

CATEGORY	SANGUINOUS HOT & MOIST	PHLEGMATIC COLD & MOIST	BILIOUS HOT & DRY	MELANCHOLIC COLD & DRY
FRAME	Medium to large frame, more muscle	Medium to large frame, more fat	Medium frame, lean	Thin, bony frame (short / tall)
GAIT	Macho stride	Slow pace	Firm stride	Quick / Anxious pace
COMPLEXION and SKIN TEXTURE	Reddish (light skin) or shiny (dark skin) Moderate in softness and moistness, warm	Whitish / pale Cool, moist, soft	Warm, dry	Dry, rough, cold
CLIMATIC PREFERENCES	Prefers cold, dry conditions Winter and Autumn	Prefers hot, dry conditions Summer and Spring	Prefers cold, moist conditions Winter and rainy weather	Prefers hot, moist conditions Summer and raining weather
FOOD and DRINK	Healthy appetite with a moderate to excessive thirst	Slow, steady appetite, low thirst, can skip meals	Healthy appetite, excessive thirst, cannot skip meals	Irregular and variable appetite and thirst
	Prefers cold drinks	Prefers hot drinks	Prefers cold drinks	Prefers hot drinks
SLEEP PATTERNS	Moderate to Deep	Heavy, tendency to oversleep	Low but sound, tendency to insomnia	Interrupted, tendency towards insomnia
	6 to 8 hours	at least 8 hours	5 to 6 hours	6 to 7 hours
SPEECH PATTERNS	Clear, moderate to loud	Slow, soft	Sharp, talkative, loud	Fast, less vocal, soft
PERSONALITY TRAITS	Persuasive, sociable, outgoing, talkative	Calm, accommodating, patient, good listener	Resourceful, outspoken, dominant, leader, may be short tempered	Thoughtful, logical, analytical, tend to be perfectionist
EMOTIONAL TRAITS	Playful, cheerful, excitable, disorganized, tends to exaggerate	shy, self- contained, indecisive	Aggressive, angry, irritable, impatient	Fearful, insecure, suspicious, anxious
HEALTH PROBLEMS	Hypertension, Diabetes	Phlegm related disorders	Heat related disorders	Indigestion and gas related disorders