



ASIAN HEALING ARTS

acupuncture | herbal therapies | massage

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. Circle 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 prolapsed of stomach, intestines, arms

_____ fecal incontinence or constant diarrhea

_____ hemorrhoids

_____ dizzy or weak after meal or bowel movement

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

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, 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

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
- _____ mental confusion and disorientation
- _____ uncontrollable rage or elation
- _____ incoherent speech or babbling
- _____ dull, glazed or bizarre look to eyes and face

Patterns of Congestion

- _____ thinning, graying and drying of head and pubic hair
- _____ weakness of bones and loss of elasticity of tendons or ligaments
- _____ decline of memory, vision, and hearing
- _____ progressive loss of weight or emaciation

Stagnant Qi

- _____ head feels stuffy
- _____ mild nausea
- _____ distention 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
- _____ belching or flatulence
- _____ wheezing
- _____ difficulty swallowing
- _____ 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 and 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 or joints
- _____ thick or sticky saliva or phlegm
- _____ scanty urine
- _____ generalized water retention
- _____ edema or hands and feet
- _____ thick nauseated feeling in mouth and stomach
- _____ congestion in eyes and sinuses

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 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 inflection 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 or 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 face, hands, feet

_____ loose stools after eating raw or cold food

_____ 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 joint when exposed to cold air

_____ pale skin, nail beds, lips, mucous membrane or tongue

Damp Heat

_____ dryness or thirst without desire or ability to drink

_____ queasiness with a nauseating taste in the mouth

_____ sticky yellow mucous in 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, mucous or pus

_____ burning, oozing sores, boils, pimples, blisters 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 sensations of the skin

_____ migrating pains appear or retreat suddenly 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

_____ disequilibrium, lack of coordination

_____ 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 mucous

_____ congestion or nausea

_____ nausea or difficult breathing with fullness in upper abdomen or chest

_____ thick, sticky secretions or discharges from the skin, nose, throat, mouth, anus, vagina or urethra

_____ soft, mobile lumps or enlarges 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 of lower abdomen, hips, calves, feet*

_____ pain from tension in shoulders and neck or hips*

_____ stitching pains under diaphragm 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 ears (tinnitus)

_____ weak, dizzy, flushed from hunger, tension or anger*

_____ nausea or queasiness from hunger or fatigue

_____ 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, 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 food



_____ slight exertion or excitement causes heat, perspiration

_____ easily overheats and over chills*

_____ 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 an asterisk

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

_____ slow digestion or indigestion

_____ frequent abdominal gas or bloating*

_____ loose stools from raw or cold food, 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*

_____ prolapsed of stomach, intestines, uterus, vagina and bladder

_____ hemorrhoids

_____ lack of muscle tone and strength, especially of abdomen, back or neck

_____ water retention and puffiness*

_____ heaviness of head and limbs

_____ tender muscles *

_____ frequent but scanty urination

_____ easy or frequent bruising

_____ PMS characterized by symptoms above marked with an asterisk

Lung Network (Respiration, Skin, Depleted or Congested Moisture)

_____ frequent colds or cough

_____ 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 membranes*

_____ dry skin*



- _____ itchiness or rashes of skin
- _____ easily disappointed or offended
- _____ sensitive to wind, cold and dryness*
- _____ PMS characterized by symptoms marked above with an asterisk

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

- _____ difficulty conceiving or carrying to term
- _____ diminished libido*
- _____ lack of sexual secretions
- _____ 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 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 above with asterisk

Conflicts Between Organ Networks

Liver-Spleen Disharmony

- _____ cold hands and feet
- _____ hot flashes
- _____ indigestion with nausea, bloating, flatulence, belching
- _____ erratic elimination with constipation or diarrhea
- _____ spasm of esophagus
- _____ dryness and water retention
- _____ thirst for alternatively cold and hot liquids
- _____ sensitivity and/or aversion to strong flavors
- _____ cravings for 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 distention with 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 and muscles, especially of face, hands or feet

_____ 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)

_____ leucorrhea

_____ chronic gingivitis

_____ chronic cystitis or urethritis

_____ prostatic hypertrophy or prostatitis

_____ nervous and distracted

_____ apathetic and insecure

Kidney-Heart Disharmony

_____ insomnia or restless sleep alternating with heavy slumber

_____ difficulty awaking and arising from bed

_____ nervousness and mood swings with fatigue, lumbar weakness

_____ easily over heated or chilled



_____ hot chest, head and hands but cold buttocks and feet

_____ easily excited but difficult to sustain effort and enthusiasm

_____ depressed or melancholy after sustained mental or physical activity

_____ sexually excitable but difficult to sustain desire or 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 (Cohn's disease)

_____ bulimia

_____ phobias

_____ chronic endometritis/cervicitis/urethritis

_____ chronic sleep disturbances

_____ hyper-hypothyroid syndrome

Heart-Lung Disharmony

_____ sensitivity to changes in temperature and humidity

_____ easily overheated but can't sweat

_____ dry cough

_____ flushes when coughing

_____ coughing when nervous or embarrassed

_____ anxiety with laryngitis, chest pain or wheezing

_____ heat triggers sneezing, itchy throat or rashes

_____ dry skin with cracking, redness and itching, especially upper back, elbows, knees and hands

_____ light sleeper and wakes easily

_____ itching and inflammation of vagina or urethra without discharge

_____ alternatively euphoric and melancholic

_____ emotionally hypersensitive yet reserved

_____ 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



_____ tension and stiffness of muscles of neck, shoulders, chest, abdomen and hips

_____ irregular bowel movements

_____ irregular, heavy or shallow breathing

_____ wheezing or signing

_____ sensitive, easily inflamed skin or mucous membranes of upper respiratory or genitor-urinary tissue

_____ sensitivity or aversion to heat, dryness, wind, droughts or sudden changes in weather

_____ awkward and stiff expressions of feelings

_____ unpredictably reactive or indifferent, angry or sad, friendly or distant

_____ craving for fatty and spicy foods

_____ acne

_____ asthma

_____ irritable bowel syndrome

_____ generalized pruritus

_____ allergic sinusitis or rhinitis

_____ seasonal hay fever

_____ bursitis

_____ headaches involving eyes and sinuses

_____ sever or chronic neck spasms

_____ depression characterized by quiet melancholy or passive rage

Please list any other 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* (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.

