	<u>Hot</u>	UTI (leucocytes, protein, ketones) Hot & Dry , Gastritis (epigastric discomfort) Hot & Dry	Sang/Bil	Yes	A
198	R.L. (F), 35	M/B	<u>Dry</u>	Gastritis (burning stomach) Dry & Hot . Pmhx: Mitral Valve syndrome Dry & Cold	Mel/Bil	Yes	A/C
199	M.R.G. (M), 35	B/M	<u>Dry</u>	HPT (dizziness, 148/110) Dry & Cold , Allergies Dry & Hot . Pmhx: CHOL Dry & Cold	Bil/Mel	Yes	A/C
200	A.C. (M), 35	P/S	<u>Moist</u>	LRTI (tight chest, fatigue, productive cough) Moist & Cold . Pmhx: Asthma (Phleg) Moist & Cold , HPT Moist & Hot	Phleg/Sang	Yes	A/C
201	B.P. (F), 35	S/P	<u>Moist</u>	Myositis (MSK) (chronic lower back pain) <u>Cold & Dry</u> , HPT 150/100 Moist & Hot , Increase in weight Moist & Cold , Constipated <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
202	S.A. (F), 36	S/B	<u>Hot</u>	Bronchitis (burning chest, productive cough, yellow) Hot & Dry	Sang/Bil	Yes	A
203	K.W. (F), 36	B/S	<u>Hot</u>	Gastroenteritis (nausea, runny tummy, epigastric pain) Hot & Dry	Bil/Sang	Yes	A
204	M.N. (M), 36	M/P	<u>Cold</u>	Migraine (radiate around the head, nausea) Cold & Moist . Pmhx: Bell's Palsy Cold & Moist	Mel/Phleg	Yes	A
205	T.M. (M), 36	S/B	<u>Hot</u>	Pyelonephritis (blood in urine, lowerback pain, fever) Hot & Dry	Sang/Bil	Yes	A
206	C.S. (M), 36	S/P	<u>Moist</u>	URTI (productive cough, runny nose, sore throat) Moist & Cold	Sang/Phleg	Yes	A
207	C.A. (F), 36	S/P	<u>Moist</u>	URTI (sore throat, phlegmy cough, congestion) Moist & Cold , Myositis (MSK) (lower back pain) <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A
208	C.M. (M), 36	S/P	<u>Moist</u>	URTI (sore throat, produtive cough, bodyaches) Moist & Cold	Sang/Phleg	Yes	A
209	I.G. (F), 36	B/M	<u>Dry</u>	UTI (urine trace of blood and infection) Dry & Hot	Bil/Mel	Yes	A
210	C.D. (F), 36	S/P	<u>Moist</u>	URTI (sore throat, nasal congetstion, dry cough, tonsillar enargement) Moist & Cold . Pmhx: Diabetes Moist & Hot , HPT Moist & Hot	Sang/Phleg	Yes	A/C
211	R. K. (M), 36	B/S	<u>Hot</u>	HPT 145/100 Hot & Moist , Myostis (lower back pain) <u>Cold & Dry</u>	Bil/Sang/Mel	Yes/No	C
212	M.R.V.H. (M), 37	M/B	<u>Dry</u>	Insomnia Dry & Cold , Anal fissure Dry & Hot	Mel/Bil	Yes	A

213	N.B. (M), 37	S/P	Moist	Gastritis (nausea, vomiting + epigastric pain) Hot & Dry , HTN (150/90) Moist & Hot	Sang/Phleg/ Bil	Yes/No	A
214	M.D. (F), 37	B/M	Dry	URTI (body pains, blocked nose, yellow productive cough, tonsillar inflammation) Dry & Hot , Myositis Dry & Cold	Bil/Mel	Yes	A
215	S.S. (M), 37	S/P	Moist	URTI (productive cough, runny nose, sore throat) Moist & Cold	Sang/Phleg	Yes	A
216	M.K. (F), 37	M/P	Cold	URTI (productive cough, tonsillar enlargement) Cold & Moist , Lower back pain Cold & Dry	Mel/Phleg	Yes	A
217	C.B. (F), 37	P/S	Moist	URTI (productive cough, nasal congestion) Moist & Cold . Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang	Yes	A
218	Z.F. (F), 37	M/P	Cold	URTI (runny nose, tonsillar enlargement) Cold & Moist	Mel/Phleg	Yes	A
219	C.M. (F), 37	P/S	Moist	URTI (sore throat, nasal congestion) Moist & Cold	Phleg/Sang	Yes	A
220	S.N. (F), 37	P/M	Cold	URTI (sore throat, bodyaches, productive cough) Cold & Moist	Phleg/Mel	Yes	A
221	G.H.M. (M), 37	S/B	Hot	Gastritis (burning epigastric pain) Hot & Dry , HPT 140/90 Hot & Moist . Pmhx: CHOL Cold & Dry	Sang/Bil/Mel	Yes/No	A/C
222	A.L. (M), 37	P/S	Moist	Influenza (productive cough, inflamed nose, sore throat) Moist & Cold , HPT 180/90 Moist & Hot	Phleg/Sang	Yes	A/C
223	M.S. (F), 37	S/B	Hot	LRTI (productive + wheezing chest) Cold & Moist , HPT 140/80 Hot & Moist	Sang/Bil/Phleg	Yes/No	A/C
224	A.C. (F), 37	S/P	Moist	HPT 130/90 Moist & Hot , Influenza (productive cough, bodyaches, tonsillar enlargement) Moist & Cold , Headaches (frontal) Moist & Cold	Sang/Phleg	Yes	C
225	A.K.V.E. (M), 38	S/P	Moist	Sciatica (left hip and leg pain) Cold & Dry . Pmhx: HPT Moist & Hot	Sang/Phleg/ Mel	Yes/No	C
226	F.B. (M), 38	S/P	Moist	Influenza (bodyaches, sore throat, fever) Moist & Cold	Sang/Phleg	Yes	A
227	S. M. (F), 38	P/S	Moist	Nausea and vomiting Moist & Cold	Phleg/Sang	Yes	A
228	C.C. (M), 38	S/P	Moist	URTI (head congestion, sore throat) Moist & Cold	Sang/Phleg	Yes	A
229	W.M. (M), 38	S/B	Hot	URTI (dry cough, dysphagia, hoarseness, fever, inflamed throat, wheeze) Hot & Dry	Sang/Bil	Yes	A
230	T.K. (M), 38	B/S	Hot	URTI (dry cough, scratchy throat) Hot & Dry , Glucosuria Hot & Moist , Myositis (MSK) Cold & Dry	Bil/Sang/Mel	Yes/No	A
231	P.P. (F), 38	S/P	Moist	URTI (productive cough, sore throat, tonsils enlarged) Moist & Cold	Sang/Phleg	Yes	A

232	T.B. (F), 38	P/M	Cold	URTI (throat pain, productive cough, nasal congestion) Cold & Moist, Hypotension Cold & Moist/Dry	Phleg/Mel	Yes	A
233	C.B. (F), 38	S/P	Moist	URTI (blocked nose, sore throat) Moist & Cold, HTN 160/70 Moist & Hot. Pmhx: Asthma (Phleg) Moist & Cold, Sinusitis Moist & Cold	Sang/Phleg	Yes	A/C
234	K.W. (M), 39	M/P	Cold	Fatigue (excessive tiredness) Cold & Moist/Dry, Anxiety (anxious, difficulty concentrating) Cold & Moist/Dry	Mel/Phleg	Yes	A
235	C.J. (M), 39	B/S	Hot	Gastroenteritis (nausea, runny tummy, abdominal cramps) Hot & Dry	Bil/Sang	Yes	A
236	C.G. (M), 39	M/P	Cold	Myositis (MSK) (lower back pain, recurrent due to strenuous work) Cold & Dry	Mel/Phleg	Yes	A
237	T.N. (F), 39	P/M	Cold	Myositis (MSK) (upper back and shoulder pain) Cold & Dry	Phleg/Mel	Yes	A
238	B.M. (M), 39	M/P	Cold	URTI (sore throat, cold shivers) Cold & Moist	Mel/Phleg	Yes	A
239	A.R. (F), 39	S/B	Hot	UTI (burning sensation, leucocytes + blood) Hot & Dry	Sang/Bil	Yes	A
240	E.S. (F), 40	S/P	Moist	LRTI (productive cough, runny nose) Moist & Cold	Sang/Phleg	Yes	A
241	Y.B. (F), 40	S/P	Moist	LRTI (productive cough) Moist & Cold, Influenza Moist & Cold	Sang/Phleg	Yes	A
242	M.K. (M), 40	B/S	Hot	URTI (chest tightness, dry cough, painful cough) Hot & Dry	Bil/Sang	Yes	A
243	A.D. (F), 40	P/M	Cold	Constipation Cold & Dry, Phlegmy chest Cold & Moist, Hypotension Cold & Moist/Dry	Phleg/Mel	Yes	A/C
244	Z. P. (F), 40	B/S	Hot	Gastroenteritis (runny tummy, abdominal cramps, nausea) Hot & Dry, HPT 180/120 Hot & Moist, Dizziness Hot & Dry	Bil/Sang	Yes	A/C
245	M.B. (M), 40	P/M	Cold	Sciatica (back pain into hip and leg) Cold & Dry	Phleg/Mel	Yes	A/C
246	F.B. (F), 40	M/P	Cold	URTI (dry cough, smoker) Cold & Dry, Carpel tunnel (painful wrist) Cold & Dry	Mel/Phleg	Yes	A/C
247	R.L. (F), 40	S/B	Hot	Gastroenteritis (nausea, runny tummy, cramps, epigastric pain) Hot & Dry. Pmhx: Sarcodosis of lungs Cold & Dry	Sang/Bil/Mel	Yes/No	A
248	K.V.B. (F), 41	P/M	Cold	Influenza (runny nose, bodyaches, fever, sore throat) Cold & Moist	Phleg/Mel	Yes	A
249	T.G. (M), 41	S/P	Moist	Influenza (sore throat), Headaches (frontal) Moist & Cold, Right foot pain (injury) Cold & Dry	Sang/Phleg/Mel	Yes/No	A
250	R.A. (F), 41	M/P	Cold	LRTI (productive cough, runny nose, sore throat) Cold & Moist	Mel/Phleg	Yes	A

251	S.S. (M), 41	M/B	<u>Dry</u>	URTI (sore throat, inflamed tonsils) Dry & Hot	Mel/Bil	Yes	A
252	L.T. (M), 41	P/S	<u>Moist</u>	URTI (sore throat, enlarged tonsils, nasal congestion) Moist & Cold	Phleg/Sang	Yes	A
253	T.J. (M), 41	S/P	<u>Moist</u>	Diarrhoea (loose watery stools) Moist & Cold , Headaches (frontal) Moist & Cold . Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
254	S.J. (M), 41	M/B	<u>Dry</u>	Gastroenteritis (nausea, loose watery stools, urine - ubg) Dry & Hot . Pmhx: HPT Dry & Cold , Stroke Dry & Cold , Appendectomy Dry & Cold	Mel/Bil	Yes	A/C
255	F.J. (F), 41	P/M	<u>Cold</u>	Myositis (MSK) (lower back pain) Cold & Dry . Pmhx: CHOL Cold & Dry , Sinusitis Cold & Moist	Phleg/Mel	Yes	A/C
256	M.P. (F), 41	S/B	<u>Hot</u>	UTI (ubg, Hb, leucocytes) Hot & Dry , Myositis (MSK) (backpain) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A/C
257	M.K. (F), 41	B/S	<u>Hot</u>	Myositis (MSK) (back pain) <u>Cold & Dry</u> , Stress Hot & Dry	Bil/Sang/Mel	Yes/No	A/C
258	A.W. (M), 41	S/B	<u>Hot</u>	Frozen shoulder <u>Cold & Dry</u> , Nerve entrapment <u>Cold & Dry</u> . Pmhx: Diabetes Hot & Moist , CHOL <u>Cold & Dry</u> , Ulcers Hot & Dry	Sang/Bil/Mel	Yes/No	C
259	M.H. (F), 42	M/B	<u>Dry</u>	Migraines (relieved by vomiting, affects vision, stressed) Dry & Hot , Nausea, vomiting Dry & Hot	Mel/Bil	Yes	A
260	S.A. (M), 42	S/B	<u>Hot</u>	Myositis (MSK) (calf pain burning pain) Hot & Dry	Sang/Bil	Yes	A
261	N.F. (F), 42	B/M	<u>Dry</u>	Scalp infection (inflamed, infected pimple on scalp) Dry & Hot . Pmhx: Hypotension <u>Moist & Cold/Dry</u>	Bil/Mel/Phleg	Yes/No	A
262	P.V.N. (F), 42	B/S	<u>Hot</u>	UTI (leucocytes) Hot & Moist , Gastroenteritis (runny tummy with vomiting) Hot & Dry	Bil/Sang	Yes	A
263	L.A. (F), 42	M/P	<u>Cold</u>	URTI (tonsillar lymph) Cold & Moist , OA (Knees) Cold & Dry	Mel/Phleg	Yes	A/C
264	F.L. (F), 42	S/P	<u>Moist</u>	Influenza (productive cough, bodyaches) Moist & Cold . Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
265	J.N.B. (F), 42	S/P	<u>Moist</u>	Headaches (frontal) Moist & Cold , Stress <u>Hot & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
266	M.C. (M), 42	S/B	<u>Hot</u>	UTI (protein, leucocytes) Hot & Dry , Myositis (MSK) (lower backpain) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A
267	B. K. (F), 42	P/M	<u>Cold</u>	Asthma (Phleg) (productive cough) Cold & Moist	Phleg/Mel	Yes	C
268	R.C. (M), 42	S/P	<u>Moist</u>	OA (multiple joint pain, knee swollen) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot , Gout <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
269	N.S.S. (F), 42	M/P	<u>Cold</u>	Myositis (MSK) (back pain) Cold & Dry	Mel/Phleg	Yes	C

270	M.K. (M), 43	P/M	Cold	Influenza (productive cough, runny nose) Cold & Moist, Headaches (frontal) Cold & Moist. Pmhx: Tonsillitis Cold & Moist	Phleg/Mel	Yes	A
271	F.D. (F), 43	P/M	Cold	LRTI (productive cough, nasal congestion) Cold & Moist	Phleg/Mel	Yes	A
272	A.H. (M), 43	S/B	Hot	LRTI (fever, dry cough) Hot & Dry	Sang/Bil	Yes	A
273	E.W. (M), 43	P/S	Moist	Pterygium (growth on eye, conjunctiva) Moist & Hot	Phleg/Sang	Yes	A
274	P.H. (F), 43	P/S	Moist	LRTI (productive cough, wheezing chest, sore throat), Asthma (Phleg) Moist & Cold. Pmhx: Tonsillectomy Moist & Cold	Phleg/Sang	Yes	C
275	Y.S. (M), 43	S/P	Moist	Myositis (MSK) (lower back pain) Cold & Dry	Sang/Phleg/Mel	No	A
276	M.A.J. (M), 43	M/B	Dry	Myositis (MSK) (back pain) Dry & Cold	Mel/Bil	Yes	C
277	J.L. (F), 43	S/B	Hot	OA (MSK) (joint pain) Cold & Dry	Sang/Bil/Mel	No	C
278	G.A. (M), 44	S/P	Moist	Diarrhoea (loose watery stools, abdominal cramps) Moist & Cold	Sang/Phleg	Yes	A
279	G.R. (F), 44	S/P	Moist	URTI (nasal congestion) Moist & Cold	Sang/Phleg	Yes	A
280	L.F. (F), 44	S/B	Hot	LRTI (sore throat, tonsils inflamed, dry cough, smoker) Hot & Dry, Fever blisters Hot & Dry, Acne Hot & Dry	Sang/Bil	Yes	A/C
281	M.D.V. (F), 44	B/M	Dry	Gastritis (abdominal pain, burning stomach, vomiting yellow) Dry & Hot, Cholelithiasis Dry & Cold	Bil/Mel	Yes	A/C
282	T.S. (F), 44	P/S	Moist	Myositis (MSK) (back pain) Cold & Dry , Glucosuria Moist & Cold	Phleg/Sang/Mel	Yes/No	C
283	L.F. (F), 44	M/P	Cold	Uterine Mass Cold & Dry. Pmhx: Hypotension Cold & Dry/Moist	Mel/Phleg	Yes	C
284	L.J. (F), 45	M/B	Dry	LRTI (wheeze, tight chest) Dry & Cold, Hypotension Dry & Cold	Mel/Bil	Yes	A
285	N.M. (M), 45	S/P	Moist	LRTI (productive cough) Moist & Cold, Leg cramps Cold & Dry	Sang/Phleg/Mel	Yes/No	A
286	M.Z.M. (M), 45	S/B	Hot	Sinusitis (nasal and frontal congestions) Hot & Moist	Sang/Bil	Yes	A
287	G.A. (M), 45	M/B	Dry	UTI (protein, leucocytes, blood) Dry & Hot, Myositis (MSK) (backpain) Dry & Cold	Mel/Bil	Yes	A
288	T.B. (F), 45	S/P	Moist	Diabetes 30.2 Moist & Cold, OA (back) Cold & Dry . Pmhx: HIV Moist & Cold	Sang/Phleg/Mel	Yes/No	C
289	C.M. (F), 45	S/P	Moist	HPT 148/90 Moist & Hot	Sang/Phleg	Yes	C

290	R.J. (F), 45	S/B	Hot	HPT 150/80 Hot & Moist . Pmhx: CHOL <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
291	M.R.W. (M), 45,	M/P	Cold	Myositis (MSK) (lower back pain) Cold & Dry	Mel/Phleg	Yes	C
292	A.J. (F), 46	S/B	Hot	LRTI (wheezing chest, inflamed throat) Hot & Dry	Sang/Bil	Yes	A
293	A.F. (M), 46	S/B	Hot	URTI (sore throat, earache, cerum impaction) Hot & Dry	Sang/Bil	Yes	A
294	C.B. (M), 46	S/B	Hot	UTI (burning on urination) Hot & Dry . Pmhx: Appendectomy <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	A
295	V.F. (M), 46	P/M	Cold	OA (back), Constipated Cold & Dry , Glucosuria Cold & Moist	Phleg/Mel	Yes	A/C
296	R.G. (F), 46	S/P	Moist	Gastritis (epigastric pain, nausea, vomiting after drinking too much fizzy drinks) <u>Hot & Dry</u> . Pmhx: HPT Moist & Hot , Dyspepsia Moist & Cold	Sang/Phleg	Yes/No	A/C
297	V.W. (F), 46	P/S	Moist	UTI (leucocytes) Moist & Hot . Pmhx: HIV Moist & Cold	Phleg/Sang	Yes	A/C
298	D.T. (M), 46	M/P	Cold	Myositis (MSK) (back pain) Cold & Dry	Mel/Phleg	Yes	C
299	R.W. (F), 47	S/B	Hot	Laryngitis (loss of voice, inflamed) Hot & Dry	Sang/Bil	Yes	A
300	R.S. (F), 47	M/B	Dry	URTI (dry cough, body pains) Dry & Hot . Pmhx: Hypotension Dry & Cold/Moist	Mel/Bil/Phleg	Yes/No	A
301	D.K. (F), 47	M/B	Dry	URTI (productive cough) <u>Cold & Moist</u> , Carpal tunnel (right wrist pain) Dry & Cold	Mel/Bil/Phleg	Yes/No	A/C
302	P.D. (F), 47	S/P	Moist	UTI (leucocytes) Moist & Hot , Lower abdominal pain <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
303	K.D.W. (M), 47	B/M	Dry	OA (joint pain and stiffness) Dry & Cold	Bil/Mel	Yes	C
304	M.E. (F), 47	M/B	Dry	Headaches (occipital) Dry & Cold , Tension in shoulders Dry & Cold , Stress Dry & Hot . Pmhx: OA (back) Dry & Cold	Mel/Bil	Yes	C
305	J.K. (F), 47	P/M	Cold	Myositis (MSK) Cold & Dry , Diabetes Cold & Moist . Pmhx: HPT Cold & Dry	Phleg/Mel	Yes	C
306	L.L. (F), 48	P/M	Cold	URTI (sore throat, productive cough, tonsil enlargement) Cold & Moist , Myalgia (MSK) Cold & Dry	Phleg/Mel	Yes	A/C
307	F.T. (F), 48	S/P	Moist	UTI (leucocytes) Moist & Hot , Myositis (MSK) <u>Cold & Dry</u> . Pmhx: Appendectomy <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
308	S.I. (F), 48	P/S	Moist	URTI (productive cough) Moist & Cold , Headaches (frontal) Moist & Cold , UTI (leucocytes) Moist & Hot , Pmhx: HTN Moist & Hot	Phleg/Sang/Mel	Yes	A/C

309	A.W. (M), 48	S/P	<u>Moist</u>	OA (back) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
310	M.A. (M), 48	M/P	<u>Cold</u>	OA (MSK) (lower backache) Cold & Dry	Mel/Phleg	Yes	C
311	K.S. (F), 48	P/M	<u>Cold</u>	Myositis (MSK) Cold & Dry, HPT 140/80 Cold & Dry. Pmhx: Masectomy Cold & Dry	Phleg/Mel	Yes	C
312	C.J. (M), 48	M/B	<u>Dry</u>	Myositis (MSK) Dry & Cold. Pmhx: Appendectomy Dry & Cold	Mel/Bil	Yes	C
313	B.A. (F), 48	M/P	<u>Cold</u>	Sciatica (lowerback pain radiating down the leg) Cold & Dry	Mel/Phleg	Yes	C
314	N.J. (F), 48	B/S	<u>Hot</u>	Arthritis <u>Cold & Dry</u> , CHOL <u>Cold & Dry</u>	Bil/Sang/Mel	No	C
315	M.S. (F), 49	M/P	<u>Cold</u>	LRTI (productive cough, sore throat) Cold & Moist	Mel/Phleg	Yes	A
316	S.C. (F), 49	S/B	<u>Hot</u>	LRTI (dry cough, throat inflamed, bodyaches, fever) Hot & Dry. Pmhx: Asthma (Bil) Hot & Dry, Hayfever Hot & Dry	Sang/Bil/Mel	Yes	A/C
317	M.F.L. (M), 49	S/B	<u>Hot</u>	LRTI (green phlegm, smoker, chest pain when coughing) Hot & Dry. Pmhx: HPT Hot & Moist	Sang/Bil	Yes	A/C
318	S.W. (F), 49	S/P	<u>Moist</u>	Nausea and vomiting Moist & Cold. Pmhx: Diabetes Moist & Hot	Sang/Phleg	Yes	A/C
319	B.D. (F), 49	P/M	<u>Cold</u>	Muscle spasms Cold & Dry. Pmhx: Consipation Cold & Dry, CHOL Cold & Dry	Phleg/Mel	Yes	A/C
320	O.C. (F), 49	P/S	<u>Moist</u>	Nerve entrapment (neck and shoulder) <u>Cold & Dry</u> . Pmhx: OA <u>Cold & Dry</u>	Phleg/Sang/Mel	No	C
321	Z.S. (F), 49	P/S	<u>Moist</u>	Stress Hot & Dry. Pmhx: HPT Moist & Hot	Phleg/Sang/Bil	Yes/No	C
322	A.K. (F), 49	M/B	<u>Dry</u>	CHOL Dry & Cold. Pmhx: Endometriosis Dry & Cold	Mel/Bil	Yes	C
323	A.J. (F), 50	S/P	<u>Moist</u>	Influenza Moist & Cold. Pmhx: Aneamia Moist & Cold	Sang/Phleg	Yes	A
324	S.A. (F), 50	S/P	<u>Moist</u>	URTI (tonsillar enlargment, throat inflamed, nasal congestion) Moist & Cold	Sang/Phleg	Yes	A
325	M.W. (F), 50	S/P	<u>Moist</u>	Fatigue Moist & Cold/Dry. Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
326	B.M. (F), 50	P/S	<u>Moist</u>	HPT 145/90 Moist & Hot, Migraine (frontal) Moist & Cold	Phleg/Sang	Yes	A/C
327	J.T. (F), 50	S/B	<u>Hot</u>	HPT 130/80 Hot & Moist. Pmhx: Asthma (Bil) Hot & Dry	Sang/Bil	Yes	A/C
328	M.S.S. (M), 51	S/B	<u>Hot</u>	Influenza (fever + chills, productive cough, tonsillar enlargment) <u>Cold & Moist</u> . Pmhx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A/C

329	S.S. (F), 50	S/P	Moist	Myositis (MSK) (back pain) <u>Cold & Dry</u>	Sang/Phleg/Mel	No	A/C
330	M.D. (M), 50	S/P	Moist	URTI (sore throat, runy nose, coughing) Moist & Cold	Sang/Phleg	Yes	A/C
331	N.S. (F), 50	S/P	Moist	RA (hands) Moist & Hot , Constipation <u>Cold & Dry</u> , CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
332	H.R.J. (F), 50	M/B	Dry	Myositis/Arthritis (MSK) Dry & Cold	Mel/Bil	Yes	C
333	L.G. (F), 50	B/M	Dry	Myositis (MSK) (shoulder and muscle pain) Dry & Cold , HPT 150/100 Dry & Cold	Bil/Mel	Yes	C
334	L.M. (F), 50	S/P	Moist	OA (back) <u>Cold & Dry</u> . Pmhx: Gallstones removal <u>Cold & Dry</u>	Sang/Phleg/Mel	No	C
335	G.S.W. (F), 50	B/S	Hot	Myositis (MSK)/Sciatica <u>Cold & Dry</u>	Bil/Sang/Mel	No	C
336	D.L.R. (F), 50	P/S	Moist	Sciatica/Myositis (MSK) (back pain), worse during the cold <u>Cold & Dry</u>	Phleg/Sang/Mel	No	C
337	R.S. (M), 50	B/M	Dry	Stress Dry & Hot , HPT 130/90 Dry & Cold	Bil/Mel	Yes	C
338	N.J. (M), 50	B/S	Hot	HPT 140/90 Hot & Moist	Bil/Sang	Yes	C
339	R.D. (M), 50	M/P	Cold	Gastritis (stomach cramps, increased fizzy drinks, epigastric pain) <u>Hot & Dry</u> , Burning urine <u>Hot & Dry</u> , Belching Cold & Dry , Flatulence Cold & Dry	Mel/Phleg/Bil	Yes/No	A
340	V.P. (F), 51	M/P	Cold	Plantar fasciitis (foot pain) Cold & Dry , Aneamia (fatigue, dizziness) Cold & Moist/Dry	Mel/Phleg	Yes	A/C
341	M.G.D. (M), 51	S/P	Moist	Myositis (MSK) (bodyaches, lowerback pain) <u>Cold & Dry</u> . Pmhx: Diabetes Moist & Hot , CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
342	A.L. (M), 51	M/P	Cold	Myositis (MSK) (muscular pain) Cold & Dry . Pmhx: Renal Failure Cold & Dry	Mel/Phleg	Yes	C
343	L.I. (F), 51	M/P	Cold	Myositis (MSK) Cold & Dry , Insomnia Cold & Dry . Pmhx: Hypothyroidism Cold & Moist/Dry , Fatigue Cold & Moist/Dry , Constipation Cold & Dry	Mel/Phleg	Yes	C
344	F.A. (F), 52	B/M	Dry	URTI (throat infammed, dry mouth) Dry & Hot , Allergic rhinitis Dry & Hot	Bil/Mel	Yes	A
345	C.L. (F), 52	S/B	Hot	LRTI (bronchitis, productive cough, painful chest, epistaxis, throat infammation) Hot & Dry . Pmhx: Asthma (Bil) Hot & Dry , TB Hot & Dry	Sang/Bil	Yes	A/C
346	J.O. (M), 52	S/P	Moist	Sinusitis frontal congestion Moist & Cold . Pmhx: HPT Moist & Hot , Eczema Moist & Hot	Sang/Phleg	Yes	A/C

347	M.B. (M), 52	S/B	Hot	URTI (sore throat, yellow phlegm) Hot & Dry , Eczema (dry skin) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A/C
348	R.F. (F), 52	B/S	Hot	URTI (productive cough, nasal congestion) <u>Cold & Moist</u> . Pmhx: HPT Hot & Moist	Bil/Sang/Phleg	Yes/No	A/C
349	F.M. (M), 52	S/B	Hot	URTI (sore throat, dry cough, smoker) Hot & Dry . Pmhx: HPT Hot & Moist , Chol <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	A/C
350	S.E. (F), 52	M/B	Dry	Anxiety (anxious) Dry & Hot , Palpitations Dry & Hot , CHOL Dry & Cold . Pmhx: Depression Dry & Cold , HPT Dry & Cold	Mel/Bil	Yes	C
351	S.D. (F), 52	P/M	<u>Cold</u>	OA (shoulder and spine pain) Cold & Dry	Phleg/Mel	Yes	C
352	M.S. (F), 52	P/M	<u>Cold</u>	OA (back - worse during cold weather) Cold & Dry	Phleg/Mel	Yes	C
353	R.B. (M), 52	P/S	<u>Moist</u>	OA (shoulder) <u>Cold & Dry</u> , Glucosuria Moist & Cold . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel	Yes/No	C
354	C.S. (F), 52	M/B	Dry	Fibromyalgia (entire body painful) Dry & Cold , OA (back) Dry & Cold . Pmhx: Hypotension Dry & Cold	Mel/Bil	Yes	C
355	S.A. (M), 52	P/S	<u>Moist</u>	HPT 160/100 Moist & Hot . Pmhx: Panic disorder/Claustrophobia <u>Cold & Dry</u> , CHOL <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	C
356	B.S. (F), 52	B/S	Hot	Menorrhagia(excessive bleeding) Hot & Dry , Diabetes 14.9mmol Hot & Moist . Pmhx: HPT Hot & Moist	Bil/Sang	Yes	C
357	J.C.L. (M), 53	M/P	<u>Cold</u>	LRTI (productive cough, sore throat) Cold & Moist , Glucosuria Cold & Moist . Pmhx: Hypotension Cold & Moist/Dry	Mel/Phleg	Yes	A
358	N.A. (F), 53	P/S	<u>Moist</u>	Diarrhoea (loose watery stools) Moist & Cold . Pmhx: Heart pathology <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A/C
359	D.W. (M), 53	S/P	<u>Moist</u>	Diarrhoea (loose watery stools, abdominal cramps) Moist & Cold . Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
360	J.D. (F), 53	B/S	Hot	Tendonitis (achilles pain) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist	Bil/Sang/Mel	Yes/No	A/C
361	E.F. (F), 53	P/S	<u>Moist</u>	URTI (head + nasal congestion, sore throat) Moist & Cold . Pmhx: HPT Moist & Hot , Angina <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A/C
362	M.N.V. (M), 53	M/B	Dry	Diabetes 13.3 Dry & Cold , OA (back) Dry & Cold . Pmhx: HPT Dry & Cold	Mel/Bil	Yes	C
363	F.I. (M), 53	S/B	Hot	Headaches (parietal) Hot & Moist , Stress Hot & Dry . Pmhx: HPT Hot & Moist	Sang/Bil	Yes	C
364	S.J. (F), 53	S/P	<u>Moist</u>	Myositis (MSK) (chronic lower back pain) <u>Cold & Dry</u> . Pmhx: Hypothyroidism Moist & Cold/Dry	Sang/Phleg/Mel	Yes/No	A
365	Z.M. (F), 54	P/S	<u>Moist</u>	URTI (sore throat) Moist & Cold , Nausea Moist & Cold	Phleg/Sang	Yes	A

366	M.V.D.M. (F), 54	S/P	Moist	Indigestion (epigastric discomfort, bloating) <u>Cold & Dry</u> , Constipation <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot , OA (back) <u>Cold & Dry</u> , Hyperacidity <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
367	S.C. (F), 54	M/P	Cold	URTI (earache; sore throat, tonsils enlarged) Cold & Moist , Increased stress levels <u>Hot & Dry</u> . Pmhx: HPT Cold & Dry	Mel/Phleg/Bil	Yes/No	A/C
368	C.B. (F), 54	P/S	Moist	URTI (nasal congestion, teary eyes, sore throat) Moist & Cold . Pmhx: HPT Moist & Hot , Diabetes Moist & Hot	Phleg/Sang	Yes	A/C
369	S.R. (F), 54	B/M	Dry	OA (knee stiffness) Dry & Cold , Glucosuria Dry & Cold . Pmhx: HPT Dry & Cold , CHOL Dry & Cold	Bil/Mel	Yes	C
370	G.M. (F), 54	S/P	Moist	OA (lowerback pain) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
371	R.B. (M), 54	B/S	Hot	OA (joint pain & stiffness) <u>Cold & Dry</u> . Pmhx: Asthma Hot & Dry , HPT Hot & Moist	Bil/Sang/Mel	Yes/No	C
372	G.S. (M), 54	S/P	Moist	HTN 145/90 Moist & Hot , Fatigue Moist & Cold/Dry . Pmhx: Gout <u>Cold & Dry</u> , Haemorrhoids <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
373	M.M.S. (M), 54	S/B	Hot	HPT 160/120 Hot & Moist/Cold & Dry , Constipation <u>Cold Dry</u>	Sang/Bil/Mel	Yes/No	C
374	J.D. (F), 54	B/S	Hot	Myositis (MSK) (lowerback pain) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist , CHOL <u>Cold & Dry</u>	Bil/Sang/Mel	Yes/No	C
375	B.D. (M), 55	S/P	Moist	LRTI (increased salivation, crackles on auscultation) Moist & Cold , UTI (leucocytes 1+) Moist & Hot . Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
376	A.L.M. (F), 55	S/P	Moist	URTI (runny nose, productive cough) Moist & Cold , OA (back and knees) <u>Cold & Dry</u> , HPT 140/80 Moist & Cold , Diabetes 18.8 Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
377	M.R. (F), 55	M/P	Cold	UTI (leucocytes, erythrocytes, protein) Cold & Dry , HPT 180/100 Cold & Dry , CHOL Cold & Dry	Mel/Phleg	Yes	A/C
378	T.D.M. (F), 55	S/P	Moist	URTI (sore throat, mild productive cough) Moist & Cold . Pmhx: HPT Moist & Hot , Sinusitis Moist & Cold	Sang/Phleg	Yes	A/C
379	S.D. (M), 55	P/M	Cold	Asthma (productive cough, wheezing chest) Cold & Moist	Phleg/Mel	Yes	C
380	P.S. (F), 55	M/P	Cold	Myositis (MSK) (back pain) Cold & Dry , Aneamia Cold & Moist/Dry	Mel/Phleg	Yes	C
381	J.M. (F), 55	S/P	Moist	Myositis (MSK) (lower back pain, low water intake) <u>Cold & Dry</u> . Pmhx: CHOL <u>Cold & Dry</u> , Diabetes Moist & Hot	Sang/Phleg/Mel	Yes/No	C
382	G.L. (M), 55	P/M	Cold	Sciatica (lower back pain radiate down leg) Cold & Dry	Phleg/Mel	Yes	C
383	L.A. (F), 55	P/M	Cold	Sciatica (back pain radiating into leg) Cold & Dry . Pmhx: TB <u>Hot & Dry</u> , HIV Cold & Moist	Phleg/Mel/Bil	Yes/No	C

384	U.G. (F), 55	S/P	Moist	Stress & Anxiety <u>Hot & Dry</u> , Insomnia <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot , CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
385	R.L. (F), 56	B/M	Dry	URTI (dry cough, sore throat) Dry & Hot , Gastroenteritis (nausea, loose watery stools) Dry & Hot . Pmhx: Heartburn Dry & Hot	Bil/Mel	Yes	A
386	J.J. (F), 56	P/M	Cold	URTI (productive cough, very phlegmy, sore throat) Cold & Moist	Phleg/Mel	Yes	A
387	M.J. (F), 56	B/M	Dry	Bronchitis (productive, yellow thick phlegm) Dry & Hot , HTN 150/75 Dry & Cold , Poor sleep Dry & Cold	Bil/Mel	Yes	A/C
388	M.A. (F), 56	B/S	Hot	Skin infection (big toe), skin inflamed, red, painful Hot & Dry . Pmhx: Diabetes Hot & Moist	Bil/Sang	Yes	A/C
389	E.W. (M), 56	S/B	Hot	LRTI (productive cough, thick yellow phlegm) Hot & Dry . Pmhx: HPT Hot & Moist	Sang/Bil	Yes	A/C
390	A.A. (M), 56	M/P	Cold	LRTI (wheezing chest, productive cough) Cold & Moist , Myositis (MSK) (lowerback) Cold & Dry	Mel/Phleg	Yes	A/C
391	M.K. (F), 56	S/B	Hot	Allergic rhinitis (Itchy throat) Hot & Dry , Stress Hot & Dry , CHOL <u>Cold & Dry</u> , HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A/C
392	C.I. (F), 56	P/S	Moist	URTI (productive cough, runny nose) Moist & Cold , CHOL <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot , Asthma (Phleg) Moist & Hot	Phleg/Sang/Mel	Yes/No	A/C
393	T.M. (F), 56	P/M	Cold	OA (lumbar back pain) Cold & Dry	Phleg/Mel	Yes	C
394	M.K. (F), 56	S/B	Hot	Chol <u>Cold & Dry</u> , Myositis (MSK) <u>Cold & Dry</u>	Sang/Bil/Mel	No	C
395	S.D. (F), 56	B/S	Hot	HPT 140/80 Hot & Moist , Stress Hot & Dry	Bil/Sang	Yes	C
396	T.T. (F), 56	S/P	Moist	OA (shoulder) <u>Cold & Dry</u> , Insomnia <u>Cold & Dry</u> , Runny nose Moist & Cold . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
397	C.J. (M), 56	P/S	Moist	Sciatica (lowerback pain radiating down the leg) <u>Cold & Dry</u>	Phleg/Sang/Mel	No	C
398	P.W. (F), 57	B/M	Dry	Allergies/Urticaria (pruritic bumps on the skin) Dry & Hot . Pmhx: HPT Dry & Cold , CA lump removal Dry & Cold	Bil/Mel	Yes	A/C
399	S.S.M. (M), 57	S/P	Moist	LRTI (productive cough, headaches (frontal), wheezing chest) Moist & Cold . Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
400	I.S. (M), 57	P/M	Cold	URTI (feeling cold, heavy head, fasting) Cold & Moist . Pmhx: HPT Cold & Dry	Phleg/Mel	Yes	A/C
401	V.Y.W. (F), 57	S/P	Moist	OA (lower back) <u>Cold & Dry</u> , Sciatica (pain radiating from lowerback into the leg) <u>Cold & Dry</u> , Bloating Moist & Cold/Dry , Constipation <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot , CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C

402	A.A. (M), 57	B/S	Hot	Glucosuria Hot & Moist, HPT 110/70 Hot & Moist. Pmhx: CHOL <u>Cold & Dry</u> , Stroke Hot & Dry	Bil/Sang/Mel	Yes/No	C
403	E.T.M. (F), 57	P/S	Moist	HPT 138/100 Moist & Hot, Diabetes 15.2 Moist & Cold	Phleg/Sang	Yes	C
404	R.W. (M), 58	S/P	Moist	Diarrhoea (runny, watery stool) Moist & Cold. Phmx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
405	A.B. (M), 58	P/S	Moist	URTI (productive cough, runny nose, tonsillar enlargement) Moist & Cold, Diabetes 10.5 Moist & Cold. Pmhx: Psoriasis <u>Cold & Dry</u> , Inguinal Hernia Moist & Cold	Phleg/Sang/Mel	Yes/No	A/C
406	S.T. (M), 58	S/P	Moist	URTI (runny nose, productive cough) Moist & Cold, Headaches (frontal) Moist & Cold. Pmhx: CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
407	A.V.R. (M), 58	B/M	Dry	URTI (inflamed throat) Dry & Hot, Gastritis (burning sensation, increase in spicy food, smoker) Dry & Hot. Pmhx: CHOL Dry & Cold	Bil/Mel	Yes	A/C
408	M.R. (F), 58	P/S	Moist	UTI (leucocytes) Moist & Hot, Constipated <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel	Yes/No	A/C
409	A.S. (M), 58	S/P	Moist	Angina (chest pain) <u>Cold & Dry</u> . Pmhx: MI <u>Cold & Dry</u> , HPT Moist & Hot, Infective endocarditis <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
410	S.A. (F), 58	P/S	Moist	OA (joint stiffness and pain) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel	Yes/No	C
411	J.J. (F), 58	P/M	Cold	HPT 140/90 Cold & Dry, Neuralgia (nerve pain) Cold & Dry, CHOL Cold & Dry	Phleg/Mel	Yes	C
412	V.S. (F), 58	S/B	Hot	Myositis (MSK) (back pain) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist, CHOL <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
413	N.K. (M), 58	B/S	Hot	Sciatica (lowerback pain radiating into leg) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist	Bil/Sang/Mel	Yes/No	C
414	T.P. (M), 59	S/P	Moist	URTI (productive cough, nasal congestion) Moist & Cold	Sang/Phleg	Yes	A
415	C.E.S. (F), 59	S/P	Moist	LRTI (productive cough) Moist & Cold, Influenza (productive cough, bodyaches, loss of appetite) Moist & Cold. Pmhx: HPT Moist & Hot, CHOL <u>Cold & Dry</u> , Hypothyroidism Cold & Moist /Dry	Sang/Phleg/Mel	Yes/No	A/C
416	M.D. (F), 59	M/B	Dry	OA (shoulder) Dry & Cold	Mel/Bil	Yes	C
417	M.W. (F), 59	P/S	Moist	OA (joint stiffness and pain) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel	Yes/No	C
418	V.L. (F), 59	S/P	Moist	OA (joint pain & stiffness) <u>Cold & Dry</u> , Neuralgia (nerve pain) <u>Cold & Dry</u>	Sang/Phleg/Mel	No	C

419	E.K.W. (M), 59	S/B	Hot	Nerve entrapment (nerve pain, numbness) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist, OA <u>Cold & Dry</u> , Peptic ulcer <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
420	S.B. (F), 60	P/S	Moist	Influenza (phlegmy chest, bodyaches, nasal congestion) Moist & Cold	Phleg/Sang	Yes	A
421	G.C. (M), 64	M/B	Dry	LRTI (chest pain, increased HR and fever) Dry & Hot	Mel/Bil	Yes	A
422	S.G. (F), 60	P/S	Moist	LRTI (productive cough, wheezing chest, sore throat) Moist & Cold, Sciatica <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel	Yes/No	A/C
423	S.K.J. (M), 60	P/S	Moist	Scabies (itchy skin) Moist & Hot. Pmhx: HPT Moist & Hot, Asthma (Phleg) Moist & Cold	Phleg/Sang	Yes	A/C
424	P.M. (F), 62	S/B	Hot	LRTI (dry cough, fever, bodyaches, wheeze) Hot & Dry. Pmhx: HPT Hot & Moist, Gallstones removal <u>Cold & Dry</u> , Angina <u>Cold & Dry</u> , Hypothyroidism <u>Cold & Moist/Dry</u>	Sang/Bil/Mel/Phleg	Yes/No	A/C
425	M.S.B. (M), 62	B/M	Dry	Myositis (MSK) (shoulder painful) Dry & Cold, Dysuria (burning urine) Dry & Hot, Diabetes 13.9 Dry & Cold. Pmhx: HPT Dry & Cold/Hot, CHOL Dry & Cold, Angina Pectoris Dry & Cold	Bil/Mel	Yes	A/C
426	R.M. (F), 62	P/S	Moist	Otitis media (earache, recovering from flu symptoms) Moist & Cold. Pmhx: HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A/C
427	E.W. (F), 63	S/P	Moist	Constipation/Faecal impaction <u>Cold & Dry</u> , Haemorrhoids <u>Cold & Dry</u> . Pmhx: Asthma (Phleg) Moist & Cold, HPT Moist & Hot, Diabetes Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
428	V.V.D.B. (F), 64	S/B	Hot	OA (ankle & wrist pain) <u>Cold & Dry</u> , Stress Hot & Dry. Pmhx: Diabetes Hot & Moist, Chol <u>Cold & Dry</u> , HPT Hot & Moist	Sang/Bil/Mel	Yes/No	A/C
429	M.L. (M), 65	M/B	Dry	LRTI (wheezy chest) Dry & Cold. Pmhx: OA Dry & Cold	Mel/Bil	Yes	A/C
430	S.J. (F), 66	S/P	Moist	LRTI (dry + wheezy chest, worse at night for 3 weeks) <u>Cold & Dry</u> . Pmhx: Eczema Moist & Cold, HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
431	G.S. (F), 67	S/P	Moist	URTI (productive cough, recovering from flu, nasal congestion) Moist & Cold. Pmhx: HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
432	S.W. (F), 67	M/P	Cold	UTI (bladder pain) Cold & Dry, Haemorrhoids Cold & Dry. Pmhx: HPT Cold & Dry, Diabetes Cold & Moist/Dry	Mel/Phleg	Yes	A/C
433	M.W. (F), 68	S/B	Hot	Sinusitis (congestion), Headaches (frontal) <u>Cold & Moist</u> , Sciatica (lowerback pain radiating to leg) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist, CHOL <u>Cold & Dry</u>	Sang/Bil	Yes/No	A/C

434	C.A. (M), 68	S/B	Hot	URTI (nose burning for 1 month) Hot & Dry . Pmhx: HPT Hot & Moist	Sang/Bil	Yes	A/C
435	J.D. (F), 69	M/B	Dry	LRTI (body pains, productive coughing, runny nose, tight chest) Cold & Moist . Pmhx: OA (joints) Dry & Cold	Mel/Bil/Phleg	Yes/No	A/C
436	C.G. (F), 69	P/S	Moist	LRTI (productive cough - yellow/brown phlegm, with wheezing chest, smoker) Hot & Dry , Sciatica (lowerback pain radiating down the lower limbs) Cold & Dry . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel/Bil	Yes/No	A/C
437	I.H. (M), 60	S/P	Moist	Myositis (MSK) (stiff muscles) Cold & Dry . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
438	F.I. (F), 60	M/P	Cold	OA (back and joint pain) Cold & Dry , Constipated Cold & Dry , Diabetes 6.5 Cold & Moist/Dry . Pmhx: CHOL Cold & Dry	Mel/Phleg	Yes	C
439	S.J. (F), 60	P/M	Cold	Sciatica (lowerback pain radiating down the leg) Cold & Dry	Phleg/Mel	Yes	C
440	A.S. (F), 61	P/S	Moist	Myositis (MSK) (back pain) Cold & Dry	Phleg/Mel	No	C
441	B.H. (F), 61	P/M	Cold	Venous insufficiency (stiff, throbbing pain in calf, varicose veins) Cold & Dry	Phleg/Mel	Yes	C
442	C.F. (F), 62	M/B	Dry	OA (stiffness and pain) Dry & Cold , Diabetes 10.7 Dry & Cold , HPT 150/86 Dry & Cold , Hypothyroidism (hair thinning, dizziness, fatigue) Cold & Moist/Dry	Mel/Bil/Phleg	Yes/No	C
443	M.H. (M), 62	M/B	Dry	Xerostomia (dry mouth) Dry & Cold . Pmhx: HPT Dry & Cold , Prostate op Dry & Cold	Mel/Bil	Yes	C
444	L.J. (F), 63	S/P	Moist	OA (joint pain and stiffness) Cold & Dry . Pmhx: HPT Moist & Hot , Asthma (Phleg) Moist & Cold	Sang/Phleg/Mel	Yes/No	C
445	I.D. (M), 63	B/M	Dry	OA (joint + back pain) Dry & Cold . Pmhx: Prostate CA Dry & Cold	Bil/Mel	Yes	C
446	F.J.J. (F), 63	S/B	Hot	Myositis (upper backache) Cold & Dry . Pmhx: CHOL Cold & Dry , Gout Cold & Dry , Kidney stones Cold & Dry , HPT Hot & Moist	Sang/Bil/Mel	Yes/No	C
447	R.K. (F), 64	S/P	Moist	Onchomycosis (toe nail discolored, fungal) Moist & Cold/Dry . Pmhx: Diabetes Moist & Hot , OA (knees) Cold & Dry	Sang/Phleg/Mel	Yes/No	C
448	A.V. (M), 65	S/B	Hot	Anxiety Cold & Dry , Stress Hot & Dry . Pmhx: Stomach CA Cold & Dry , Diabetes Hot & Moist , CHOL Hot & Moist , HPT Hot & Moist	Sang/Bil/Mel	Yes/No	C
449	L.S. (F), 65	P/M	Cold	OA (joint pain and stiffness) Cold & Dry . Pmhx: HPT Cold & Dry	Phleg/Mel	Yes	C
450	K.K. (F), 65	S/P	Moist	OA (joint pain and stiffness) Cold & Dry . Pmhx: HPT Moist & Hot , Gout Cold & Dry	Sang/Phleg/Mel	Yes/No	C

451	Z.A. (F), 65	S/P	Moist	Headaches (parietal) Moist & Hot. Pmhx: CHOL <u>Cold & Dry</u> , OA <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
452	A.B. (M), 65	P/S	Moist	Dermatitis/Eczema (pruritic + dry all over the body >1yr) <u>Cold & Dry</u> . Pmhx: Diabetes Moist & Hot, HPT Moist & Hot, OA <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	C
453	A.L.K. (M), 65	S/P	Moist	Myalgia (body pains) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot, Diabetes Moist & Hot	Sang/Phleg/Mel	Yes/No	C
454	J.S. (F), 66	S/P	Moist	OA (joint pain) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
455	M.M.J. (M), 66	M/P	Cold	Arthritis (joint pain) Cold & Dry	Mel/Phleg	Yes	C
456	M.S. (F), 66	M/P	Cold	Arthritis (joint pain) Cold & Dry. Pmhx: Bipolar Cold & Moist/Dry, Epilepsy Cold & Moist	Mel/Phleg	Yes	C
457	S.M. (M), 66	S/B	Hot	Asthma (Bil) (dry cough, smoker, tight chest) Hot & Dry. Pmhx: OA (back) <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
458	F.M. (F), 68	P/M	Cold	OA (joint pains) Cold & Dry. Pmhx: Chol Cold & Dry	Phleg/Mel	Yes	C
459	J.J. (M), 68	M/B	Dry	CA (hematuria) Dry & Hot. Pmhx: HPT Dry & Cold	Mel/Bil	Yes	C
460	M.W. (F), 68	S/B	Hot	Sciatica (lower back pain radiating into lower limb) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist, CHOL <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
461	H.J. (M), 69	B/S	Hot	OA (joint stiffness and pain) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist	Bil/Sang/Mel	Yes/No	C
462	G.A. (F), 69	S/B	Hot	OA (shoulder & LBP) <u>Cold & Dry</u> . Pmhx: HPT Hot & Moist, Diabetes Hot & Moist, Hypothyroidism-poor bowel movements <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
463	N.J. (F), 69	S/P	Moist	Myalgia (painful muscles, colder weather) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot, Diabetes Moist & Hot	Sang/Phleg/Mel	Yes/No	C
464	P.A. (F), 64	S/B	Hot	Headaches (parietal) Hot & Moist, Stress Hot & Dry. Pmhx: Hyperacidity Hot & Dry	Sang/Bil	Yes	C
465	L.L. (F), 70	S/P	Moist	Dermatitis (widespread, pruritic lesions) <u>Cold & Dry</u> . Pmhx: Diabetes Moist & Hot, HPT Moist & Hot, CHOL <u>Cold & Dry</u> , Gout <u>Cold & Dry</u> , Carpal Tunnel <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
466	F.M. (F), 70	B/M	Dry	OA (lower back, stiff neck) Dry & Cold	Bil/Mel	Yes	C

467	A.G. (F), 70	P/S	Moist	Diabetes 9.9 Moist & Hot. Pmhx: HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	C
468	K.A. (F), 71	P/M	Cold	Influenza (bodyaches, sore throat) Cold & Moist. Pmhx: TB <u>Hot & Dry</u> , chronic lung pathology Cold & Dry	Phleg/Mel/Bil	Yes/No	A/C
469	C.A. (F), 71	P/S	Moist	URTI (nasal congestion, productive cough) Moist & Cold Pmhx: Hiatus hernia Moist & Cold, HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A/C
470	A.A. (F), 71	S/P	Moist	Arthritis (joint pain) <u>Cold & Dry</u> , Raynards (cold, numb, distal phalanges) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
471	M.A. (F), 71	S/P	Moist	Dermatitis/Eczema (dry, cracked) <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
472	S.D. (F), 72	S/B	Hot	UTI (leucocytes, protein) Hot & Dry, URTI (productive cough) <u>Cold & Moist</u> . Pmhx: CHOL <u>Cold & Dry</u>	Bil/Mel/Phleg	Yes/No	A/C
473	E.D. (F), 72	M/P	Cold	OA (joint pain) Cold & Dry, Diabetes 18.9 mmol Cold & Moist/Dry. Pmhx: HPT Cold & Dry	Mel/Phleg	Yes	C
474	M.B. (F), 72	S/P	Moist	HPT 180/90 Moist & Hot. Pmhx: CHOL <u>Cold & Dry</u> , RA <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
475	J.M. (F), 72	M/B	Dry	HPT 170/100, Dizziness, bp constantly elevated Dry & Cold, OA (painful + crepitus in knee joints) Dry & Cold. Pmhx: Bladder Ca Dry & Cold	Mel/Bil	Yes	C
476	R.M. (M), 72	M/B	Dry	IBS (foul smelling stool, intermittent LAP) Dry & Cold, Myositis (lower back pain) Dry & Cold. Pmhx: OA Dry & Cold, Anxiety Dry & Cold	Mel/Bil	Yes	C
477	B.D. (M), 73	S/P	Moist	OA (knee pain) <u>Cold & Dry</u>	Sang/Phleg/Mel	No	C
478	R.A. (F), 73	P/M	Cold	OA (back stiffness) Cold & Dry. Pmhx: Appendectomy Cold & Dry, Cataract removal Cold & Dry, Carpel tunnel Cold & Dry, HPT Cold & Dry	Phleg/Mel	Yes	C
479	M.S.W. (M), 73	S/P	Moist	OA (kee and back pain) <u>Cold & Dry</u> , Glucosuria Moist & Hot/Cold	Sang/Phleg/Mel	Yes/No	C
480	M.A. (F), 73	B/M	Dry	LRTI (SOB, smoker, tight chest, persistent dry cough) Dry & Hot. Pmhx: GORD Dry & Cold	Bil/Mel	Yes	C
481	F.C. (F), 73	P/M	Cold	LRTI (productive cough, phlegmy chest, nasal congestion) Cold & Moist, Myoistis (MSK) (lower back pain) Cold & Dry, Diabetes 9.5 Cold & Moist. Pmhx: HPT Cold & Dry, Asthma (Phleg) Cold & Moist	Phleg/Mel	Yes	C
482	D.S. (M), 74	B/S	Hot	OA (lower back) <u>Cold & Dry</u> , Sciatica <u>Cold & Dry</u> . Pmhx: Constipation <u>Cold & Dry</u> , HPT Hot & Moist, Asthma (Bil) Hot & Dry, GORD <u>Cold & Dry</u>	Bil/Sang/Mel	Yes/No	C

483	E.C. (M), 75	S/B	Hot	OA (lowerback and leg pain) <u>Cold & Dry</u> . Phmx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	C
484	J.D.L. (F), 75	M/B	Dry	Dermatitis (stasis) Pruritic, hyperpigmented (lesion on lower limbs) Dry & Cold . Phmx: HPT Dry & Cold	Mel/Bil	Yes	C
485	E.G. (F), 75	S/P	Moist	Obesity Moist & Cold , Plantar Fasciitis (heel & foot pain) <u>Cold & Dry</u> , Hyperpigmented lesions <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
486	J.G. (F), 76	S/B	Hot	Kidney infection (protein, leucocytes, bilirubin) Hot & Dry , Vomiting Hot & Dry . Phmx: Angina <u>Cold & Dry</u> , HPT Hot & Moist , CHOL <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	A/C
487	M.A. (F), 76	S/P	Moist	LRTI (productive cough, runny nose, sore throat) Moist & Cold , OA (joint pain) <u>Cold & Dry</u> . Phmx: CHOL <u>Cold & Dry</u> , HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
488	N.E.S. (F), 76	S/P	Moist	OA (stiff joints and pains) <u>Cold & Dry</u> . Phmx: Diabetes Moist & Hot , HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	C
489	J.J. (M), 76	S/P	Moist	OA (knees and shoulders) <u>Cold & Dry</u> . Phmx: HPT Moist & Hot , Skin CA <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
490	M.C.I. (M), 76	S/B	Hot	LRTI (yellow productive cough with tight chest) Hot & Dry . Phmx: HPT Hot & Moist , Asthma (Bil) Hot & Dry , COPD <u>Cold & Dry</u> , Gout <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	C
491	S.D. (F), 77	M/P	Cold	LRTI (productive cough) Cold & Moist , Constipated Cold & Dry , Diabetes 12.1 Cold & Moist . Phmx: CHOL Cold & Dry	Mel/Phleg	Yes	A/C
492	M.J. (F), 77	M/B	Dry	CHOL Dry & Cold . Phmx: Angina Dry & Cold , Glaucoma Dry & Cold , HPT Dry & Cold	Mel/Bil	Yes	C
493	J.J.J. (M), 77	S/B	Hot	Anxiety (anxious) Hot & Dry , Insomnia <u>Cold & Dry</u> . Phmx: Diabetes Hot & Moist , HPT Hot & Moist , BPH Hot & Moist	Sang/Bil/Mel	Yes/No	C
494	R.E. (F), 78	P/M	Cold	Anxiety (edgy and restless) Cold & Dry . Phmx: Diabetes Cold & Moist , Diverticulitis Cold & Dry , HPT Cold & Dry	Phleg/Mel	Yes	C
495	J.N. (F), 78	S/P	Moist	LRTI (sore throat, tight wheezing chest) Cold & Dry , Insomnia <u>Cold & Dry</u> . Phmx: Fluid accumulation Moist & Cold , CCF <u>Cold & Dry</u> , Diabetic Moist & Cold , HPT Moist & Hot , Breast CA <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C
496	A.G.A. (M), 79	S/P	Moist	LRTI (productive cough - white phlegm) Moist & Cold , Dermatitis (dry, cracked skin on hands) <u>Cold & Dry</u> . Phmx: OA (painful and stiff joints) <u>Cold & Dry</u> , Asthma (Phleg) Moist & Cold	Sang/Phleg/Mel	Yes/No	A/C
497	L.J. (M), 79	M/P	Cold	LRTI (productive cough) Cold & Moist , HPT 180/110 Cold & Dry	Mel/Phleg	Yes	A/C
498	M.R.H. (M), 79	M/B	Dry	Xeroderma (dry, itchy skin) Dry & Cold , Stiffness & cramps in limbs Dry & Cold , OA Dry & Cold	Mel/Bil	Yes	C

499	R.W. (F), 80	P/S	<u>Moist</u>	OA (joint pain) <u>Cold & Dry</u> , Gastritis (burning stomach pain) <u>Hot & Dry</u> . Phmx: HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A/C
500	E.B. (F), 84	S/B	<u>Hot</u>	OA (shoulder joint) <u>Cold & Dry</u> , Asthma (Bil) (wheezing chest, dry cough) Hot & Dry. Phmx: HPT Hot & Moist	Sang/Bil/Mel	Yes/No	C

Headaches: Relationship between headaches and dominant quality of temperament

Case Study No.	Patient Initials Sex, Age	TEMP: DOM/ SUB	Overall Dominant quality of Temperamental Combination	Diagnosis/Signs & Symptoms/Previous Medical History	Humours linked to Signs & Symptoms/Illness Conditions	S&S/Illness/s linked to overall dom quality of Temp Comb	ACUTE (A)/CHRO NIC (C)
1	C.L.G. (F), 19	M/P	<u>Cold</u>	Headaches (occipital) Cold & Dry, Mastalgia (breast pain) Cold & Dry, Productive cough Cold & Moist. Pmhx: Tonsillectomy Cold & Moist	Mel/Phleg	Yes	A
2	H.R. (M), 21	M/P	<u>Cold</u>	Headaches (frontal) Cold & Moist, Myositis (MSK) (lower back pain) Cold & Dry	Mel/Phleg	Yes	A
3	C.L.M (F), 21	P/M	<u>Cold</u>	Myositis (MSK) (lower back pain) Cold & Dry, Headaches (frontal) Cold & Moist	Phleg/Mel	Yes	A
4	H.W. (F), 22	M/P	<u>Cold</u>	Headaches (occipital, low water intake) Cold & Dry. Pmhx: PCOS Cold & Moist	Mel/Phleg	Yes	A
5	K.M. (F), 22	P/M	<u>Cold</u>	Influenza (productive cough, runny nose, sob, tight chest, sore throat) Cold & Moist, Headache (frontal) Cold & Moist. Pmhx: Tonsillectomy Cold & Moist	Phleg/Mel	Yes	A
6	N.P.N. (F), 26	M/P	<u>Cold</u>	URTI (runny nose, productive cough) Cold & Moist, Headache (frontal) Cold & Moist, Thick white tongue coat Cold & Moist	Mel/Phleg	Yes	A
7	L.V. (F), 26	P/M	<u>Cold</u>	URTI (productive cough, headaches (frontal), sore throat) Cold & Moist	Phleg/Mel	Yes	A
8	K.A. (M), 26	M/P	<u>Cold</u>	URTI (sore throat) Cold & Moist, Headaches (occipital) Cold & Dry, Myositis (MSK) (back muscle tension) Cold & Dry	Mel/Phleg	Yes	A
9	F.A. (F), 27	M/P	<u>Cold</u>	Headaches (frontal, radiating into the eyes) Cold & Moist/Dry, Hypotension (dizziness) Cold & Moist/Dry	Mel/Phleg	Yes	A
10	J.B. (M), 27	P/M	<u>Cold</u>	URTI (nasal congestion) Sinusitis Cold & Moist, Headaches (frontal) Cold & Moist, Myositis (MSK) (painful back) Cold & Dry	Phleg/Mel	Yes	A
11	D.W. (F), 28	P/M	<u>Cold</u>	Headaches (occipital) Cold & Dry, Aneamia Cold & Moist/Dry, Overweight Cold & Moist. Phmx: HPT Cold & Dry	Phleg/Mel	Yes	A/C
12	L.T. (F), 35	P/M	<u>Cold</u>	URTI (sinuses tender, sore throat, cervical lymph), Headaches (frontal) Cold & Moist, Myositis (MSK) (bodyaches, lower back ache) Cold & Dry	Phleg/Mel	Yes	A
13	M.K. (M), 43	P/M	<u>Cold</u>	Influenza (productive cough, runny nose) Cold & Moist, Headaches (frontal) Cold & Moist. Pmhx: Tonsillitis Cold & Moist	Phleg/Mel	Yes	A

14	S.C. (M), 21	B/M	<u>Dry</u>	URTI (sore throat, nose bleeds, tonsils inflamed) Dry & Hot , Headache (unilateral) Dry & Hot	Bil/Mel	Yes	A
15	M.E. (F), 47	M/B	<u>Dry</u>	Headaches (occipital) Dry & Cold , Tension in shoulders Dry & Cold , Stress Dry & Hot . Pmhx: OA (back) Dry & Cold	Mel/Bil	Yes	C
16	B.K. (F), 28	S/B	<u>Hot</u>	URTI (dry cough, earache) Hot & Dry , Headache (temporal) Hot & Dry	Sang/Bil	Yes	A
17	F.I. (M), 53	S/B	<u>Hot</u>	Headaches (parietal) Hot & Moist , Stress Hot & Dry . Pmhx: HPT Hot & Moist	Sang/Bil	Yes	C
18	P.A. (F), 64	S/B	<u>Hot</u>	Headaches (parietal) Hot & Moist , Stress Hot & Dry . Pmhx: Hyperacidity Hot & Dry	Sang/Bil	Yes	C
19	M.W. (F), 68	S/B	<u>Hot</u>	Sinusitis (congestion), Headaches (frontal) Cold & Moist , Sciatica (lowerback pain radiating to leg) Cold & Dry . Pmhx: HPT Hot & Moist , CHOL Cold & Dry	Sang/Bil	Yes/No	A/C
20	T.H. (F), 28	S/P	<u>Moist</u>	Sinusitis Moist & Cold , Headaches (frontal) Moist & Cold	Sang/Phleg	Yes	A
21	A.W. (F). 28	S/P	<u>Moist</u>	URTI (tonsils swollen) Moist & Cold , Headaches (parietal) Moist & Hot	Sang/Phleg	Yes	A
22	C.J. (F), 29	S/P	<u>Moist</u>	URTI (productive cough, fever) Moist & Cold , Headache (frontal) Moist & Cold . Pmhx: Sinusitis Moist & Cold	Sang/Phleg	Yes	A
23	T.T. (F), 11	P/S	<u>Moist</u>	URTI (tonsillar lymph, nasal congestion, productive cough), Headache (frontal) Moist & Cold	Phleg/Sang	Yes	A
24	I.C. (F), 20	P/S	<u>Moist</u>	Influenza (productive cough, nasal congestion, bodyaches) Moist & Cold , Headaches (frontal) Moist & Cold . Pmhx: PCOS - Moist & Cold	Phleg/Sang	Yes	A
25	K.N. (F), 24	P/S	<u>Moist</u>	Headache (temporal) Moist & Hot , Nausea Moist & Cold , Myositis (lower back pain) Cold & Dry . Pmhx: Epilepsy Moist & Cold	Phleg/Sang/Mel	Yes/No	A
26	K.M.(F), 25	P/S	<u>Moist</u>	Influenza (bodyaches, productive cough) Moist & Cold , Headache (frontal) Moist & Cold	Phleg/Sang	Yes	A
27	M.P. (F), 28	P/S	<u>Moist</u>	URTI (productive cough) Moist & Cold , Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A
28	R.A. (M), 29	P/S	<u>Moist</u>	Headaches (frontal) and in the eyes Moist & Hot	Phleg/Sang	Yes	A
29	A.M. (F), 31	P/S	<u>Moist</u>	Influenza (bodyaches, productive cough, inflamed throat), Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A
30	T.B. (F), 32	P/S	<u>Moist</u>	URTI (sore throat, productive cough, fever, nasal congestion, tonsillar enlargement) Moist & Cold , Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A

31	A.C. (F), 37	S/P	<u>Moist</u>	HPT 130/90 Moist & Hot, Influenza (productive cough, bodyaches, tonsillar enlargement) Moist & Cold, Headaches (frontal) Moist & Cold	Sang/Phleg	Yes	C
32	T.G. (M), 41	S/P	<u>Moist</u>	Influenza (sore throat), Headaches (frontal) Moist & Cold, Right foot pain (injury) <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A
33	T.J. (M), 41	S/P	<u>Moist</u>	Diarrhoea (loose watery stools) Moist & Cold, Headaches (frontal) Moist & Cold. Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
34	J.N.B. (F), 42	S/P	<u>Moist</u>	Headaches (frontal) Moist & Cold, Stress <u>Hot & Dry</u> . Pmhx: HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
35	S.I. (F), 48	P/S	<u>Moist</u>	URTI (productive cough) Moist & Cold, Headaches (frontal) Moist & Cold, UTI (leucocytes) Moist & Hot, Pmhx: HTN Moist & Hot	Phleg/Sang/Mel	Yes	A/C
36	B.M. (F), 50	P/S	<u>Moist</u>	HPT 145/90 Moist & Hot, Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A/C
37	S.S.M. (M), 57	S/P	<u>Moist</u>	LRTI (productive cough, headaches (frontal) , wheezing chest) Moist & Cold. Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
38	S.T. (M), 58	S/P	<u>Moist</u>	URTI (runny nose, productive cough) Moist & Cold, Headaches (frontal) Moist & Cold. Pmhx: CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
39	Z.A. (F), 65	S/P	<u>Moist</u>	Headaches (parietal) Moist & Hot. Pmhx: CHOL <u>Cold & Dry</u> , OA <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	C

Overall Dom Qual of Comb	Discription of headaches	No. of patients/%
<u>Cold</u>	Headaches (Frontal)	9/13 = 69%
	Headaches (Occipital)	4/13 = 31%
		13
<u>Dry</u>	Headaches (Unilateral)	1/2 = 50%
	Headaches (Occipital)	1/2 = 50%
		2
<u>Hot</u>	Headaches (Temporal)	3/4 = 75%
	Headaches (Frontal)	1/4 = 25%
		4
<u>Moist</u>	Headaches (Frontal)	17/20 = 85%
	Headaches (Temporal)	3/20 = 15%
		20

Relationship between coughs and the dominant quality of temperament in patients with URTI and LRTI

Case Study No.	Patient Initials Sex, Age	TEMP: DOM/ SUB	Overall Dominant quality of Temperamental Combination	Diagnosis/Signs & Symptoms/Previous Medical History	Humours linked to Signs & Symptoms/Illness Conditions	S&S/Illness/s linked to overall dom quality of Temp Comb	ACUTE (A)/CHRONIC (C)
1	A. D. (F), 22	P/M	<u>Cold</u>	LRTI (productive cough, sore throat, tonsils enlarged , wheezing chest) Cold & Moist	Phleg/Mel	Yes	A
2	C.D. (F), 25	P/M	<u>Cold</u>	LRTI (wheezy, tight chest, dry cough) Cold & Dry . Pmhx: Asthma (Phleg) Cold & Moist	Phleg/Mel	Yes	A/C
3	J.B.R. (M), 29	M/P	<u>Cold</u>	LRTI (productive cough with chest tightness, nasal congestion) Cold & Moist. Pmhx: Epilepsy Cold & Moist	Mel/Phleg	Yes	A/C
4	R.A. (F), 41	M/P	<u>Cold</u>	LRTI (productive cough, runny nose, sore throat) Cold & Moist	Mel/Phleg	Yes	A
5	F.D. (F), 43	P/M	<u>Cold</u>	LRTI (productive cough, nasal congestion) Cold & Moist	Phleg/Mel	Yes	A
6	M.S. (F), 49	M/P	<u>Cold</u>	LRTI (productive cough, sore throat) Cold & Moist	Mel/Phleg	Yes	A
7	F.C. (F), 73	P/M	<u>Cold</u>	LRTI (productive cough, phlegmy chest, nasal congestion) Cold & Moist , Myoistis (MSK) (lower back pain) Cold & Dry , Diabetes 9.5 Cold & Moist . Phmx: HPT Cold & Dry , Asthma (Phleg) Cold & Moist	Phleg/Mel	Yes	C
8	S.D. (F), 77	M/P	<u>Cold</u>	LRTI (productive cough) Cold & Moist , Constipated Cold & Dry , Diabetes 12.1 Cold & Moist . Phmx: CHOL Cold & Dry	Mel/Phleg	Yes	A/C
9	L.J. (M), 79	M/P	<u>Cold</u>	LRTI (productive cough) Cold & Moist , HPT 180/110 Cold & Dry	Mel/Phleg	Yes	A/C
10	Z.A. (M), 14	P/M	<u>Cold</u>	URTI (productive cough, sore throat, vomiting phlegm) Cold & Moist . Pmhx: Appendectomy Cold & Dry	Phleg/Mel	Yes	A
11	N.W. (F), 20	P/M	<u>Cold</u>	URTI (productive cough, sore throat) Cold & Moist	Phleg/Mel	Yes	A
12	F.H. (M), 20	P/M	<u>Cold</u>	URTI (productive cough, sore throat) Cold & Moist , Painful ankle (MSK joint pain) Cold & Dry	Phleg/Mel	Yes	A

13	Y.M. (F), 22	M/P	<u>Cold</u>	URTI (productive cough) Cold & Moist	Mel/Phleg	Yes	A
14	A.S. (F), 22	P/M	<u>Cold</u>	URTI (productive cough , sore throat , runny nose) Cold & Moist. Pmhx: Tonsillectomy Cold & Moist	Phleg/Mel	Yes	A
15	A.S. (F), 24	P/M	<u>Cold</u>	URTI (productive cough , sore throat , runny nose) Cold & Moist	Phleg/Mel	Yes	A
16	L.T. (M), 26	M/P	<u>Cold</u>	URTI (fever, productive cough , sore throat , runny nose) Cold & Moist	Mel/Phleg	Yes	A
17	N.P.N. (F), 26	M/P	<u>Cold</u>	URTI (runny nose, productive cough) Cold & Moist, Headache (frontal) Cold & Moist, Thick white tongue coat Cold & Moist	Mel/Phleg	Yes	A
18	L.V. (F), 26	P/M	<u>Cold</u>	URTI (productive cough , headaches (frontal) , sore throat) Cold & Moist	Phleg/Mel	Yes	A
19	R.J. (M), 28	M/P	<u>Cold</u>	URTI (productive cough , sore throat , tonsils enlarged) Cold & Moist. Pmhx: Appendectomy Cold & Dry	Mel/Phleg	Yes	A
20	N.A. (F), 34	P/M	<u>Cold</u>	URTI (productive cough , runny nose, sore throat) Cold & Moist	Phleg/Mel	Yes	A
21	S.N. (F), 37	P/M	<u>Cold</u>	URTI (sore throat , bodyaches, productive cough) Cold & Moist	Phleg/Mel	Yes	A
22	T.B. (F), 38	P/M	<u>Cold</u>	URTI (throat pain , productive cough , nasal congestion) Cold & Moist, Hypotension Cold & Moist/Dry	Phleg/Mel	Yes	A
23	F.B. (F), 40	M/P	<u>Cold</u>	URTI (dry cough , smoker) Cold & Dry, Carpel tunnel (painful wrist) Cold & Dry	Mel/Phleg	Yes	A/C
24	L.L. (F), 48	P/M	<u>Cold</u>	URTI (sore throat , productive cough , tonsil enlargement) Cold & Moist, Myalgia (MSK) Cold & Dry	Phleg/Mel	Yes	A/C
25	J.C.L. (M), 53	M/P	<u>Cold</u>	LRTI (productive cough , sore throat) Cold & Moist, Glucosuria Cold & Moist. Pmhx: Hypotension Cold & Moist/Dry	Mel/Phleg	Yes	A
26	A.A. (M), 56	M/P	<u>Cold</u>	LRTI (wheezing chest , productive cough) Cold & Moist, Myositis (MSK) (lowerback) Cold & Dry	Mel/Phleg	Yes	A/C
27	J.C. (F), 30	M/P	<u>Cold</u>	URTI (nasal congestion , productive cough) Cold & Moist	Mel/Phleg	Yes	A
28	Y.M. (M), 30	M/P	<u>Cold</u>	URTI (sore throat , productive cough) Cold & Moist	Mel/Phleg	Yes	A
29	Z.T. (M), 32	M/P	<u>Cold</u>	URTI (productive cough , scratchy throat) Cold & Moist	Mel/Phleg	Yes	A

30	M.K. (F), 37	M/P	Cold	URTI (productive cough, tonsillar enlargement) Cold & Moist, Lower back pain Cold & Dry	Mel/Phleg	Yes	A
31	J. J. (F), 56	P/M	Cold	URTI (productive cough , very phlegmy, sore throat) Cold & Moist	Phleg/Mel	Yes	A
32	O.H. (M), 29	M/B	Dry	UTI (leucocytes, ubg) Dry & Hot, LRTI (dry cough for 2 weeks) Dry & Hot, Gastritis (nausea, vomiting) Dry & Hot	Mel/Bil	Yes	A
33	J.D. (F), 69	M/B	Dry	LRTI (body pains, productive cough , runny nose, tight chest) Cold & Moist . Pmhx: OA (joints) Dry & Cold	Mel/Bil/Phleg	Yes/No	A/C
34	M.A. (F), 73	B/M	Dry	LRTI (SOB, smoker, tight chest, persistent dry cough) Dry & Hot. Pmhx: GORD Dry & Cold	Bil/Mel	Yes	C
35	R.S. (F), 47	M/B	Dry	URTI (dry cough , body pains) Dry & Hot. Pmhx: Hypotension Dry & Cold/Moist	Mel/Bil/Phleg	Yes/No	A
36	D.K. (F), 47	M/B	Dry	URTI (productive cough) Cold & Moist , Carpal tunnel (right wrist pain) Dry & Cold	Mel/Bil/Phleg	Yes/No	A/C
37	R.L. (F), 56	B/M	Dry	URTI (dry cough, sore throat) Dry & Hot, Gastroenteritis (nausea, loose watery stools) Dry & Hot. Pmhx: Heartburn Dry & Hot	Bil/Mel	Yes	A
38	T.G. (F), 34	B/M	Dry	LRTI (sore throat, productive cough : brown phlegm, fever, tonsillar enlargement) Dry & Hot, Haematuria Dry & Hot	Bil/Mel	Yes	A
39	R.B. (M), 31	M/B	Dry	URTI (dry cough and tight chest, nasal erythema, sore throat) Dry & Hot	Mel/Bil	Yes	A
40	J.A. (F), 34	M/B	Dry	URTI (fever + dry cough) Dry & Hot	Mel/Bil	Yes	A
41	M.D. (F), 37	B/M	Dry	URTI (body pains, blocked nose, yellow productive cough, tonsillar inflammation) Dry & Hot, Myositis Dry & Cold	Bil/Mel	Yes	A
42	T.M. (F), 20	S/B	Hot	LRTI (productive cough - green phlegm, burning nostrils, tight chest) Hot & Dry, Stress Hot & Dry	Sang/Bil	Yes	A
43	V.M. (M), 29	S/B	Hot	LRTI (fever, inflamed throat, productive cough - green 2 weeks) Hot & Dry	Sang/Bil	Yes	A
44	M.S. (F), 37	S/B	Hot	LRTI (productive + wheezing chest) Cold & Moist , HPT 140/80 Hot & Moist	Sang/Bil/Phleg	Yes/No	A/C
45	A.H. (M), 43	S/B	Hot	LRTI (fever, dry cough) Hot & Dry	Sang/Bil	Yes	A
46	L.F. (F), 44	S/B	Hot	LRTI (sore throat, tonsils inflamed, dry cough , smoker) Hot & Dry, Fever blisters Hot & Dry, Acne Hot & Dry	Sang/Bil	Yes	A/ C

47	S.C. (F), 49	S/B	Hot	LRTI (dry cough, throat inflamed , bodyaches, fever) Hot & Dry . Pmhx: Asthma (Bil) Hot & Dry , Hayfever Hot & Dry	Sang/Bil/Mel	Yes	A/C
48	C.L. (F), 52	S/B	Hot	LRTI (bronchitis, productive cough, painful chest , epistaxis, throat infammation) Hot & Dry . Pmhx: Asthma (Bil) Hot & Dry , TB Hot & Dry	Sang/Bil	Yes	A/C
49	E.W. (M), 56	S/B	Hot	LRTI (productive cough , thick yellow phlegm) Hot & Dry . Pmhx: HPT Hot & Moist	Sang/Bil	Yes	A/C
50	P.M. (F), 62	S/B	Hot	LRTI (dry cough , fever, bodyaches, wheeze) Hot & Dry . Pmhx: HPT Hot & Moist , Gallstones removal Cold & Dry , Angina Cold & Dry , Hypothyroidism Cold & Moist/Dry	Sang/Bil/Mel/Phleg	Yes/No	A/C
51	M.C.I. (M), 76	S/B	Hot	LRTI (yellow productive cough with tight chest) Hot & Dry . Phmx: HPT Hot & Moist , Asthma (Bil) Hot & Dry , COPD Cold & Dry , Gout Cold & Dry	Sang/Bil/Mel	Yes/No	C
52	A.C. (F), 19	S/B	Hot	URTI (follicular tonsillitis, inflamed exudative lesions on tonsils, dry cough) Hot & Dry . Pmhx: Asthma (Bil) Hot & Dry	Sang/Bil	Yes	A
53	T.L.D. (F), 25	S/B	Hot	URTI (dry cough, sore throat , increased heart rate) Hot & Dry	Sang/Bil	Yes	A
54	W.S.(M), 25	B/S	Hot	URTI (throat inflamed, dry cough) Hot & Dry . Pmhx: Allergies Hot & Dry	Bil/Sang	Yes	A
55	J.B.F. (M), 26	B/S	Hot	URTI (dry cough, nasal congestion, erythema of the throat) Hot & Dry	Bil/Sang	Yes	A
56	B.K. (F), 28	S/B	Hot	URTI (dry cough , earache) Hot & Dry , Headache (temporal) Hot & Dry	Sang/Bil	Yes	A
57	B.S. (F), 34	B/S	Hot	URTI (sore throat, dry cough, inflamed throat - does chemical manufacturin)g) Hot & Dry	Bil/Sang	Yes	A
58	W.M. (M), 38	S/B	Hot	URTI (dry cough , dysphagia, hoarseness, fever, inflamed throat , wheeze) Hot & Dry	Sang/Bil	Yes	A
59	T.K. (M), 38	B/S	Hot	URTI (dry cough, scathcy throat) Hot & Dry , Glucosuria Hot & Moist , Myositis (MSK) Cold & Dry	Bil/Sang/Mel	Yes/No	A
60	M.K. (M), 40	B/S	Hot	URTI (chest tightness, dry cough , painful cough) Hot & Dry	Bil/Sang	Yes	A
61	R.F. (F), 52	B/S	Hot	URTI (productive cough, nasal congestion) Cold & Moist . Pmhx: HPT Hot & Moist	Bil/Sang/Phleg	Yes/No	A/C

62	F.M. (M), 52	S/B	Hot	URTI (sore throat, dry cough , smoker) Hot & Dry. Pmhx: HPT Hot & Moist, Chol <u>Cold & Dry</u>	Sang/Bil/Mel	Yes/No	A/C
63	S.D. (F), 72	S/B	Hot	UTI (leucocytes, protein) Hot & Dry, URTI (productive cough) <u>Cold & Moist</u> . Pmhx: CHOL <u>Cold & Dry</u> .	Bil/ Mel/Phleg	Yes/No	A/C
64	M.B. (F), 20	P/S	Moist	LRTI (productive cough) Moist & Cold	Sang/Phleg	Yes	A
65	M.A. (F), 76	S/P	Moist	LRTI (productive cough , runny nose, sore throat) Moist & Cold, OA (joint pain) <u>Cold & Dry</u> . Phmx: CHOL <u>Cold & Dry</u> , HPT Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
66	A.G.A. (M), 79	S/P	Moist	LRTI (productive cough - white phlegm) Moist & Cold, Dermatitis (dry, cracked skin on hands) <u>Cold & Dry</u> . Phmx: OA (painful and stiff joints) <u>Cold & Dry</u> , Asthma (Phleg) Moist & Cold	Sang/Phleg/Mel	Yes/No	A/C
67	S.T. (F), 20	S/P	Moist	URTI (productive cough, tonsillar enlargement) Moist & Cold. Pmhx: Sinusitis Moist & Cold	Sang/Phleg	Yes	A
68	S.A. (M), 28	S/P	Moist	URTI (productive cough , runny nose, inflamed throat) Moist & Cold	Sang/Phleg	Yes	A
69	C.J. (F), 29	S/P	Moist	URTI (productive cough , fever) Moist & Cold, Headache (frontal) Moist & Cold. Pmhx: Sinusitis Moist & Cold	Sang/Phleg	Yes	A
70	T.S. (F), 18	S/P	Moist	LRTI (productive cough , dizziness, sore throat, tonsillar enlargement) Moist & Cold, UTI (leucocytes) Moist & Hot. Pmhx: Aneamia, Asthma (Phleg) Moist & Cold	Sang/Phleg	Yes	A
71	S.S. (F), 18	S/P	Moist	LRTI (productive cough, tight chest) Moist & Cold, URTI (sinusitis) Moist & Cold. Pmhx: Asthma (Phleg) Moist & Cold, Eczema Moist & Cold	Sang/Phleg	Yes	A
72	N.C. (F), 31	P/S	Moist	LRTI (productive cough, tight chest, tonsillar enlargement) Moist & Cold. Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang	Yes	A/C
73	M.B. (F), 34	P/S	Moist	LRTI (productive cough, nasal congestion, fever, sore throat) Moist & Cold, HPT 130/80 Moist & Hot	Phleg/Sang	Yes	A/C
74	A.C. (M), 35	P/S	Moist	LRTI (tight chest, fatigue, productive cough) Moist & Cold. Pmhx: Asthma (Phleg) Moist & Cold, HPT Moist & Hot	Phleg/Sang	Yes	A/C
75	E.S. (F), 40	S/P	Moist	LRTI (producticve cough , runny nose) Moist & Cold	Sang/Phleg	Yes	A
76	Y.B. (F), 40	S/P	Moist	LRTI (productive cough) Moist & Cold, Influenza Moist & Cold	Sang/Phleg	Yes	A

77	P.H. (F), 43	P/S	<u>Moist</u>	LRTI (productive cough, wheezing chest, sore throat), Asthma (Phleg) Moist & Cold . Pmhx: Tonsillectomy Moist & Cold	Phleg/Sang	Yes	C
78	N.M. (M), 45	S/P	<u>Moist</u>	LRTI (productive cough) Moist & Cold , Leg cramps Cold & Dry	Sang/Phleg/Mel	Yes/No	A
79	S.S.M. (M), 57	S/P	<u>Moist</u>	LRTI (productive cough, headaches (frontal), wheezing chest) Moist & Cold . Pmhx: HPT Moist & Hot	Sang/Phleg	Yes	A/C
80	C.E.S. (F), 59	S/P	<u>Moist</u>	LRTI (productive cough) Moist & Cold , Influenza (productive cough, bodyaches, loss of appetite) Moist & Cold . Pmhx: HPT Moist & Hot , CHOL Cold & Dry , Hypothyroidism Cold & Moist/Dry	Sang/Phleg/Mel	Yes/No	A/C
81	S.G. (F), 60	P/S	<u>Moist</u>	LRTI (productive cough, wheezing chest, sore throat) Moist & Cold , Sciatica Cold & Dry . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel	Yes/No	A/C
82	C.G. (F), 69	P/S	<u>Moist</u>	LRTI (productive cough - yellow/brown phlegm, with wheezing chest , smoker) Hot & Dry , Sciatica (lowerback pain radiating down the lower limbs) Cold & Dry . Pmhx: HPT Moist & Hot	Phleg/Sang/Mel/Bil	Yes/No	A/C
83	T.T. (F), 11	P/S	<u>Moist</u>	URTI (tonsillar lymph, nasal congestion, productive cough), Headache (frontal) Moist & Cold	Phleg/Sang	Yes	A
84	M.S. (F), 17	S/P	<u>Moist</u>	URTI (productive cough, tonsillar enlargement) Moist & Hot . Pmhx: Asthma (Phleg) Moist & Hot , Eczema Moist & Hot	Sang/Phleg	Yes	A
85	M.D.S. (M), 22	P/S	<u>Moist</u>	URTI (runny nose, productive cough -white phlegm) Moist & Cold	Phleg/Sang	Yes	A
86	J.N. (M), 24	P/S	<u>Moist</u>	URTI (dysphagia, productive cough) Moist & Cold , Watery stools Moist & Cold	Phleg/Sang	Yes	A
87	A.P. (M), 27	P/S	<u>Moist</u>	URTI (productive cough, sore throat) Moist & Cold , HTN 150/110 Moist & Hot	Phleg/Sang	Yes	A
88	M.P. (F), 28	P/S	<u>Moist</u>	URTI (productive cough) Moist & Cold , Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A
89	B.D.P. (M), 28	P/S	<u>Moist</u>	URTI (sore throat, productive cough) Moist & Cold . Pmhx: Sinusitis Moist & Cold	Phleg/Sang	Yes	A
90	W. K. (M), 29	P/S	<u>Moist</u>	URTI (productive cough, nasal congestion) Moist & Cold , HPT 150/100 Moist & Hot	Phleg/Sang	Yes	A/C
91	H.H. (M), 32	S/P	<u>Moist</u>	URTI (runny nose, sore throat, productive cough , bodyaches) Moist & Cold	Sang/Phleg	Yes	A
92	T.B. (F), 32	P/S	<u>Moist</u>	URTI (sore throat, productive cough , fever, nasal congestion, tonsillar enlargement) Moist & Cold , Headaches (frontal) Moist & Cold	Phleg/Sang	Yes	A

93	R.M. (M), 33	S/P	<u>Moist</u>	URTI (productive cough, vomiting phlegm, sore throat) Moist & Cold	Sang/Phleg	Yes	A
94	N.N. (F), 35	S/P	<u>Moist</u>	URTI (productive cough, nausea, vomiting, sore throat), LOV, Pregnant) Moist & Cold	Sang/Phleg	Yes	A
95	C.S. (M), 36	S/P	<u>Moist</u>	URTI (productive cough, runny nose, sore throat) Moist & Cold	Sang/Phleg	Yes	A
96	C.A. (F), 36	S/P	<u>Moist</u>	URTI (sore throat, productive cough, congestion) Moist & Cold , Myositis (MSK) (lower back pain) <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A
97	C.M. (M), 36	S/P	<u>Moist</u>	URTI (sore throat, productive cough, bodyaches) Moist & Cold	Sang/Phleg	Yes	A
98	C.D. (F), 36	S/P	<u>Moist</u>	URTI (sore throat, nasal congestion, dry cough, tonsillar enlargement) Moist & Cold . Pmhx: Diabetes Moist & Hot , HPT Moist & Hot	Sang/Phleg	Yes	A/C
99	S.S. (M), 37	S/P	<u>Moist</u>	URTI (productive cough, runny nose, sore throat) Moist & Cold	Sang/Phleg	Yes	A
100	C.B. (F), 37	P/S	<u>Moist</u>	URTI (productive cough, nasal congestion) Moist & Cold . Pmhx: Asthma (Phleg) Moist & Cold	Phleg/Sang	Yes	A
101	P.P. (F), 38	S/P	<u>Moist</u>	URTI (productive cough, sore throat, tonsils enlarged) Moist & Cold	Sang/Phleg	Yes	A
102	S.I. (F), 48	P/S	<u>Moist</u>	URTI (productive cough) Moist & Cold , Headaches (frontal) Moist & Cold , UTI (leucocytes) Moist & Hot , Pmhx: HTN Moist & Hot	Phleg/Sang/Mel	Yes	A/C
103	A.L.M. (F), 55	S/P	<u>Moist</u>	URTI (runny nose, productive cough) Moist & Cold , OA (back and knees) <u>Cold & Dry</u> , HPT 140/80 Moist & Cold , Diabetes 18.8 Moist & Hot	Sang/Phleg/Mel	Yes/No	A/C
104	T.D.M. (F), 55	S/P	<u>Moist</u>	URTI (sore throat, mild productive cough) Moist & Cold . Pmhx: HPT Moist & Hot , Sinusitis Moist & Cold	Sang/Phleg	Yes	A/C
105	C.I. (F), 56	P/S	<u>Moist</u>	URTI (productive cough, runny nose) Moist & Cold , CHOL <u>Cold & Dry</u> . Pmhx: HPT Moist & Hot , Asthma (Phleg) Moist & Hot	Phleg/Sang/Mel	Yes/No	A/C
106	A.B. (M), 58	P/S	<u>Moist</u>	URTI (productive cough, runny nose, tonsillar enlargement) Moist & Cold , Diabetes 10.5 Moist & Cold . Pmhx: Psoriasis <u>Cold & Dry</u> , Inguinal Hernia Moist & Cold	Phleg/Sang/Mel	Yes/No	A/C
107	S.T. (M), 58	S/P	<u>Moist</u>	URTI (runny nose, productive cough) Moist & Cold , Headaches (frontal) Moist & Cold . Pmhx: CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
108	T.P. (M), 59	S/P	<u>Moist</u>	URTI (productive cough, nasal congestion) Moist & Cold	Sang/Phleg	Yes	A

109	G.S. (F), 67	S/P	<u>Moist</u>	URTI (productive cough , recovering from flu, nasal congestion) Moist & Cold. Phmx: HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Sang/Phleg/Mel	Yes/No	A/C
110	C.A. (F), 71	P/S	<u>Moist</u>	URTI (nasal congestion , productive cough) Moist & Cold Phmx: Hiatus hernia Moist & Cold, HPT Moist & Hot, CHOL <u>Cold & Dry</u>	Phleg/Sang/Mel	Yes/No	A/C

No of patients and Overall Dominant Quality	Patients with Productive cough - %	Patients with Dry cough - %
Moistness (47 patients)	46/47 = 98%	1/47 = 0,02%
Heat (22 patients)	8/22 = 36%	14/22 = 64%
Coldness (31 patients)	29/31 = 94%	2/31 = 6%
Dryness (10 patients)	4/10 = 40%	6/10 = 60%
Total No of patients = 110	Total = 87	Total = 23