

Name: _____

Date: _____

Symptoms Checklist

***some symptoms are repeated more than once, please check each time for a more accurate assessment.**

<p>Yin Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> feeling of heat in the palms, soles of feet, upper chest and/or face<input type="checkbox"/> flushed cheeks<input type="checkbox"/> dry throat at night<input type="checkbox"/> night sweats<input type="checkbox"/> emaciation<input type="checkbox"/> insomnia (swallow sleep with frequent waking)<input type="checkbox"/> nervousness <p>KI Yin Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> dizziness/vertigo<input type="checkbox"/> ringing in ears<input type="checkbox"/> hearing loss<input type="checkbox"/> memory loss<input type="checkbox"/> aching lower back<input type="checkbox"/> deep ache in bones<input type="checkbox"/> low sperm production<input type="checkbox"/> nocturnal emissions<input type="checkbox"/> blood in urine <p>LR Yin Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> disturbed sleep<input type="checkbox"/> irritability<input type="checkbox"/> dry stools<input type="checkbox"/> numbness in the limbs<input type="checkbox"/> scanty or absent menstruation<input type="checkbox"/> dry eyes<input type="checkbox"/> depression<input type="checkbox"/> hypertension <p>ST Yin Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> no appetite<input type="checkbox"/> dry mouth<input type="checkbox"/> dry stools<input type="checkbox"/> thirst without desire to drink<input type="checkbox"/> feeling full after eating ("stuffed") <p>LU Yin Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> dry or thick throat<input type="checkbox"/> irritating but unproductive dry cough<input type="checkbox"/> blood in mucus <p>HT Yin Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> palpitations<input type="checkbox"/> feeling of restlessness<input type="checkbox"/> forgetfulness<input type="checkbox"/> intense dreaming<input type="checkbox"/> easily startled	<p>Yang Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> tiredness<input type="checkbox"/> feeling cold<input type="checkbox"/> cold limbs<input type="checkbox"/> fear of cold<input type="checkbox"/> feel worse in winter/better in summer<input type="checkbox"/> lack of thirst<input type="checkbox"/> desire for hot drinks<input type="checkbox"/> pale face<input type="checkbox"/> loose stool<input type="checkbox"/> frequent pale urination<input type="checkbox"/> lack of motivation<input type="checkbox"/> timid <p>KI Yang Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> aching lower back<input type="checkbox"/> cold and weak knees<input type="checkbox"/> weak bladder<input type="checkbox"/> pale, copious urine<input type="checkbox"/> edema in the lower body<input type="checkbox"/> watery stool<input type="checkbox"/> impotence in men/infertility in women<input type="checkbox"/> loss of hearing <p>SP Yang Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> tendency to bloat after eating<input type="checkbox"/> loose stools<input type="checkbox"/> edema<input type="checkbox"/> low appetite<input type="checkbox"/> tiredness after eating<input type="checkbox"/> chilliness<input type="checkbox"/> cold limbs <p>HT Yang Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> lethargy<input type="checkbox"/> palpitations<input type="checkbox"/> shortness of breath on exertion<input type="checkbox"/> discomfort around the heart<input type="checkbox"/> depression<input type="checkbox"/> cold hands<input type="checkbox"/> profuse sweating <p>Qi Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> tiredness<input type="checkbox"/> reduce appetite<input type="checkbox"/> shortness of breath<input type="checkbox"/> spontaneous daytime sweating<input type="checkbox"/> loose stool<input type="checkbox"/> pale face<input type="checkbox"/> weak voice<input type="checkbox"/> slight sensitivity to cold	<p>SP Qi Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> limbs feel heavy and weak<input type="checkbox"/> feel bloated after eating<input type="checkbox"/> problems digesting food<input type="checkbox"/> tiredness after eating<input type="checkbox"/> loose stool<input type="checkbox"/> low or erratic appetite<input type="checkbox"/> poor concentration<input type="checkbox"/> food intolerances<input type="checkbox"/> anemia <p>ST Qi Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> tiredness in the morning<input type="checkbox"/> lack of taste<input type="checkbox"/> weak limbs<input type="checkbox"/> loose stools<input type="checkbox"/> discomfort in epigastrium (upper/middle abdomen) <p>LU Qi Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> weak/low voice<input type="checkbox"/> lack of desire to talk<input type="checkbox"/> weak breathing pattern<input type="checkbox"/> tendency to collect mucus in the lungs<input type="checkbox"/> shortness of breath on exertion<input type="checkbox"/> weak cough<input type="checkbox"/> tendency towards cough and colds<input type="checkbox"/> tendency to daytime sweating <p>KI Qi Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> frequent urination<input type="checkbox"/> weak/achy lower back<input type="checkbox"/> weakness of knees and/ankle<input type="checkbox"/> poor retention urine and/or sexual fluids<input type="checkbox"/> chronic vaginal discharge<input type="checkbox"/> shortness of breath<input type="checkbox"/> tendency to feel chilled<input type="checkbox"/> prolapse of uterus <p>HT Qi Deficiency</p> <ul style="list-style-type: none"><input type="checkbox"/> tiredness<input type="checkbox"/> shortness of breath on exertion<input type="checkbox"/> palpitations<input type="checkbox"/> lethargy and a lack of spiritedness<input type="checkbox"/> spontaneous sweating
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<p>Blood Deficiency</p> <ul style="list-style-type: none"> ▫ pale/dull complexion ▫ dizziness on standing ▫ blurred vision or "floaters" ▫ dry lusterless hair ▫ pale lips ▫ scanty or absent menstruation ▫ difficulty getting to sleep ▫ general anxiety/slight depression ▫ tiredness <p>LR Blood Deficiency</p> <ul style="list-style-type: none"> ▫ visual disturbance ▫ floaters ▫ numbness, weakness or mild spasm in muscles and tendons ▫ weak/pale fingernails ▫ scanty or absent menstruation <p>HT Blood Deficiency</p> <ul style="list-style-type: none"> ▫ palpitations ▫ insomnia ▫ anxiety ▫ intense dreaming ▫ forgetfulness ▫ easily startled ▫ dizziness <p>Essence Deficiency</p> <ul style="list-style-type: none"> ▫ slow physical development ▫ poor skeletal development ▫ premature aging ▫ premature greying or loss of hair ▫ poor teeth ▫ brittle bones ▫ general reproductive weakness <p>Internal Heat</p> <ul style="list-style-type: none"> ▫ fever ▫ redness ▫ inflammation ▫ thirst ▫ red eyes ▫ burning sensations ▫ dark urine ▫ constipation ▫ yellow coating on tongue 	<p>Internal Cold</p> <ul style="list-style-type: none"> ▫ chilliness ▫ desire for warm food, drinks, environment ▫ lack of thirst ▫ loose stools ▫ abundant clear urination ▫ white coating on tongue ▫ pale face <p>Internal Dampness</p> <ul style="list-style-type: none"> ▫ feeling of bodily heaviness ▫ lack of appetite ▫ feeling of congestion in or just below chest ▫ difficulty passing urine ▫ sticky taste in the mouth ▫ mental confusion, "muzzy head" <p>SP Dampness</p> <ul style="list-style-type: none"> ▫ full feeling in epigastrium (upper/middle abdomen) ▫ nausea ▫ low appetite ▫ loose stool ▫ muzzy head ▫ no taste or unpleasant sweet taste in mouth ▫ feel tired and heavy ▫ sticky yellow coating on tongue <p>LR & GB Heat and Dampness</p> <ul style="list-style-type: none"> ▫ fever ▫ dark urine ▫ fullness in and below chest ▫ nausea, maybe vomiting ▫ abdominal distention ▫ inability to tolerate fats ▫ bitter taste in mouth ▫ jaundice ▫ vaginal itching and/or discharge <p>LI Heat and Dampness</p> <ul style="list-style-type: none"> ▫ abdominal pain ▫ diarrhoea ▫ mucus or blood in stool ▫ burning in anus 	<p>Phlegm in the LU</p> <ul style="list-style-type: none"> ▫ chronic coughing fits ▫ shortness of breath ▫ stuffy feeling in chest ▫ worse if lying down ▫ white coating on tongue <p>Phlegm and Heat in LU</p> <ul style="list-style-type: none"> ▫ yellow or green phlegm ▫ barking cough ▫ stuffiness in chest ▫ shortness of breath ▫ yellow coating on tongue <p>BL Cold and Dampness</p> <ul style="list-style-type: none"> ▫ difficult, frequent urination ▫ burning sensation when urinating ▫ dark yellow, cloudy urination ▫ blood in urine <p>Stagnation of QI</p> <ul style="list-style-type: none"> ▫ frustration ▫ distention of abdomen or throat ▫ tenderness beneath the ribcage ▫ wandering distending pains ▫ depression and irritability ▫ volatile mood swings ▫ purplish tongue <p>LR Qi Stagnation</p> <ul style="list-style-type: none"> ▫ frustration or inappropriate anger ▫ tenderness and distension beneath ribcage or in chest ▫ feeling of lump in throat ▫ lumps in groin or breast ▫ breast tenderness before menstruation ▫ irregular periods ▫ menstrual pain ▫ digestion easily disturbed by stress ▫ belching
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Invasion of Wind

- sudden onset of illness
- wandering pain and agitation mostly in upper body
- aversion to wind and cold
- chilliness
- stiff neck/occipital ache
- runny nose
- sneezing

Invasion of Wind Heat

- moderate fever
- shivering
- sneezing
- cough
- runny/stuffy nose with yellow mucus
- swollen tonsils
- sore throat
- mild sweating
- aversion to cold

Invasion of Wind Cold

- chills
- shivering
- aches and pains
- itchy eyes
- stiffness with little or no fever
- itchy throat
- sneezing
- coughing
- occipital headache (back of head, just above neck)
- runny nose
- no sweating
- no thirst
- aversion to cold

Invasion of Wind Damp

- puffy, swollen eyes and face
- aversion to wind
- cough with watery mucus
- sweating
- no thirst
- itchy skin and rashes with move from place to place
- painful swollen joints and aching muscles
- symptoms are worse for humidity
- general feeling of heaviness

Stagnation of Blood

- pain which is stabbing and fixed in one location
- purple lips and tongue
- fixed abdominal lumps
- bleeding with dark blood and a tendency toward blood clots
- premenstrual pain

LR Blood Stagnation

- premenstrual pain
- dark, clotted menstrual blood
- abdominal lumps

HT Blood Stagnation

- palpitations
- oppressive discomfort in chest
- cold hands
- heart pain radiating toward or along left arm