

Answer yes or no to each of the following questions. Don't worry about what the symptoms mean; just note whether you experience them. If you have more than one-fourth to one-third yes responses in any diagnostic category, then you may have an element of this imbalance in your system. You may have more than one kind of imbalance operating at the same time so don't be surprised if you have 50 percent yes answers for more than one diagnostic category.

DIAGNOSIS

YES

NO

KIDNEY YIN DEFICIENCY (Ki Yi-)

- 1. Do you have lower back weakness, soreness or pain, or knee problems?
- 2. Do you have ringing in your ears or dizziness?
- 3. Is your hair prematurely gray?
- 4. Do you have vaginal dryness?
- 5. Is your mid-cycle fertile cervical mucus scanty or missing?
- 6. Do you have dark circles around or under your eyes
- 7. Do you have night sweats?
- 8. Are you prone to hot flashes
- 9. Does your tongue lack coating? does it appear shiny or peeled

DIAGNOSIS

YES

NO

KIDNEY YANG DEFICIENCY (Ki Yan-)

- 1. Do you have lower back pain premenstrually?
- 2. Is your lower back sore or weak?
- 3. Are your feet cold, especially at night?
- 4. Are you typically colder than those around you?
- 5. Is your libido low?
- 6. Are you often fearful?
- 7. Do you wake up at night or early in the morning because you have to urinate?
- 8. Do you urinate frequently, and is the urine diluted and/or profuse?
- 9. Do you have early morning loose, urgent stools?
- 10. Do you have profuse vaginal discharge?
- 11. Does your menstrual blood tend to be dull in colour?
- 12. Do you feel cold cramps during your period that respond to a heating pad?
- 13. Is your tongue pale, moist, and swollen?

DIAGNOSIS

YES

NO

SPLEEN QI DEFICIENCY (Sp-)

- 1. Are you often fatigued?
- 2. Do you have poor appetite?
- 3. Is your energy lower after a meal?
- 4. Do you feel bloated after eating?
- 5. Do you crave sweets?
- 6. Do you have loose stools, abdominal pain, or digestive problems?
- 7. Are your hands or feet cold?
- 8. Is your nose cold?
- 9. Are you prone to feeling heavy and sluggish?
- 10. Are you prone to feeling heaviness or grogginess in the head?
- 11. Do you bruise easily?
- 12. Do you think you have poor circulation?
- 13. Do you have varicose veins

- | | | |
|---|-------|-------|
| 14. Are you lacking in exercise? | _____ | _____ |
| 15. Are you prone to worry? | _____ | _____ |
| 16. Have you been diagnosed with low blood pressure | _____ | _____ |
| 17. Do you sweat a lot without exerting yourself? | _____ | _____ |
| 18. Do you feel dizzy or light-headed, or have visual changes when you stand up fast? | _____ | _____ |
| 19. Is your menstruation thin watery, profuse or pinkish in color? | _____ | _____ |
| 20. Are you more tired around ovulation or menstruation? | _____ | _____ |
| 21. Do you ever spot a few days or more before your period comes? | _____ | _____ |
| 22. Have you ever been diagnosed with uterine prolapse? | _____ | _____ |
| 23. Are your menstrual cramps accompanied by a bearing down sensation in your uterus? | _____ | _____ |
| 24. Are you often sick, or do you have allergies? | _____ | _____ |
| 25. Have you been diagnosed with hypothyroid or anaemia? | _____ | _____ |
| 26. Do you have haemorrhoids or polyps? | _____ | _____ |
| 27. Does your tongue look swollen, with teeth marks on the sides? | _____ | _____ |
| 28. Do you have a pale, yellowish complexion? | _____ | _____ |

DIAGNOSIS

YES

NO

BLOOD DEFICIENCY (BI-) *(not necessarily equated with anaemia)*

- | | | |
|--|-------|-------|
| 1. Are your menses scanty and/or late? | _____ | _____ |
| 2. Do you have dry, flaky, skin? | _____ | _____ |
| 3. Are you prone to getting chapped lips? | _____ | _____ |
| 4. Are your fingernails or toenails brittle? | _____ | _____ |
| 5. Are you losing hair on your head (not in patches, but all over)? | _____ | _____ |
| 6. Is your hair brittle or dry? | _____ | _____ |
| 7. Do you have diminished night-time vision? | _____ | _____ |
| 8. Do you get dizzy or light-headed around your period? | _____ | _____ |
| 9. Are your lips, the inner side of your lower eyelids, or tongue pale in color? | _____ | _____ |

DIAGNOSIS

YES

NO

BLOOD STASIS (BI X) *(often associated with blood deficiency symptoms: see BI-)*

- | | | |
|--|-------|-------|
| 1. Is your menstrual pain around your ovaries? | _____ | _____ |
| 2. Do you feel mid-cycle pain around your ovaries? | _____ | _____ |
| 3. Do you have painful, unmovable breast lumps? | _____ | _____ |
| 4. Do you experience periodic numbness of your hands and feet (especially at night)? | _____ | _____ |
| 5. Do you have varicose or spider veins? | _____ | _____ |
| 6. Do you have red haemangioma (cherry-red spots) on your skin? | _____ | _____ |
| 7. Does your complexion appear dark or "sooty"? | _____ | _____ |
| 8. Do you have chronic haemorrhoids? | _____ | _____ |
| 9. Does your menstrual blood contain clots | _____ | _____ |
| 10. Have you been diagnosed with endometriosis or uterine fibroids? | _____ | _____ |
| 11. Is your lower abdomen tender to palpation (resisting touch)? | _____ | _____ |
| 12. Can you feel any abnormal lumps in your lower abdomen? | _____ | _____ |
| 13. Do you have piercing or stabbing menstrual cramps? | _____ | _____ |
| 14. Does your tongue look dark? | _____ | _____ |
| 15. Do you have dark spots on your tongue? | _____ | _____ |
| 16. Are the veins beneath your tongue twisty and tortuous? | _____ | _____ |
| 17. Do you have dark spots in your eyes? | _____ | _____ |

18. Have you been diagnosed with any vascular abnormality or blood clotting disorder?

YES **NO**

DIAGNOSIS

LIVER QI STAGNATION (Lv Qi X)

- 1. Are you prone to emotional depression? _____
- 2. Are you prone to anger and/or rage? _____
- 3. Do you become irritable premenstrually? _____
- 4. Do you feel bloated or irritable around ovulation? _____
- 5. Does it feel as if your ovulation lasts longer than it should? _____
- 6. Are your breasts sensitive/sore at ovulation? _____
- 7. Do you experience nipple pain or discharge from your nipples? _____
- 8. Do you have a lot of premenstrual breast distension or pain? _____
- 9. Have you been diagnosed with elevated prolactin levels? _____
- 10. Do you become bloated premenstrually? _____
- 11. Are your pupils usually dilated and large? _____
- 12. Do you have difficulty falling asleep at night? _____
- 13. Do you experience heartburn or wake up with a bitter taste in your mouth? _____
- 14. Are your menses painful? _____
- 15. Do you feel your menstrual cramps in the external genital area? _____
- 16. Is the menstrual blood thick and dark, or purplish in color? _____
- 17. Is your tongue dark or purplish in colour? _____

DIAGNOSIS

YES **NO**

HEART DEFICIENCY (Ht-) (often associated with heat)

- 1. Do you wake up early in the morning and have trouble getting back to sleep? _____
- 2. Do you have heart palpitations, especially when anxious? _____
- 3. Do you have nightmares? _____
- 4. Do you seem low in spirit or lacking in vitality? _____
- 5. Are you prone to agitation or extreme restlessness? _____
- 6. Do you fidget? _____
- 7. Is the tip of your tongue red? _____
- 8. Is there a crack in the center of your tongue that extends to the tip? _____
- 9. Do you sweat excessively, especially on your chest? _____

DIAGNOSIS

YES **NO**

EXCESS HEAT (^H)

- 1. Is your pulse rate rapid? _____
- 2. Are your mouth and throat usually dry? _____
- 3. Are you thirsty for cold drinks most of the time? _____
- 4. Do you often feel warmer than those around you? _____
- 5. Do you wake up sweating or have hot flashes? _____
- 6. Do you break out with read acne (especially premenstrually)? _____
- 7. Do you have short menstrual cycle? _____
- 8. Do you have vaginal irritation or rashes? _____

DIAGNOSIS

YES

NO

DAMPNESS (D)

- 1. Do you feel tired and sluggish after a meal?
- 2. Do you have fibrocystic breast?
- 3. Do you have cystic or pustular acne?
- 4. Do you have urgent, bright, or foul-smelling stools?
- 5. Does your menstrual blood contain stringy tissue or mucus?
- 6. Are you prone to yeast infections and vaginal itching?
- 7. Do your joints ache, especially with movement?
- 8. Are you overweight?
- 9. Do you have a wet, slimy tongue?

DIAGNOSIS

YES

NO

DAMP HEAT (DH)

- 1. Do you have signs of heat and/or dampness as indicated above?
- 2. Do you have foul-smelling, yellow, or greenish vaginal discharge?
- 3. Are you prone to vaginal and/or rectal itching during your luteal or premenstrual phase?

DIAGNOSIS

YES

NO

COLD UTERUS (CW)

- 1. Do you fit the Kidney Yang deficiency (Ki Yan-) category?
- 2. Do you fall into the Blood stasis pattern?
- 3. Does your lower abdomen feel cooler to the touch than the rest of your trunk?

