

SELF-ASSESSMENT HEALTH PROFILE

Name: _____ Date: _____

This profile can be used as an educational device as well as a diagnostic tool to aid you in becoming acquainted with the categories of Chinese medicine. Check all of the symptoms you have experienced during the last six months. Check those symptoms that have been most troublesome.

PATTERNS OF DEPLETION

DEFICIENT QI

- weakness, lethargy or weariness
- lowered libido
- decreased motivation
- dull thinking or feeling
- poor appetite
- weak digestion
- susceptible to colds or flu
- prolonged recovery following illness
- pasty, pale complexion
- limp hair
- shortness of breath
- aversion to talking
- perspires easily with exertion
- weak muscles
- chills easily
- frequent, profuse urination
- infertility
- miscarriage

SLACK QI

- atony or prolapse of stomach, intestines, anus
- fecal incontinence or constant diarrhea
- hemorrhoids
- dizzy or weak after meal or bowel movement
- loose or flaccid muscles

DEFICIENT MOISTURE

- dry and thirsty
- dryness of mucous membranes
- scant secretions and urination
- constipation
- uncomfortable feeling of heat in the body
- restlessness and insomnia
- low fever in the afternoon or evening
- parched and cracked skin
- emotional liability
- hot flashes
- night sweats
- constant hunger
- unstable blood sugar
- persistent dry cough
- dry sore throat
- flushed face with dry skin and lips

SLACK MOISTURE

- excess secretions from eyes, nose, mouth, skin, vagina
- seminal incontinence or premature ejaculation
- frequent urination, enuresis or incontinence
- dizzy or weak after sex

PATTERNS OF DEPLETION (CONTINUED)

DEFICIENT BLOOD

- restless fatigue
- irritability
- insomnia and anxious sleep
- itching, prickling skin or scalp
- dryness without thirst
- blurred or weak vision
- loss or thinning of hair
- dizziness
- dry or hard stool
- dry skin, eyes, hair
- anemia
- numbness of hands and feet
- muscle cramps
- lack of semen
- scanty or irregular menstruation
- pale, waxy, sallow complexion
- easy bruising
- poor skin healing
- palpitations
- postpartum weakness or anemia
- emotionally sensitive

SLACK BLOOD

- bleeding from skin, nose, lungs, stomach, bladder, and intestines
- ulcers of skin, mucous membrane, stomach and intestines
- excessive bleeding during menses, pregnancy or postpartum
- bleeding hemorrhoids
- anemia associated with inflammation of stomach, small intestine or large intestine

DIMINISHED ESSENCE

- generalized fatigue, weakness and stiffness
- increased flaccidity of muscles
- sagging or wrinkling of skin
- diminished or absent sexual arousal and pleasure
- premature infertility or menopause
- repeated miscarriages
- loosening or increased loss of teeth
- thinning, graying and drying of head and pubic hair
- weakening of bones and loss of elasticity of tendons or ligaments
- decline or memory, vision and hearing
- progressive loss of weight or emaciation

DISTURBED SHEN

- extreme restlessness, agitation or loquaciousness
- labile emotions (easily moved to tears or laughter)
- extreme hypersensitivity to pain or insult
- hysterical outbursts of shouting, laughing or grief
- overwhelming hopelessness, sadness or grief
- constant anxiety or incessant worry
- easily startled or frightened
- morbid thoughts or impulses
- erratic sleep, stubborn insomnia or disturbing dreams
- uncontrollable rage or elation
- Incoherent speech or babbling
- dull, glazed or bizarre look to eyes and face

PATTERNS OF CONGESTION

STAGNANT QI

- head feels stuffy
- mild nausea
- distension or fullness in chest or abdomen
- gas pains, cramps, tension in stomach or intestines
- hiccups, belching or flatulence
- constipation with gas
- vague or intermittent pains

OBSTRUCTED QI

- generalized discomfort, fullness, pressure in head, chest, limbs or abdomen
- belching or flatulence
- wheezing
- stitch or acute pain in abdomen
- sense of fullness under ribs

STAGNANT BLOOD

- mottling or chilling of limbs from poor circulation
- sharp pains in head, eyes, joints, internal organs
- irregular or painful menses
- premenstrual pain and hardness of breasts
- painful hemorrhoids or cysts
- elevated cholesterol

OBSTRUCTED BLOOD

- traumatic bruises, swellings and sprains
- persistent, stabbing or throbbing pains (esp. in joints or viscera)
- pain aggravated at night or from inactivity
- severe cramping numbness or paralysis
- severe headache
- dark red complexion

OBSTRUCTED BLOOD (continued)

- red or purple lesions on the skin and mucous membrane
- angina
- severe menstrual cramps with dark blood or clots
- pain worse from pressure or massage
- hard lumps or masses

STAGNANT MOISTURE

- soft or loose stool
- bloating with water retention
- puffy eyes, face, hands or ankles
- frequent but scanty urination
- feels swollen, tender, lethargic in humid weather
- soft swellings or enlarged lymph nodes
- premenstrual soreness and swelling of breasts

OBSTRUCTED MOISTURE

- swollen or heavy head, limbs or abdomen
- tender muscles and joints
- thick or sticky saliva or phlegm
- sticky perspiration
- lumps, nodules and cysts
- congestion in eyes and sinuses
- sticky slimy stool
- scanty urine
- generalized water retention
- edema of hands and feet
- thick nauseated feeling in mouth and stomach

ADVERSE CLIMATES OR CONDITIONS

HEAT

- fever, associated with infection or inflammation
- pain, soreness, swelling or dryness accompanied by a sensation of heat or burning
- sores or infections with green or yellow pus
- yellow or green mucous discharges from ears, nose, throat, anus, vagina or urethra
- extreme thirst with a craving for cold foods and liquids
- reddening of eyes, ears, nose, lips, face, skin, mucous membrane or tongue

COLD

- cold feeling in limbs, head, chest or abdomen
- inertia or weakness with pallor, cold or clammy forehands, etc.
- loose stool after eating raw or cold foods
- profuse urination or swelling of face or limbs upon exposure to cold climate or after drinking cold liquids
- craving for warm cooked foods and hot drinks
- pain in head, chest, limbs or joints when exposed to cold air
- pale skin, nail bed, lips, tongue & mucous membrane

DAMP-HEAT

- dryness or thirst without desire or ability to drink
- queasiness with a nauseating taste in the mouth
- sticky yellow mucus in the nose, throat or bronchi
- fever or a sensation of heat that is not relieved by perspiring or taking fluids
- loose or sticky stool streaked with blood, mucus or pus
- burning, oozing sores, boils, pimples, blister or rashes
- heavy, dull distended feeling in the head, chest, abdomen or limbs
- worse from heat, humidity, and sweet, spicy or oily foods

EXTERNAL WIND

- itching, prickling sensation of the skin
- migrating pains appear or retreat suddenly and unpredictably
- dizziness
- itchy, painful ears, eyes, nose, sneezing, headache, muscle soreness or shivering when exposed to wind or drafts
- sneezing, runny nose or eyes
- numbness of face
- neck stiffness or spasm
- worse from drafts and changing temperatures

INTERNAL WIND

- trembling or shaking of hands, feet, head
- spasms, twitches, cramps or contractures of skin, nerves, muscles and viscera
- disequilibrium, incoordination
- spasm or quivering of tongue
- vertigo
- headache with vertigo
- seizures
- worse from heat, wind, changing barometric pressure, or changing from lying to upright posture

PHLEGM (Congealed Moisture)

- dizziness or fullness in head with mucus
- congestion or nausea
- nausea or difficult breathing with fullness in upper abdomen or chest
- thick, sticky secretions or discharges from the skin, mucous membranes, ears, eyes, nose, throat, mouth, anus, vagina, urethra
- soft, mobile lumps or enlarged lymph nodes
- worse in humid environment or from eating sticky, greasy, fatty foods, milk products, eggs, sugar

ORGAN NETWORK DISTURBANCES

LIVER NETWORK

(Nerves, Muscles, Congested or Depleted Blood)

- irritable: "things get on my nerves"
- touchiness from heat, wind, noise
- numbness or tingling of limbs when asleep or inactive
- muscle cramps on lower abdomen, hips, calves, feet*
- pain from tension in shoulders and neck, or in hips*
- stitching pains under diaphragm, in ribs, groin or pelvic region*
- easy chilling of arms, hands, legs, feet*
- coarse, brittle nails or hair
- dry eyes
- weak or blurred vision
- difficult elimination, dry or hard stool, tense colon*
- whistling or loud ringing in the ears (tinnitus)
- weak, dizzy, flushed from hunger, tension, or anger*
- genital organ hypersensitivity
- PMS characterized by symptoms marked above with asterisk (*)

HEART NETWORK

(Emotions, Sleep, Depleted Moisture or Blood, Congested Blood)

- easily confused
- anxiety*
- mood swings (laughs easily, cries easily)
- insomnia when nervous, worried or overtired
- excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares*
- craving for cool drinks and juicy foods
- slight exertion or excitement causes heat, perspiration
- easily overheats and overchills*
- easy blushing of face and ears

HEART NETWORK (continued)

- burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus*
- dry mouth or throat
- hot flashes
- restlessness and fatigue*
- frequent urination and bowel movements from nervousness
- palpitations when nervous, upset or exhausted
- PMS characterized by the symptoms marked above with asterisk(*)

SPLEEN NETWORK

(Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)

- slow digestion or indigestion
- frequent abdominal gas or bloating*
- loose stool from raw or cold foods, cold liquids
- excess or deficient appetite
- lingering hunger after meals
- hard to gain, lose or regulate weight
- easily worried
- difficulty focusing, jumps from one thing to another
- overwhelmed by details*
- upset by changes*
- lethargy and inertia*
- prolapse of stomach, intestines, uterus, vagina, and bladder
- hemorrhoids
- lack of muscle tone or strength, especially of abdomen, back and neck
- water retention and puffiness*
- heaviness of head and limbs*
- tender muscles*
- frequent but scanty urination
- easy or frequent bruising
- PMS characterized by symptoms marked above with asterisk(*)

ORGAN NETWORK DISTURBANCES (CONTINUED)

LUNG NETWORK

(Respiration, Skin, Depleted or Congested Moisture)

- frequent colds or coughs
- Frequent runny nose or stuffy sinuses*
- frequent throat clearing or laryngitis*
- morning attacks of coughing or sneezing with clear phlegm or mucus discharge*
- allergies
- shortness of breath, chest pain, or wheezing in chest from fatigue or exertion
- dryness of mucous
- dry skin*
- itchiness or rashes of skin
- easily disappointed or offended*
- sensitive to wind, cold and dryness*
- PMS characterized by symptoms marked above with asterisk(*) or dizziness

KIDNEY NETWORK

(Reproduction, Genito-Urinary, Joints, Depleted Qi, Congested Moisture)

- difficulty conceiving or carrying to term
- diminished libido*
- lack of sexual secretions
- jaundice/hepatitis
- loss or thinning of pubic hair
- amenorrhea
- excess or scanty urination
- frequent or difficult urination
- pain in low back, sacrum or hips*
- weakness or soreness of hips, knees, ankles or feet
- lack of stamina, runs out of steam quickly
- needs to sleep a lot*
- diminished motivation*
- forgetfulness and dull-minded
- puffiness or swelling of feet and ankles
- puffiness around eyes
- dull hearing
- low humming in ears(tinnitus)
- sore throat from fatigue*
- easily defeated and disgruntled
- menopause or PMS characterized by symptoms marked with asterisks(*)

CONFLICTS BETWEEN ORGAN NETWORKS

LIVER-SPLEEN DISHARMONY

- cold hands and feet
- hot flashes
- indigestion w/ nausea, bloating, flatulence, belching
- erratic elimination w/ constipation or diarrhea
- spasm of esophagus
- dryness and water retention
- thirst for alternately cold and hot liquids
- sensitivity and/or aversion to strong flavors
- craving fatty, sour, sweet or sticky foods
- erratic appetite with difficulty knowing what to eat or feeling dissatisfied with food
- tenderness, tension or heaviness in muscles especially head, neck, shoulders, jaw, arms or legs
- fullness or pressure in head or behind eyes
- headaches with nausea, visual disturbances or dizziness
- sensitivity or aversion to light, noise, heat and humidity
- abdominal tension or distension w/ belching or flatulence
- vacillates between assertiveness and ambivalence
- vacillates between nervous tension and languid lethargy
- vacillates between being irritable and hostile and tolerant and sympathetic
- hypoglycemia
- diabetes
- cirrhosis
- jaundice/hepatitis
- eating disorders
- food allergies
- hives
- colitis
- migraine

SPLEEN - KIDNEY DISHARMONY

- slow digestion and sluggish intestines
- weak gums and loose teeth
- dryness of skin and mouth
- sore or swollen joints or muscles, especially of face and hands
- heaviness of head or limbs
- weakness or soreness of low back or sacrum
- feet, legs and back tire easily
- diarrhea or dry, small stool with bloating
- frequent, scanty, or difficult urination
- alternately strong and diminished libido
- easy chill of back, legs and arms
- constipation and water retention follow overeating
- craves salty or sweet foods
- edema
- rheumatism
- adrenal insufficiency (Addison's disease)
- leucorrhoea
- chronic gingivitis
- chronic cystitis or urethritis
- prostatic hypertrophy or prostatitis
- nervous and distractible
- apathetic and insecure

This Health Profile is excerpted from Between Heaven & Earth: a Guide to Chinese Medicine (Beinfeld & Korngold, Ballantine, 1991), a good resource to help you understand more about Chinese medicine. This book is available in your local bookstore or through your practitioner.