

SELF - ASSESSMENT HEALTH PROFILE

Name _____ Date _____

This profile is an educational device as well as a diagnostic tool. It will aid you in becoming acquainted with the language of Chinese Medicine. **Check** the symptoms you have experienced during the last six months. **Circle and check** those that have been most troublesome.

PATTERNS OF DEPLETION

DEFICIENT QI

- weak, lethargic, weary
- apathy
- dull thinking or feeling
- excessive need for sleep
- susceptible to colds, flus, allergies
- prolonged recovery following illness
- pasty, pale complexion
- shortness of breath
- aversion to talking
- perspires easily with exertion
- easily chills

SLACK QI

- perspires easily while at rest
- atony or prolapse of stomach, intestines, anus
- constant diarrhea or lack of bowel movement
- hemorrhoids, varicose veins
- dizzy or weak after meal or bowl movement
- well-being followed by sudden exhaustion

DEFICIENT MOISTURE

- parched, thirsty
- extreme dryness of skin or mucous membranes
- scant secretions and urination
- uncomfortable feeling of heat in the body
- low afternoon fever with sweating
- constipation
- hot flashes
- night sweats
- unstable blood sugar, emotional liability
- persistent dry cough

SLACK MOISTURE

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

DEFICIENT BLOOD

- restless fatigue
- emotional sensitivity
- insomnia and anxious sleep
- dryness without thirst
- blurred or weak vision
- thinning of hair
- dry or hard stool
- dry skin, eyes, hair nails
- anemia
- muscle cramps
- lack of semen
- scanty or infrequent menstruation
- insufficient lactation
- pale, swallow complexion
- poor skin healing
- palpitations
- night sweats

SLACK BLOOD

- easy bruising or bleeding
- chronic ulcers: mouth, throat, stomach, intestines, vagina
- excessive bleeding during menses, pregnancy, postpartum, or menopause
- bleeding hemorrhoids and blood in stool, urine, or sputum

DIMINISHED ESSENCE

- profound weakness
- atrophy of muscles and organs
- sagging or wrinkling of skin
- diminished sexual arousal and pleasure
- infertility or early menopause
- repeated miscarriages
- loosing or loss of teeth
- early thinning or graying of head and pubic hair
- decline of memory, vision or hearing
- progressive loss of weight or emaciation
- compromised immunity

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DISTURBED SHEN

- restlessness and agitation
- hypersensitivity to pain or insult
- sudden rage, grief or panic
- constant anxiety, worry or confusion
- easily startled or frightened
- erratic sleep, insomnia or disturbing dreams
- dull, glazed or bizarre look to eyes and face
- delirium

PATTERNS OF CONGESTION

STAGNANT QI

- stuffy head
- mild nausea or reflux
- distention or fullness in chest or abdomen
- gas pains, cramps, tension in stomach or intestines
- hiccups, belching, or flatulence
- constipation or irregular bowel movements
- dull or intermittent pains

OBSTRUCTED QI

- acute discomfort, fullness, pressure in head, chest, limbs, or abdomen
- wheezing and chest pain
- difficulty swallowing as if something stuck
- stitch or acute pain in abdomen, ribs, or flanks
- fullness or dull ache under ribs or abdomen

STAGNANT MOISTURE

- soft or loose stool
- puffy eyes, face, hands, or ankles
- frequent, scanty, or difficult urination
- lethargic in humid weather
- soft swelling, nodules, cysts, enlarged lymph nodes
- premenstrual edema and swelling of breasts
- tender muscles or joints
- dry but thirsty

OBSTRUCTED MOISTURE

- swollen or heavy head and limbs
- swollen, sore muscles and joints
- excess saliva, mucus or perspiration
- scanty or absent urine
- edema of hands feet, face, or abdomen
- thick, nauseated feeling in mouth, stomach, head

STAGNANT BLOOD

- easily bruising
- cold hands and feet
- irregular or painful menses
- mottling, numbing and chilling of limbs
- sharp pains; head, eyes, joints, limbs, breasts, organs
- mid-cycle or premenstrual pain or tender breasts
- painful hemorrhoids, cysts, or lumps

OBSTRUCTED BLOOD

- angina
- severe or constant headache
- traumatic bruises, swellings, and sprains
- stabbing or throbbing aches or pains
- pain aggravated at night or from inactivity
- severe cramping, numbness or paralysis
- dark red or purple complexion
- purple lesions on the skin, tongue, mouth, or lips
- severe menstrual cramps with dark blood or clots
- hard or immobile lumps, masses, or organs

ADVERSE CONDITIONS

HEAT

- fever
- pain, soreness, swelling or dryness
- sores or infections with green or yellow pus
- yellow, green or foul smelling discharge from ears, nose, throat, anus, vagina, or urethra
- extreme thirst with a craving for cold foods or drink
- red eyes, ears, nose, lips, face, skin
- feeling of heat: limbs, abdomen, chest, head, genitals
- aggravation from alcohol, fried, or spicy foods, and head environment

COLD

- lack of thirst
- listless and weak
- cold feeling in limbs, head, chest, abdomen or genitals
- pale face with cold, clammy hands and feet
- loose stool after eating raw or cold foods and liquids
- profuse urination or edema in a cold climate or after ingesting cold liquids, eating raw or cold foods
- craving for warm, cooked foods and hot drinks
- pain in head, chest, limbs, joints aggravated by cold
- pale, purplish skin, nail beds, lips, or tongue

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PATTERNS OF CONGESTION

DAMP HEAT

- dryness or thirst without desire or ability to drink
- feeling of heat in stomach or chest with a nauseating taste in the mouth
- sticky yellow or green discharge from nose, throat, bronchi, urethra, or vagina
- hot flashes with profuse perspiration
- loose or sticky stool streaked with mucus or pus
- burning, red, oozing sores, boils, pimples, blisters or rashes
- worse from heat and/or humidity, and sweet, spicy or oily foods

EXTERNAL WIND

- itching or prickling sensation of skin, ears, eyes, nose; sneezing, headache
- unpredictable or migrating pains
- dizziness or headache with cold, flu, or allergy
- muscle soreness or shivering in winds or drafts
- numbness or pain of face or scalp
- neck stiffness or spasm
- worse from drafts, changing temperatures, pressure

INTERNAL WIND

- trembling hands, feet, head
- disequilibrium, incoordination
- contracture or quivering of tongue
- spasms/twitches/cramps of nerves, muscle, viscera
- vertigo, motion sickness, hypertension
- headache with vertigo, numbness, spasms, paresthesia (strange sensations)
- seizures, sequellae or stroke or T.I.A.
- worse from wind, changing barometric pressure, or changing from lying to upright posture

PHLEGM

- dizziness or fullness in head from mucous congestion
- nausea with phlegm in chest or throat
- thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina, or urethra
- firm, mobile lumps, cysts, enlarged lymph nodes
- worse in humid environment or from eating sticky, greasy, oily foods, milk products, eggs, sugar
- sticky or greasy stool

ADVERSE CONDITIONS

LIVER NETWORK

- dry eyes
- blurred or unclear vision
- easy chilling arms, hands, legs, feet
- coarse, brittle nails or hair
- touchiness from heat, wind, noise, bright light
- numbness, tingling of limbs when asleep or inactive
- muscle cramps or pelvis, sides, hips calves, feet
- tension in shoulders, neck, sacrum, hips, legs
- stitching under diaphragm, between ribs, groin, pelvis
- high pitched or loud ringing in the ears (tinnitus)
- dizzy, queasy, flushed, headache from hunger, anger
- hypersensitive genital organs
- nervous, irritable, short tempered

HEART NETWORK

- anxiety, dread
- restless and excitable
- mood swings (laughs easily, cries easily)
- insomnia when nervous, worried or excited
- restless sleep and vivid dreams or nightmares
- cravings for cool drinks, juicy or hot, spicy foods
- sores of mouth and tongue
- easily overheats and perspires
- easy blushing of face, chest, neck, and ears
- burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus
- frequent urination or bowel movements from nervousness
- palpitations when nervous, upset or fatigued
- easily confused or disoriented

SPLEEN NETWORK

- tender muscles
- slow digestion or indigestion
- frequent abdominal gas or bloating
- loose stool from raw or cold foods and liquids
- lingering hunger after meals
- hard to gain, lose or regulate weight
- difficulty focusing, distractible
- overwhelmed by details, upset by changes
- lethargy and inertia
- prolapse of stomach, intestines, uterus, vagina, bladder
- lack of muscle tone or strength
- water retention, puffiness, heaviness of head, limbs
- easily bruising, prolonged or heavy menstruation
- easily worried, obsessed

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ORGAN NETWORK DISTURBANCES (CONTINUED)

LUNG NETWORK

- weakness of chest
- respiratory allergies
- runny nose or stuffy sinuses
- frequent, lingering colds, coughs, throat clearing, laryngitis
- morning attacks of coughing or sneezing
- constant phlegm in chest or throat
- shortness of breath, chest pain, wheezing from fatigue or exertion
- dryness and tightness or mucous membranes or skin
- urge to urinate after laughing, coughing, or sneezing
- skin rashes, eczema, hives
- sensitive to wind, cold and dryness
- stiffness of joints and muscles
- easily disappointed or offended

KIDNEY NETWORK

- puffiness around eyes
- diminished libido
- lack of sexual secretions
- loss or thinning of pubic hair
- early cessation of menses, irregular cycle
- disorder of urination
- rigidity of spine and joints
- difficulty conceiving or carrying to term
- weak or sore low back, hips, knees, ankles, or feet
- lack of stamina and endurance
- diminished motivation and apathy
- forgetfulness and mental dullness
- puffiness or swelling of feet and ankles
- weak vision, dull hearing
- low humming or buzzing in ears (tinnitus)
- sore throat from fatigue or in the morning
- easily defeated and disgruntled

CONFLICTS BETWEEN ORGAN NETWORKS

LIVER - SPLEEN DISHARMONY

- cold hands and feet with feeling of fullness in throat, chest, or abdomen
- indigestion with nausea, bloating, flatulence, belching
- erratic elimination, constipation or diarrhea
- spasm, pain of esophagus, stomach, intestines, uterus
- thirst for alternately cold and hot liquids

- sensitivity or aversion to strong odors or flavors
- erratic cravings for fatty, sour, or sweet foods
- erratic appetite, difficulty knowing what to eat
- tenderness, tension, and heaviness in muscles, especially head, neck, jaw, elbow or knees
- headache with heaviness behind eyes, nausea, diarrhea,
- sensitivity to light, noise, heat and humidity
- variable blood sugar
- eating disorders
- irritable bowel
- food sensitivity or intolerance
- vacillates between assertiveness and ambivalence, irritability and lethargy

SPLEEN - KIDNEY DISHARMONY

- slow digestion, sluggish intestines
- weak gums and loose teeth
- dryness and thirst with water retention
- sore, swollen joints and muscles
- heaviness, weakness and soreness of head, neck, back, sacrum and limbs
- loose or dry, small stool with bloating
- frequent, scanty or difficult urination
- easily chilled in back, neck, sacrum and limbs
- craves salty or sweet foods, causing constipation, dryness and water retention
- edema
- rheumatism
- cystitis, urethritis, vaginitis, leucorrhea
- prostatic hypertrophy or prostatitis
- distractible, insecure, volatile or apathetic, inert

KIDNEY - HEART DISHARMONY

- insomnia or restless sleep alternating with heavy slumber and difficulty awakening
- 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
- melancholy and restless after prolonged mental or physical exertion
- sexually excitable but difficult to sustain arousal or achieve release

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- ___ anxiety, despair, phobias
- ___ nausea, diarrhea, urinary infrequency associated with anxiety or fright
- ___ craves salty, spicy food and stimulants
- ___ chronic endometritis/cervicitis/urethritis

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 easy
- ___ 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
- ___ hives, eczema, rashes, worse in daytime

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 expression 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

Please list your additional health concerns:

This Health Profile is excerpted from *Between Heaven and Earth: A Guide to Chinese Medicine* (Beinfeld & Korngold, Ballantine, 1991). This book is a good resource to help you understand more about Chinese Medicine, available through local bookstores.

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WOOD ARCHETYPE

THE PIONEER

- ___ feel confident, act assertively
- ___ ambitious & enjoy competition
- ___ can be pushy or provocative
- ___ enjoy being first, best, unique
- ___ openly discuss abilities and achievements
- ___ comfort with challenges, conflict, pressure
- ___ pleasure in public recognition
- ___ comfortable directing or leading others
- ___ follow my own hunches, take initiative
- ___ comfortable directing or leading others
- ___ tend to argue with opinions, especially of me

FIRE ARCHETYPE:

THE WIZARD

- ___ enjoy the pleasure of my senses
- ___ seek excitement & stimulation
- ___ intuitive about what others think or feel
- ___ seek physical contact, emotional intimacy
- ___ easily share innermost feelings & desires
- ___ tend to live in the here - and - now
- ___ see the humorous side of life
- ___ get involved easily, moved emotionally
- ___ optimistic & hopeful no matter what
- ___ identify with another's joy & pain
- ___ unabashed affection, enthusiasm & excitement
- ___ enjoy being attractive & magnetic

EARTH ARCHETYPE:

THE PEACEMAKER

- ___ agreeable and accommodating
- ___ nurturing, putting others needs first
- ___ seek socializing with friends and family
- ___ seek being relied upon for reassurance & help
- ___ the hub of my social and family networks
- ___ mediate disputes to that I am satisfied
- ___ involved in other people's lives
- ___ create comfortable environment for others
- ___ loyal & accessible
- ___ diplomatic and tactful - a consensus builder
- ___ happy to rely on skills & intelligence of others
- ___ comfortable & open, even with strangers

METAL ARCHETYPE:

THE ALCHEMIST

- ___ prefer a neat & orderly lifestyle
- ___ enjoy convivial but undemanding social life
- ___ committed to moral principles & conduct
- ___ enjoy logical, systematic problem-solving
- ___ meticulous, tasteful, discriminating
- ___ self-contained
- ___ temperate & moderate
- ___ enjoy solving puzzles and mysteries
- ___ appreciate well defined goals and guidelines
- ___ accept authority of those with more competence
- ___ virtue & principle before pleasure & fulfillment
- ___ likes things to run calmly & smoothly

WATER ARCHETYPE:

THE PHILOSOPHER

- ___ cautious, sensible, self-sufficient
- ___ enjoy solitude, cherish privacy
- ___ curious & imaginative
- ___ content being anonymous
- ___ keep feelings, thoughts, opinions to myself
- ___ don't mind being unusual or eccentric
- ___ careful about what I reveal to others
- ___ excited by intellectual pursuits
- ___ stubborn defender of the truth as I see it
- ___ patient & persevering in spite of defeats
- ___ objective & fair, regardless of others
- ___ content figuring things out for myself

