



## RESEARCH ARTICLE

# Development of Standardized *Prakriti* Assessment Tool: An Overview of Ongoing CCRAS Initiatives

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## ABSTRACT

**Introduction:** *Prakriti* is an important basic concept of Ayurveda that describes the constitution of an individual in relation to one's physical, physiological, psychological, and behavioral characters and is an integral constituent of Ayurvedic diagnosis, treatment, and disease prognosis. The description for *Prakriti* assessment in Ayurvedic classics is mostly subjective and the translations and interpretations made on the subject are grossly dissimilar.

**Objective:** The work of development of a *Prakriti Assessment Scale* with reliability, rationality, validity, and reproducibility for universal acceptance has been undertaken by the Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi, India, an apex organization for research in Ayurveda.

**Materials and methods:** The designing of the *Prakriti Assessment Scale* has been done following Ayurvedic classics and consulting various subject experts in the following steps, viz.: (i) Development of a comprehensive questionnaire for assessment of *Prakriti*, (ii) development of a user manual containing standard operating procedures (SOPs) for capturing predictors, (iii) double-blinded validation of the questionnaire to see interrater agreement.

**Results:** The *Prakriti Assessment Scale* has been designed based on standard classical texts of Ayurveda through various consultative expert group meets. The Scale captures various predictors/determinants for *Prakriti* assessment with the maximum possible rationality and objectivity. Further, this Scale has been subjected to clinical validation at 10 centers (n = 500) across the country. It may undergo further reductions and refinement to make it more comprehensive for clinical use.

**Conclusion:** A comprehensive *Prakriti Assessment Scale* based on Ayurvedic texts has been developed and subjected to clinical validation.

**Keywords:** Objectivity, *Prakriti assessment scale*, Predictors, Rationality, Reliability, Reproducibility.

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**Conflict of interest:** None

## INTRODUCTION

The individualized treatment of diseases is the unique approach of Ayurveda, which recognizes every individual with a specific constitution vis-à-vis *Prakriti*. Ayurveda classifies all individuals into specific types of "*Prakriti*" based on the theory of *Tridosha* (three humors as functional entities of the body), i.e., *Vata*, *Pitta*, and *Kapha* and their relative ratios. Truly speaking, *Prakriti* of an individual is decided at the time of conjugation of sperm and ovum, which may be broadly envisaged into seven types. Among these, seven *Prakriti* types are due to relative predominance of one *dosha* (*Eka doshaja Prakriti*), another three due to relative predominance of two *doshas* (*dwi-doshaja*), and the last one is due to the equilibrium of all the three *doshas* (*Sama Prakriti*).<sup>1</sup> *Sama Prakriti* persons are less susceptible to any disease, while the rest of them are always likely to suffer. *Vataja Prakriti* persons are more prone to get afflicted with *Vataja* diseases (e.g., bodyaches, joint disorders and neuromuscular problems); similarly, *Pittaja Prakriti* individuals are prone to get afflicted with *Paittika* diseases (e.g., acid peptic disorders, skin diseases and inflammatory reactions) and *Kaphaja Prakriti* individuals are susceptible to *Kaphaja* diseases (e.g., respiratory diseases, worm infestations, and itching problems) during their life span.

The determination of *Prakriti* has significant importance in the healthy/unhealthy states of an individual. This information can be successfully applied clinically in diagnosis, treatment (for deciding appropriate drug, dose, duration, diet and lifestyle), and prognosis of the disease. Even the daily and seasonal regimens adopted for promotion of health also vary according to *Prakriti*.

Further, the person-to-person variations in the manifestation of disease and, in turn, the response of medicines have also led modern scientists to look forward to understand the individualized approach of Ayurveda in treating the patients.<sup>2-10</sup> Hence, the concept of *Prakriti*, i.e.,

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“Individual constitution,” has emerged as an interesting area for modern researchers, which was well established in Ayurveda thousands of years back.

Considering the importance of *Prakriti*, many research studies have also been conducted in various contexts like correlation of *Prakriti* with aging;<sup>11</sup> hypothyroidism in different *Prakritis*;<sup>12</sup> *Prakriti* and variation in platelet aggregation;<sup>9</sup> correlation between ABO blood groups and *Tridosha* (Ayurvedic biological constituents);<sup>13</sup> and whole genome expression and biochemical correlates of extreme constitutional types defined in Ayurveda.<sup>8</sup>

In all the above studies, it appears that different proforma have been used for assessment of *Prakriti* based on the characteristic features described in Ayurvedic classics. Further, the *Prakriti* Assessment Questionnaires used in practice by various renowned Ayurvedic Institutions like the Institute of Post graduate Teaching and Research in Ayurveda, Gujarat Ayurveda University, Jamnagar; Institute of Medical Sciences, Banaras Hindu University, Varanasi; National Institute of Ayurveda, Jaipur; Dr. D.Y. Patil College of Ayurved and Research Centre, Pune; Gopabandhu Ayurveda Mahavidyalaya, Puri; Bharti Vidyapeeth, Pune; Centre for Development of Advanced Computing, Pune; Vaidyaratnam P.S. Varier Ayurveda College, Kottakal; Translational Research and Innovative Science through Ayurgenomics, Institute of Genomics and Integrative Biology, CSIR, New Delhi,<sup>8</sup> and currently used proforma of the CCRAS, New Delhi were analyzed, and it was appreciated that Ayurvedic classics are the basis of these *Prakriti* assessment proforma. However, a gross variation was noticed in all or in other words, there appears a lack of a uniform and standard *Prakriti* assessment scale covering the standard texts of Ayurveda.

Moreover, the characteristic features mentioned in Ayurvedic texts are subjective in nature and the clinicians/Ayurveda-experts apply their own wisdom and experience to capture these features. In reality, there is a need to recognize and/or develop a uniform method for capturing these predictors for the assessment and reliability of the data, which is missing from the public domain as such. Based on these observations, it is strongly felt that a Standardized *Prakriti* Assessment Tool is the need of the hour.<sup>10,14</sup>

Considering the above facts, the CCRAS, being an apex organization under the Ministry of AYUSH, Govt. of India, New Delhi, has undertaken the initiative to develop the “*Prakriti Assessment Scale*” with rationality, reliability, validity, and reproducibility. In the first phase, a multi-factorial questionnaire has been developed based on the characteristic features described in Ayurvedic classics.

This article aims to describe the detailed methodology adopted for this phase.

## MATERIALS AND METHODS

A comprehensive *Prakriti Assessment Scale* has been developed by adopting the following steps:

- I Development of comprehensive questionnaire for assessment of *Prakriti* by adopting the following steps:
  - Preparation of an exhaustive list of characteristic features (predictors) for assessment of *Prakriti* available in the classical texts of Ayurveda (pooling up of items)
  - Reduction of predictors
  - The method developed for capturing of each predictor
- II Development of user manual for clinicians
- III Primary feasibility/double-blind validation of the questionnaire through multicentric studies for construct validity of the developed *Prakriti Assessment Scale*.

The details of the work done are given below:

- I Development of Comprehensive Questionnaire for Assessment of *Prakriti* by Adopting the following Steps:
  - (a) Preparation of an exhaustive list of characteristic features (Predictors) for Assessment of *Prakriti* available in the Classical Texts of Ayurveda (Pooling up of Items)

All predictors for determination of the *Prakriti* as mentioned in the Ayurvedic classics, viz., *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Samgraha*, *Ashtanga Hridaya*, *Sharangdhara Samhita*, *Bhavaprakash*, *Harita Samhita*, *Bhel Samhita*, *Yogaratanakara*, and *Vangasena* were compiled together. An exhaustive list of 583 predictors (**Additional file 1**) was prepared. Utmost care was taken to include each and every possible predictor described in the classics. As the terminology of the predictors was in Sanskrit language, the nearest translation of each predictor was determined in English after detailed discussions with Ayurveda experts of Basic Principles (*Maulik Siddhant*), Medicine (*Kayachikitsa*), and other disciplines so as to match the exact meaning with the applied (clinical) approach. Wherever the exact correlate was not available, definition of the Sanskrit terminology was given.

- (b) Reduction of Predictors

The list of the predictors was thoroughly analyzed to make the following observations:

- Some predictors are repetitive
- Some have the same meaning with different terminologies
- Some predictors are the outcome indicators of a particular *Prakriti*

- Some predictors are difficult to assess due to ethical issues.

All the above points were considered to reduce the predictors in the manner elaborated below:

Predictors recurring twice/multiple times were removed to avoid repetition, e.g., *Bhurikrodha* (short tempered) is mentioned both in *Ashtanga Samgraha* and *Ashtanga Hridaya*; *Dantakhadi* (grinding of teeth during sleep) is mentioned in *Ashtanga Samgraha*, and *Sushruta Samhita*; *Ashrita-vatsala* (Affectionate to dependants) in *Ashtanga Samgraha* and *Ashtanga Hridaya*; *Shighrakshobha* (quickly gets agitated) in *Charaka Samhita* and *Ashtanga Samgraha*; *Alpakrodha* (calm & patient/less anger) in *Ashtanga Hridaya* and *Ashtanga Samgraha*; and *Kritaghna* (ungrateful) is mentioned both in *Ashtanga Hridaya* and *Sushruta Samhita*. The predictors that were merged are displayed in **Table 1**. The number of predictors after reduction was 471 (**Additional file 2**).

Some predictors were nearly synonyms or equivalents as they were conveying the similar meaning clinically, e.g., *Apachita* (*Charaka Samhita*)/*Krishna* (*Sushruta Samhita*)/*Krishna akruti* (*Ashtanga Hridaya*) were conveying the clinical sense as thin built only. As per linguistics these terms though are dissimilar, but are capturing similar features clinically. Thus, such types of terms were merged together, i.e., all such terms were reduced into one predictor. Hence, in the example above, all these terms were merged together to take *Apachita* (*Krishna*) for thin built. Similarly, the terms *Sukumara gatra* (*Charaka Samhita*)/*Mridu gatra* (*Harita Samhita*)/*Sukumara murty* (*Harita Samhita*)/*Mrudvanaga* (*Ashtanga Hridaya*)/*Sukumara* (AS) conveyed the meaning as delicate body; thus, all these terms were merged together as *Sukumara gatra*. Thereafter, the predictors were reduced to **250** (**Additional file 3**) and the list of the merged predictors is presented in **Table 2**.

Some predictors are probable outcome indicators of a particular *Prakriti* and not directly helpful in assessing the *Prakriti*, e.g., *Bahuapatya* in *Kaphaja Prakriti*; *Alpadhana* in *Vataj Prakriti*; *Madhyabala* in *Pittaja Prakriti*. Further, the predictors that are difficult to assess on ethical grounds like *Kalahapriya* (quarrelling in nature), *Alpa vyavaya* (less sexual desire), etc. were removed from the list. The predictors that were removed in this way are given in **Table 3**.

After reduction by following the above methods, the number of predictors was reduced to 215 from 583. The list is presented in **Additional file 4**. The next step involves development of the methods for capturing these predictors with objectivity as these predictors are subjective in nature.

(c) The method developed for capturing of each predictor

The methods for capturing these predictors were discussed in a series of consultative expert group meetings comprising experts from both Ayurveda and Modern

fraternity (as required). After multiple discussions, the methodology to capture each and every predictor clinically was taken into account. As the predictors are features related to physical, physiological, psychological, and behavioural traits, they are broadly grouped into these four traits, which are further subgrouped into various domains, e.g., built, appearance, skin texture, etc. It was inferred that one of the following three methods can be applied for capturing the predictors:

1. The Anthropometric predictors that could be quantified may be measured by an appropriate scale. Ayurveda has been described "*Angula Pramana*" as a unique personalized way of anthropometric measurement where standard measurements of height as a whole and length and breadth of different body parts has been described in terms of the individual's own finger;
2. It is felt that some predictors mostly related to physical traits can be easily captured by simple observations like skin color, hair color, and other physical appearances.
3. Specific questionnaires have been developed to capture various predictors pertaining to physiological (sleep, appetite, sweating, etc.), psychological (indecisiveness, memory, friendship, etc.) and behavioural traits (brave, egoist, forgiving, etc.). Likert scale has been used for capturing the answers of most of the questionnaires. For instance, to capture the predictor, "*Indecisiveness*", the questions was designed as: "Do you take decisions on your own?" The answer may be captured as (a) Often, (b) Sometimes, (c) Rarely. The next question may be "Do you change your decisions?" Again the answer may be captured in a *Likert scale* as (a) Often, (b) Sometimes, (c) Rarely. If the answer to question (i) is (c) or question (ii) is (a) or both, then the subject is having Indecisiveness (*Avyavasthita mati*).

## II Development of User Manual for Clinicians

The SOPs for capturing each predictor have been developed by adopting the above methodology. The same has been elaborately discussed in "*National Consultative Expert Group Meet*" comprising learned experts from various fields of Ayurveda and other contemporary sciences for content validity (**Table 4**).

As a preliminary attempt to see the clinical rationality of the questionnaire so developed, a Data Capturing Form was prepared and given to eight Research Officers (Ayurveda) working at different CCRAS Institutes across the country. The training on the use of the Manual and use of the Web-based Questionnaire for data collection to validate the developed *Prakriti Assessment Questionnaire* has been imparted to all the investigators.

Table 1: List of Predictors deleted due to repetition

Sl. no.	Predictors	Sl. no.	Predictors	Sl. no.	Predictors
1	Abhimani (अभिमानि) (AS) (Su.S)	1	47	Kritaghna (कृतघ्न) (AH) (Su.S)	1
2	Akalapalita (अकालपलित) (BP) (Sha.S)	1	48	Kritagnya (कृतज्ञ) (AH) (AS) (Su.S)	2
3	Alaulupa (अलौलुप) (AS) (Su.S) (AH)	2	49	Kshamavak (क्षमवाक) (AH) (AS)	1
4	Alpa ashana (अल्प अशन) (AS) (AH)	1	50	Kshamavana (क्षमावान) (AH) (AS)	1
5	Alpa bala (अल्प बल) (CS/AS/AH)	2	51	Kshipravali (क्षिप्रवली) (AS) (CS)	1
6	Alpa kasha (अल्प केश) (AH) (BP) (HS) (Sha.S) (Su.S)	4	52	Madhya ayushya (मध्य आयुष्य) (AH) (CS)	1
7	Alpa krodha (अल्प क्रोध) (AH) (AS)	1	53	Madhya bala (मध्य बल) (AH) (AS) (CS) (Su.S)	3
8	Alpa nakha (अल्प नख) (AS) (Su.S)	1	54	Mahalalata (महाललाट) (AH) (AS)	1
9	Alpa nidra (अल्प निद्रा) (AH) (AS)	1	55	Medhavi (मेधावी) (AH) (AS) (Su.S)	2
10	Alpa pana (अल्पपान) (AH) (AS)	1	56	Mridu Keshha (मृदु केश) (AS) (CS)	1
11	Alpa shmashru (अल्प श्मश्रु) (CS) (Su.S)	1	57	Mridu loma (मृदुलोम) (CS) (HS)	1
12	Alpa shukra (अल्प शुक्र) (AH) (AS) (CS)	2	58	Nastika (नास्तिक) (AH) (AS)	1
13	Alpa vyahara (अल्प व्याहार) (AH) (AS)	1	59	Neela keshha (नील केश) (AH) (Su.S)	1
14	Alpa vyavaya (अल्प व्यवाय) (AS) (CS)	1	60	Nidralu (निद्रालु) (AH) (AS)	1
15	Alpa-apatya (अल्पअपत्य) (AS) (CS)	1	61	Paripurna gatra (परिपूर्ण गात्र) (AH) (AS)	1
16	Alpavitta (अल्पवित्त) (AH) (AS)	1	62	Prajyaayurvitto (प्राज्यायुर्वित्तो) (AH)	1
17	Anarya (अनार्य) (AH) (AS) (Su.S)	2	63	Pralapi (प्रलापी) (Bhel.S) (Su.S)	1
18	Arya (आर्य) (AH) (AS)	1	64	Putigandha (पूतिगंध) (AH) (AS)	1
19	Ashrita-vatsala (आश्रितवत्सल) (AH) (AS)	1	65	Raktanta netra (रक्तांत नेत्र) (AH) (Su.S)	1
20	Ati Ruksha nakha (अति रुक्ष नख) (AS) (Su.S)	1	66	Ruju (Akutila chitta) (ऋजु (अकुटिल चित्त) (AH) (AS)	1
21	Bahu oja (बहु ओज) (AH) (AS)	1	67	Ruksha swara (रुक्ष स्वर) (AS) (CS)	1
22	Bahu pralapa (बहु प्रलाप) (AH) (CS)	1	68	Ruksha twak (रुक्ष त्वक्) (CS) (Sha.S)	1
23	Bahubhuk (बहुभुक्) (AH) (BP) (Su.S) (AS)	3	69	Sahas (साहस) (AH) (AS)	1
24	Bhaktogurunam (भक्तोगुरुनाम) (AH) (AS)	1	70	Sakta swar (सक्त स्वर) (CS) (AH)	1
25	Bhuri krodha (भूरि क्रोध) (AH) (AS)	1	71	Satyasandha (सत्यसंध) (AH) (BP)	1
26	Bhuri ucchara (भूरि उच्चार) (AH) (AS)	1	72	Shighra kshobha (शीघ्र क्षोभ) (AS) (CS)	1
27	Bhuri-ashana (भूरि-अशन) (AH) (AS)	1	73	Shighra gati (शीघ्र गति) (BP) (BS)	1
28	Bhuri-irshya (भूरि-ईर्ष्या) (AH) (AS)	1	74	Shlista sandhi (श्लिष्ट संधि) (AH) (AS)	1
29	Bhuyapana (भूयपान) (AH) (AS)	1	75	Shoor (शूर) (AH) (AS) (Su.S)	2
30	Chala chesta (चल चेष्टा) (AH) (AS)	1	76	Shraadhho (श्राद्धो) (AH) (AS)	1
31	Chala drishti (चल दृष्टि) (Su.S) (AS) (AH)	2	77	Sthoola- lakshah (स्थूल लक्षः) (AH)(AS)	1
32	Chala gati (चल गति) (AH) (AS)	1	78	Shuchi (शुचि) (AH) (AS)	1
33	Chala sauhrida (चल सौहृद) (AH) (AS)	1	79	Shyam keshha (श्याम केश) (BP) (HS)	1
34	Danta khadi (दन्त खादी) (AS) (Su.S)	1	80	Smritivaan (स्मृतिवान) (AS) (AH)	1
35	Dayita maalya-vilepana-mandnah (दयितमाल्यविलेपनमंडनः) (AH) (AS)	1	81	Sphutita keshha (स्फुटित केश) (AH) (AS)	1
36	Deerghadarshi (दीर्घदर्शी) (AH) (AS)	1	82	Sphutitha karacharana (स्फुटित करचरण) (BP) (Su.S)	1
37	Deerghasutri (दीर्घसूत्री) (AH) (AS)	1	83	Stena (स्तेन) (AH) (AS) (Su.S)	2
38	Dhritiman (धृतिमान) (AS) (Su.S)	1	84	Sthira sandhibandh (स्थिर संधिबंध) (AS) (AH)	1
39	Durbhaga (दुर्भग) (AS) (Su.S)	1	85	Subhaga (सुभग) (AH) (AS) (Su.S)	2
40	Gambhira (गंभीर) (AH) (AS)	1	86	Sulajjo (सुलज्जो) (AH) (AS)	1
41	Gauragatra (गौरगात्र) (AH) (AS) (BP) (Su.S)	3	87	Swedi (स्वेदी) (BP) (Sha.S)	1
42	Gharm dweshi (घर्म द्वेषी) (AH) (AS)	1	88	Tamra nakha (ताम्र नख) (AS) (Su.S)	1
43	Jagaruka (जागरुक) (BP) (CS) (Su.S)	2	89	Tamranayana (ताम्रनयन) (AS) (Su.S)	1
44	Kapila keshha (कपिल केश) (AS) (CS)	1	90	Vadaanya (वदान्य) (AH) (AS)	1
45	Krathati supte (क्रथति सुप्ते) (AS) (Su.S)	1	91	Vishalaksha (विशालाक्ष) (AS) (AH)	1
46	Krishha (BP) (कृश) (Sha.S) (Su.S)	2			112

**Table 2:** List of predictors having same or similar meaning, but different terminology in Ayurvedic classics

Sl. no.	Predictors	Selected terminology	Equivalent English terminology
1	Pranateshuapi santvana danaruchi (प्रणतेशुअपि सांत्वन दानरुचि) (Su.S)/Ashrita-vatsala (AH) (AS)/Bhavati bhishu gati dwishatamapi (भवति भिशु गति दिवषतामपि) (AH)	Ashrita-vatsala (AH) (आश्रित वत्सल) (AS)	Affectionate to dependents
2	Pratat sheetak/Udvepak/sthambak(CS)	Pratata sheetaka/udvepaka/stambhaka (CS)	Always feeling of coldness/shivering
3	Subhaga सुभग (AH) (AS) (Su.S)/Samhata sharira (संहत शरीर) (CS)/Samasuvibhakta gatra (समसुविभक्त गात्र) (AH)/Suvibhakta gatra (सुविभक्त गात्र) (Su.S)/Sthira Sharir (स्थिर शरीर) (CS)	Samasuvibhakta gatra (समसुविभक्त गात्र) (AH)	Attractive/well proportionate
4	Putigandha (पूतिगंध) (AH) (AS)/Swedano—durgandha (स्वेदनो—दुर्गन्ध) (Su.S)	Swedano—durgandha (स्वेदनो—दुर्गन्ध) (Su.S)	Bad odor of sweat
5	Kapila loma (कपिल लोम) (CS)/Kapila roma (कपिल रोम) (AS)	Kapila roma (कपिल रोम) (AS)	Brown body hair
6	Prodhbadha pindika (प्रोद्बद्ध पिण्डिका) (AH)/Udbadha pindika (उद्बद्ध पिण्डिका) (AS)	Udbadha pindika (उद्बद्ध पिण्डिका) (AS)	Bulged/prominent calf muscles
7	Alpa krodha (अल्प क्रोध) (AH) (AS)/Saumya सौम्य (AH)	Alpa krodha (अल्प क्रोध) (AH) (AS)	Calm and patient/less anger
8	Sheeta dweshi (Su.S)/Shita-asahishnu(CS)/Ushna sahisnu (AS) Gharme-atapto (घर्मे अतप्तो) (AH) Sheetadvid (शीतदविड) (AS)	Shita-asahishnu (शीत—असहिष्णु) (CS)	Cannot tolerate cold/tolerant to heat
9	Prasannaksha (प्रसन्नाक्ष) (AS)/Shuklaksha (शुक्लाक्ष) (Su.S)/Suvyakta sita-asit (सुव्यक्तसित—असित) (AH) Vyakta sita-asitaksha (व्यक्त सित—असिताक्ष) (AS)	Shuklaksha (शुक्लाक्ष) (Su.S)	Milky white/clearly distinguished sclera
10	Shlista sandhi (श्लिष्ट संधि) (AH) (AS)/Sthira sandhibandh (स्थिर संधिबंध) (AS)/(AH) Sushlista sarasandhi bandhana (सुश्लिष्ट सारसंधि बंधन) (CS)/Gudhasandhi (AH) (गूढसंधि)	Sushlista sarasandhi bandhana (सुश्लिष्ट सारसंधि बंधन) (CS)	Compact joints
11	Tamra netra (ताम्र नेत्र) (BP)/Tamranayana (ताम्रनयन) (AS) (Su.S) Madhu pinga netra (मधुपिंगनेत्र) (HS)/Pinga lochana (पिंग लोचन) (AH)/Pinga netra (पिंग नेत्र) (HS)	Tamranayana (ताम्रनयन) (AS) (Su.S)	Coppery/reddish brown-tinged eyes
12	Sphutit karanga (स्फुटित करंग) (AS)/Sphutitgatra (स्फुटितगात्र) (AH)/Sphutiitha karacharana (स्फुटित करचरण) (BP) (Su.S)/Sphutitanga avyava (स्फुटितान्ग अवयव) (CS)	Sphutitanga avyava (स्फुटितान्ग अवयव) (CS)	Cracking of hand and feet
13	Karabh kasha (करभ केश) (AS)/Kutilla kasha (कुटिल केश) (Su.S)	Kutilla kasha (कुटिल केश) (Su.S)	Curly hair
14	Neela kasha (नील केश) (AH) (Su.S)/Shyam kasha (श्याम केश) (BP) (HS)	Shyam kasha (श्याम केश) (BP) (HS)	Dark black hair
15	Buddhiman (BP) (बुद्धिमान)/Buddhiyukto (AH) (बुद्धियुक्तो)/Buddhyanvito (AS) (बुध्यान्वितो)/Gambhira buddhi (गंभीर बुद्धि) (Sha.S)/Dridha—shastramati (Su.S) (दृढ—शास्त्रमति)/Vidyavantah (विद्यावंतः) (CS)	Buddhiyukto (बुद्धियुक्तो) (AH)	Deep intelligence
16	Sukumara (AS)/Sukumara gatra (सुकुमार गात्र) (CS) Sukumara murty (सुकुमार मूर्ति) (HS) Mridu gatra (मृदु गात्र) (HS) Mridvanaga (मृद्वंग) (AH)	Sukumara gatra (सुकुमार गात्र) (CS)	Delicate body
17	Ushna-annapanakanksha (उष्णा—न्नपानान्काक्षा) (AS)/Ushnakanksha (AH) (उष्णाकाक्षा)/Ushna bhoji (उष्ण भोजी) (AH)/Ushna bhukte (उष्ण भुक्ते) (AH)/Ushneccha उष्णैकक्षा(AS)	Ushna-annapanakanksha (उष्णा—न्नपानान्काक्षा) (AS)	Desirous for hot climate, food and drinks
18	Gambhira (AH) (AS)/Sthoola- lakshah (स्थूल—लक्षः) (AS)(AH)	Gambhira (AH) (AS)	Dignified and thoughtful personality/One who understands in a broader perspective
19	Na cha balyepi atirodana न च बालेयपि अतिरोदन (AH)/Balyepi arodana (बालेयपि अरोदन) (AS)	Na cha balyepi atirodana न च बालेयपि अतिरोदन (AH)	Does not cry too much even in childhood
20	Ashighra kshobha (अशीघ्र क्षोभ) (CS)/Shaanta (शांत) (CS)	Ashighra kshobha (अशीघ्र क्षोभ) (CS)	Does not get agitated quickly

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21	Rukshanga (AS) (रूक्षांग)/Ruksha twak (रूक्ष त्वक) (CS) (Sha.S)/Parusha vadana, pani-pada (twak) (परुष वदन, पाणी-पाद) (त्वक) (CS)	Rukshanga (रूक्षांग) (AS)	Dry skin/nonlustrous skin
22	Kshipra khalitya (क्षिप्र खालित्य) (CS)/Sheegrha khalitya (शीघ्र खालित्य) (AS)	Sheegrha khalitya (शीघ्र खालित्य) (AS)	Early hair fall
23	Bhuri ucchara (भूरि उच्चार) (AH) (AS) Srishta purisha (सृष्ट पुरिष) (CS)	Srishta purisha (सृष्ट पुरिष) (CS)	Easy bowel evacuation
24	Abhimani (अभिमान्नी) (AS) (Su.S)/Mani (मान्नी) (AH)	Abhimani (अभिमान्नी) (AS) (Su.S)	Egoist/superiority complex
25	Analpashana (अनल्पाशन) (AH)/Ati-bahubhuka (अति भुक्ते) (AS) Bahubhuk (बहुभुक) (AH) (BP) (Su.S) (AS)/ Bhuri-ashana (भूरि-अशन) (AH) (AS)/Maha-asana (महा-अशन) (BS)/Prabhuta ashana (प्रभूत अशन) (CS)	Bahubhuk (बहुभुक) (AH)	Excessive intake of food
26	Bahu ratirasa (बहु रतिरस) (AH)/Prabhuta vyavaya (प्रभूत व्यवाय) (CS)	Bahu ratirasa (बहु रतिरस) (AH)	Excessive sex desire
27	Avadaatagatra (CS [अवदातगात्र]/Suvarna (सुवर्ण) (AH)/ Gauragatra (गौरगात्र) (AH) (AS) (BP) (Su.S)	Gaura gatra (गौर गात्र) (Su.S)	Fair (lotus/gold/straw) complexion
28	Pitanga(Su.S)/Tamra-tanu(Su.S)/Tamra hasta anghri vaktra(AH)/Ativarna (BS) Tamra jihva/ Tamraostha/Tamra panipadatala (ताम्र जिह्वा/ताम्र औष्ठ/ताम्र पाणिपादाताल) (AS)	Pitanga (पितांग)	Fair (yellowish tinge) complexion
29	Chapala ahara (चपल आहार) (CS)/Laghu ahara (लघु आहार) (CS)	Chapala ahara (चपल आहार) (CS)	Fast eating habit
30	Sanna swara (सन्नस्वर) (CS)/Sannavaacha (सन्नवाच) (AH)/Ksham swara (क्षामस्वर) (BP)/Kshamavak (क्षमवाक) (AH) (AS)	Sanna swara (सन्नस्वर) (CS)	Feeble voice
31	Adridha sauhridya (Su.S) (अदृढ सौहृद)/Chala sauhrida (चल सौहृद)/(AH) (AS)	Adridha sauhridya (अदृढ सौहृद) (Su.S)	Fickle friendship
32	Abhiyogavana (Shobhanabhiyogi bhavati) (अभियोगवान (शोभनाभियोगी भवति) (AH)/Deerghasutri (दीर्घसूत्री) (AH) (AS)	Abhiyogavana (Shobhanabhiyogi bhavati) (अभियोगवान (शोभनाभियोगी भवति) (AH)	Firm and ideal planner
33	Gandharvachitta (गन्धर्वचित्त) (Su.S)/Gandharvapriya (गन्धर्वप्रिय) (AS)	Gandharvapriya (गन्धर्वप्रिय) (AS)	Fond of music and dancing
34	Kashaya abhilasha (कषाय अभिलाषा) (AS)/Kashaya bhukta (कषाय भुक्ते) (AH)/Kashaya icchha (कषाय इच्छा) (AS)	Kashaya abhilasha (कषाय अभिलाषा) (AS)	Fond of astringent food and drink
35	Tikta abhilasha (तिक्त अभिलाषा) (AS)/Tikta bhoji (तिक्त भोजी) (HS)/Tikta bhukte (तिक्त भुक्ते) (AH)/Tikta rasa anubhoji (तिक्त रस अनुभोजी) (HS)	Tikta abhilasha (तिक्त अभिलाषा) (AS)	Fond of bitter food and drink
36	Savilasa (सविलास) (AH)/Vilaaspriya (विलासप्रिय) (AS)	Vilaaspriya (विलासप्रिय) (AS)	Fond of luxurious life
37	Katu bhukte (कटु भुक्ते) (AH)/Katu ichha (कटु इच्छा) (AS)/Katu bhoji (कटु भोजी) (HS)/katu Akansha (कटु आकांक्षा) (AH)	Katu bhoji (कटु भुक्ते) (HS)	Fond of pungent food and drink
38	Shastrapriya (शास्त्रप्रिय) (HS)/Shruta priya श्रुतप्रिय (HS)	Shastrapriya (शास्त्रप्रिय) (HS)	Fond of reading or listening classical texts/Shastras
39	Amla akanksha (अम्ल आकांक्षा) (AH)/Amla annapanakanksha (अम्ल अन्नपानाकांक्षा) (AS)	Amla annapanakanksha (अम्ल अन्नपानाकांक्षा) (AS)	Fond of sour food and drink
40	Madhura akanksha (मधुर आकांक्षा) (AH)/Madhura annapanakanksha (मधुर अन्नपानाकांक्षा) (AS)/Madhura priya (मधुर प्रिय) (Su.S)/Madhuram bhukte (मधुर भुक्ते) (AH)/Swadu abhilasha (स्वादु अभिलाषा) (AS)	Madhura annapanakanksha (मधुर अन्नपानाकांक्षा) (AS)	Fond of sweet food and drink
41	Yatrapriya (AS) Atana (Su.S) Chankramanakhshama (चंक्रमणक्षम) (HS)	Yatrapriya (AS)	Fond of travelling
42	Kshamavana (क्षमावान) (AH) (AS) Kshami (क्षामी) (BP)	Kshamavana (क्षमावान) (AH) (AS)	Forgiveness
43	Pippasavantah (पिपासावंतः) (CS)/Shigrha pipasa (शीघ्र पिपासा) (AS)	Shigrha pipasa (शीघ्र पिपासा) (AS)	Frequently thirsty
44	Dhritiman (धृतिमान) (AS) (Su.S)/Smritivaan (स्मृतिवान) (AS)/Smritimaan (स्मृतिमान) (AH)	Smritimaan (स्मृतिमान) (AH)	Good and long-term memory

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45	Bahubala (बहुबल) (AS)/Balavnito (बलान्वितो) (AH)/Balavanta (बलवंत) (CS)/Balvana (बलवान) (Su.S)	Balvana (बलवान) (Su.S)	Good physical (physical and psychological) strength
46	Bahu shukra (बहु शुक्र) (AH)/Prabhuta shukra (प्रभूत शुक्र) (CS)	Bahu shukra (बहु शुक्र) (AH)	Good reproductive potential
47	Danta khadi (दंत खादी) (AS) (Su.S)/Dantakhadi swapneshu (दंतखादी स्वप्नेषु) (AH)/Khadati dantani supte (खादति दन्तानि सुप्ते) (AS)	Khadati dantani supte (खादति दन्तानि सुप्ते) (AS)	Grinding of teeth during sleep
48	Bahu oja (बहु ओज) (AH) (AS)/Ojasvinah (ओजस्विनः) (CS)	Ojasvinah (ओजस्विनः) (CS)	Having ample vitality/strength
49	Anateshu-amridushu (Su.S) Trasi (त्रासी) (HS)	Anateshu-amridushu (Su.S)	Harsh towards non loyal
50	Bahu oja (AH) (AS)/Ojasvinah (CS) Tejasvi (तेजस्वी) (Su.S)	Ojasvinah (CS)	Having ample vitality/Strength
51	Bahuapatya (बहुअपत्य) (AS)/Bahuputra (बहुपुत्र) (AH)/Prabhuta apatya (प्रभूत अपत्य) (CS)	Prabhuta apatya (प्रभूत अपत्य) (CS)	Having many offspring
52	Dukha-Klesha-atapto (दुख-क्लेश-अताप्तो) (AH)/Atisahishnusheela (अतिसहिष्णुशील) (HS)/Sahishnu (सहिष्णु) (Su.S)	Sahishnu (सहिष्णु) (Su.S)	Tolerant for physical/psychological strain
53	Shuchi (शुचि) (AS) (AH)/Ruju (ऋजु/अकुटिल चित्त) (Akutila chitta) (AH) (AS)	Shuchi (शुचि) (AS) (AH)	Purity of thought, words, and deeds
54	Anavasthita atma (अनवस्थित आत्मा) (Su.S) Avyavasthita mati (अवस्थित मति) (Su.S.) Chala manas (चल मनस) (Sha.S) Chala swabhav (चल स्वभाव) (AS)	Anavasthita atma (अनवस्थित आत्मा) (Su.S)	Indecisiveness
55	Pandit (पंडित) (AH)/Vipaschita (विपाश्चित) (AH)/Dhiman (धीमान) (Sha Sam.)/Medhavi (मेधावी) (AH)/(AS) (Su.S)	Medhavi (मेधावी) (AH) (AS) (Su.S)	Intelligent/wise
56	Kshuta-tapta (क्षुत तप्त) (AH)/Kshutavantah (क्षुतवन्तः) (CS)/Teekshna bubhuksha (तीक्ष्ण बुभुक्षा) (AH)	Teekshna bubhuksha (तीक्ष्ण बुभुक्षा) (AH)	Intense feeling of hunger
57	Gharm dweshi (AH) (घर्म द्वेषी) (AS)/Ushna-asahishnu (उष्ण असहिष्णु) (CS)	Ushna-asahishnu (उष्ण असहिष्णु) (CS)	Intolerance to heat
58	Matsari (मत्सरी) (Su.S)/Matsarya (मत्सर्य) (AS)	Matsari (मत्सरी) (Su.S)	Jealous
59	Ajitendriya (अजितेन्द्रिय) (AS)/Laulupa (लौलुप) (HS)/Laulyapriya (लौल्याप्रिय) (HS)/Najitendriya (नाजितेन्द्रिय) (AH)	Ajitendriya (अजितेन्द्रिय) (AS)	Lack of self-control
60	Prashithilo sandhi (प्रशिथिलो संधि) (AH)/Shithila sandhi (शिथिल संधि) (CS)/Shithila sandhibandha (शिथिल संधिबंध) (AS)	Shithila sandhi (शिथिल संधि) (CS)	Lax joints
61	Shithila mamsa (शिथिल मांस) (AS) Shithila mridu mamsa (शिथिलमृदु मांस) (CS) Shithilanga (शिथिलांग) (Su.S)/Prashithilo mamsa (प्रशिथिलो मांस) (AH)	Shithilanga (शिथिलांग) (Su.S)	Lax muscles
62	Alpa trishna (अल्प तृष्णा) (CS)/Trishna atapto (तृष्णा अताप्तो) (AH)	Alpa trishna (अल्प तृष्णा) (CS)	Less thirst
63	Alpakshuta (अल्पक्षुत) (CS) Kshut-atapto (क्षुत-अताप्तो) (AH)/Alpa ashana (अल्प अशन) (AS) (AH)/Alpa bhuka (अल्प भुक्) (BS)	Alpakshuta (अल्पक्षुत) (CS)	Less appetite
64	Alpa vyahara (अल्प व्याहार) (AH) (AS)/Mitavak (मितवाक) (BS)/Manda Vyahar (मन्द व्याहार) (CS)	Mitavak (मितवाक)	Speaks to a limited extent
65	Hinasatva (हीनसत्त्व) (HS)/Shighra traasa (शीघ्र त्रास) (CS)/Klesh asahishnu (क्लेश असहिष्णु) (AH) (CS) Kleshabhirav (क्लेशभीरव) (AH)	Hinasatva (हीनसत्त्व) (HS)/Shighra traasa (शीघ्र त्रास) (CS)	Less tolerance power and gets frightened easily
66	Sheeta abhilasha (शीता भिलाषा) (AS)/Sheeta bhukte (शीता भुक्ते) (AH) Himapriyani (हिमप्रियानी) (AH)	Sheeta bhilashi (शीता भिलाषा) (AH)	Likes cold climate and food items
67	Nidralu (निद्रालु) (AH) (AS)/Nidrapriya (निद्राप्रिय) (HS)	Nidrapriya (निद्राप्रिय) (HS)	Likes sleeping
68	Alpa swara (अल्प स्वर) (AS)/Tanu swara (तनु स्वर) (AS)	Alpa swara (अल्प स्वर) (AS)	Low-pitched voice
69	Alpadhana (अल्पधन) (CS)/Alpavitta (अल्प वित्त) (AH) (AS)/Manda ratna (मन्द रत्न)/manda dhan sanchaya (मन्दधन संचय) (Su.S)	Alpadhana (अल्पधन) (CS)	Meager wealth
70	Madhya aayu (मध्य आयु) (AS)/Madhya ayushya (मध्य आयुष्य) (AH) (CS)		Medium life span

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71	Mamsala (मांसल) (HS)/Peshala (पेशल) (AS)/ Samamamsa सममांस (AS)/Gudha mamsa (गूढ मांस) (AH)/Shlista mamsa (श्लिष्ट मांस) (AH)/Sthira mamsa (स्थिर मांस) (AS)	Samamamsa (सममांस) (AS)	Well-built/toned muscles
72	Bhuyapana (भूयपान) (AH) (AS)/Prabhuta paana (प्रभूत पान) (CS)	Prabhuta paana (प्रभूत पान) (CS)	Drinks more water
73	Nakantadayita (नकांतदयित) (AH)/Narinamanabhimato (नारीणामअनाभिमतो) (AH)	Nakantadayita (नकांतदयित) (AH)	Not liked by women
74	Snigdha swara (CS)/Gambhira swara (HS)/Singha- mridanga-ghana ghosha (AS)	Snigdha/Gambhira swara (CS)	Deep/Pleasant voice
75	Drishtisukha gatra (दृष्टिसुख गात्र) (CS) Priyadarshana (प्रियदर्शन) (Su.S) Prasanna darshana aananah (प्रसन्न दर्शन आननः) (CS) Charudeha (चारुदेह) (AH)	Priyadarshan (प्रियदर्शन) (Su.S)/ Prasanna darshana aanana (प्रसन्न दर्शन आननः) (CS)	Pleasing/cheerful appearance
76	Akalapalita (अकालपलित) (BP) (Sha.S) Kshipra palitya (क्षिप्र पालित्य) (CS) Shighra palitya (शीघ्र पालित्य) (AS)	Akalapalita (अकालपलित) (BP) (Sha.S)	Premature graying
77	Prabhuta tila-vyanga-pidaka-viplu (प्रभूत तिल-व्यंग-पीडिका-विपलु) (CS)/Shighra piplu vyanga (शीघ्र पिप्लु व्यंग) (AS)/Anga-niilikanam (अंग-नीलिकानाम) (AH)	Prabhuta tila-vyanga-pidaka-viplu (प्रभूत तिल-व्यंग-पीडिका-विपलु) (CS)	Presence of plenty of moles, freckles, pimples, etc.
78	Prabhuta srishta sweda (प्रभूत सृष्ट स्वेद) (CS)/Swedi (स्वेदी) (BP) (Sha.S)/Swednah (स्वेदनाह) (AH)	Prabhuta srishta sweda (प्रभूत सृष्ट स्वेद) (CS)	Profuse sweating
79	Bahu kandara-sira-pratanah (बहु कन्दरा शिरा प्रतानः) (CS)/Dhamani tatah (धमनी ततः) (Su.S)/Dhamani santatgatra (धमनी संततगात्र) (AS)	Bahu kandara-sira-pratanah (बहु कन्दरा शिरा प्रतानः)	Prominent veins and tendons
80	Chala chesta (चल चेष्टा) (AH) (AS)/Chapala chesta (चपल चेष्टा) (CS)	Chapala chesta (चपल चेष्टा) (CS)	Quick completion, inconsistent action
81	Laghu chesta (लघु चेष्टा) (CS)/Shighra arambha (शीघ्र आरम्भ) (AS)/Shighra-samarambha (शीघ्र समारम्भ) (CS)	Laghu chesta (लघु चेष्टा) (CS)	Quick initiation of action
82	Madyen ragam (मद्येन रागम) (eyes) (AH)/Raveshcha ragam (रावेश्च रागम) (eyes) (AH)/Krodhena ragam (क्रोधेन रागम) (eyes) (AH)	Krodhena/Madyen/Raveshcha ragam (क्रोधेन/मद्येन/रावेश्च रागम)	Red eyes due to anger, sunlight, after alcohol consumption
83	Kapila kasha (कपिल केश) (AS) (CS)/Pinga kasha (पिंग केश) (AH)	Kapila kasha (कपिल केश) (AS)	Reddish brown hair
84	Kinchit unnmilit durmukh supte (किंचित उन्मिलित दुर्मुख सुप्ते) (AS)/Unmilitaneeva bhavanti supte (उन्मिलितानीव भवन्ति सुप्ते) (AH)	Unmilitaneeva bhavanti supte (उन्मिलितानीव भवन्ति सुप्ते) (AH)	Remains open/half-closed during sleep
85	Bhaktogurunam (भक्तोगुरुनाम) (AH) (AS)/ Gurumanayita (गुरुमान्यिता) (Su.S)	Gurumanayita (गुरुमान्यिता) (Su.S)	Respect to teachers/elders
86	Alpa loma (अल्प लोम) (CS)/Alpa roma (अल्प रोम) (AH)/ Virala roma (विरल रोम) (AS)	Alpa roma (अल्प रोम) (AH)	Scanty body hair
87	Alpa kasha (अल्प केश) (AH) (BP) (HS) (Sha.S) (Su.S)/ Virala kasha (विरल केश) (AS)	Alpa kasha (अल्प केश) (AH) (BP) (HS) (Sha.S) (Su.S)	Scanty hair
88	Alaulupa (अलौलुप) (AH) (AS) (Su.S)/Nalaulya (नलौल्य) (Su.S)	Alaulupa (अलौलुप) (AH) (AS) (Su.S)	Self-control
89	Jarjar swara (जर्जर स्वर) (CS)/Jarjar vaacha (जर्जर वाच) (AH)	Jarjar swara (जर्जर स्वर) (CS)	Shattered/broken voice
90	Alpa-ayusha (CS)/Alpa jivita (AH)	Alpa-ayusha (CS)	Short life-span
91	Alpa sharira (जर्जर शारीर) (CS)/Hrasva (ह्रस्व) (BS)/ Tanu anga (तनु अंग) (AS) ) Alpanga (अल्पांग) (AS)/ Atisukshma (अतिसूक्ष्म) (HS)	Hrasva (ह्रस्व) (BS)	Short stature/height
92	Bhuri krodha (भूरि क्रोध) (AH) (AS)/Krodhi (क्रोधी) (Su.S)/Roshana (रोषण) (Sha. S)	Krodhi (क्रोधी) (Su.S)	Short tempered
93	Manda chesta (CS)/Ashighra- arambha (CS)	Manda chesta (CS)	Slow initiation/Delayed initiation
94	Alpa netra (अल्प नेत्र) (AS)/Tanu lochana (तनु लोचन) (AH)/Tanu netra (तनु नेत्र) (AS)	Tanu lochana (तनु लोचन) (AH)	Small-sized eye
95	Sukshma danta (सूक्ष्म दन्त) (HS)/Tanu danta (तनु दन्त) (AS)/Alpadanta (अल्प दंत) (AS)	Sukshma danta (सूक्ष्म दन्त) (HS)	Small teeth

(Con'td...)

Sl. no.	Predictors	Selected terminology	Equivalent English terminology
96	Mridu loma (मृदु लोम) (CS) (HS)/Mridu roma (मृदु रोम) (AS)	Mridu roma (मृदु रोम) (AS)	Soft body hair
97	Vadaanya (AH) (AS) Vadati na nishthuram (वदति न निस्थुरम) (AH)	Vadaanya (AH) (AS)	Soft spoken
98	Sashabda sandhigami (सशब्द सन्धिगामी) (AS)/Sashabdyata (सशब्दयता) (AH)/Satatsandhi shabdagaminah (सततसंधि सशब्दगामिनः) (CS)	Sashabda sandhigami (सशब्द सन्धिगामी) (AS)	Sound on movements in joints
99	Druta gati (द्रुत गति) (Su.S)/Shighra gati (शीघ्र गति) (BP) (BS)/Chala gati (चल गति) (AH) (AS)/Chapala gati (चपल गति) (CS)	Druta gati (द्रुत गति) (Su.S)/Chapala gati (चपल गति) (CS)	Speedy/quick/swift gait
100	Dridha sauhridya (दृढ सौहृद्य) (AS)/Sthira mitra (स्थिर मित्र) (Su.S)/Sthira sauhridya (स्थिर सौहृद्य) (AH)	Sthira sauhridya (स्थिर सौहृद्य) (AH)	Stable and cordial friendship
101	Adhithita gati (अधिष्ठित गति) (CS)/Avasthita gati (अवस्थित गति) (CS)/Saara gati (सार गति) (CS)	Saara gati (सार गति) (CS)	Consistent/steady gait
102	Sthira netra (स्थिर नेत्र) (AS)/Stabdha netra (स्तब्ध नेत्र) (AS)	Sthira netra (स्थिर नेत्र) (AS)/Stabdha netra (स्तब्ध नेत्र) (AS)	Steady gaze/less blinking
103	Chaura (चौर) (AH)/Stena (स्तेन) (AH) (AS) (Su S)	Stena (स्तेन) (AH) (AS) (Su S)	Stealing/hiding/plagiarism
104	Dridham chiram cha vairam (दृढ चिरं च वैरं) (AH)/Dridhvairam (दृढवैरं) (Su.S) Dridh pracchatra vairah (दृढ प्रच्छत्र वैरः) (AS)	Dridhvairam (दृढवैरं) (Su.S)	Strong enmity
105	Bahubashi (बहुभाषी) (AS)/Bahu pralapa (बहु प्रलाप) (AH) (CS)/Bahu vaak (बहु वाक) (BP)/Vaachala (वाचाल) (Sha.S)/Pralapi (प्रलापी) (Bhel.S) (Su.S)/Vilapyanibadham (विलपत्यनिबद्धं) (Su.S)	Vaachala (वाचाल) (Sha.S)	Talkative/irrelevant talk
106	Apachita (अपचित) (CS)/Krisha (कृश) (BP) (Sha.S) (Su.S)/Krisha akriti (कृश आकृति) (AH)	Apachita (अपचित) (CS)/Krisha (कृश) (BP)	Thin built
107	Satyasandha (सत्यसन्धः) (AH) (BP)/Satyavadi (सत्यवादी) (AS)/Sucharita (सुचरित) (AH)	Satyavadi (सत्यवादी) (AS)	Truthfulness
108	Prasanna snigdha varna (प्रसन्न स्निग्ध वर्ण) (CS)/Snigdhangha (स्निग्धांग) (CS)/Shlakhnanga (श्लक्ष्णांग) (CS)	Prasanna snigdha varna (प्रसन्न स्निग्ध वर्ण)/Snigdhangha (स्निग्धांग) (CS)	Unctuous skin/smooth clear skin without moles, freckles, and dryness
109	Chala buddhi (चल बुद्धि) (AH)/Chala dhriti (चल धृति) (AH)/Chala smriti (चल स्मृति) (AH)/Chalamati (चलमति) (AS)	Chala smriti (चल स्मृति) (AH)	Unstable memory
110	Chala drishti (चल दृष्टि) (Su.S) (AS) (AH)/Chala lochana (चल लोचन) (AH)/Anavasthita akshi (अनवस्थित अक्षि) (CS)	Chala drishti (चल दृष्टि) (Su.S) (AS) (AH)	Unsteady gaze/frequent blinking eyes
111	Shoor (शूर) (AH) (AS) (Su.S)/Teekshna parakrama (तीक्ष्ण पराक्रम) (CS) Sahas (साहस) (AH) (AS)	Teekshna parakrama (तीक्ष्ण पराक्रम) (CS)	Very brave/valor
112	Dharmatma (धर्मात्मा) (AH)/Shraadhho (श्राद्धो) (AH) (AS)	Dharmatma (धर्मात्मा) (AH)	Virtuous/righteous
113	Ushma gatra (ऊष्ण गात्र) (AS)/Ushmanga (उष्मांग) (AH)	Ushmanga (उष्मांग) (AH)	Warm to feel/touch
114	Lakshmivan (लक्ष्मीवान) (Su.S.)/Prajya vita (प्राज्य वित) (AH) (AS)/Vasumantoh (वसुमन्तो) (CS)/Vibhav विभव (AH)	Lakshmivan (लक्ष्मीवान) (Su.S.)	Wealthy
115	Paripurna gatra (परिपूर्ण गात्र) (AH) (AS)/Upachita paripurna sarvanga (उपचित परिपूर्ण सर्वांग) (CS)/Sara Shareer (सार शरीर) (CS)	Upachita (उपचित)	Well built

The aim of this preliminary exercise was (i) to record the time taken for administration of the so-developed *Prakriti assessment scale*; (ii) to analyze whether the participants are able to understand the questions (in linguistics) and respond appropriately or not; (iii) to find out whether the questions framed are predictor-specific and can capture the appropriate answers, as required, in context of that predictor.

Based on inputs and suggestions received from the officers, some modifications were made to make the questionnaire more specific and scientific.

### III Primary Feasibility/Double-blind Validation of the Questionnaire through Multicentric Studies for Construct Validity of Developed *Prakriti Assessment Scale*

For construct validity, the developed scale has been given to 20 Ayurvedic physicians, already trained on User Manual, at 10 centers situated at different geographical regions of the country for a sample size of 500. Online data capturing form has also been developed for easy collection of the data and its day-to-day monitoring. In this double-blind validation process, two Ayurvedic

**Table 3:** Reduction of predictors that are the specific outcomes of a particular *Prakriti* or difficult to assess due to ethical issues

Sl. no.	Predictors	Equivalent English terminology
1	Agarugandha (अगुरुगंध) (BS)	Odor as aguru
2	Alpa bala (अल्प बल) (CS/AS/AH)	Less physical strength
3	Alpa kama (अल्पकाम) (AH)	Less urge of sexual activity
4	Alpa shukra (अल्प शुक्र) (AH)	Having poor reproductive potential
5	Alpa vyavaya (अल्प व्यवाय) (AS) (CS)	Less sexual desire
6	Alpa-apatya (अल्प अपत्य) (AS) (CS)	Less offspring
7	Alpa-ayusha (अल्प आयुष) (CS), Alpa jivita (अल्प जीवित) (AH)	Short life span
8	Alpadhana (अल्पधन) (CS), Alpavitta (अल्प वित्त) (AH), Manda ratna/manda dhan sanchaya (मन्द रत्न/मन्दधन संचय) (Su.S)	Meager wealth
9	Alpasadhana (अल्प साधन) (CS)	Less resources
10	Ashighra vicar (अशीघ्र विकार) (CS)	Less affliction to diseases
11	Ayushmantah (आयुषमन्तः) (CS)	Long life span
12	Bahu oja (बहु ओज) (AH), Ojasvinah (ओजस्विनः) (CS) Tejasvi (तेजस्वी) (Su.S)	Having ample vitality/strength
13	Bahu ratirasa (बहु रतिरस) (AH)/Prabhuta vyavaya (प्रभूत व्यवाय) (CS)	Excessive sex desire
14	Bahu shukra (बहु शुक्र) (AH), Prabhuta shukra (प्रभूत शुक्र) (CS)	Good reproductive potential
15	Bahubala (बहुबल) (AS)/Balavito (बलान्वित) (AH)/Balavanta (बलवंत) (CS)/Balvana (बलवान) (Su.S)	Good physical (physical and psychological) strength
16	Bahubhritya (बहुभृत्य) (AH)	Having more attendants
17	Bahuputra (बहु पुत्र) (AH), Prabhuta apatya (प्रभूत अपत्य) (CS)Bahuapatya (बहु अपत्य) (AS)/	Having many offspring
18	Durbhaga (दुर्भग) (AS) (Su.S)	Unattractive/not proportionate
19	Lakshmivan (लक्ष्मीवान) (Su.S.), Praajyavitta (प्राज्यवित्त) (AH) (AS), Vasumantoh (वसुमन्तः) (CS)Vibhav (विभव) (AH)	Wealthy
20	Kalahapriya (कलहप्रियः) (AS)	Quarrelling in nature
21	Madhya ayushya (मध्य आयुष्य) (AH) (CS)Madhya aayu (मध्य आयु) (AS)	Medium life span
22	Madhya bala (मध्यबल) (CS) (AH) (AS) (Su.S)	Moderate physical strength
23	Madhya gyana-vigyanavantah (मध्य ज्ञान विज्ञानवन्तः) (CS)	Moderate intelligence
24	Madhya upkarana vantah (मध्य उपक्रमवन्तः) (CS)	Medium resources
25	Madhya vitta (मध्य वित्त) (CS)	Moderate wealth
26	Na bahu praja (न बहु प्रजा) (AH)	Not having many offspring
27	Na cha balyepi atirodana (न च बाल्येपि अतिरोदन) (AH)/Balyepi arodana (बाल्येपि अरोदन) (AS)	Does not cry too much even in childhood
28	Nakantadayita (नकांतदयित) (AH), Narinamanabhimato (नारीणाम अनभिमतो) (AH)	Not liked by women
29	Shighra vikar (शीघ्रविकार) (AS)	Quick affliction to diseases
30	Stabdha danta (स्तब्ध दन्त) (AS)	Rigid teeth
31	Sthiradhana (स्थिराधन) (Su.S)	Stable wealth
32	Tikshna agni (तीक्ष्ण अग्नि) (CS)	Very good digestive power
33	Pralamb bahu (प्रलंब बाहु) (AH)	Long arms
34	Prithu-pina-vaksha (पृथु पीन वक्ष) (AH)	Broad-muscular chest
35	Satvika (सत्त्विक) (AH)	Person having thoughts, deeds and actions taking towards illumination and Gyana (Eternal enlightenment)

physicians at each center are applying the scale on the same person at different times (minimum seven days interval) keeping their findings confidential so as to generate the data of 50 apparently healthy volunteers at each center. Analysis of the data will be carried out after completion of the target population at all participating centers. The validation process is on the verge of comple-

tion and result analysis is expected shortly, which will be highlighted in the next article.

### Future Strategy

After data analysis and inputs from the investigators, necessary changes as required will be made in the *Prakriti Assessment Scale* to make it more comprehensive and user

Table 4: Few SOPs as a part of user manual

Predictor	Predictors	To be observed/asked	Conclusion
<b>Teeth</b>			
Texture	<i>Ruksha danta</i> (Dry Teeth)/ <i>Parusha dashana</i> (Hard Teeth)		If the teeth are found to be Dry ( <i>Ruksha</i> ) or Hard ( <i>Parusha</i> ), <i>Vata</i> = 1 mark, <i>None</i> = 0 mark
Size	<i>Sukshma Danta</i> (Small Teeth)		On observation, if the teeth are found to be Small ( <i>Sukshma Danta</i> ) or Big ( <i>Atidanta</i> ), <i>Vata</i> = 1 mark, <i>None</i> = 0 mark
	Normal Teeth		
	<i>Atidanta</i> (Big Teeth)		
Color	<i>Danta vishuddha varna</i> (White Teeth)		If the teeth are found to be White ( <i>Danta vishuddha varna</i> ), <i>Pitta</i> = 1 mark, <i>None</i> = 0 mark
<b>Sweat</b>			
Sweda Matra (Sweat Quantity)	<i>Prabhuta srishta sweda</i> (Profuse Sweating)/ <i>Alpa sweda</i> (Scanty Sweating)	The subject may be asked about (i) How do you sweat on exposure to sun rays/exercise/physical activity? (a) Profuse (b) Medium (c) Scanty	<ul style="list-style-type: none"> <li>From the given questions, if any of the (i) (a) or (ii) (c) or both, are present the subject is having <i>Prabhuta srusta sweda</i> (Profuse Sweating) (<i>Pitta</i> = 1 mark/<i>None</i> = 0 mark)</li> </ul>

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Predictor	Predictors	To be observed/asked	Conclusion
		(ii) Does your sweating interfere with your social and business life? (a) Rarely (b) Sometimes (c) Often <i>Confounder: Weather conditions, age, hormonal stage and disease conditions</i>	• From the given questions, if both of the (i) (c) or (ii) (a) or both, are present the subject is having <i>Alpa sweda</i> (Scanty Sweating) ( <i>Kapha</i> = 1 mark/None = 0 mark)
Sweda Gandha (Sweat Odor)	<i>Kaksha-asya-shira prabhuta putigandha</i> (Putrid/foul odor especially from axilla, scalp, mouth and head) OR <i>Swedano–durgandha</i> (Bad odor of sweat)	The odor of the sweat may be asked from the subject by following questions: (i) Your body odor is (a) Very strong (b) Strong (c) Mild (ii) Do you need to use deodorants/perfumes, etc. for your body odor? (Exclude the use for fashion/fancy) Yes/No (iii) Have any of your family members/friends ever complained you for the body odor? Yes/No	The subject is having <i>Swedano–durgandha</i> (Bad odor of sweat) if any of the following answers are found: (i) (a) or (b) (ii) Yes (iii) Yes ( <i>Pitta</i> = 1 mark/None = 0 mark)
<b>Friendship/Relations</b>			
–	• <i>Manda mitra</i> (Few friends) • <i>Adridha sauhridya</i> (Fickle friendship) • <i>Sthira sauhridya</i> (Stable cordial friendship)	The following questions may be asked to the subject for assessing the above <i>predictor</i> : (i) How many close friends do you have? (a) Very Few (b) Some (c) Many (ii) Do your relations with your friends/relatives/neighbors last for a long time? (a) Rarely (b) Sometimes (c) Often	• If answer to question (i) is (a), then the subject has few friends ( <i>Manda mitra</i> ), <i>Vata</i> = 1 mark • OR • If answer to question (ii) is (a) or (b) or both, then the subject has a tendency of fickle friendship ( <i>Adridha sauhridya</i> ), <i>Vata</i> = 1 mark • <i>Note: If the subject has any of (Manda mitra) or Adridha sauhridya or any of the two, only 1 mark will be given to Vata.</i> • If answer to question (ii) is (c), then the subject has a tendency of Stable cordial friendship ( <i>Sthira sauhridya</i> ), <i>Kapha</i> = 1 mark

friendly by making further reductions, which will be subjected for final validation. After standardization of *Prakriti Assessment Scale*, the study on correlates of *Prakriti* with genomes and other relevant factors may be planned to establish the concept of *Prakriti* on scientific footings.

## CONCLUSION

The *Prakriti Assessment Scale* thus designed has been subjected to clinical validation at multiple institutes for reliability, validity, and reproducibility. After the completion of the ongoing validation, the data will be analyzed to see the level of agreement between two raters for each question and results will be presented separately in the future.

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## ANNEXURE

**Additional File 1:** List of 583 predictors and their English equivalents

Sl. no.	Predictors	English equivalents
1	Abhimani (AS)	Egoist/superiority complex
2	Abhimani (Su.S)	Egoist/superiority complex
3	Abhiyogavana (Shobhanabhiyogi bhavati) (AH)	Firm and ideal planner
4	Adhishthita gati (CS)	Consistent/steady gait
5	Adridha sauhridya (Su.S)	Fickle friendship
6	Agarugandha (BS)	Odor as aguru
7	Ajitendriya (AS)	Lack of self-control
8	Akalapalita (BP)	Premature graying
9	Akalepalita (Sha.S)	Premature graying
10	Alaulupa (AH)	Having self-control
11	Alaulupa (AS)	Having self-control
12	Alaulupa (Su.S)	Having self-control
13	Alpa ashana (AS)	Less appetite (Q&F)
14	Alpa ashana (AH)	Less appetite (Q&F)
15	Alpa bala (CS/AS/AH)	Less physical strength
16	Alpa bala (AS)	Less physical strength
17	Alpa bala (AH)	Less physical strength
18	Alpa bhuka (BS)	Less appetite (Q&F)
19	Alpa irshya (AH)	Non jealous
20	Alpa jivita (AH)	Less life span
21	Alpa kama (AH)	Less urge of sexual activity
22	Alpa kasha (AH)	Scanty hair
23	Alpa kasha (BP)	Scanty hair
24	Alpa kasha (HS)	Scanty hair
25	Alpa kasha (Sha.S)	Scanty hair
26	Alpa kasha (Su.S)	Scanty hair
27	Alpa krodha (AH)	Calm and patient/less anger

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<i>Sl. no.</i>	<i>Predictors</i>	<i>English equivalents</i>
28	Alpa krodha (AS)	Calm and patient/less anger
29	Alpa loma (CS)	Scanty body hair
30	Alpa nakha (AS)	Small nail—Less growth of nails
31	Alpa nakha (Su.S)	Small nail—Less growth of nails
32	Alpa netra (AS)	Small sized eye
33	Alpa nidra (AH)	Less sleep
34	Alpa nidra (AS)	Less sleep
35	Alpa pana (AH)	Drinks less water
36	Alpa pana (AS)	Drinks less water
37	Alpa roma (AH)	Scanty body hair
38	Alpa sharira (CS)	Short stature/height
39	Alpa shmashru (CS)	Scanty beard/moustache
40	Alpa shmashru (Su.S)	Scanty beard/moustache
41	Alpa shukra (AH)	Having poor reproductive potential
42	Alpa shukra (AS)	Having poor reproductive potential
43	Alpa shukra (CS)	Having poor reproductive potential
44	Alpa smriti (CS)	Less memory
45	Alpa swara (AS)	Low-pitched voice
46	Alpa trishna (CS)	Less thirst
47	Alpa vyahara (AH)	Speaks limitedly
48	Alpa vyahara (AS)	Speaks limitedly
49	Alpa vyavaya (AS)	Less sexual desire
50	Alpa vyavaya (CS)	Less sexual desire
51	Alpa-apatya (AS)	Less offspring
52	Alpa-apatya (CS)	Less offspring
53	Alpa-ayusha (CS)	Short life span
54	Alpadanta (AS)	Teeth less in number/small in size
55	Alpadhana (CS)	Meager wealth
56	Alpakshuta (CS)	Less appetite (Q and F)
57	Alpanga (AS)	Small body parts
58	Alpapakshma (eyelashes) (AH)	Less in quantity (eyelashes)
59	Alpasadhana (CS)	Less resources
60	Alpasantapa (CS)	Body temperature toward lower side of normalcy
61	Alpasweda (CS)	Less/scanty sweating
62	Alpavitta (AH)	Meager wealth
63	Alpavitta (AS)	Meager wealth
64	Amla akanksha (AH)	Fond of sour food and drink
65	Amla annapanakanksha (AS)	Fond of sour food and drink
66	Analpashana (AH)	Excessive intake of food
67	Anarya (AH)	Uncivilized
68	Anarya (AS)	Uncivilized
69	Anarya (Su.S)	Uncivilized
70	Anateshu-amridushu (Su.S)	Harsh toward the nonloyal
71	Anavasthita akshi (CS)	Unsteady gaze
72	Anavasthita atma (Su.S)	Indecisiveness
73	Anavasthita sandhi (CS)	Unstable joint
74	Anga-nilikanam (AH)	Presence of plenty of moles freckles, pimples, etc.
75	Apachita (CS)	Thin built
76	Arya (AH)	Civilized
77	Arya (AS)	Civilized
78	Ashighra-arambha (CS)	Delayed initiation
79	Ashighra kshobha (CS)	Does not get agitated quickly
80	Ashighra vikar (CS)	Less affliction to diseases
81	Ashrita-vatsala (AH)	Affectionate to dependents
82	Ashrita-vatsala (AS)	Affectionate to dependents
83	Atana (Su.S)	Fond of traveling
84	Ati Ruksha nakha (AS)	Dry nail
85	Ati Ruksha nakha (Su.S)	Dry nail

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Sl. no.	Predictors	English equivalents
86	AtiRuksha shmashru (Su.S)	Dry beard/moustache
87	Ati-bahubhuka (AS)	Excessive intake of food
88	Atidanta (HS)	Big teeth
89	Atisahishnusheela (HS)	Tolerant for physical/psychological strain
90	Atisukshma (HS)	Short height
91	Ati-swedena-vimardanena saukhyam gachhati (HS)	Likes sudation and massage
92	Ativarna (BS)	Fair (yellowish tinge) complexion
93	Avadaatagatra (CS)	Fair (yellowish tinge) complexion
94	Avasthita gati (CS)	Consistent/steady gait
95	Avyavasthita mati (Su.S.)	Indecisiveness
96	Ayataksha (AS)	Wide/big eyes
97	Ayushmantah (CS)	Long life span
98	Bahu bashi (AS)	Talkative/irrelevant talk
99	Bahu kandara-sira-pratanah (CS)	Prominent tendons and veins
100	Bahu oja (AH)	Having ample vitality/strength
101	Bahu oja (AS)	Having ample vitality/strength
102	Bahu pralapa (AH)	Talkative/irrelevant talk
103	Bahu pralapa (CS)	Talkative/irrelevant talk
104	Bahu ratirasa (AH)	Excessive sexual desire
105	Bahu shukra (AH)	Good reproductive potential
106	Bahu vaak (BP)	Talkative/irrelevant talk
107	Bahuapatya (AS)	Having many offspring
108	Bahubala (AS)	Good physical (physical and psychological) strength
109	Bahubhritya (AH)	Having more attendants
110	Bahubhuk (AH)	Excessive intake of food
111	Bahubhuk (BP)	Excessive intake of food
112	Bahubhuk (Su.S)	Excessive intake of food
113	Bahubhuka (AS)	Excessive intake of food
114	Bahuputra (AH)	Having many offspring
115	Balanvito (AH)	Good physical (physical and psychological) strength
116	Balavanta (CS)	Good physical (physical and psychological) strength
117	Balvana (Su.S)	Good physical (physical and psychological) strength
118	Balyepi arodana (AS)	Does not cry too much even in childhood
119	Bhaktogurunam (AH)	Respect to teachers/elders
120	Bhaktogurunam (AS)	Respect to teachers/elders
121	Bhavati bhishu gati dwishatamapi (AH)	Affectionate to dependents
122	Bhuri krodha (AH)	Short tempered
123	Bhuri krodha (AS)	Short tempered
124	Bhuri ucchara (AH)	Easy bowel evacuation
125	Bhuri ucchara (AS)	Easy bowel evacuation
126	Bhuri-ashana (AH)	Excessive intake of food
127	Bhuri-ashana (AS)	Excessive intake of food
128	Bhuri-irshya (AH)	Competitive spirit
129	Bhuri-irshya (AS)	Competitive spirit
130	Bhuyapana (AH)	Needs more drinks
131	Bhuyapana (AS)	Needs more drinks
132	Buddhiman (BP)	Deep intelligence
133	Buddhiyukto (AH)	Deep intelligence
134	Buddhyanvito (AS)	Deep intelligence
135	Chala buddhi (AH)	Unstable memory
136	Chala chesta (AH)	Quick completion, inconsistent action
137	Chala chesta (AS)	Quick completion, inconsistent action
138	Chala dhriti (AH)	Unstable memory
139	Chala drishti (Su.S)	Unsteady gaze
140	Chala drishti (AH)	Unsteady gaze/frequent blinking eyes
141	Chala drishti (AS)	Unsteady gaze/frequent blinking eyes
142	Chala gati (AH)	Swift gait
143	Chala gati (AS)	Swift gait
144	Chala lochana (AH)	Unsteady gaze/frequent blinking eyes

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<i>Sl. no.</i>	<i>Predictors</i>	<i>English equivalents</i>
145	Chala manas (Sha.S)	Indecisiveness
146	Chala sauhrida (AH)	Fickle friendship
147	Chala sauhrida (AS)	Fickle friendship
148	Chala smriti (AH)	Unstable memory
149	Chala swabhav (AS)	Indecisiveness
150	Chala vaacha (AH)	Fast/shaking voice
151	Chalamati (AS)	Unstable memory
152	Chankramanakshama (HS)	Capable of travelling
153	Chapala ahara (CS)	Fast eating habit
154	Chapala chesta (CS)	Quick completion, inconsistent action
155	Chapala gati (CS)	Swift gait
156	Chapala vyahara (CS)	Inconsistent talk and quick completion
157	Charudeha (AH)	Pleasing appearance
158	Chaura (AH)	Stealing/hiding/plagiarism
159	Cheeragrahi (Su.S)	Delayed comprehension/delayed grasping power
160	Dandhashuka (CS)	Frequent intake of food
161	Danta khadi (AS)	Grinding of teeth during sleep
162	Danta khadi (Su.S)	Grinding of teeth during sleep
163	Danta vishuddha varna (HS)	White teeth
164	Dantakhadi swapneshu (AH)	Grinding of teeth during sleep
165	Dayita maalya-vilepana-mandnah (AH)	Fond of cosmetics
166	Dayita maalya-vilepana-mandnah (AS)	Fond of cosmetics
167	Deergha akriti (AH)	Tall stature/height
168	Deergha nakha (HS)	Long nail
169	Deergha roma (HS)	Long body hair
170	Deerghadarshi (AH)	Foresighted
171	Deerghadarshi (AS)	Foresighted
172	Deerghasutri (AH)	Firm and ideal planner
173	Deerghasutri (AS)	Firm and ideal planner
174	Dhamani santatgatra (AS)	Prominent veins
175	Dhamanitatah (Su.S)	Prominent veins
176	Dharmatma (AH)	Virtuous/righteous
177	Dhiman (Sha Sam.)	Intelligent/wise
178	Dhritiman (AS)	Good and long-term memory
179	Dhritiman (Su.S)	Good and long-term memory
180	Dhusara kesha (AH)	Dusky/dull black hair
181	Dhusaragatra (AH)	Dusky skin
182	Dhushara netra (AH)	Dusky eye
183	Dridh pracchatra vairah (AS)	Secretly maintain the enmity for long time
184	Dridha sauhridya (AS)	Stable and cordial friendship
185	Dridha—shastramati (Su.S)	Deep intelligence
186	Dridham chiram cha vairam (AH)	Strong enmity
187	Dridhvairam (Su.S)	Strong enmity
188	Drishtisukha gatra (CS)	Pleasing/cheerful appearance
189	Druta gati (Su.S)	Inconsistent gait
190	Dukha-Klesha-atapto (AH)	Highly tolerant for physical/psychological strain
191	Durbhaga (AS)	Unattractive/not proportionate
192	Durbhaga (Su.S)	Unattractive/not proportionate
193	Gambhira (AH)	Dignified and thoughtful personality
194	Gambhira (AS)	Dignified and thoughtful personality
195	Gambhira buddhi (Sha.S)	Deep intelligence
196	Gambhira swara (HS)	Deep/pleasant voice
197	Gandharvachitta (Su.S)	Fond of music and dancing
198	Gandharvapriya (AS)	Fond of music and dancing
199	Gauragatra (AH)	Fair complexion
200	Gauragatra (AS)	Fair complexion
201	Gauragatra (BP)	Fair complexion
202	Gauragatra (Su.S)	Fair complexion

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Sl. no.	Predictors	English equivalents
203	Ghana kesha (AH)	Dense hair
204	Gharm dweshi (AH)	Intolerance to heat
205	Gharm dweshi (AS)	Intolerance to heat
206	Gharme-atapto (AH)	Tolerant to heat
207	Gudha mamsa (AH)	Well-built muscles
208	Gudhasandhi (AH)	Compact joints
209	Gurumanayita (Su.S)	Respect to teachers/elders
210	Haaspriya (AS)	Fond of humor
211	Himapriyani (AH)	Likes cold climate and food items
212	Hinasatva (HS)	Less tolerance power and gets frightened easily
213	Hrasva (BS)	Short stature/height
214	Itihasapriya (AS)	Fond of tradition and history
215	Jagaruka (BP)	Easy awakening
216	Jagaruka (CS)	Easy awakening
217	Jagaruka (Su.S)	Easy awakening
218	Jarjar swara (CS)	Shattered/broken voice
219	Jarjar vaacha (AH)	Shattered/broken voice
220	Kaksha-asya-shira prabhuta putigandha (CS)	Putrid/foul odor especially from axilla, scalp, mouth
221	Kalahapriya (AS)	Quarreling in nature
222	Kapila kesha (AS)	Reddish brown hair
223	Kapila kesha (CS)	Reddish brown hair
224	Kapila loma (CS)	Brown body hair
225	Kapila roma (AS)	Brown body hair
226	Kapila shmashru (CS)	Brownish reddish moustache
227	Karabh kesha (AS)	Curly hair
228	Kashaya abhilasha (AS)	Fond of astringent food and drink
229	Kashaya bhukte (AH)	Fond of astringent food and drink
230	Kashaya icchha (AS)	Fond of astringent food and drink
231	Katu akanksha (AH)	Fond of pungent food and drink
232	Katu bhoji (HS)	Fond of pungent food and drink
233	Katu bhukte (AH)	Fond of pungent food and drink
234	Katu icchha (AS)	Fond of pungent food and drink
235	Khadati dantani supte (AS)	Grinding of teeth during sleep
236	Khara netra (AH)	Rough eyes
237	Kinchit unnmilit durmukh supte (AS)	Remains open/half closed during sleep
238	Klesh asahishnu (CS)	Less tolerance power and gets frightened easily
239	Kleshabhirav (AH)	Less tolerance power and gets frightened easily
240	Krathati supte (AS)	Snoring
241	Krathati supte (Su.S)	Snoring
242	Krishha (BP)	Thin built
243	Krishha (Sha.S)	Thin built
244	Krishha (Su.S)	Thin built
245	Krishha akriti (AH)	Thin built
246	Krishna varna (HS)	Blackish
247	Kritaghna (AH)	Ungrateful
248	Kritaghna (Su.S)	Ungrateful
249	Kritagnya (AH)	Grateful
250	Kritagnya (AS)	Grateful
251	Kritagnya (Su.S)	Grateful
252	Krodhena ragam (eyes) (AH)	Red eyes during anger
253	Krodhi (Su.S)	Short tempered
254	Ksham svar (BP)	Feeble voice
255	Kshamavak (AH)	Feeble voice
256	Kshamavak (AS)	Feeble voice
257	Kshamavana (AH)	Forgiveness
258	Kshamavana (AS)	Forgiveness
259	Kshami (BP)	Forgiveness
260	Kshipra khalitya (CS)	Early hair fall

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<i>Sl. no.</i>	<i>Predictors</i>	<i>English equivalents</i>
261	Kshipra kopa-kshipra prasaada (Su.S)	Becomes angry quickly and gets pleased quickly
262	Kshipra palitya (CS)	Premature graying
263	Kshipravali (AS)	Early appearance of wrinkles
264	Kshipravali (CS)	Early appearance of wrinkles
265	Kshut atapto (AH)	Less appetite
266	Kshuta-tapta (AH)	Intense feeling of hunger
267	Kshutavantah (CS)	Intense feeling of hunger
268	Kshut-sahishnu (AS)	Can tolerate hunger
269	Kutla kesha (Su.S)	Curly hair
270	Laghu ahara (CS)	Fast eating habit
271	Laghu chesta (CS)	Quick initiation of action
272	Laghu gati (CS)	Small steps/quick initiation
273	Laghu vyahara (CS)	Fast spoken
274	Lakshmivan (Su.S.)	Wealthy
275	Laulupa (HS)	Lack of self-control
276	Laulypriya (HS)	Lack of self-control
277	Lavana annapanakanksha (AS)	Fond of salty food and drink
278	Madhu pinga netra (HS)	Coppery/reddish brown tinge eyes
279	Madhura akanksha (AH)	Fond of sweet food and drink
280	Madhura annapanakanksha (AS)	Fond of sweet food and drink
281	Madhura priya (Su.S)	Fond of sweet food and drink
282	Madhuram bhukte (AH)	Fond of sweet food and drink
283	Madhya aayu (AS)	Medium life span
284	Madhya ayushya (AH)	Medium life span
285	Madhya ayushya (CS)	Medium life span
286	Madhya bala (AH)	Moderate physical strength
287	Madhya bala (AS)	Moderate physical strength
288	Madhya bala (CS)	Moderate physical strength
289	Madhya bala (Su.S)	Moderate physical strength
290	Madhya gyana-vigyanavantah (CS)	Moderate intelligence
291	Madhya upkarana vantah (CS)	Medium resources
292	Madhya vitta (CS)	Moderate wealth
293	Madyen ragam (eyes) (AH)	Red eyes after alcohol consumption
294	Maha-asana (BS)	Excessive intake of food
295	Mahalalata (AH)	Broad forehead
296	Mahalalata (AS)	Broad forehead
297	Mamsala (HS)	Well-built muscles
298	Manda ahara (CS)	Slow eating habit
299	Manda chesta (CS)	Slow initiation
300	Manda mitra (Su.S)	Few friends
301	Manda ratna/manda dhan sanchaya (Su.S)	Meager wealth
302	Manda vyahara (CS)	Speaks limited
303	Mani (AH)	Egoist/superiority complex
304	Matsari (Su.S)	Jealous
305	Matsarya (AS)	Jealous
306	Medhavi (AH)	Intelligent/wise
307	Medhavi (AS)	Intelligent/wise
308	Medhavi (Su.S)	Intelligent/wise
309	Mitavak (BS)	Speaks limited
310	Mridu gatra (HS)	Softness
311	Mridu Kesha (AS)	Soft (hair)
312	Mridu Kesha (CS)	Soft (hair)
313	Mridu loma (CS)	Soft body hair
314	Mridu loma (HS)	Soft body hair
315	Mridu roma (AS)	Soft body hair
316	Mridu sandhi (CS)	Delicate/flexible joints
317	Mridu shmashru (CS)	Soft beard/moustache
318	Mridvanaga (AH)	Softness

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Sl. no.	Predictors	English equivalents
319	Mritapomani netra (AH)	Sunken eye
320	Na bahu praja (AH)	Not having many offspring
321	Na bhayat pranamyati (Su.Sa)	Never surrender/submit to fear
322	Na cha balyepi atirodana (AH)	Does not cry too much even in childhood
323	Najitendriya (AH)	Lack of self-control
324	Nakanta dayita (AH)	Not liked by women
325	Nakha vridhi (HS)	Quick growth of nail
326	Nalaulya (Su.S)	Self-control
327	Narinam anabhimato (AH)	Not liked by women
328	Nastika (AH)	Atheist
329	Nastika (AS)	Atheist
330	Neela kesha (AH)	Dark black hair
331	Neela kesha (Su.S)	Dark black hair
332	Nidralu (AH)	Likes sleeping
333	Nidralu (AS)	Likes sleeping
334	Nidrapriya/Tandrapriya(HS)	Likes sleeping
335	Nipunamati (Su.S)	Learning ability/skillful
336	Ojasvinah (CS)	Having ample vitality/strength
337	Pakshmalaksha (AH)	Thick/dense eyelashes
338	Pandit (AH)	Intelligent/wise
339	Pariganya chirat pradadati bahu (Su.S)	Generous and judicious charity
340	Paripurna gatra (AH)	Well built
341	Paripurna gatra (AS)	Well built
342	Parusha dashana (CS)	Hard teeth
343	Parusha Kesha (CS)	Hardness of hair
344	Parusha nakha (CS)	Hard nail
345	Parusha roma (CS)	Hard body hair
346	Parusha shmashru (CS)	Hard beard/moustache
347	Parusha vadana,pani-pada (twak) (CS)	Dry/nonlustrous skin
348	Peshala (AS)	Well-built muscles
349	Pinga kesha (AH)	Reddish brown hair
350	Pinga lochana (AH)	Coppery/reddish brown tinge eyes
351	Pinga netra (HS)	Coppery/reddish brown tinge eyes
352	Pippasa sahisnu (AS)	Can tolerate thirst
353	Pippasavantah (CS)	Frequently thirsty
354	Pitanga (Su.S)	Fair (yellowish tinge) complexion
355	Prabhuta apatya (CS)	Having many offspring
356	Prabhuta ashana (CS)	Excessive intake of food
357	Prabhuta mutra (CS)	Excess urination
358	Prabhuta paana (CS)	Drinks more water
359	Prabhuta purisha (CS)	More stool formation
360	Prabhuta shukra (CS)	Good reproductive potential
361	Prabhuta srishta sweda (CS)	Profuse sweating
362	Prabhuta tila-vyanga-pidaka-viplu (CS)	Presence of plenty of moles freckles, pimples, etc.
363	Prabhuta vyavaya (CS)	Excessive sex desire
364	Pragalbha vakta (BP)	Profound orator
365	Prajyaayurvitto (AH)	Long lifespan and Wealthy
366	Prajya-ayurvitto (AS)	Long lifespan and Wealthy
367	Pralamb bahu (AH)	Long arms
368	Pralapi (Bhel.S)	Talkative/irrelevant talks
369	Pralapi (Su.S)	Talkative/irrelevant talks
370	Pranateshuapi santvana danaruchi (Su.S)	Affectionate to dependents
371	Prasanna darshana aananah (CS)	Pleasing/cheerful
372	Prasanna snigdha varna (CS)	Unctuous skin/smooth clear skin without moles, freckles, and dryness
373	Prasanna swara (CS)	Clear voice
374	Prasannaksha (AS)	Milky white/clearly distinguished sclera
375	Prashithilo mamsa (AH)	Lax muscles
376	Prashithilo sandhi (AH)	Lax joints

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<i>Sl. no.</i>	<i>Predictors</i>	<i>English equivalents</i>
377	Pratat sheetak/Udvepak/sthambak (CS)	Always feeling of coldness/shivering
378	Pratata swara (CS)	Unclear speech
379	Prithu-pina-vaksha (AH)	Broad- muscular chest
380	Priyadarshana (Su.S)	Pleasing/cheerful appearance
381	Prodhbadha pindika (AH)	Bulged/prominent calf muscles
382	Putigandha (AH)	Bad odor of sweat
383	Putigandha (AS)	Bad odor of sweat
384	Raktanta netra (AH)	Reddish corners (canthus) of eyes
385	Raktanta netra (Su.S)	Reddish corners (canthus) of eyes
386	Raveshacha ragam (eyes) (AH)	Red eyes after exposure to sunlight
387	Roshana (Sha. S)	Short tempered
388	Ruju (Akutila chitta) (AH)	Honest/straightforward
389	Ruju (Akutila chitta) (AS)	Honest/straightforward
390	Ruksha bhukte (AS)	Liking for oil-free and dry food
391	Ruksha danta (AS)	Dry—nonlustrous teeth
392	Ruksha Kेशha (HS)	Dry (hair)
393	Ruksha netra (AS)	Dry eyes
394	Ruksha roma (AS)	Dry body hair
395	Ruksha swara (AS)	Unpleasant voice
396	Ruksha swara (CS)	Unpleasant voice
397	Ruksha twak (CS)	Dry—Nonlustrous (skin)
398	Ruksha twak (Sha.S)	Dry—Nonlustrous (skin)
399	Rukshanga (AS)	Dry—nonlustrous
400	Saara gati (CS) (Gatayo na skhalanti-Chakrapani)	Consistent/steady gait
401	Sahas (AH)	Braveness
402	Sahas (AS)	Braveness
403	Sahishnu (Su.S)	Tolerant for physical/psychological strain
404	Sakta swara (CS)	Stammering voice
405	Sakta swara (AH)	Stammering voice
406	Samamamsa (AS)	Well-built muscles
407	Samasuvibhakta gatra (AH)	Attractive/well proportionate
408	Samhata sharira (CS)	Attractive/well proportionate
409	Samitishu durnivarviryah (Su.S)	Dominant speaker
410	Sangeeta/Vadya-atisahishnusheela (HS)	Likes listening to music/instrumental music even for long hours
411	Sanna swara (CS)	Feeble voice
412	Sannavaacha (AH)	Feeble voice
413	Sara sharira (CS)	Well built
414	Sashabda sandhigami (AS)	Sound on movements in joints
415	Sashabdyata (AH)	Sound on movements in joints
416	Satata parinischita vakya (Su.S)	Relevant and thoughtful speaker
417	Satatsandhi shabdagaminah (CS)	Sound on movements in joints
418	Satvika (AH)	Person having thoughts, deeds and actions taking towards illumination and Gyana (Eternal enlightenment)
419	Satyasandha (AH)	Truthfulness
420	Satyavadi (AS)	Truthfulness
421	Satyasandha (BP)	Truthfulness
422	Saumya (AH)	Calm and patience
423	Savilasa (AH)	Fond of luxurious life
424	Shaanta (CS)	Does not get agitated quickly
425	Shastrapriya (HS)	Fond of reading or listening classical texts/Shaastras
426	Sheegrha khalitya (AS)	Early hair fall
427	Sheeta abhilasha (AS)	Likes cold climate and food items
428	Sheeta bhukte (AH)	Likes cold climate and food items
429	Sheeta dweshi (Su.S)	Cannot tolerate cold
430	Sheetadvid (AS)	Intolerance to cold
431	Shighra arambha (AS)	Quick initiation of action
432	Shighra gahana-vismarana (AS)	Quick comprehension

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Sl. no.	Predictors	English equivalents
433	Shighra gati (BP)	Speedy/quick/swift gait
434	Shighra kshobha (AS)	Quickly gets agitated
435	Shighra kshobha (CS)	Quickly gets agitated
436	Shighra palitya (AS)	Premature graying
437	Shighra pipalu vyanga (AS)	Presence of plenty of moles freckles, pimples, etc.
438	Shighra raga and viraga (CS)	Quickly attached and detached
439	Shighra traasa (CS)	Less tolerance power and gets frightened easily
440	Shighra vikar (AS)	Quick affliction to diseases
441	Shighrakshuta (AS)	Frequent feeling of hunger
442	Shighra-samarambha (CS)	Quick initiation of action
443	Shigra gati (BS)	Speedy/quick/swift gait
444	Shigra pipasa (AS)	Frequently thirsty
445	Shigra sauhridya (AS)	Makes friends easily/quickly
446	Shita-asahishnu (CS)	Cannot tolerate cold
447	Shithila mamsa (AS)	Lax and soft (flabby) muscles
448	Shithila mridu mamsa (CS)	Lax and soft (flabby) muscles
449	Shithila sandhi (CS)	Lax joints
450	Shithila sandhibandha	Lax joints
451	Shithilanga (Su.S)	Lax
452	Shlakhnanga (CS)	Smooth skin
453	Shlista mamsa (AH)	Well-toned muscles
454	Shlista sandhi (AH)	Compact joints
455	Shlista sandhi (AS)	Compact joints
456	Shoor (AH)	Very brave/valor
457	Shoor (AS)	Very brave/valor
458	Shoor (Su.S)	Very brave/valor
459	Shraadhho (AH)	Virtuous/righteous
460	Shraadhho (AS)	Virtuous/righteous
461	Shruta priya (HS)	Fond of reading or listening classical texts/Shaastras
462	Shrutagrahi (CS)	Quick comprehension/quick grasping power
463	Shuchi (AH)	Purity of thought, words and deeds
464	Shuchi (AS)	Purity of thought, words and deeds
465	Shuklaksha (Su.S)	Milky white/clearly distinguished sclera
466	Shyam kesha (BP)	Dark black hair
467	Shyam kesha (HS)	Dark black hair
468	Singha-mridanga-ghana ghosha (AS)	Voice resemblance to lion, cloud (deep/pleasant voice)
469	Smritivaan (AS)	Good and long-term memory
470	Smritimaan (AH)	Good and long-term memory
471	Snigdha annapanakanksha (AS)	Fond of fried and oily food
472	Snigdha kesha (Sha.S)	Unctuous hair
473	Snigdha sandhi (AH)	Well lubricated
474	Snigdha swara (CS)	Deep/pleasant voice
475	Snigdhangha (CS)	Unctuous skin/smooth clear skin without moles freckles and dryness
476	Sphutit karanga (AS)	Cracking of hand and feet
477	Sphutita kesha (AH)	Split hair-ends
478	Sphutita kesha (AS)	Split hair-ends
479	Sphutitanga avyava (CS)	Cracking of hand and feet
480	Sphutitgatra (AH)	Cracking of hand and feet
481	Sphutitha karacharana (BP)	Cracking of hand and feet
482	Sphutitha karacharana (Su.S)	Cracking of hand and feet
483	Srishta mutra (CS)	Easy flow of urine
484	Srishta purisha (CS)	Easy bowel evacuation
485	Stabdha danta (AS)	Rigid teeth
486	Stabdha nakha (AS)	Hard/rigid nail
487	Stabdha netra (AS)	Steady gaze/less blinking
488	Stabdha roma (AS)	Strait/rigid/erect body hairs
489	Stabdha swara (AS)	Hoarseness of voice

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<i>Sl. no.</i>	<i>Predictors</i>	<i>English equivalents</i>
490	Stena (AH)	Stealing/hiding/plagiarism
491	Stena (AS)	Stealing/hiding/plagiarism
492	Stena (Su.S)	Stealing/hiding/plagiarism
493	Sthira kesha (Su.S)	Minimal/less hair fall
494	Sthira mamsa (AS)	Well-toned muscles
495	Sthira mitra (Su.S)	Stable and cordial friendship
496	Sthira netra (AS)	Steady gaze
497	Sthira sandhibandh (AS)	Compact joints
498	Sthira sauhridya (AH)	Stable and cordial friendship
499	Sthira sharira (CS)	Attractive/well proportionate
500	Sthiradhana (Su.S)	Stable wealth
501	Sthoola- lakshah (AH)	One who understands in a broader perspective
502	Sthoola- lakshah (AS)	One who understands in a broader perspective
503	Stutipriya (HS)	Fond of praise
504	Subhaga (AH)	Attractive/well proportionate
505	Subhaga (AS)	Attractive/well proportionate
506	Subhaga (Su.S)	Attractive/well proportionate
507	Sucharita (AH)	Truthfulness
508	Sukshma danta (HS)	Small teeth
509	Sukumara (AS)	Delicate body
510	Sukumara gatra (CS)	Delicate body
511	Sukumara murty (HS)	Delicate body
512	Sulajjo (AH)	Modest
513	Sulajjo (AS)	Modest
514	Sushlista sarasandhi bandhana (CS)	Compact joints
515	Suvarna (AH)	Fair complexion
516	Su vibhakta gatra (Su.S)	Attractive/well proportionate
517	Suvyakta sita-asit (AH)	Well-distinguished white and black part of eye
518	Swadu abhilasha (AS)	Fond of sweet food and drink
519	Swedano—durgandha (Su.S)	Bad odor of sweat
520	Swedi (BP)	Profuse sweating
521	Swedi (Sha.S)	Profuse sweating
522	Swednah (AH)	Profuse sweating
523	Tamra hasta anghri vaktra (AH)	Fair (yellowish tinge) complexion
524	Tamra jihva/Tamraostha/Tamra panipadatala (AS)	Coppery colored tongue/lips/palms and feet
525	Tamra nakha (AS)	Coppery red-colored nail
526	Tamra nakha (Su.S)	Coppery red-colored nail
527	Tamra netra (BP)	Coppery/reddish brown tinge eyes
528	Tamranayana (AS)	Coppery/reddish brown tinge eyes
529	Tamranayana (Su.S)	Coppery/reddish brown tinge eyes
530	Tanu anga (AS)	Thin and small body parts
531	Tanu danta (AS)	Small teeth
532	Tanu lochana (AH)	Small-sized eye
533	Tanu nakha (AS)	Thin nail—small nails
534	Tanu roma (AS)	Thin/small body hair
535	Tanu swara (AS)	Low-pitched voice
536	Tanu Netra (AS)	Small size eye
537	Tanupakshma (eyelashes) (AH)	Thin/small eyelashes
538	Teekshna bubhuksha (AH)	Intense feeling of hunger
539	Teekshna parakrama (CS)	Very brave/valor
540	Teekshna trishna (AH)	Strong thirst
541	Tejasvi (Su.S)	Glorious/stunning
542	Tikshna agni (CS)	Very good digestive power
543	Tikta abhilasha (AS)	Fond of bitter food and drink
544	Tikta bhoji (HS)	Fond of bitter food and drink
545	Tikta bhukte (AH)	Fond of bitter food and drink
546	Tikta rasa anubhoji (HS)	Fond of bitter food and drink
547	Traasyati supte (AS)	Gets frightened during sleep

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Sl. no.	Predictors	English equivalents
548	Trasi (HS)	Harsh
549	Trishna atapto (AH)	Less thirst
550	Udbadha pindika (AS)	Bulged/prominent calf muscles
551	Udyanapriya (AS)	Fond of gardens/gardening
552	Unmilitaneeva bhavanti supte (AH)	Remains open/half-closed during sleep
553	Upachita paripurna sarvanga (CS)	Well built
554	Ushma gatra (AS)	Warm to feel/touch
555	Ushmanga (AH)	Warm to feel/touch
556	Ushna bhoji (AH)	Desirous for hot food and drinks
557	Ushna bhukte (AH)	Desirous for hot food and drinks
558	Ushna sahisnu (AS)	Tolerant to heat
559	Ushnaannapanakanksha (AS)	Desirous for hot food and drinks
560	Ushna-asahishnu (CS)	Intolerance to heat
561	Ushnakanksha (AH)	Desirous for hot food and drinks
562	Ushnamukha (CS)	Feeling of hotness in the mouth
563	Ushneccha (AS)	Desirous for hot (climate and food)
564	Vaachala (Sha.S)	Talkative/irrelevant talk
565	Vadaanya (AH)	Soft spoken
566	Vadaanya (AS)	Soft spoken
567	Vadati na nishthuram (AH)	Does not speak harshly
568	Vasumantoh (CS)	Wealthy
569	Vibhav (AH)	Wealthy
570	Vidyavantah (CS)	Deep intelligence
571	Vigruhya vakta (Su.S)	Forceful establishment of own views in debate
572	Vilaaspriya (AS)	Fond of luxurious life
573	Vilaptyanibadham (Su.S)	Talkative/irrelevant talk
574	Vineeta (AH)	Polite/humble
575	Vipaschita (AH)	Intelligent/wise
576	Virala kesha (AS)	Scanty hair
577	Virala roma (AS)	Scanty body hair
578	Vishalaksha (AS)	Big eyes
579	Vishalaksha (AH)	Big eyes
580	Vritta netra (AH)	Round eyes
581	Vyakta sita-asitaksha (AS)	Milky white/clearly distinguished sclera
582	Vyayama sheela (HS)	Regular physical activity
583	Yatrapriya (AS)	Fond of traveling

**Additional File 2: List of 471 predictors and their English equivalents**

Sl. no.	Predictors	Equivalent English terminology
1	Abhimani (AS) (Su.S)	Egoist/superiority complex
2	Abhiyogavana (Shobhanabhiyogi bhavati) (AH)	Firm and ideal planner
3	Adhisthita gati (CS)	Consistent/steady gait
4	Adridha sauhridya (Su.S)	Fickle friendship
5	Agarugandha (BS)	Odor as aguru
6	Ajitendriya (AS)	Lack of self-control
7	Akalapalita (BP) (Sha.S)	Premature graying
8	Alaulupa (AH) (AS) (Su.S)	Self-control
9	Alpa ashana (AS) (AH)	Less appetite (Q and F)
10	Alpa bala (CS/AS/AH)	Less physical strength
11	Alpa bhuka (BS)	Lesser hunger
12	Alpa irshya (AH)	Non jealous
13	Alpa jivita (AH)	Less life span
14	Alpa kama (AH)	Less urge of sexual activity
15	Alpa kesha (AH) (BP) (HS) (Sha.S) (Su.S)	Scanty hair
16	Alpa krodha (AH) (AS)	Calm and patient/less anger
17	Alpa loma (CS)	Scanty body hair
18	Alpa nakha (AS) (Su.S)	Small nail—less growth of nails
19	Alpa netra (AS)	Small size eye

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<i>Sl. no.</i>	<i>Predictors</i>	<i>Equivalent English terminology</i>
20	Alpa nidra (AH) (AS)	Less sleep
21	Alpa pana (AH) (AS)	Drinks less water
22	Alpa roma (AH)	Scanty body hair
23	Alpa sharira (CS)	Short stature/height
24	Alpa shmashru (CS) (Su.S)	Scanty beard/moustache
25	Alpa shukra (AH) (AS) (CS)	Having poor reproductive potential
26	Alpa smriti (CS)	Less memory
27	Alpa swara (AS)	Low pitched voice
28	Alpa trishna (CS)	Less thirst
29	Alpa vyahara (AH) (AS)	Speaks limited
30	Alpa vyavaya (AS) (CS)	Less sexual desire
31	Alpa-apatya (AS) (CS)	Less offspring
32	Alpa-ayusha (CS)	Short life span
33	Alpadanta (AS)	Teeth less in number/small in size
34	Alpadhana (CS)	Meager wealth
35	Alpakshuta (CS)	Less appetite
36	Alpanga (AS)	Small body parts
37	Alpapakshma (eyelashes) (AH)	Less in quantity (eye lashes)
38	Alpasadhana (CS)	Less resources
39	Alpasantapa (CS)	Body temperature toward lower side of normalcy
40	Alpasweda (CS)	Less/scanty sweating
41	Alpavitta (AH) (AS)	Meager wealth
42	Amla akanksha (AH)	Fond of sour food and drink
43	Amla annapanakanksha (AS)	Fond of sour food and drink
44	Analpashana (AH)	Excessive intake of food
45	Anarya (AH) (AS) (Su.S)	Uncivilized
46	Anateshu-amridushu (Su.S)	Harsh toward nonloyal
47	Anavasthita akshi (CS)	Unsteady gaze
48	Anavasthita atma (Su.S)	Indecisiveness
49	Anavasthita sandhi (CS)	Unstable joint
50	Anga-nilikanam (AH)	Presence of plenty of moles freckles, pimples, etc.
51	Apachita (CS)	Thin built
52	Arya (AH) (AS)	Civilized
53	Ashighra-arambha (CS)	Delayed initiation
54	Ashighra kshobha (CS)	Donot get agitated quickly
55	Ashighra vikar (CS)	Less affliction to diseases
56	Ashrita-vatsala (AH) (AS)	Affectionate to dependents
57	Atana (Su.S)	Fond of traveling
58	Ati Ruksha nakha (AS) (Su.S)	Dry nail
59	Ati Ruksha shmashru (Su.S)	Dry beard/moustache
60	Ati-bahubhuka (AS)	Excessive intake of food
61	Atidanta (HS)	Big teeth
62	Atisahishnusheela (HS)	Tolerant for physical/psychological strain
63	Atisukshma (HS)	Short height
64	Ati-swedena-vimardanena saukhyam gachhati (HS)	Likes sudation and massage
65	Ativarna (BS)	Fair (yellowish tinge) complexion
66	Avadaatagatra (CS)	Fair (yellowish tinge) complexion
67	Avasthita gati (CS)	Consistent/steady gait
68	Avyavasthita mati (Su.S.)	Indecisiveness
69	Ayataksha (AS)	Wide/big eyes
70	Ayushmantah (CS)	Long life span
71	Bahu bhashi (AS)	Talkative/irrelevant talk
72	Bahu kandara-sira-pratanah (CS)	Prominent tendons and veins
73	Bahu oja (AH) (AS)	Having ample vitality/strength
74	Bahu pralapa (AH) (CS)	Talkative/irrelevant talk
75	Bahu ratirasa (AH)	Excessive sexual desire
76	Bahu shukra (AH)	Good reproductive potential
77	Bahu vaak (BP)	Talkative/irrelevant talk

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Sl. no.	Predictors	Equivalent English terminology
78	Bahuapatya (AS)	Having many offspring
79	Bahubala (AS)	Good physical (physical and psychological) strength
80	Bahubhriya (AH)	Having more attendants
81	Bahubhuk (AH) (BP) (Su.S) (AS)	Excessive intake of food
82	Bahuputra (AH)	Having many offspring
83	Balanvito (AH)	Good physical (physical and psychological) strength
84	Balavanta (CS)	Good physical (physical and psychological) strength
85	Balvana (Su.S)	Good physical (physical and psychological) strength
86	Balyepi arodana (AS)	Does not cry too much even in childhood
87	Bhaktogurunam (AH) (AS)	Respect to teachers/elders
88	Bhavati bhishu gati dwishatamapi (AH)	Affectionate to dependents
89	Bhuri krodha (AH) (AS)	Short tempered
90	Bhuri ucchara (AH) (AS)	Easy bowel evacuation
91	Bhuri-ashana (AH) (AS)	Excessive intake of food
92	Bhuri-irshya (AH) (AS)	Competitive spirit
93	Bhuyapana (AH) (AS)	Needs more drinks
94	Buddhiman (BP)	Deep intelligence
95	Buddhiyukto (AH)	Deep intelligence
96	Buddhyanvito (AS)	Deep intelligence
97	Chala buddhi (AH)	Unstable memory
98	Chala chesta (AH) (AS)	Quick completion, inconsistent action
99	Chala dhriti (AH)	Unstable memory
100	Chala drishti (Su.S) (AS) (AH)	Unsteady gaze/frequent blinking eyes
101	Chala gati (AH) (AS)	Swift gait
102	Chala lochana (AH)	Unsteady gaze/frequent blinking eyes
103	Chala manas (Sha.S)	Indecisiveness
104	Chala sauhrida (AH) (AS)	Fickle friendship
105	Chala smriti (AH)	Unstable memory
106	Chala swabhav (AS)	Indecisiveness
107	Chala vaacha (AH)	Fast/shaking voice
108	Chalamati (AS)	Unstable mind
109	Chankramanakshama (HS)	Capable of travelling
110	Chapala ahara (CS)	Fast eating habit
111	Chapala chesta (CS)	Quick completion, inconsistent action
112	Chapala gati (CS)	Swift gait
113	Chapala vyahara (CS)	Inconsistent talk and quick completion
114	Charudeha (AH)	Pleasing appearance
115	Chaura (AH)	Stealing/hiding/plagiarism
116	Cheeragrahi (Su.S)	Delayed comprehension/delayed grasping power
117	Dandhashuka (CS)	Frequent intake of food
118	Danta khadi (AS) (Su.S)	Grinding of teeth during sleep
119	Danta vishuddha varna (HS)	White teeth
120	Dantakhadi swapneshu (AH)	Grinding of teeth during sleep
121	Dayita maalya-vilepana-mandnah (AH) (AS)	Fond of cosmetics
122	Deergha akriti (AH)	Tall stature/height
123	Deergha nakha (HS)	Long nail
124	Deergha roma (HS)	Long body hair
125	Deerghadarshi (AH) (AS)	Foresighted
126	Deerghasutri (AH) (AS)	Firm and ideal planner
127	Dhamani santatgatra (AS)	Prominent veins
128	Dhamani tatah (Su.S)	Prominent veins
129	Dharmatma (AH)	Virtuous/righteous
130	Dhiman (Sha Sam.)	Intelligent/wise
131	Dhritiman (AS) (Su.S)	Good and long-term memory
132	Dhusara kesha (AH)	Dusky/dull black hair
133	Dhusaragatra (AH)	Dusky skin
134	Dhushara netra (AH)	Dusky eye
135	Dridh pracchatra vairah (AS)	Secretly maintain the enmity for long time

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<i>Sl. no.</i>	<i>Predictors</i>	<i>Equivalent English terminology</i>
136	Dridha sauhridya (AS)	Stable and cordial friendship
137	Dridha—shastramati (Su.S)	Deep intelligence
138	Dridham chiram cha vairam (AH)	Strong enmity
139	Dridhvairam (Su.S)	Strong enmity
140	Drishtisukha gatra (CS)	Pleasing/cheerful appearance
141	Druta gati (Su.S)	Inconsistent gait
142	Dukha-Klesha-atapto (AH)	Highly tolerant for physical/psychological strain
143	Durbhaga (AS) (Su.S)	Unattractive/not proportionate
144	Gambhira (AH) (AS)	Dignified and thoughtful personality
145	Gambhira buddhi (Sha.S)	Deep intelligence
146	Gambhira swara (HS)	Deep pleasant voice
147	Gandharvachitta (Su.S)	Fond of music and dancing
148	Gandharvapriya (AS)	Fond of music and dancing
149	Gauragatra (AH) (AS) (BP) (Su.S)	Fair complexion
150	Ghana kesha (AH)	Dense hair
151	Gharm dweshi (AH) (AS)	Intolerance to heat
152	Gharme-atapto (AH)	Tolerant to heat
153	Gudha mamsa (AH)	Well-built muscles
154	Gudhasandhi (AH)	Compact joints
155	Gurumanayita (Su.S)	Respect to teachers/elders
156	Haaspriya (AS)	Fond of humor
157	Himapriyani (AH)	Likes cold climate and food items
158	Hinasatva (HS)	Less tolerance power and gets frightened easily
159	Hrasva (BS)	Short stature/height
160	Itihasapriya (AS)	Fond of tradition and history
161	Jagaruka (BP) (CS) (Su.S)	Easy awakening
162	Jarjar swara (CS)	Shattered/broken voice
163	Jarjar vaacha (AH)	Shattered/broken voice
164	Kaksha-asya-shira prabhuta putigandha (CS)	Putrid/foul odor especially from axilla, scalp, mouth
165	Kalahapriya (AS)	Quarrelling in nature
166	Kapila kesha (AS) (CS)	Reddish brown hair
167	Kapila loma (CS)	Brown body hair
168	Kapila roma (AS)	Brown body hair
169	Kapila shmashru (CS)	Brownish reddish moustache
170	Karabh kesha (AS)	Curly hair
171	Kashaya abhilasha (AS)	Fond of astringent food and drink
172	Kashaya bhukte (AH)	Fond of astringent food and drink
173	Kashaya icchha (AS)	Fond of astringent food and drink
174	Katu akanksha (AH)	Fond of pungent food and drink
175	Katu bhoji (HS)	Fond of pungent food and drink
176	Katu bhukte (AH)	Fond of pungent food and drink
177	Katu icchha (AS)	Fond of pungent food and drink
178	Khadati dantani supte (AS)	Grinding of teeth during sleep
179	Khara netra (AH)	Rough eyes
180	Kinchit unnmilit durmukh supte (AS)	Remains open/half closed during sleep
181	Klesh asahishnu (AH) (CS)	Less tolerance power and gets frightened easily
182	Kleshahirav (AH)	Afraid of discomfort
183	Krathati supte (AS) (Su.S)	Snoring
184	Krishha (BP) (Sha.S) (Su.S)	Thin built
185	Krishha akriti (AH)	Thin built
186	Krishna varna (HS)	Blackish
187	Kritaghna (AH) (Su.S)	Ungrateful
188	Kritagya (Su.S)	Grateful
189	Krodhena ragam (eyes) (AH)	Red eyes during anger
190	Krodhi (Su.S)	Short tempered
191	Ksham svar (BP)	Feeble voice
192	Kshamavak (AH) (AS)	Feeble voice
193	Kshamavana (AH) (AS)	Forgiveness

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Sl. no.	Predictors	Equivalent English terminology
194	Kshami (BP)	Forgiveness
195	Kshipra khalitya (CS)	Early hair fall
196	Kshipra kopa-kshipra prasaada (Su.S)	Becomes angry quickly and gets pleased quickly
197	Kshipra palitya (CS)	Premature graying
198	Kshipravali (AS) (CS)	Early appearance of wrinkles
199	Kshut atapto (AH)	Less appetite
200	Kshuta-tapta (AH)	Intense feeling of hunger
201	Kshutavantah (CS)	Intense feeling of hunger
202	Kshut-sahishnu (AS)	Can tolerate hunger
203	Kutla kesha (Su.S)	Curly hair
204	Laghu ahara (CS)	Fast eating habit
205	Laghu chesta (CS)	Quick initiation of action
206	Laghu gati (CS)	Small steps/quick initiation
207	Laghu vyahara (CS)	fast spoken
208	Lakshmivan (Su.S.)	Wealthy
209	Laulupa (HS)	Lack of self-control
210	Laulypriya (HS)	Lack of self-control
211	Lavana annapanakanksha (AS)	Fond of salty food and drink
212	Madhu pinga netra (HS)	Coppery/reddish brown-tinged eyes
213	Madhura akanksha (AH)	Fond of sweet food and drink
214	Madhura annapanakanksha (AS)	Fond of sweet food and drink
215	Madhura priya (Su.S)	Fond of sweet food and drink
216	Madhuram bhukte (AH)	Fond of sweet food and drink
217	Madhya aayu (AS)	Medium life span
218	Madhya ayushya (AH) (CS)	Medium life span
219	Madhya bala (AH) (AS) (CS) (Su.S)	Moderate physical strength
220	Madhya gyana-vigyanavantah (CS)	Moderate intelligence
221	Madhya upkarana vantah (CS)	Medium resources
222	Madhya vitta (CS)	Moderate wealth
223	Madyen ragam (eyes) (AH)	Red eyes after alcohol consumption
224	Maha-asana (BS)	Excessive intake of food
225	Mahalalata (AH) (AS)	Broad forehead
226	Mamsala (HS)	Muscular
227	Manda ahara (CS)	Slow eating habit
228	Manda chesta (CS)	Slow initiation
229	Manda mitra (Su.S)	Few friends
230	Manda ratna/manda dhan sanchaya (Su.S)	Meager wealth
231	Manda vyahara (CS)	Speaks limitedly
232	Mani (AH)	Egoist/superiority complex
233	Matsari (Su.S)	Jealous
234	Matsarya (AS)	Jealous
235	Medhavi (AH) (AS) (Su.S)	Intelligent/wise
236	Mitavak (BS)	Speaks limited
237	Mridu gatra (HS)	Softness
238	Mridu Kesha (AS) (CS)	Soft (hair)
239	Mridu loma (CS) (HS)	Soft body hair
240	Mridu roma (AS)	Soft body hair
241	Mridu sandhi (CS)	Delicate/flexible joints
242	Mridu shmashru (CS)	Soft beard/moustache
243	Mridvanaga (AH)	Softness
244	Mritapomani netra (AH)	Sunken eye
245	Na bahu praja (AH)	Not having many offspring
246	Na bhayat pranamyati (Su.Sa)	Never surrender/submit to fear
247	Na cha balyepi atirodana (AH)	Does not cry too much even in childhood
248	Najitendriya (AH)	Lack of self-control
249	Nakantadayita (AH)	Not liked by women
250	Nakha vridhi (HS)	Quick growth of nail
251	Nalaulya (Su.S)	Self-control

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<i>Sl. no.</i>	<i>Predictors</i>	<i>Equivalent English terminology</i>
252	Narinamanabhimato (AH)	Not liked by women
253	Nastika (AH) (AS)	Atheist
254	Neela kesha (AH) (Su.S)	Dark black hair
255	Nidralu (AH) (AS)	Likes sleeping
256	Nidrapriya /Tandrapriya (HS)	Likes sleeping
257	Nipunamati (Su.S)	Learning ability/skillful
258	Ojasvinah (CS)	Having ample vitality/strength
259	Pakshmalaksha (AH)	Thick/dense eyelashes
260	Pandit (AH)	Intelligent/wise
261	Pariganya chirat pradadati bahu (Su.S)	Generous and judicious charity
262	Paripurna gatra (AH) (AS)	Well built
263	Parusha dashana (CS)	Hard teeth
264	Parusha Kesha (CS)	Hardness of hair
265	Parusha nakha (CS)	Hard nail
266	Parusha roma (CS)	Hard body hair
267	Parusha shmashru (CS)	Hard beard/moustache
268	Parusha vadana,pani-pada (twak) (CS)	Dry/nonlustrous skin
269	Peshala (AS)	Muscular
270	Pinga kesha (AH)	Reddish brown hair
271	Pinga lochana (AH)	Coppery/reddish brown-tinged eyes
272	Pinga netra (HS)	Coppery/reddish brown-tinged eyes
273	Pippasa sahisnu (AS)	Can tolerate thirst
274	Pippasavantah (CS)	Frequently thirsty
275	Pitanga (Su.S)	Fair (yellowish tinge) complexion
276	Prabhuta apatya (CS)	Having many offspring
277	Prabhuta ashana (CS)	Excessive intake of food
278	Prabhuta mutra (CS)	Excess urination
279	Prabhuta paana (CS)	Drinks more water
280	Prabhuta purisha (CS)	More stool formation
281	Prabhuta shukra (CS)	Good reproductive potential
282	Prabhuta srishta sweda (CS)	Profuse sweating
283	Prabhuta tila-vyanga-pidaka-viplu (CS)	Presence of plenty of moles freckles, pimples, etc.
284	Prabhuta vyavaya (CS)	Excessive sex desire
285	Pragalbha vakta (BP)	Profound orator
286	Prajya vita (AH) (AS)	Wealthy
287	Pralamb bahu (AH)	Long arms
288	Pralapi (Bhel.S) (Su.S)	Talkative/irrelevant talks
289	Pranateshuapi santvana danaruchi (Su.S)	Affectionate to dependents
290	Prasanna darshana aananah (CS)	Pleasing/cheerful
291	Prasanna snigdha varna (CS)	Unctuous skin/smooth clear skin without moles freckles and dryness
292	Prasanna swara (CS)	Clear voice
293	Prasannaksha (AS)	Milky white/clearly distinguished sclera
294	Prashithilo mamsa (AH)	Lax muscles
295	Prashithilo sandhi (AH)	Lax joints
296	Pratat sheetak/Udvepak/sthambak (CS)	Always feeling of coldness/shivering
297	Pratata swara (CS)	Unclear speech
298	Prithu-pina-vaksha (AH)	Broad- muscular chest
299	Priyadarshana (Su.S)	Pleasing/cheerful appearance
300	Prodhbadha pindika (AH)	Bulged/prominent calf muscles
301	Putigandha (AH) (AS)	Bad odor of sweat
302	Raktanta netra (AH) (Su.S)	Reddish corners (canthus) of eyes
303	Raveshacha ragam (eyes) (AH)	Red eyes after exposure to sunlight
304	Roshana (Sha. S)	Short tempered
305	Ruju (Akutila chitta) (AH) (AS)	Honest/straightforward
306	Ruksha bhukte (AS)	Liking for oil-free and dry food
307	Ruksha danta (AS)	Dry—nonlustrous teeth
308	Ruksha Kesha (HS)	Dry (hair)

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Sl. no.	Predictors	Equivalent English terminology
309	Ruksha netra (AS)	Dry eyes
310	Ruksha roma (AS)	Dry body hair
311	Ruksha swara (AS) (CS)	Unpleasant voice
312	Ruksha twak (CS) (Sha.S)	Dry skin/nonlustrous skin
313	Rukshanga (AS)	Dry skin/nonlustrous skin
314	Saara gati (CS) (Gatayo na skhalanti-Chakrapani)	Consistent/steady gait
315	Sahas (AH)(AS)	Braveness
316	Sahishnu (Su.S)	Tolerant for physical/psychological strain
317	Sakta swara (CS) (AH)	Stammering voice
318	Samamamsa (AS)	Well-built muscles
319	Samasuvibhakta gatra (AH)	Attractive/well proportionate
320	Samhata sharira (CS)	Attractive/well proportionate
321	Samitishu durnivarvirayah (Su.S)	Dominant speaker
322	Sangeeta/Vadya-atisahishnusheela (HS)	Likes listening music/instrumental music even for long hours
323	Sanna swara (CS)	Feeble voice
324	Sannavaacha (AH)	Feeble voice
325	Sara sharira (CS)	Well built
326	Sashabda sandhigami (AS)	Sound on movements in joints
327	Sashabdyata (AH)	Sound on movements in joints
328	Satata parinischita vakya (Su.S)	Relevant and thoughtful speaker
329	Satatsandhi shabdagaminah (CS)	Sound on movements in joints
330	Satvika (AH)	Person having thoughts, deeds and actions taking towards illumination and Gyana (Eternal enlightenment)
331	Satyasandha (AH) (BP)	Truthfulness
332	Satyavadi (AS)	Truthfulness
333	Saumya (AH)	Calm and patience
334	Savilasa (AH)	Fond of luxurious life
335	Shaanta (CS)	Donot get agitated quickly
336	Shastrapriya (HS)	Fond of reading or listening classical texts/Shaastras
337	Sheegrha khalitya (AS)	Early hair fall
338	Sheeta abhilasha (AS)	Likes food items and cold climate
339	Sheeta bhukte (AH)	Likes food items cold
340	Sheeta dweshi (Su.S)	Cannot tolerate cold
341	Sheetadvid (AS)	Intolerance to cold
342	Shighra arambha (AS)	Quick initiation of action
343	Shighra gati (BP) (BS)	Speedy/quick/swift gait
344	Shighra kshobha (AS) (CS)	Quickly gets agitated
345	Shighra palitya (AS)	Premature graying
346	Shighra piplu vyanga (AS)	Presence of plenty of moles freckles, pimples, etc.
347	Shighra raga and viraga (CS)	Quickly attached and detached
348	Shighra traasa (CS)	Less tolerance power and gets frightened easily
349	Shighra vikar (AS)	Quick affliction to diseases
350	Shighrakshuta (AS)	Frequent feeling of hunger
351	Shighra-samarambha (CS)	Quick initiation of action
352	Shigra pipasa (AS)	Frequently thirsty
353	Shigra sauhridya (AS)	Makes friends easily/quickly
354	Shita-asahishnu (CS)	Cannot tolerate cold
355	Shithila mamsa (AS)	Lax muscles
356	Shithila mridu mamsa (CS)	Lax muscles
357	Shithila sandhi (CS)	Lax joints
358	Shithila sandhibandha	Lax joints
359	Shithilanga (Su.S)	Lax muscles
360	Shlakhnanga (CS)	Smooth
361	Shlista mamsa (AH)	Well-toned muscles
362	Shlista sandhi (AH) (AS)	Compact joints
363	Shoor (AH) (AS) (Su.S)	Very brave/valor
364	Shraadhho (AH) (AS)	Virtuous/righteous

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<i>Sl. no.</i>	<i>Predictors</i>	<i>Equivalent English terminology</i>
365	Shruta priya (HS)	Fond of reading or listening classical texts/Shaastras
366	Shrutagrahi (CS)	Quick comprehension/quick grasping power
367	Sthoola- lakshah (AS) (AH)	One who understands on a broader perspective
368	Shuklaksha (Su.S)	Milky white/clearly distinguished sclera
369	Shyam kesha (BP) (HS)	Dark black hair
370	Singha-mridanga-ghana ghosha (AS)	Voice resemblance to lion, cloud
371	Smritivaan (AS) (AH)	Good and long-term memory
372	Snigdha annapanakanksha (AS)	Fond of fried and oily food
373	Snigdha kesha (Sha.S)	Unctuous hair
374	Snigdha sandhi (AH)	Well lubricated
375	Snigdha swara (CS)	Pleasant voice
376	Snigdhangha (CS)	Unctuous skin/smooth clear skin without moles freckles and dryness
377	Sphutit karanga (AS)	Cracking of hand and feet
378	Sphutita kesha (AH) (AS)	Split hair-ends
379	Sphutitanga avyava (CS)	Cracking of hand and feet
380	Sphutitgatra (AH)	Cracking of hand and feet
381	Sphutitha karacharana (BP) (Su.S)	Cracking of hand and feet
382	Srishta mutra (CS)	Easy flow of urine
383	Srishta purisha (CS)	Easy bowel evacuation
384	Stabdha danta (AS)	Rigid teeth
385	Stabdha nakha (AS)	Hard/rigid nail
386	Stabdha netra (AS)	Steady gaze/less blinking
387	Stabdha roma (AS)	Strait/rigid/erect body hairs
388	Stabdha swara (AS)	Hoarseness of voice
389	Stena (AH) (AS) (Su S)	Stealing/hiding/plagiarism
390	Sthira kesha (Su.S)	Minimal/less hair fall
391	Sthira mamsa (AS)	Well-toned muscles
392	Sthira mitra (Su.S)	Stable and cordial friendship
393	Sthira netra (AS)	Steady gaze
394	Sthira sandhibandh (AS) (AH)	Compact joints
395	Sthira sauhridya (AH)	Stable and cordial friendship
396	Sthira sharira (CS)	Attractive/well proportionate
397	Sthiradhana (Su.S)	Stable wealth
398	Stutipriya (HS) (AH)	Fond of praise
399	Subhaga (AH) (AS) (Su.S)	Attractive/well proportionate
400	Sucharita (AH)	Truthfulness
401	Shuchi (AS) (AH)	Purity of thought, words and deeds
402	Sukshma danta (HS)	Small teeth
403	Sukumara (AS)	Delicate body
404	Sukumara gatra (CS)	Delicate body
405	Sukumara murty (HS)	Delicate body
406	Sulajjo (AH) (AS)	Modest
407	Sushlista sarasandhi bandhana (CS)	Compact joints
408	Suvarna (AH)	Fair complexion
409	Suvibhakta gatra (Su.S)	Attractive/well proportionate
410	Suvyakta sita-asit (AH)	Well-distinguished white and black part of eye
411	Swadu abhilasha (AS)	Fond of sweet food and drink
412	Swedano—durgandha (Su.S)	Bad odor of sweat
413	Swedi (BP) (Sha.S)	Profuse sweating
414	Swednah (AH)	Profuse sweating
415	Tamra hasta anghri vaktra (AH)	Fair (yellowish tinge) complexion
416	Tamra jihva/Tamraostha/Tamra panipadatala (AS)	Coppery colored tongue/lips/palms and feet
417	Tamra nakha (AS) (Su.S)	Coppery red-colored nail
418	Tamra netra (BP)	Coppery/reddish brown-tinged eyes
419	Tamranayana (AS) (Su.S)	Coppery/reddish brown-tinged eyes
420	Tanu anga (AS)	Short stature/height
421	Tanu danta (AS)	Small teeth

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Sl. no.	Predictors	Equivalent English terminology
422	Tanu lochana (AH)	Small sized eye
423	Tanu nakha (AS)	Thin nail—small nails
424	Tanu roma (AS)	Thin/small body hair
425	Tanu swara (AS)	Low-pitched voice
426	Tanu netra (AS)	Small sized eye
427	Tanupakshma (eyelashes) (AH)	Thin/small eyelashes
428	Teekshna bubhuksha (AH)	Intense feeling of hunger
429	Teekshna parakrama (CS)	Very brave/valor
430	Teekshna trishna (AH)	Strong thirst
431	Tejasvi (Su.S)	Glorious/stunning
432	Tikshna agni (CS)	Very good digestive power
433	Tikta abhilasha (AS)	Fond of bitter food and drink
434	Tikta bhoji (HS)	Fond of bitter food and drink
435	Tikta bhukte (AH)	Fond of bitter food and drink
436	Tikta rasa anubhoji (HS)	Fond of bitter food and drink
437	Traasyati supte (AS)	Get frightened during sleep
438	Trasi (HS)	Harsh
439	Trishna atapto (AH)	Less thirst
440	Udbadha pindika (AS)	Bulged/prominent calf muscles
441	Udyanapriya (AS)	Fond of gardens/gardening
442	Unmilitaneeva bhavanti supte (AH)	Remains open/half closed during sleep
443	Upachita paripurna sarvanga (CS)	Well built
444	Ushma gatra (AS)	Warm to feel/touch
445	Ushmanga (AH)	Warm to feel/touch
446	Ushna bhoji (AH)	Desirous for hot food and drinks
447	Ushna bhukte (AH)	Desirous for hot food and drinks
448	Ushna sahisnu (AS)	Tolerant to heat
449	Ushnaannapanakanksha (AS)	Desirous for hot food and drinks
450	Ushna-asahishnu (CS)	Intolerance to heat
451	Ushnakanksha (AH)	Desirous for hot food and drinks
452	Ushnamukha (CS)	Feeling of hotness in the mouth
453	Ushneccha (AS)	Desirous for hot (climate and food)
454	Vaachala (Sha.S)	Talkative/irrelevant talk
455	Vadaanya (AH) (AS)	Soft spoken
456	Vadati na nishthuram (AH)	Does not speak harshly
457	Vasumantoh (CS)	Wealthy
458	Vibhav (AH)	Wealthy
459	Vidyavantah (CS)	Deep intelligence
460	Vigruhya vakta (Su.S)	Forceful establishment of own views in debate
461	Vilaaspriya (AS)	Fond of luxurious life
462	Vilaptyanibadham (Su.S)	Talkative/irrelevant talk
463	Vineeta (AH)	Polite/humble
464	Vipaschita (AH)	Intelligent/wise
465	Virala kesha (AS)	Scanty hair
466	Virala roma (AS)	Scanty body hair
467	Vishalaksha (AS) (AH)	Big eyes
468	Vritta netra (AH)	Round eyes
469	Vyakta sita-asitaksha (AS)	Milky white/clearly distinguished sclera
470	Vyayama sheela (HS)	Regular physical activity
471	Yatrapriya (AS)	Fond of traveling

**Additional File 3:** List of 250 predictors with multiple terminologies and selected terminology

Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
1	Pranateshuapi santvana danaruchi (Su.S)/Ashrita-vatsala (AH) (AS)/Bhavati bhishu gati dwishatamapi (AH)	Ashrita-vatsala (AH) (AS)	Affectionate to dependents
2	Pratat sheetak/Udvepak/sthambak (CS)	Pratata sheetaka/udvepaka/stambhaka (CS)	Always feeling of coldness/shivering

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
3	Nastika (AH) (AS)	Nastika (AH) (AS)	Atheist
4	Subhaga (AH) (AS) (Su.S)/Samhata sharira (CS) Samasuvibhakta gatra (AH) Suvibhakta gatra (Su.S) Sthira Sharir (CS)	Samasuvibhakta gatra (AH)	Attractive/well proportionate
5	Putigandha (AH) (AS) Swedano—durgandha (Su.S)	Swedano—durgandha (Su.S)	Bad odor of sweat
6	Kshipra kopa-kshipra prasaada (Su.S)	Kshipra kopa-kshipra prasaada (Su.S)	Becomes angry quickly and gets pleased quickly
7	Vishalaksha (AS) (AH)	Vishalaksha (AS) (AH)	Big eyes
8	Krishna varna (HS)	Krishna varna (HS)	Blackish
9	Alpasantapa (CS)	Alpasantapa (CS)	Body temperature toward lower side of normalcy
10	Mahalalata (AH) (AS)	Mahalalata (AH) (AS)	Broad forehead
11	Prithu-pina-vaksha (AH)	Prithu-pina-vaksha (AH)	Broad- muscular chest
12	Kapila loma (CS)/Kapila roma (AS)	Kapila roma (AS)	Brown body hair
13	Kapila shmashru (CS)	Kapila shmashru (CS)	Brownish reddish moustache
14	Prodhbadha pindika (AH) Udbadha pindika (AS)	Udbadha pindika (AS)	Bulged/prominent calf muscles
15	Alpa krodha (AH) (AS)/Saumya (AH)	Alpa krodha (AH) (AS)	Calm and patient/less anger
16	Kshut-sahishnu (AS)	Kshut-sahishnu (AS)	Can tolerate hunger
17	Pippasa sahisnu (AS)	Pippasa sahisnu (AS)	Can tolerate thirst
18	Sheeta dweshi (Su.S)/Shita-asahishnu (CS)/Ushna sahisnu (AS) Gharme-atapto (AH) Sheetavid (AS)	Shita-asahishnu (CS)	Cannot tolerate cold/tolerant to heat
19	Arya (AH) (AS)	Arya (AH) (AS)	Civilized
20	Prasannaksha (AS)/Shuklaksha (Su.S)/Suvyakta sita-asit (AH) Vyakta sita-asitaksha (AS)	Shuklaksha (Su.S)	Milky white/clearly distinguished sclera
21	Prasanna swara (CS)	Prasanna swara (CS)	Clear voice
22	Shlista sandhi (AH) (AS) Sthira sandhibandh (AS) (AH) Sushlista sarasandhi bandhana (CS)/Gudhasandhi (AH)	Sushlista sarasandhi bandhana	Compact joints
23	Bhuri-irshya (AH) (AS)	Bhuri-irshya (AH) (AS)	Competitive spirit
24	Pratata swara (CS)	Pratata swara (CS)	Unclear speech
25	Samitishu durnivarvirayah (Su.S)	Samitishu durnivarvirayah (Su.S)	Convincing speaker
26	Tamra nakha (AS) (Su.S)	Tamra nakha (AS) (Su.S)	Coppery red colored nail
27	Tamra netra (BP)/Tamranayana (AS) (Su.S) Madhu pinga netra (HS)/Pinga lochana (AH)/Pinga netra (HS)	Tamranayana (AS) (Su.S)	Coppery/reddish brown-tinged eyes
28	Sphutit karanga (AS)/Sphutitgatra (AH)/Sphutitha karacharana (BP) (Su.S)/Sphutitanga avyava (CS)	Sphutitanga avyava (CS)	Cracking of hand and feet
29	Karabh kesha (AS)/Kutilla kesha (Su.S)	Kutilla kesha (Su.S)	Curly hair
30	Neela kesha (AH) (Su.S)/Shyam kesha (BP) (HS)	Shyam kesha (BP) (HS)	Dark black hair
31	Buddhiman (BP)/Buddhiyukto (AH)/Buddhyanvito (AS)/Gambhira buddhi (Sha.S)/Dridha—shastramati (Su.S)/Vidyavantah (CS)	Buddhiyukto (AH)	Deep intelligence
32	Cheeragrahi (Su.S)	Cheeragrahi (Su.S)	Delayed comprehension/delayed grasping power
33	Sukumara (AS)/Sukumara gatra (CS) Sukumara murty (HS) Mridu gatra (HS) Mridvanaga (AH)	Sukumara gatra (CS)	Delicate body
34	Mridu sandhi (CS)	Mridu sandhi (CS)	Delicate/flexible joints
35	Ghana kesha (AH)	Ghana kesha (AH)	Dense hair
36	Ushna-annapanakanksha (AS)/Ushnakanksha (AH) Ushna bhoji (AH) Ushna bhukte (AH) Ushneccha (AS)	Ushnaannapanakanksha (AS)	Desirous for hot climate, food and drinks
37	Gambhira (AH) (AS)/Sthoola- lakshah (AS) (AH)	Gambhira (AH) (AS)	Dignified and thoughtful personality
38	Na cha balyepi atirodana (AH)/Balyepi arodana (AS)	Na cha balyepi atirodana (AH)	Does not cry too much even in childhood
39	Ashighra kshobha (CS)//Shaanta (CS)	Ashighra kshobha (CS)	Does not get agitated quickly
40	Ruksha danta (AS)	Ruksha danta (AS)	Dry—nonlustrous teeth
41	Ruksha Kesha (HS)	Ruksha Kesha (HS)	Dry (hair)
42	AtiRuksha shmashru (Su.S)	Ati/Ruksha shmashru (Su.S)	Dry beard/moustache

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
43	Ruksha roma (AS)	Ruksha roma (AS)	Dry body hair
44	Ruksha netra (AS)	Ruksha netra (AS)	Dry eyes
45	Ati Ruksha nakha (AS) (Su.S)	Ati Ruksha nakha (AS) (Su.S)	Dry nail
46	Rukshanga (AS)/Ruksha twak (CS) (Sha.S)/ Parusha vadana,pani-pada (twak) (CS)	Rukshanga (AS)	Dry skin/nonlustrous skin
47	Dhusaragatra (AH)	Dhusaragatra (AH)	Dusky
48	Dhushara netra (AH)	Dhushara netra (AH)	Dusky eye
49	Dhusara kesha (AH)	Dhusara kesha (AH)	Dusky/dull black hair
50	Kshipravali (AS) (CS)	Kshipravali (AS) (CS)	Early appearance of wrinkles
51	Kshipra khalitya (CS)/Sheegrha khalitya (AS)	Sheegrha khalitya (AS)	Early hairfall
52	Jagaruka (BP) (CS) (Su.S)	Jagaruka (BP) (CS) (Su.S)	Easy awakening
53	Bhuri ucchara (AH) (AS) Srishta purisha (CS)	Srishta purisha (CS)	Easy bowel evacuation
54	Srishta mutra (CS)	Srishta mutra (CS)	Easy flow of urine
55	Abhimani (AS) (Su.S)/Mani (AH)	Abhimani (AS) (Su.S)	Egoist/superiority complex
56	Atidanta (HS)	Atidanta (HS)	Big teeth
57	Prabhuta mutra (CS)	Prabhuta mutra (CS)	Excess urination
58	Analpashana (AH) Ati-bahubhuka (AS) Bahubhuk (AH) (BP) (Su.S) (AS)/Bhuri-ashana (AH) (AS)/ Maha-asana (BS)/Prabhuta ashana (CS)	Bahubhuk (AH)	Excessive intake of food
59	Bahu ratirasa (AH)/Prabhuta vyavaya (CS)	Bahu ratirasa (AH)	Excessive sex desire
60	Avadaatagatra (CS)/Suvarna (AH)/Gauragatra (AH) (AS) (BP) (Su.S)	Gaura gatra (Su.S)	Fair (lotus/gold/straw) complexion
61	Pitanga (Su.S)/Tamra-tanu (Su.S)/Tamra hasta anghri vaktra (AH)/Ativarna (BS) Tamra jihva/ Tamraostha/Tamra panipadatala (AS)	Pitanga	Fair (yellowish tinge) complexion
62	Chala vaacha (AH)	Chala vaacha (AH)	Fast/shaking voice
63	Chapala ahara (CS)/Laghu ahara (CS)	Chapala ahara (CS)	Fast eating habit
64	Sanna swara (CS)/Sannavaacha (AH)/Ksham swara (BP)/Kshamavak (AH) (AS)	Sanna swara (CS)	Feeble voice
65	Ushnamukha (CS)	Ushnamukha (CS)	Feeling of hotness in the mouth
66	Manda mitra (Su.S)	Manda mitra (Su.S)	Few friends
67	Adridha sauhridya (Su.S)/Chala sauhrida (AH) (AS)	Adridha sauhridya (Su.S)	Fickle friendship
68	Abhiyogavana (Shobhanabhiyogi bhavati) (AH)/ Deerghasutri (AH) (AS)	Abhiyogavana (Shobhanabhiyogi bhavati) (AH)	Firm and ideal planner
69	Adhisthita gati (CS)	Adhisthita gati (CS)	Firm steps
70	Gandharvachitta (Su.S)/Gandharvapriya (AS)	Gandharvapriya (AS)	Fond of music and dancing
71	Kashaya abhilasha (AS)/Kashaya bhukte (AH)/ Kashaya icchha (AS)	Kashaya abhilasha (AS)	Fond of astringent food and drink
72	Tikta abhilasha (AS)/Tikta bhoji (HS)/Tikta bhukte (AH)/Tikta rasa anubhoji (HS)	Tikta abhilasha (AS)	Fond of bitter food and drink
73	Dayita maalya-vilepana-mandnah (AH) (AS)	Dayita maalya-vilepana- mandnah (AH) (AS)	Fond of cosmetics
74	Snigdha annapanakanksha (AS)	Snigdha annapanakanksha (AS)	Fond of fried and oily food
75	Udyanapriya (AS)	Udyanapriya (AS)	Fond of gardens/gardening
76	Haaspriya (AS)	Hasyapriya (AS)	Fond of humor
77	Savilasa (AH)/Vilaaspriya (AS)	Vilaaspriya (AS)	Fond of luxurious life
78	Stutipriya (HS) (AH)	Stutipriya (HS) (AH)	Fond of praise
79	Katu bhukte (AH)/Katu icchha (AS)/Katu bhoji (HS)/ katu Akansha (AH)	Katu bhoji (HS)	Fond of pungent food and drink
80	Shastrapriya (HS)/Shruta priya (HS)	Shastrapriya (HS)	Fond of reading or listening classical texts/Shastras
81	Lavana annapanakanksha (AS)	Lavana annapanakanksha (AS)	Fond of salty food and drink
82	Amla akanksha (AH)/Amla annapanakanksha (AS)	Amla annapanakanksha (AS)	Fond of sour food and drink
83	Madhura akanksha (AH)/Madhura annapanakanksha (AS)/Madhura priya (Su.S)/ Madhuram bhukte (AH)/Swadu abhilasha (AS)	Madhura annapanakanksha (AS)	Fond of sweet food and drink

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
84	Itihasapriya (AS)	Itihasapriya (AS)	Fond of tradition and history
85	Yatrapriya (AS) Atana (Su.S) Chankramanakshama (HS)	Yatrapriya (AS)	Fond of traveling
86	Vigruhya vakta (Su.S)	Vigruhya vakta (Su.S)	Forceful establishment of own views in debate
87	Deerghadarshi (AH) (AS)	Deerghadarshi (AH) (AS)	Foresighted
88	Kshamavana (AH) (AS) Kshami (BP)	Kshamavana (AH) (AS)	Forgiveness
89	Shighrakshuta (AS)	Shighrakshuta (AS)	Frequent feeling of hunger
90	Dandhashuka (CS)	Dandhashuka (CS)	Frequent intake of food
91	Pippasavantah (CS)/Shigrha pipasa (AS)	Shigrha pipasa (AS)	Frequently thirsty
92	Pariganya chirat pradadati bahu (Su.S)	Pariganya chirat pradadati bahu (Su.S)	Generous and judicious charity
93	Traasyati supte (AS)	Traasyati supte (AS)	Get frightened during sleep
94	Dhritiman (AS) (Su.S)/Smritivaan (AS)/Smritimaan (AH)	Smritimaan (AH)	Good and long-term memory
95	Bahubala (AS)/Balavito (AH)/Balavanta (CS)/Balvana (Su.S)	Balvana (Su.S)	Good physical (physical and psychological) strength
96	Bahu shukra (AH)/Prabhuta shukra (CS)	Bahu shukra (AH)	Good reproductive potential
97	Kritagya (Su.S)	Kritagya (Su.S)	Grateful
98	Danta khadi (AS) (Su.S)/Dantakhadi swapneshu (AH)/Khadati dantani supte (AS)	Khadati dantani supte (AS)	Grinding of teeth during sleep
99	Parusha shmashru (CS)	Parusha shmashru (CS)	Hard beard/moustache
100	Parusha roma (CS)	Parusha roma (CS)	Hard body hair
101	Parusha nakha (CS)/Stabdha nakha (AS)	Parusha nakha (CS)	Hard/rigid nail
102	Parusha dashana (CS)	Parusha dashana (CS)	Hard teeth
103	Parusha Keshha (CS)	Parusha Keshha (CS)	Hardness of hair
104	Anateshu-amridushu (Su.S) Trasi (HS)	Anateshu-amridushu (Su.S)	Harsh toward nonloyal
105	Bahu oja (AH) (AS)/Ojasvinah (CS) Tejasvi (Su.S)	Ojasvinah (CS)	Having ample vitality/strength
106	Bahuapatya (AS)/Bahuputra (AH)/Prabhuta apatya (CS)	Prabhuta apatya (CS)	Having many offspring
107	Bahubhriya (AH)		Having more attendants
108	Alpa shukra (AH) (AS) (CS)		Having poor reproductive potential
109	Dukha-Kleshe-atapto (AH)/Atisahishnusheela (HS)/Sahishnu (Su.S)	Sahishnu (Su.S)	Tolerant for physical/psychological strain
110	Stabdha swara (AS)	Stabdha swara (AS)	Hoarseness of voice
111	Shuchi (AS) (AH)/Ruju (Akutila chitta) (AH) (AS)	Shuchi (AS) (AH)	Purity of thought, words and deeds
112	Chapala vyahara (CS)	Chapala vyahara (CS)	Inconsistent talk and quick completion
113	Anavasthita atma (Su.S) Avyavasthita mati (Su.S.) Chala manas (Sha.S) Chala swabhav (AS)	Anavasthita atma (Su.S)	Indecisiveness
114	Pandit (AH) Vipaschita (AH) Dhiman (Sha Sam.) Medhavi (AH) (AS) (Su.S)	Medhavi (AH) (AS) (Su.S)	Intelligent/wise
115	Kshuta-tapta (AH)/Kshutavantah (CS)/Teekshna bubhuksha (AH)	Teekshna bubhuksha (AH)	Intense feeling of hunger
116	Gharm dweshi (AH) (AS)/Ushna-asahishnu (CS)	Ushna-asahishnu (CS)	Intolerance to heat
117	Matsari (Su.S) Matsarya (AS)	Matsari (Su.S)	Jealous
118	Ajitendriya (AS) Laulupa (HS) Laulyapriya (HS) Najitendriya (AH)	Ajitendriya (AS)	Lack of self-control
119	Prashithilo sandhi (AH) Shithila sandhi (CS) Shithila sandhibandha (AS)	Shithila sandhi (CS)	Lax joints
120	Shithila mamsa (AS) Shithila mridu mamsa (CS) Shithilanga (Su.S)/Prashithilo mamsa (AH)	Shithilanga (Su.S)	Lax muscles
121	Nipunamati (Su.S)	Nipunamati (Su.S)	Learning ability/skillful
122	Alpa trishna (CS) Trishna atapto (AH)	Alpa trishna (CS)	Less thirst
123	Ashighra vikar (CS)	Ashighra vikar (CS)	Less affliction to diseases
124	Alpakshuta (CS) Kshut-atapto (AH)/Alpa ashana (AS) (AH)/Alpa bhuka (BS)	Alpakshuta (CS)	Less appetite
125	Alpapakshma (eyelashes) (AH)	Alpapakshma (eyelashes) (AH)	Less in quantity

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
126	Alpa smriti (CS)	Alpa smriti (CS)	Less memory
127	Alpa-apatya (AS) (CS)	Alpa-apatya	Less offspring
128	Alpa bala (CS/AS/AH)	Alpa bala	Less physical strength
129	Alpasadhana (CS)	Alpasadhana (CS)	Less resources
130	Alpa vyavaya (AS) (CS)	Alpa vyavaya	Less sexual desire
131	Alpa nidra (AH) (AS)	Alpa nidra (AH) (AS)	Less sleep
132	Alpa vyahara (AH) (AS)/Mitavak (BS), Manda Vyahar (CS)	Mitavak	Speaks limited
133	Hinasatva (HS)/Shighra traasa (CS)/Klesha asahishnu (CS) Kleshabhirav (AH)	Hinasatva (HS)/Shighra traasa (CS)	Less tolerance power and gets frightened easily
134	Alpa kama (AH)	Alpa kama (AH)	Less urge of sexual activity
135	Alpasweda (CS)	Alpasweda (CS)	Less/scanty sweating
136	Sheeta abhilasha (AS) Sheet a bhukte (AH) Himapriyani (AH)	Sheetabhilashi (AH)	Likes cold climate and food items
137	Sangeeta/Vadya-atisahishnusheela (HS)	Sangeeta/Vadya-atisahishnusheela (HS)	Likes listening music/instrumental music even for long hours
138	Nidralu (AH) (AS) Nidrapriya (HS)	Nidrapriya (HS)	Likes sleeping
139	Ati-swedena-vimardanena saukhyam gachhati (HS)	Ati-swedena-vimardanena saukhyam gachhati (HS)	Likes sudation and massage
140	Ruksha bhukte (AS)	Ruksha bhukte (AS)	Liking for oil free and dry food
141	Pralamb bahu (AH)	Pralamb bahu	Long arms
142	Deergha roma (HS)	Deergha roma (HS)	Long body hair
143	Ayushmantah (CS)	Ayushmantah (CS)	Long life span
144	Deergha nakha (HS)	Deergha nakha (HS)	Long nail
145	Alpa swara (AS) Tanu swara (AS)	Alpa swara (AS)	Low-pitched voice
146	Alpadhana (CS) Alpavitta (AH) (AS) Manda ratna/ manda dhan sanchaya (Su.S)	Alpadhana (CS)	Meager wealth
147	Madhya aayu (AS) Madhya ayushya (AH) (CS)	Madhya aayu	Medium life span
148	Madhya upkarana vantah (CS)	Madhya upkarana vantah	Medium resources
149	Sthira kesha (Su.S)	Sthira kesha (Su.S)	Minimal/less hairfall
150	Madhya gyana-vigyanavantah (CS)	Madhya gyana-vigyanavantah	Moderate intelligence
151	Madhya bala (AH) (AS) (CS) (Su.S)	Madhya bala	Moderate physical strength
152	Madhya vitta (CS)	Madhya vitta (CS)	Moderate wealth
153	Sulajjo (AH) (AS)	Sulajjo (AH) (AS)	Modest
154	Prabhuta purisha (CS)	Prabhuta purisha (CS)	More stool formation
155	Mamsala (HS) Peshala (AS) Samamamsa (AS) Gudha mamsa (AH) Shlista mamsa (AH) Sthira mamsa (AS)	Samamamsa (AS)	Well-built/toned muscles
156	Alpa pana (AH) (AS)	Alpa pana (AH) (AS)	Drinks less water
157	Bhuyapana (AH) (AS) Prabhuta paana (CS)	Prabhuta paana (CS)	Drinks more water
158	Na bhayat pranamyati (Su.Sa)	Na bhayat pranamyati (Su.Sa)	Never surrender/submit to fear
159	Na bahu praja (AH)	Na bahu praja (AH)	Not having many offspring
160	Alpa irshya (AH)	Alpa irshya	Non jealous
161	Nakantadayita (AH)/Narinamanabhimato (AH)	Nakanta dayita (AH)	Not liked by women
162	Agarugandha (BS)	Agarugandha	Odor as aguru
163	Snigdha swara (CS)/Gambhira swara (HS)/Singha-mridanga-ghana ghosha (AS)	Snigdha/Gambhira swara (CS)	Deep/pleasant voice
164	Drishtisukha gatra (CS) Priyadarshana (Su.S) Prasanna darshana aananah (CS) Charudeha (AH)	Priyadarshan (Su.S)/Prasanna darshana aanana (CS)	Pleasing/cheerful appearance
165	Vineeta (AH)	Vineeta (AH)	Polite/humble
166	Akalapalita (BP) (Sha.S) Kshipra palitya (CS) Shighra palitya (AS)	Akalapalita (BP) (Sha.S)	Premature graying
167	Prabhuta tila-vyanga-pidaka-viplu (CS) Shighra pipu vyanga (AS)/Anga-nilikanam (AH)	Prabhuta tila-vyanga-pidaka-viplu (CS)	Presence of plenty of moles freckles, pimples, etc.
168	Pragalbha vakta (BP)	Pragalbha vakta (BP)	Profound orator
169	Prabhuta srishta sweda (CS) Swedi (BP) (Sha.S) Swednah (AH)	Prabhuta srishta sweda (CS)	Profuse sweating
170	Bahu kandara-sira-pratanah (CS)/Dhamani tatah (Su.S) Dhamani santatgatra (AS)	Bahu kandara-sira-pratanah (CS)	Prominent veins and tendons

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
171	Kaksha-asya-shira prabhuta putigandha (CS)	Kaksha-asya-shira prabhuta putigandha (CS)	Putrid/foul odor especially from axilla, scalp, mouth
172	Kalahapriya (AS)	Kalahapriya (AS)	Quarreling in nature
173	Shighra vikar (AS)	Shighra vikar (AS)	Quick affliction to diseases
174	Chala chesta (AH) (AS) Chapala chesta (CS)	Chapala chesta (CS)	Quick completion, inconsistent action
175	Shrutagrahi (CS)	Shrutagrahi (CS)	Quick comprehension/quick grasping power
176	Shigrha sauhridya (AS)	Shigrha sauhridya (AS)	Makes friends easily/quickly
177	Nakha vridhi (HS)	Nakha vridhi (HS)	Quick growth of nail
178	Laghu chesta (CS) Shighra arambha (AS) Shighra-samarambha (CS)	Laghu chesta (CS)	Quick initiation of action
179	Shighra raga and viraga (CS)	Shighra raga and viraga (CS)	Quickly attached and detached
180	Shighra kshobha (AS) (CS)	Shighra kshobha (AS) (CS)	Quickly gets agitated
181	Madyen ragam (eyes) (AH)/Raveshcha ragam (eyes) (AH)/Krodhena ragam (eyes) (AH)	Krodhena/Madyen/Raveshcha ragam	Red eyes due to anger, sunlight, after alcohol consumption
182	Kapila kesha (AS) (CS) Pinga kesha (AH)	Kapila kesha (AS)	Reddish brown hair
183	Raktanta netra (AH) (Su.S)	Raktanta netra (AH) (Su.S)	Reddish corners (canthus) of eyes
184	Vyayama sheela (HS)	Vyayama sheela (HS)	Regular physical activity
185	Satata parinischita vakya (Su.S)	Satata parinischita vakya (Su.S)	Relevant and thoughtful speaker
186	Kinchit unnmilit durmukh supte (AS)/Unmilitaneeva bhavanti supte (AH)	Unmilitaneeva bhavanti supte (AH)	Remains open/half-closed during sleep
187	Bhaktogurunam (AH) (AS) Gurumanayita (Su.S)	Gurumanayita (Su.S)	Respect to teachers/elders
188	Stabdha danta (AS)	Stabdha danta (AS)	Rigid teeth
189	Khara netra (AH)	Khara netra (AH)	Rough eyes
190	Vritta netra (AH)	Vritta netra (AH)	Round eyes
191	Alpa shmashru (CS) (Su.S)	Alpa shmashru (CS) (Su.S)	Scanty beard/moustache
192	Alpa loma (CS) Alpa roma (AH) Virala roma (AS)	Alpa roma (AH)	Scanty body hair
193	Alpa kesha (AH) (BP) (HS) (Sha.S) (Su.S) Virala kesha (AS)	Alpa kesha (AH) (BP) (HS) (Sha.S) (Su.S)	Scanty hair
194	Alaulupa (AH) (AS) (Su.S) Nalaulya (Su.S)	Alaulupa (AH) (AS) (Su.S)	Self-control
195	Jarjar swara (CS) Jarjar vaacha (AH)	Jarjar swara (CS)	Shattered/broken voice
196	Alpa-ayusha (CS)/Alpa jivita (AH)	Alpa-ayusha (CS)	Short life span
197	Alpa sharira (CS)/Hrasva (BS)/Tanu anga (AS) Alpanga (AS)/Atisukshma (HS)	Hrasva (BS)	Short stature/height
198	Bhuri krodha (AH) (AS) Krodhi (Su.S) Roshana (Sha. S)	Krodhi (Su.S)	Short tempered
199	Manda chesta (CS)/Ashighra-arambha (CS)	Manda chesta (CS)	Slow initiation/delayed initiation
200	Manda ahara (CS)	Manda ahara (CS)	Slow eating habit
201	Alpa nakha (AS) (Su.S)	Alpa nakha (AS) (Su.S)	Small nail—less growth of nails
202	Alpa netra (AS) Tanu lochana (AH)/Tanu netra (AS)	Tanu lochana (AH)	Small-sized eye
203	Laghu gati (CS)	Laghu gati (CS)	Small steps/quick initiation
204	Sukshma danta (HS) Tanu danta (AS) Alpadanta (AS)	Sukshma danta (HS)	Small teeth
205	Krathati supte (AS) (Su.S)	Krathati supte (AS) (Su.S)	Snoring
206	Mridu Kesha (AS) (CS)	Mridu Kesha (AS) (CS)	Soft (hair)
207	Mridu shmashru (CS)	Mridu shmashru (CS)	Soft beard/moustache
208	Mridu loma (CS) (HS) Mridu roma (AS)	Mridu roma (AS)	Soft body hair
209	Vadaanya (AH) (AS) Vadati na nishthuram (AH)	Vadaanya (AH) (AS)	Soft spoken
210	Sashabda sandhigami (AS) Sashabdyata (AH) Satatsandhi shabdagaminah (CS)	Sashabda sandhigami (AS)	Sound on movements in joints
211	Druta gati (Su.S) Shighra gati (BP) (BS)/Chala gati (AH) (AS) Chapala gati (CS)	Druta gati (Su.S)/Chapala gati (CS)	Speedy/quick/swift gait
212	Sphutita kesha (AH) (AS)	Sphutita kesha (AH) (AS)	Split hair ends
213	Dridha sauhridya (AS) Sthira mitra (Su.S) Sthira sauhridya (AH)	Sthira sauhridya (AH)	Stable and cordial friendship
214	Sthiradhana (Su.S)	Sthiradhana (Su.S)	Stable wealth
215	Sakta swara (AH) (CS)	Sakta swara (CS)	Stammering

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
216	Adhishthita gati (CS)/Avasthita gati (CS) Saara gati (CS) (Gatayo na skhalanti-Chakrapani)	Saara gati (CS)	Consistent/steady gait
217	Sthira netra (AS)/Stabdha netra (AS)	Sthira netra (AS)/Stabdha netra (AS)	Steady gaze/less blinking
218	Chaura (AH) Stena (AH) (AS) (Su S)	Stena (AH) (AS) (Su S)	Stealing/hiding/plagiarism
219	Stabdha roma (AS)	Stabdha roma (AS)	Strait/rigid/erect body hairs
220	Dridham chiram cha vairam (AH) Dridhvairam (Su.S) Dridh pracchatra vairah (AS)	Dridhvairam (Su.S)	Strong enmity
221	Teekshna trishna (AH)	Teekshna trishna (AH)	Strong thirst
222	Mritapomani netra (AH)	Mritapomani netra (AH)	Sunken eye
223	Bahu bashi (AS) Bahu pralapa (AH) (CS) Bahu vaak (BP) Vaachala (Sha.S) Pralapi (Bhel.S) (Su.S) Vilapyanibadham (Su.S)	Vaachala (Sha.S)	Talkative/irrelevant talk
224	Deergha akriti (AH)	Deergha akriti (AH)	Tall stature/height
225	Pakshmalaksha (AH)	Pakshmalaksha (AH)	Thick/dense eyelashes
226	Apachita (CS) Krishna (BP) (Sha.S) (Su.S) Krishna akriti (AH)	Apachita (CS) (Krisha)	Thin built
227	Tanu nakha (AS)	Tanu nakha (AS)	Thin nail—small nails
228	Tanu roma (AS)	Tanu roma (AS)	Thin/small body hair
229	Tanupakshma (eyelashes) (AH)	Tanupakshma (AH)	Thin/small eyelashes
230	Satyasandha (AH) (BP) Satyavadi (AS) Sucharita (AH)	Satyavadi (AS)	Truthfulness
231	Durbhaga (AS) (Su.S)	Durbhaga (AS) (Su.S)	Unattractive/not proportionate
232	Anarya (AH) (AS) (Su.S)	Anarya (AH) (AS) (Su.S)	Uncivilized
233	Snigdha kesha (Sha.S)	Snigdha kesha (Sha.S)	Unctuous hair
234	Prasanna snigdha varna (CS)/Snigdhangha (CS) Shlakhnanga (CS)	Prasanna snigdha varna/ Snigdhangha (CS)	Unctuous skin/smooth clear skin without moles freckles and dryness
235	Kritaghna (AH) (Su.S)	Kritaghna (AH) (Su.S)	Ungrateful
236	Ruksha swara (AS) (CS)	Ruksha swara (AS) (CS)	Unpleasant voice
237	Anavasthita sandhi (CS)	Anavasthita sandhi (CS)	Unstable joint
238	Chala buddhi (AH) Chala dhriti (AH) Chala smriti (AH)/Chalamati (AS)	Chala smriti (AH)	Unstable memory
239	Chala drishti (Su.S) (AS) (AH) Chala lochana (AH) Anavasthita akshi (CS)	Chala drishti (Su.S) (AS) (AH)	Unsteady gaze/frequent blinking eyes
240	Shoor (AH) (AS) (Su.S) Teekshna parakrama (CS) Sahas (AH) (AS)	Teekshna parakrama (CS)	Very brave/valor
241	Laghu vyahara (CS)	Laghu vyahara (CS)	Fast spoken
242	Tikshna agni (CS)	Tikshna agni	Very good digestive power
243	Dharmatma (AH) Shraadhho (AH) (AS)	Dharmatma (AH)	Virtuous/righteous
244	Ushma gatra (AS)/Ushmanga (AH)	Ushmanga (AH)	Warm to feel/touch
245	Lakshmivan (Su.S.)/Prajya vita (AH) (AS) Vasumantoh (CS) Vibhav (AH)	Lakshmivan (Su.S.)	Wealthy
246	Paripurna gatra (AH) (AS)/Upachita paripurna sarvanga (CS)/Sara sharira (CS)	Upachita	Well built
247	Snigdha sandhi (AH)	Snigdha sandhi (AH)	Well lubricated
248	Danta vishuddha varna (HS)	Danta vishuddha varna (HS)	White teeth
249	Ayataksha (AS)	Ayataksha (AS)	Wide/big eyes
250	Satvika (AH)	Satvika	Person having thoughts, deeds and actions taking towards illumination and Gyana (Eternal enlightenment)

**Additional File 4: List of 215 predictors**

Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
1	Pranateshuapi santvana danaruchi (Su.S)/Ashrita-vatsala (AH) (AS)/Bhavati bhishu gati dwishatamapi (AH)	Ashrita-vatsala (AH) (AS)	Affectionate to dependents
2	Pratat sheetak/Udvepak/sthambak (CS)	Pratata sheetaka/ udvepaka/stambhaka (CS)	Always feeling of coldness/shivering
3	Nastika (AH) (AS)	Nastika (AH) (AS)	Atheist

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
4	Subhaga (AH) (AS) (Su.S)/Samhata sharira (CS) Samasuvibhakta gatra (AH) Suvibhakta gatra (Su.S) Sthira Sharir (CS)	Samasuvibhakta gatra (AH)	Attractive/well proportionate
5	Putigandha (AH) (AS) Swedano—durgandha (Su.S)	Swedano—durgandha (Su.S)	Bad odor of sweat
6	Kshipra kopa-kshipra prasaada (Su.S)	Kshipra kopa-kshipra prasaada (Su.S)	Becomes angry quickly and gets pleased quickly
7	Vishalaksha (AS) (AH)	Vishalaksha (AS) (AH)	Big eyes
8	Krishna varna (HS)	Krishna varna (HS)	Blackish
9	Alpasantapa (CS)	Alpasantapa (CS)	Body temperature toward lower side of normalcy
10	Mahalalata (AH) (AS)	Mahalalata (AH) (AS)	Broad forehead
11	Kapila loma (CS)/Kapila roma (AS)	Kapila roma (AS)	Brown body hair
12	Kapila shmashru (CS)	Kapila shmashru (CS)	Brownish reddish moustache
13	Prodhbadha pindika (AH) Udbadha pindika (AS)	Udbadha pindika (AS)	Bulged/prominent calf muscles
14	Alpa krodha (AH) (AS)/Saumya (AH)	Alpa krodha (AH) (AS)	Calm and patient/less anger
15	Kshut-sahishnu (AS)	Kshut-sahishnu (AS)	Can tolerate hunger
16	Pippasa sahisnu (AS)	Pippasa sahisnu (AS)	Can tolerate thirst
17	Sheeta dweshi (Su.S)/Shita-asahishnu(CS)/Ushna sahisnu (AS) Gharme-atapto (AH) Sheetadvid (AS)	Shita-asahishnu (CS)	Cannot tolerate cold/tolerant to heat
18	Arya (AH) (AS)	Arya (AH) (AS)	Civilized
19	Prasannaksha (AS)/Shuklaksha (Su.S)/Suvyakta sita-asit (AH) Vyakta sita-asitaksha (AS)	Shuklaksha (Su.S)	Milky white/clearly distinguished sclera
20	Prasanna swara (CS)	Prasanna swara (CS)	Clear voice
21	Shlista sandhi (AH) (AS) Sthira sandhibandh (AS) (AH) Sushlista sarasandhi bandhana (CS)/Gudhasandhi (AH)	Sushlista sarasandhi bandhana (CS)	Compact joints
22	Bhuri-irshya (AH) (AS)	Bhuri-irshya (AH) (AS)	Competitive spirit
23	Pratata swara (CS)	Pratata swara (CS)	Unclear speech
24	Samitishu durnivarviryah (Su.S)	Samitishu durnivarviryah (Su.S)	Convincing speaker
25	Tamra nakha (AS) (Su.S)	Tamra nakha (AS) (Su.S)	Coppery red-colored nail
26	Tamra netra (BP)/Tamranayana (AS) (Su.S) Madhu pinga netra (HS)/Pinga lochana (AH)/Pinga netra (HS)	Tamranayana (AS) (Su.S)	Coppery/reddish brown-tinged eyes
27	Sphutit karanga (AS)/Sphutitgatra (AH)/Sphutitha karacharana (BP) (Su.S)/Sphutitanga avyava (CS)	Sphutitanga avyava (CS)	Cracking of hand and feet
28	Karabh kesha (AS)/Kutla kesha (Su.S)	Kutla kesha (Su.S)	Curly hair
29	Neela kesha (AH) (Su.S)/Shyam kesha (BP) (HS)	Shyam kesha (BP) (HS)	Dark black hair
30	Buddhiman (BP)/Buddhiyukto (AH)/Buddhyanvito (AS)/ Gambhira buddhi (Sha.S)/Dridha—shastramati (Su.S)/ Vidyavantah (CS)	Buddhiyukto (AH)	Deep intelligence
31	Cheeragrahi (Su.S)	Cheeragrahi (Su.S)	Delayed comprehension/delayed grasping power
32	Sukumara (AS)/Sukumara gatra (CS) Sukumara murty (HS) Mridu gatra (HS) Mridvanaga (AH)	Sukumara gatra (CS)	Delicate body
33	Mridu sandhi (CS)	Mridu sandhi (CS)	Delicate/flexible joints
34	Ghana kesha (AH)	Ghana kesha (AH)	Dense hair
35	Ushna-annapanakanksha (AS)/Ushnakanksha (AH) Ushna bhoji (AH) Ushna bhukte (AH) Ushneccha (AS)	Ushnaannapanakanksha (AS)	Desirous for hot climate, food and drinks
36	Gambhira (AH) (AS)/Sthoola- lakshah (AS)(AH)	Gambhira (AH) (AS)	Dignified and thoughtful personality
37	Ashighra kshobha (CS)//Shaanta (CS)	Ashighra kshobha (CS)	Donot get agitated quickly
38	Ruksha danta (AS)	Ruksha danta (AS)	Dry—nonlustrous teeth
39	Ruksha Kesha (HS)	Ruksha Kesha (HS)	Dry (hair)
40	AtiRuksha shmashru (Su.S)	Ati/Ruksha shmashru (Su.S)	Dry beard/moustache
41	Ruksha roma (AS)	Ruksha roma (AS)	Dry body hair
42	Ruksha netra (AS)	Ruksha netra (AS)	Dry eyes
43	Ati Ruksha nakha (AS) (Su.S)	Ati Ruksha nakha (AS) (Su.S)	Dry nail

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
44	Rukshanga (AS)/Ruksha twak (CS) (Sha.S)/Parusha vadana,pani-pada (twak) (CS)	Rukshanga (AS)	Dry skin/nonlustrous skin
45	Dhusaragatra (AH)	Dhusaragatra (AH)	Dusky
46	Dhushara netra (AH)	Dhushara netra (AH)	Dusky eye
47	Dhusara kesha (AH)	Dhusara kesha (AH)	Dusky/dull black hair
48	Kshipravali (AS) (CS)	Kshipravali (AS) (CS)	Early appearance of wrinkles
49	Kshipra khalitya (CS)/Sheegrha khalitya (AS)	Sheegrha khalitya (AS)	Early hairfall
50	Jagaruka (BP) (CS) (Su.S)	Jagaruka (BP) (CS) (Su.S)	Easy awakening
51	Bhuri ucchara (AH) (AS) Srishta purisha (CS)	Srishta purisha (CS)	Easy bowel evacuation
52	Srishta mutra (CS)	Srishta mutra (CS)	Easy flow of urine
53	Abhimani (AS) (Su.S)/Mani (AH)	Abhimani (AS) (Su.S)	Egoist/superiority complex
54	Atidanta (HS)	Atidanta (HS)	Big teeth
55	Prabhuta mutra (CS)	Prabhuta mutra (CS)	Excess urination
56	Analpashana (AH) Ati-bahubhuka (AS) Bahubhuk (AH) (BP) (Su.S) (AS)/Bhuri-ashana (AH) (AS)/Maha-asana (BS)/Prabhuta ashana (CS)	Bahubhuk (AH)	Excessive intake of food
57	Avadaatagatra (CS)/Suvarna (AH)/Gauragatra (AH) (AS) (BP) (Su.S)	Gaura gatra (Su.S)	Fair (lotus/gold/straw) complexion
58	Pitanga(Su.S)/Tamra-tanu(Su.S)/Tamra hasta anghri vaktra(AH)/Ativarna (BS)/Tamra jihva/Tamraostha/Tamra panipadatala (AS)	Pitanga	Fair (yellowish tinge) complexion
59	Chala vaacha (AH)	Chala vaacha (AH)	Fast/shaking voice
60	Chapala ahara (CS)/Laghu ahara (CS)	Chapala ahara (CS)	Fast eating habit
61	Sanna swara (CS)/Sannavaacha (AH)/Ksham swara (BP)/Kshamavak (AH) (AS)	Sanna swara (CS)	Feeble voice
62	Ushnamukha (CS)	Ushnamukha (CS)	Feeling of hotness in the mouth
63	Manda mitra (Su.S)	Manda mitra (Su.S)	Few friends
64	Adridha sauhridya (Su.S)/Chala sauhrida (AH) (AS)	Adridha sauhridya (Su.S)	Fickle friendship
65	Abhiyogavana (Shobhanabhiyogi bhavati) (AH)/Deerghasutri (AH) (AS)	Abhiyogavana (Shobhanabhiyogi bhavati) (AH)	Firm and ideal planner
66	Adhithita gati (CS)	Adhithita gati (CS)	Firm steps
67	Gandharvachitta (Su.S)/Gandharvapriya (AS)	Gandharvapriya (AS)	Fond of music and dancing
68	Kashaya abhilasha (AS)/Kashaya bhukte (AH)/Kashaya icchha (AS)	Kashaya abhilasha (AS)	Fond of astringent food and drink
69	Tikta abhilasha (AS)/Tikta bhoji (HS)/Tikta bhukte (AH)/Tikta rasa anubhoji (HS)	Tikta abhilasha (AS)	Fond of bitter food and drink
70	Dayita maalya-vilepana-mandnah (AH) (AS)	Dayita maalya-vilepana-mandnah (AH) (AS)	Fond of cosmetics
71	Snigdha annapanakanksha (AS)	Snigdha annapanakanksha (AS)	Fond of fried and oily food
72	Udyanapriya (AS)	Udyanapriya (AS)	Fond of gardens/gardening
73	Haaspriya (AS)	Hasyapriya (AS)	Fond of humor
74	Savilasa (AH)/Vilaaspriya (AS)	Vilaaspriya (AS)	Fond of luxurious life
75	Stutipriya (HS) (AH)	Stutipriya (HS) (AH)	Fond of praise
76	Katu bhukte (AH)/Katu ichha (AS)/Katu bhoji (HS)/katu Akansha (AH)	Katu bhoji (HS)	Fond of pungent food and drink
77	Shastrapriya (HS)/Shruta priya (HS)	Shastrapriya (HS)	Fond of reading or listening classical texts/Shastras
78	Lavana annapanakanksha (AS)	Lavana annapanakanksha (AS)	Fond of salty food and drink
79	Amla akanksha (AH)/Amla annapanakanksha (AS)	Amla annapanakanksha (AS)	Fond of sour food and drink
80	Madhura akanksha (AH)/Madhura annapanakanksha (AS)/Madhura priya (Su.S)/Madhuram bhukte (AH)/Swadu abhilasha (AS)	Madhura annapanakanksha (AS)	Fond of sweet food and drink
81	Itihasapriya (AS)	Itihasapriya (AS)	Fond of tradition and history
82	Yatrapriya (AS) Atana (Su.S) Chankramanakshama (HS)	Yatrapriya (AS)	Fond of traveling
83	Vigruhya vakta (Su.S)	Vigruhya vakta (Su.S)	Forceful establishment of own views in debate

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
84	Deerghadarshi (AH) (AS)	Deerghadarshi (AH) (AS)	Foresighted
85	Kshamavana (AH) (AS) Kshami (BP)	Kshamavana (AH) (AS)	Forgiveness
86	Shighrakshuta (AS)	Shighrakshuta (AS)	Frequent feeling of hunger
87	Dandhashuka (CS)	Dandhashuka (CS)	Frequent intake of food
88	Pippasavantah (CS)/Shigrha pipasa (AS)	Shigrha pipasa (AS)	Frequently thirsty
89	Pariganya chirat pradadati bahu (Su.S)	Pariganya chirat pradadati bahu (Su.S)	Generous and judicious charity
90	Traasyati supte (AS)	Traasyati supte (AS)	Get frightened during sleep.
91	Dhritiman (AS) (Su.S)/Smritivaan (AS)/Smritimaan (AH)	Smritimaan (AH)	Good and long-term memory
92	Kritagya (Su.S) (AS) (AH)	Kritagya (Su.S)	Grateful
93	Danta khadi (AS) (Su.S)/Dantakhadi swapneshu (AH)/Khadati dantani supte (AS)	Khadati dantani supte (AS)	Grinding of teeth during sleep
94	Parusha shmashru (CS)	Parusha shmashru (CS)	Hard beard/moustache
95	Parusha roma (CS)	Parusha roma (CS)	Hard body hair
96	Parusha nakha (CS)/Stabdha nakha (AS)	Parusha nakha (CS)	Hard/rigid nail
97	Parusha dashana (CS)	Parusha dashana (CS)	Hard teeth
98	Parusha Kesha (CS)	Parusha Kesha (CS)	Hardness of hair
99	Anateshu-amridushu (Su.S) Trasi (HS)	Anateshu-amridushu (Su.S)	Harsh toward nonloyal
100	Dukha-Kleshe-atapto (AH)/Atisahishnusheela (HS)/Sahishnu (Su.S)	Sahishnu (Su.S)	Tolerant for physical/psychological strain
101	Stabdha swara (AS)	Stabdha swara (AS)	Hoarseness of voice
102	Shuchi (AS) (AH)/Ruju (Akutilla chitta) (AH) (AS)	Shuchi (AS) (AH)	Purity of thought, words, and deeds
103	Chapala vyahara (CS)	Chapala vyahara (CS)	Inconsistent talk and quick completion
104	Anavasthita atma (Su.S) Avyavasthita mati (Su.S.) Chala manas (Sha.S) Chala swabhav (AS)	Anavasthita atma (Su.S)	Indecisiveness
105	Pandit (AH) Vipaschita (AH) Dhiman (Sha Sam.) Medhavi (AH) (AS) (Su.S)	Medhavi (AH) (AS) (Su.S)	Intelligent/wise
106	Kshuta-tapta (AH)/Kshutavantah (CS)/Teekshna bubhuksha (AH)	Teekshna bubhuksha (AH)	Intense feeling of hunger
107	Gharm dweshi (AH) (AS)/Ushna-asahishnu (CS)	Ushna-asahishnu (CS)	Intolerance to heat
108	Matsari (Su.S) Matsarya (AS) Paraguna asahanushila (AS)	Matsari (Su.S)	Jealous
109	Ajitendriya (AS) Laulupa (HS) Laulyapriya (HS) Najitendriya (AH)	Ajitendriya (AS)	Lack of self-control
110	Prashithilo sandhi (AH) Shithila sandhi (CS) Shithila sandhibandha (AS)	Shithila sandhi (CS)	Lax joints
111	Shithila mamsa (AS) Shithila mridu mamsa (CS) Shithilanga (Su.S)/Prashithilo mamsa (AH)	Shithilanga (Su.S)	Lax muscles
112	Nipunamati (Su.S)	Nipunamati (Su.S)	Learning ability/skillful
113	Alpa trishna (CS) Trishna atapto (AH)	Alpa trishna (CS)	Less thirst
114	Alpakshuta (CS) Kshut-atapto (AH)/Alpa ashana (AS) (AH)/Alpa bhuka (BS)	Alpakshuta (CS)	Less appetite
115	Alpapakshma (eyelashes) (AH)	Alpapakshma (eyelashes) (AH)	Less in quantity
116	Alpa smriti (CS)	Alpa smriti (CS)	Less memory
117	Alpa nidra (AH) (AS)	Alpa nidra (AH) (AS)	Less sleep
118	Alpa vyahara (AH) (AS)/Mitavak (BS), Manda Vyahar (CS)	Mitavak	Speaks limitedly
119	Hinasatva (HS)/Shighra traasa (CS)/Klesha asahishnu (AH) (CS) Kleshabhirav (AH)	Hinasatva (HS)/Shighra traasa (CS)	Less tolerance power and gets frightened easily
120	Alpasweda (CS)	Alpasweda (CS)	Less/scanty sweating
121	Sheeta abhilasha (AS) Sheet a bhukte (AH) Himapriyani (AH)	Sheetabhilashi (AH)	Likes cold climate and food items
122	Sangeeta/Vadya-atisahishnusheela (HS)	Sangeeta/Vadya-atisahishnusheela (HS)	Likes listening music/instrumental music even for long hours
123	Nidralu (AH) (AS) Nidrapriya (HS)	Nidrapriya (HS)	Likes sleeping
124	Ati-swedena-vimardanena saukhyam gachhati (HS)	Ati-swedena-vimardanena saukhyam gachhati (HS)	Likes sudation and massage
125	Ruksha bhukte (AS)	Ruksha bhukte (AS)	Liking for oil free and dry food

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
126	Deergha roma (HS)	Deergha roma (HS)	Long body hair
127	Deergha nakha (HS)	Deergha nakha (HS)	Long nail
128	Alpa swara (AS) Tanu swara (AS)	Alpa swara (AS)	Low-pitched voice
129	Sthira kesha (Su.S)	Sthira kesha (Su.S)	Minimal/less hair fall
130	Sulajjo (AH) (AS)	Sulajjo (AH) (AS)	Modest
131	Prabhuta purisha (CS)	Prabhuta purisha (CS)	More stool formation
132	Mamsala (HS) Peshala (AS) Samamamsa (AS) Gudha mamsa (AH) Shlista mamsa (AH) Sthira mamsa (AS)	Samamamsa (AS)	Well-built/toned muscles
133	Alpa pana (AH) (AS)	Alpa pana (AH) (AS)	Drinks less water
134	Bhuyapana (AH) (AS) Prabhuta paana (CS)	Prabhuta paana (CS)	Drinks more water
135	Alpa irshya (AH)	Alpa irshya	Non jealous
136	Na bhayat pranamyati (Su.Sa)	Na bhayat pranamyati (Su.Sa)	Never surrender/submit to fear
137	Snigdha swara (CS)/Gambhira swara (HS)/Singha-mridanga-ghana ghosha (AS)	Snigdha/Gambhira swara (CS)	Deep/pleasant voice
138	Drishtisukha gatra (CS) Priyadarshana (Su.S) Prasanna darshana aanana (CS) Charudeha (AH)	Priyadarshan (Su.S)/Prasanna darshana aanana (CS)	Pleasing/cheerful appearance
139	Vineeta (AH)	Vineeta (AH)	Polite/humble
140	Akalepalita (BP) (Sha.S) Kshipra palitya (CS) Shighra palitya (AS)	Akalepalita (BP) (Sha.S)	Premature graying
141	Prabhuta tila-vyanga-pidaka-viplu (CS) Shighra piplu vyanga (AS)/Anga-nilikanam (AH)	Prabhuta tila-vyanga-pidaka-viplu (CS)	Presence of plenty of moles freckles, pimples, etc.
142	Pragalbha vakta (BP)	Pragalbha vakta (BP)	Profound orator
143	Prabhuta srishta sweda (CS) Swedi (BP) (Sha.S) Swednah (AH)	Prabhuta srishta sweda (CS)	Profuse sweating
144	Bahu kandara-sira-pratanah (CS)/Dhamani tatah (Su.S) Dhamani santatgatra (AS)	Bahu kandara-sira-pratanah (CS)	Prominent veins and tendons
145	Kaksha-asya-shira prabhuta putigandha (CS)	Kaksha-asya-shira prabhuta putigandha (CS)	Putrid/foul odor especially from axilla, scalp, mouth
146	Chala chesta (AH) (AS) Chapala chesta (CS)	Chapala chesta (CS)	Quick completion, inconsistent action
147	Shrutagrahi (CS)	Shrutagrahi (CS)	Quick comprehension/quick grasping power
148	Shighra sauhridya (AS)	Shighra sauhridya (AS)	Makes friends easily/quickly
149	Nakha vridhi (HS)	Nakha vridhi (HS)	Quick growth of nail
150	Laghu chesta (CS) Shighra arambha (AS) Shighra-samarambha (CS)	Laghu chesta (CS)	Quick initiation of action
151	Shighra raga and viraga (CS)	Shighra raga and viraga (CS)	Quickly attached and detached
152	Shighra kshobha (AS) (CS)	Shighra kshobha (AS) (CS)	Quickly gets agitated
153	Madyen ragam (eyes) (AH)/Raveshacha ragam (eyes) (AH)/Krodhena ragam (eyes) (AH)	Krodhena/Madyen/Raveshcha ragam	Red eyes due to anger, sunlight, after alcohol consumption
154	Kapila kesha (AS) (CS) Pinga kesha (AH)	Kapila kesha (AS)	Reddish brown hair
155	Raktanta netra (AH) (Su.S)	Raktanta netra (AH) (Su.S)	Reddish corners (canthus) of eyes
156	Vyayama sheela (HS)	Vyayama sheela (HS)	Regular physical activity
157	Satata parinischita vakya (Su.S)	Satata parinischita vakya (Su.S)	Relevant and thoughtful speaker
158	Kinchit unmilit durmukh supte (AS)/Unmilitaneeva bhavanti supte (AH)	Unmilitaneeva bhavanti supte (AH)	Remains open/half closed during sleep
159	Bhaktogurunam (AH) (AS) Gurumanayita (Su.S)	Gurumanayita (Su.S)	Respect to teachers/elders
160	Khara netra (AH)	Khara netra (AH)	Rough eyes
161	Vritta netra (AH)	Vritta netra (AH)	Round eyes
162	Alpa shmashru (CS) (Su.S)	Alpa shmashru (CS) (Su.S)	Scanty beard/moustache
163	Alpa loma (CS) Alpa roma (AH) Virala roma (AS)	Alpa roma (AH)	Scanty body hair
164	Alpa kesha (AH) (BP) (HS) (Sha.S) (Su.S) Virala kesha (AS)	Alpa kesha (AH) (BP) (HS) (Sha.S) (Su.S)	Scanty hair
165	Alaulupa (AH) (AS) (Su.S) Nalaulya (Su.S)	Alaulupa (AH) (AS) (Su.S)	Self-control

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
166	Jarjar swara (CS) Jarjar vaacha (AH)	Jarjar swara (CS)	Shattered/broken voice
167	Alpa sharira (CS)/Hrasva (BS)/Tanu anga (AS) Alpanga (AS)/Atisukshma (HS)	Hrasva (BS)	Short stature/height
168	Bhuri krodha (AH) (AS) Krodhi (Su.S) Roshana (Sha. S)	Krodhi (Su.S)	Short tempered
169	Manda chesta (CS)/Ashighra-arambha (CS)	Manda chesta (CS)	Slow initiation/delayed initiation
170	Manda ahara (CS)	Manda ahara (CS)	Slow eating habit
171	Alpa nakha (AS) (Su.S)	Alpa nakha (AS) (Su.S)	Small nail—less growth of nails
172	Alpa netra (AS) Tanu lochana (AH)/Tanu netra (AS)	Tanu lochana (AH)	Small-sized eye
173	Laghu gati (CS)	Laghu gati (CS)	Small steps/quick initiation
174	Sukshma danta (HS) Tanu danta (AS) Alpadanta (AS)	Sukshma danta (HS)	Small teeth
175	Krathati supte (AS) (Su.S)	Krathati supte (AS) (Su.S)	Snoring
176	Mridu Kesha (AS) (CS)	Mridu Kesha (AS) (CS)	Soft (hair)
177	Mridu shmashru (CS)	Mridu shmashru (CS)	Soft beard/moustache
178	Mridu loma (CS) (HS) Mridu roma (AS)	Mridu roma (AS)	Soft body hair
179	Vadaanya (AH) (AS) Vadati na nishthuram (AH)	Vadaanya (AH) (AS)	Soft spoken
180	Sashabda sandhigami (AS) Sashabdyata (AH) Satatsandhi shabdagaminah (CS)	Sashabda sandhigami (AS)	Sound on movements in joints
181	Druta gati (Su.S) Shighra gati (BP) (BS)/Chala gati (AH) (AS) Chapala gati (CS)	Druta gati (Su.S)/Chapala gati (CS)	Speedy/quick/swift gait
182	Sphutita kesha (AH) (AS)	Sphutita kesha (AH) (AS)	Split hair-ends
183	Dridha sauhridya (AS) Sthira mitra (Su.S) Sthira sauhridya (AH)	Sthira sauhridya (AH)	Stable and cordial friendship
184	Sakta swara (AH) (CS)	Sakta swara (CS)	Stammering
185	Adhithita gati (CS)/Avasthita gati (CS) Saara gati (CS) (Gatayo na skhalanti-Chakrapani)	Saara gati (CS)	Consistent/steady gait
186	Sthira netra (AS)/Stabdha netra (AS)	Sthira netra (AS)/Stabdha netra (AS)	Steady gaze/less blinking
187	Chaura (AH) Stena (AH) (AS) (Su S)	Stena (AH) (AS) (Su S)	Stealing/hiding/plagiarism
188	Stabdha roma (AS)	Stabdha roma (AS)	Strait/rigid/erect body hairs
189	Dridham chiram cha vairam (AH) Dridhvairam (Su.S) Dridh pracchatra vairah (AS)	Dridhvairam (Su.S)	Strong enmity
190	Teekshna trishna (AH)	Teekshna trishna (AH)	Strong thirst
191	Mritapomani netra (AH)	Mritapomani netra (AH)	Sunken eye
192	Bahu bashi (AS) Bahu pralapa (AH) (CS) Bahu vaak (BP) Vaachala (Sha.S) Pralapi (Bhel.S) (Su.S) Vilapyanibadham (Su.S)	Vaachala (Sha.S)	Talkative/irrelevant talk
193	Deergha akriti (AH)	Deergha akriti (AH)	Tall stature/height
194	Pakshmalaksha (AH)	Pakshmalaksha (AH)	Thick/dense eyelashes
195	Apachita (CS) Krisha (BP) (Sha.S) (Su.S) Krisha akriti (AH)	Apachita (CS) (Krisha)	Thin built
196	Tanu nakha (AS)	Tanu nakha (AS)	Thin nail—small nails
197	Tanu roma (AS)	Tanu roma (AS)	Thin/small body hair
198	Tanupakshma (eyelashes) (AH)	Tanupakshma (AH)	Thin/small eyelashes
199	Satyasandha (AH) Satyavadi (AS) Satyavasangha (BP) Sucharita (AH)	Satyavadi (AS)	Truthfulness
200	Anarya (AH) (AS) (Su.S)	Anarya (AH) (AS) (Su.S)	Uncivilized
201	Snigdha kesha (Sha.S)	Snigdha kesha (Sha.S)	Unctuous hair
202	Prasanna snigdha varna (CS)/Snigdhangha (CS) Shlakhnanga (CS)	Prasanna snigdha varna/ Snigdhangha (CS)	Unctuous skin/smooth clear skin without moles freckles and dryness
203	Kritaghna (AH) (Su.S)	Kritaghna (AH) (Su.S)	Ungrateful
204	Ruksha swara (AS) (CS)	Ruksha swara (AS) (CS)	Unpleasant voice
205	Anavasthita sandhi (CS)	Anavasthita sandhi (CS)	Unstable joint
206	Chala buddhi (AH) Chala dhriti (AH) Chala smriti (AH)/ Chalamati (AS)	Chala smriti (AH)	Unstable memory
207	Chala drishti (Su.S) (AS) (AH) Chala lochana (AH) Anavasthita akshi (CS)	Chala drishti (Su.S) (AS) (AH)	Unsteady gaze/frequent blinking eyes
208	Shoor (AH) (AS) (Su.S) Teekshna parakrama (CS) Sahas (AH) (AS)	Teekshna parakrama (CS)	Very brave/valor

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Sl. no.	Predictors (with multiple terminologies)	Selected terminology	Equivalent English terminology
209	Laghu vyahara (CS)	Laghu vyahara (CS)	Fast spoken
210	Dharmatma (AH) Shraadhho (AH) (AS)	Dharmatma (AH)	Virtuous/righteous
211	Ushma gatra (AS)/Ushmanga (AH)	Ushmanga (AH)	Warm to feel/touch
212	Paripurna gatra (AH) (AS)/Upachita paripurna sarvanga (CS)/Sara sharira (CS)	Upachita	Well built
213	Snigdha sandhi (AH)	Snigdha sandhi (AH)	Well lubricated
214	Danta vishuddha varna (HS)	Danta vishuddha varna (HS)	White teeth
215	Ayataksha (AS)	Ayataksha (AS)	Wide/big eyes



## हिंदी सारांश

### प्रकृति मूल्यांकन हेतु मानकउपकरण का विकास: केंद्रीय आयुर्वेदीय अनुसंधान परिषद की पहल का एक अवलोकन

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**परिचय:** प्रकृति आयुर्वेद विज्ञान का एक महत्वपूर्ण मौलिक सिद्धांत है जो किसी व्यक्ति को भौतिक, क्रियाशारीर, मनोवैज्ञानिक एवं व्यावहारिक संगठन का विवरण देता है। यह आयुर्वेदीय निदान चिकित्सा एवं रोग विनिश्चय का अविभाज्य अंग है। आयुर्वेद के मूलभूत ग्रंथों में प्रकृति निर्धारण का वर्णन अधिकतम व्यक्तिपरक है और विषय पर उपलब्ध अनुवाद एवं अर्थभी बहुत भिन्न हैं।

**उद्देश्य:** प्रकृति निर्धारण मापक को विकसित करने का कार्य केंद्रीय आयुर्वेदीय अनुसंधान परिषद दिल्ली द्वारा ग्रहण किया गया है ताकि एक वैधता, विश्वनीयता, तर्कसंगतता, पुन मापक युक्त से उत्पादनीयता: हो स्वीकार्य सर्वत्र जो हो विकसित।

**सामग्री एवम विधि:** आयुर्वेदीय शास्त्रों तथा आयुर्वेद विशारदों के परामर्श के आधार पर प्रकृति निर्धारण मापक का निर्माण किया गया जिसमें निम्न चरण थे:

1. प्रकृति निर्धारण हेतु एक व्यापक प्रश्नावली का विकास करना।
2. प्रकृति निर्धारक लक्षणों को ग्रहण करने हेतु मानक ओपरेटिव प्रक्रिया (SoP) युक्त उपभोगता गाइड का विकास
3. दोनों अनुसंधान कर्ताओं को अनभिज्ञ रखते हुए प्रश्नावली का वैधीकरण ताकि दोनों के बीच समानता का प्रतिशत ज्ञात किया जा सके

**परिणाम:** आयुर्वेद के मानक ग्रंथों तथा आयुर्वेद विशारदों की परामर्शदात्री समितियों के आधार पर प्रकृति निर्धारण मापक की रचना। यह मापक प्रकृति निर्धारक लक्षणोविशिष्टताओं को पूर्ण/तर्कसंगतता एवम वस्तुनिष्ठता के साथ संग्रहित करता है।

इस मापक को 10 केन्द्रों पर नैदानकीय प्रयोग में लाया गया है। इसमें और भी कटौती तथा परिष्कार की संभावना है ताकि इसे नैदानकीय प्रयोग के लिए और व्यापक बनाया जा सके।

**निष्कर्ष:** आयुर्वेदीय शास्त्र के आधार पर एक व्यापक प्रकृति निर्धारण मापक विकसित किया गया जिसे नैदानकीय वैधीकरण हेतु प्रयोग किया जा रहा है।