Figure 1 - The Flow of Participants

1. Patient Recruitment
2. Screening by Inclusion & Exclusion Criteria based on temperament detection questionnaire
3. Warm Temperament: n = 20
   - Random Allocation
     - Group A: sumac (n = 10)
     - Group B: thyme (n = 10)
   - Outcome Measurement
     - Wash out 6 day
     - Group A: thyme (n = 10)
     - Group B: sumac (n = 10)
   - Outcome Measurement

4. Cold Temperament: n = 20
   - Random Allocation
     - Group C: sumac (n = 10)
     - Group D: thyme (n = 10)
   - Outcome Measurement
     - Wash out 6 day
     - Group C: thyme (n = 10)
     - Group D: sumac (n = 10)
   - Outcome Measurement