

SELF-ASSESSMENT HEALTH PROFILE

Name _____

Date _____

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

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.

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 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

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
- ___ 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

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
- ___ 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(*)

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

KIDNEY - HEART DISHARMONY

- insomnia or restless sleep alternating with heavy slumber
- difficulty awakening and arising from bed
- nervousness or mood swings alternating with fatigue and lumbar weakness
- easily overheated or chilled
- hot chest, head, ears, face and hands, with cold belly, buttocks, feet
- easily enthused but difficult to sustain effort or excitement
- depressed or melancholy after prolonged mental or physical exertion
- sexually excitable but difficult to sustain arousal or achieve satisfactory release
- lack of muscle tone and joint mobility
- anxiety and apathy
- tension and weakness of muscles along the spine
- nausea, diarrhea, urinary frequency associated with anxiety
- craves salty, spicy food and stimulants (nicotine and caffeine)
- manic-depressive syndrome
- ileitis (Crohn's disease)
- bulimia
- phobias
- chronic sleep disturbances
- hyper-hypothyroid syndrome

HEART - LUNG DISHARMONY

- sensitivity to changes in temperature and humidity
- easily overheated but can't sweat
- dry cough with heat in throat or chest
- flushes when coughing, laughing, or sneezing
- heat triggers sneezing, itchy throat or rashes
- dry skin with cracking, redness and itching, especially from cold and dryness
- light sleeper and wakes easily
- itching, inflammation of vagina or urethra without discharge
- alternately euphoric and melancholic, hysterical or depressed
- easily hurt or offended
- craves spicy, hot foods and stimulants
- acne or dry eczema
- sun allergy
- psoriasis
- asthma
- hyper-thyroidism
- hysteria
- chronic pharyngitis/rhinitis
- chronic vaginitis

LUNG - LIVER DISHARMONY

- tense, stiff neck, shoulders, chest, or loins
- irregular bowel movements
- sensitivity or aversion to strong odors or flavors
- loss of ability to smell

- irregular, tense or shallow breathing wheezing or sighing
- sensitive, easily irritated skin or mucous membranes of upper respiratory or genito-urinary tracts
- sensitivity or aversion to heat, dryness, wind, drafts or sudden changes in weather
- feels awkward expressing feelings or reactions
- craving for fatty, sour and spicy foods
- hives, itching, worse at night
- sensitive to rage or rejection
- seasonal sinusitis or hayfever
- bursitis, lumbago or sciatica that comes and goes
- neck spasms, and occipital or lateral headaches
- depressed, sad, quiet, angry or passive rage

Please list your additional health concerns you would like your practitioner to be aware of:

This Health Profile is excerpted from *Between Heaven & Earth: a Guide to Chinese Medicine* (Be infield & 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.