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## **Appendix 4: Charts**

### Chart 1: Al Daruriyyat Al Sitta

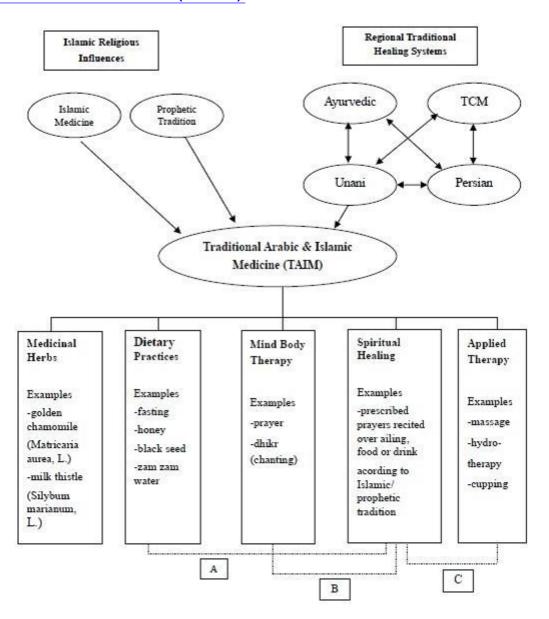
Iranian traditional medicine consists of six essential principles of good health:

- 1. Life environment (weather, climates, and seasons)
- 2. Diet
- 3. Physical activity (movements and stillness)
- 4. Sleeping and waking,
- 5. Retention and excretion
- 6. Mood (psychological and spiritual states)



{http://quranmed.com/8476.fulltext [1]}

# Chart 2. A Unifying Conceptual Model of Traditional Arabic and Islamic Medicine (TAIM)



**Chart 3: The Temperaments** 

	Hippocrates' four humours	Blood	Yellow bile	Black bile	Mucous
400 BC	Season: Element: Organ:	Spring Air Liver	Summer Fire Gallbladder	Autumn Earth Spieen	Winter Water Brain/Lungs
c. 400 BC	Characteristics:	Courageous, Amorous	Easily angered	Despondent, sleepless	Calm, unemotional
c. 325 BC	Aristotle's four sources of happiness	Hedone (sensuous) pleasure)	Ethikos (moral virtue)	Propraiteri (acquiring assets)	Dialogike (logical investigation)
c. 190 AD	Galen's four temperaments	Sanguine (liver)	Cholreic (gallbladder)	Melancholic (spleen)	Phlegmatic (lungs)
c. 1550	Paracelsus' four totem spirits	Curious sylphs	Changeable salamander	Industrious gnomes	Inspired undines
c. 1905	Adicke's four world views	Industrious	Doctrinaire	Traditional	Sceptical
c. 1912	Adler's four personality types	Social Useful	Ruling Dominant	Avoiding	Getting or Learning
c. 1914	Spranger's four value attitudes	Artistic	Religious	Economic	Theoretic
c. 1920	Kretchmer's four character styles	Hypomanic	Hyperaesthetic	Depressive	Anesthetic
c. 1947	Eric Fromm's four orientations	Exploitative	Receptive	Hoarding	Marketing
c. 1958	MBTI Function types	SP – sensory perception	NT - intuitive Thinking	SJ – sensory Judgement	NF - intuitive Feeling
c. 1978	Keirsey Bates four temperaments (old)	Dionysian	Apollonian	Epimethain	Promothian
c. 1998	Keirsey Bates four temperaments (new)	Artisan	Idealist	Guardian	Rational

**Chart 4. Hammam Architecture** 



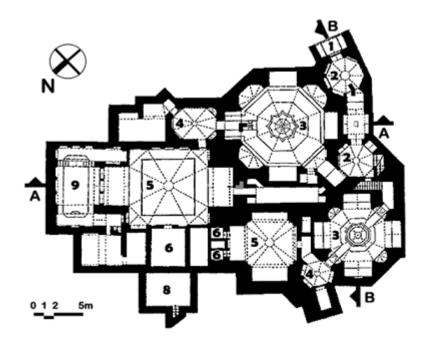




Garmkhaneh

Myandar

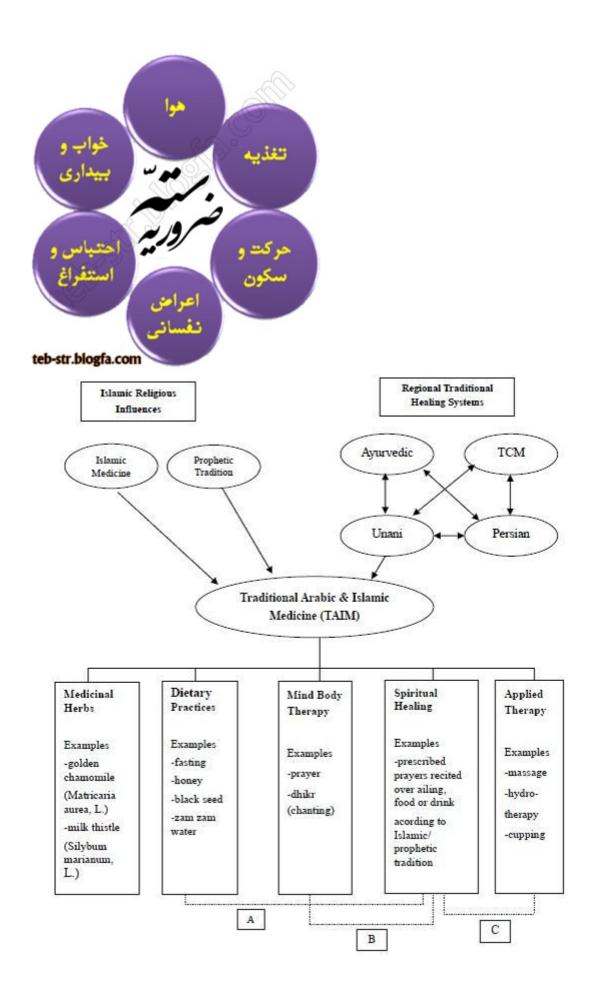
Sarbine or Rakhtkon



Horizontal floor plan of Gulshan traditional bath (Yazd)

- 1. Vurudi (entrance hall)
- 2. hashti (vestibule)
- 3. sarbiné or rakhkon (disrobing room, apodyterium)
- 4. myandar (the passage between the two main rooms)
- 5. Garmkhané (washing and massaging room, caldarium)
- 6. Khazineh (small washing room; some bathhouses also have tepid and cold water khazines (tepidarium and frigidarium)
- 8. tune or golkhan (hypaucauste or furnace room)
- 9. Fazayeh tchal howz (large and relatively deep pool of cold water)

#### Image:



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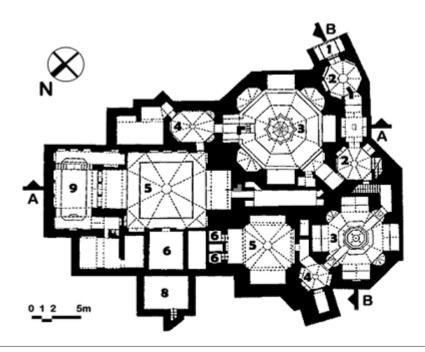




Garmkhaneh

Myandar

Sarbine or Rakhtkon



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