



India's 1st
NABH Accredited
Unani Hospital

Department of Kulliyat (Basic Principles)



National Institute of Unani Medicine

An autonomous organization under Ministry of AYUSH, Govt. of India

Kottigepalya, Magadi Main Road, Bengaluru-560091 (KA)

KNOW ABOUT YOURSELF BY YOUR TEMPERAMENT

HOT & WET TEMPERAMENT

STRENGTHS

- Sociable
- Extraverted
- Optimistic
- Forgiver
- Confident
- Fun-lover

WEAKNESS

- Impulsive
- Often late
- Selfish
- Exaggerates
- Forgetful
- Shameless

COLD & WET TEMPERAMENT

STRENGTHS

- Calm
- Reliable
- Diplomatic
- Satisfied
- Acceptable
- Rational

WEAKNESS

- Shy
- Passive
- Indecisive
- Permissive
- Unambitious
- Apathetic

HOT & DRY TEMPERAMENT

STRENGTHS

- Ambitious
- Planner
- Efficient
- Leader
- Confident
- Motivator

WEAKNESS

- Demanding
- Intolerant
- Too busy
- Impatient
- Tense
- Inflexible

COLD & DRY TEMPERAMENT

STRENGTHS

- Thoughtful
- Considerate
- Organized
- Detailed
- Creative
- Self-reliant

WEAKNESS

- Moody
- Discontent
- Obsessive
- Perfectionist
- Pessimist
- Tunnel vision