



SELF-ASSESSMENT HEALTH PROFILE

Name _____ Date _____

This profile can be used as 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 control
- hemorrhoids, varicose veins
- dizzy or weak after meal or bowel 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 lability
- persistent dry cough

Slack Moisture

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

Deficient Blood

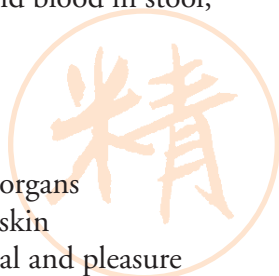
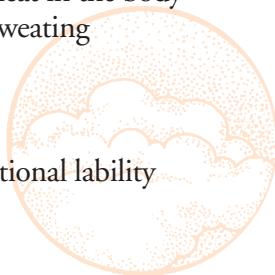
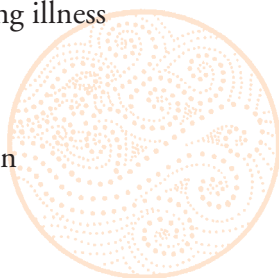
- restless fatigue
- emotional sensitivity
- insomnia and anxious sleep
- dryness without thirst
- blurred or weak vision
- thinning of hair
- dry or hard stool
- dry skin, eyes, hair, nails
- anemia
- muscle cramps
- lack of semen
- scanty or infrequent menstruation
- insufficient lactation
- pale,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

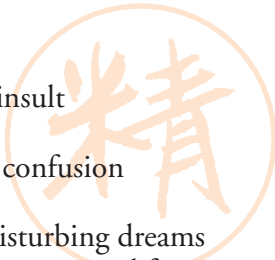
- profound weakness
- atrophy of muscles and organs
- sagging or wrinkling of skin
- diminished sexual arousal and pleasure
- infertility or early menopause
- repeated miscarriages
- loosening or loss of teeth
- early thinning or graying of head and pubic hair
- decline of memory, vision or hearing
-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



Name _____ Date _____

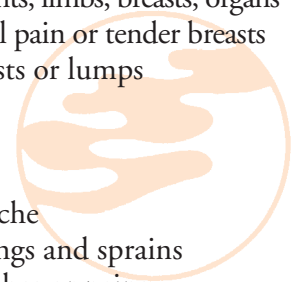
Disturbed Shen

- 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



Stagnant Blood

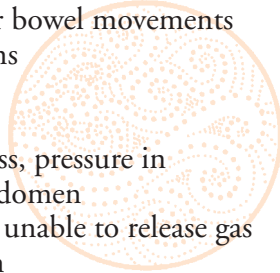
- easy bruising
- cold hands and feet
- irregular or painful menses
- mottling, numbing and chilling of limbs
- sharp pains: head, eyes, joints, limbs, breasts, organs
- mid-cycle or premenstrual pain or tender breasts
- painful hemorrhoids, cysts or lumps



Patterns Of Congestion

Stagnant Qi

- stuffy head
- mild nausea or reflux
- distension 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

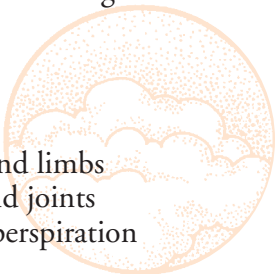


Obstructed Qi

- acute discomfort, fullness, pressure in head, chest, limbs or abdomen
- abdominal bloating but unable to release gas
- wheezing and chest pain
- difficulty swallowing, as if something stuck
- stitch or acute pain in abdomen, ribs, or flanks
- fullness or dull pain under ribs or sternum

Stagnant Moisture

- soft or loose stool
- puffy eyes, face, hands or ankles
- frequent, scanty or difficult urination
- lethargic in humid weather
- soft swellings, 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

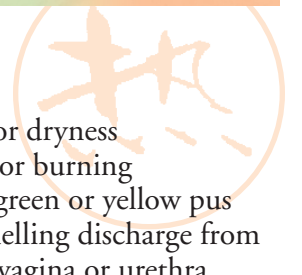
Obstructed Blood

- 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 with a sensation of heat or burning
- 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 heat 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 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

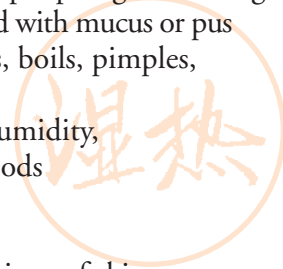


Name _____ Date _____

Adverse Conditions (continued)

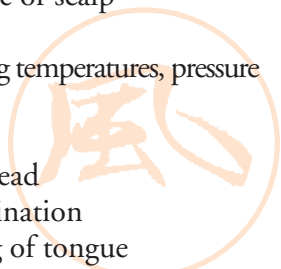
Damp Heat

- ___ 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
- ___ fever or heat not relieved by perspiring or drinking
- ___ 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



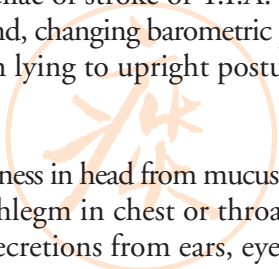
External Wind

- ___ itching or prickling sensations 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



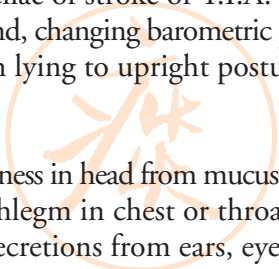
Internal Wind

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



Phlegm

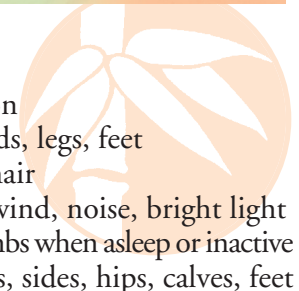
- ___ dizziness or fullness in head from mucus congestion
- ___ nausea with phlegm in chest or throat
- ___ thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina or urethra
- ___ firm, mobile lumps, cysts, enlarged lymph nodes
- ___ worse in humid environment or from eating sticky,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



Organ Network Disturbances

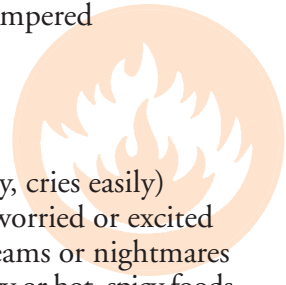
Liver Network

- ___ 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 of 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



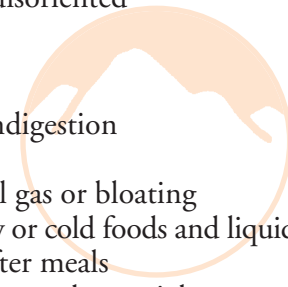
Heart Network

- ___ 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
- ___ variable appetite
- ___ 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, distractable
- ___ 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
- ___ easy bruising, prolonged or heavy menstruation
- ___ easily worried, obsessed



Name _____ Date _____

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 of 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, elbows or knees
- ___ headache with heaviness or pressure 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, belly, legs or arms
- ___ 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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Name _____ Date _____

- ___ anxiety, despair, phobias
- ___ nausea, diarrhea, urinary frequency 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 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
- ___ hives, eczema, rashes, worse in daytime

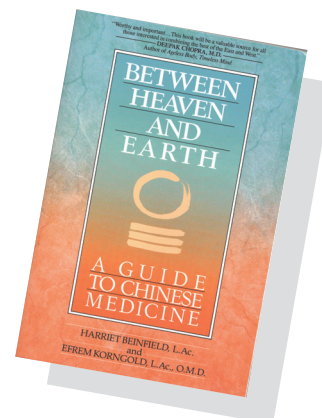
Lung - Liver Disharmony

- ___ 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 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

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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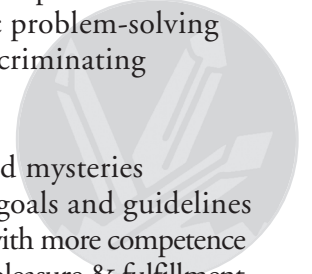
WOOD ARCHETYPE: The Pioneer

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



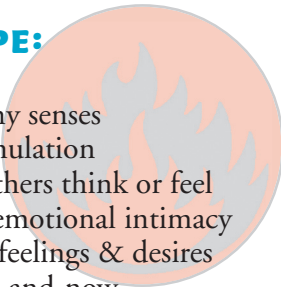
METAL ARCHETYPE: The Alchemist

- ___ 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



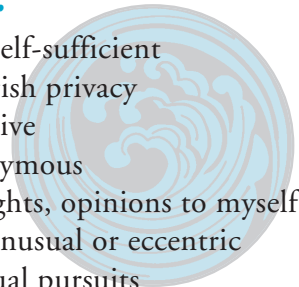
FIRE ARCHETYPE: The Wizard

- ___ 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



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
- ___ excited by intellectual pursuits
- ___ careful about what I reveal to others
- ___ 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



EARTH ARCHETYPE: The Peacemaker

- ___ agreeable and accommodating
- ___ nurturing, putting other's 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 so that all are satisfied
- ___ involved in other peoples' lives
- ___ create comfortable environment for others
- ___ loyal & accessible
- ___ diplomatic and tactful—a consensus builder
- ___ happy to rely on skills & intelligence of others
- ___ like getting close & being needed
- ___ comfortable & open, even with strangers

