

TIBB MEDICINE

PRIMARY SCHOOL WORKSHEET

History

1. Tibb medicine is a combination (assimilation) of four medical systems,

namely _____, _____, _____

and _____.

2. The Greek physician, Hippocrates, believed that one should look at a patient's

_____ condition, _____ condition and the effect of the immediate

_____.

3. The ancient Greek philosophers believed that there were four basic elements, namely

_____, _____, _____ and _____. These elements, they

taught, were linked to the four fluids in the human body, namely _____,

_____, _____ and _____. These fluids were called

humours and they each had their own qualities of _____, _____,

_____ and _____.

4. Name three Arab physicians who influenced the development of Tibb medicine:

Diagnosis

5. Tibb Medicine recognizes that illness and health have four causes. Name them.

6. Tibb uses modern and traditional equipment and methods in the diagnosis of illnesses and conditions. Name these.

7. The following table shows the four temperamental profiles that we all fit into. Study the table and decide which one you fit into.

TEMPERAMENT	SANGUINOUS	PHLEGMATIC	MELANCHOLIC	BILIOUS
QUALITIES	Hot & Moist	Cold & Moist	Cold & Dry	Hot & Dry
PHYSICAL	Generally well built	Medium to large frame	Generally slender	Generally medium or lean in build
	Medium to large frame	More fat than muscle	Body frame (Short/Tall)	Sharp eyes & prominent veins - evident
	More muscular tissue than fat	Bones are well covered		
COMPLEXION	Reddish tinge	Veins are barely visible	Dry rough skin	Flushed aspect
BEHAVIOURAL TENDENCIES	Good appetite	Prefer hot foods & drink	Prefer hot & moist foods and drink	Strong digestion
	Prefer cold drinks	Prefer hot weather, uncomfortable in winter	Prefer warm weather	Prefer cold and moist foods
	Prefer cold and dry weather	Not particularly active physically-put on weight easily	Uncomfortable in late autumn and winter	Physically, generally quite active
	Uncomfortable in humid weather	Inclined to succumb to phlegm disorders	Over active physically, usually light sleepers	Uncomfortable in hot weather
			Medically prone to gas related colon problems	

PERSONALITY TRAITS	Persuasive, Sociable, Talkative	Calm, accommodating nature	Generally thoughtful, logical and analytical disposition	Resourceful short tempered
	Outgoing nature	Make good listeners	Inclined to be perfectionists	Outspoken and dominant nature

Treatment

5. Treatment aims at restoring the _____ to a patient's _____ and eliminating _____ from the body.

6. Name the six governing or lifestyle factors that operate in Tibb medicine.

7. Why is diet so important in treatment?

8. Name four methods of treatment in Tibb.
