



# 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

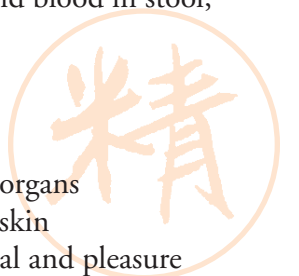
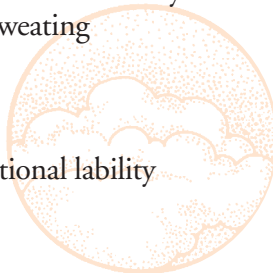
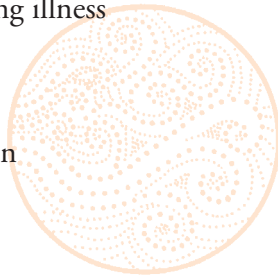
- restless fatigue
- emotional sensitivity
- insomnia and anxious sleep
- dryness without thirst
- blurred or weak vision
- thinning of hair
- dry or hard stool
- dry skin, eyes, hair, nails
- anemia
- muscle cramps
- lack of semen
- scanty or infrequent menstruation
- insufficient lactation
- pale,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

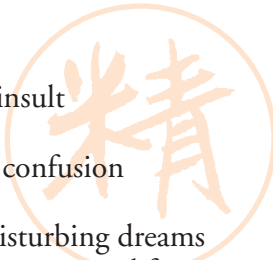
- profound weakness
- atrophy of muscles and organs
- sagging or wrinkling of skin
- diminished sexual arousal and pleasure
- infertility or early menopause
- repeated miscarriages
- loosening or loss of teeth
- early thinning or graying of head and pubic hair
- decline of memory, vision or hearing
-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



Name \_\_\_\_\_ Date \_\_\_\_\_

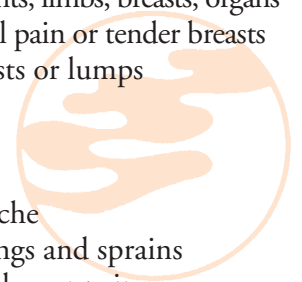
## Disturbed Shen

- 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

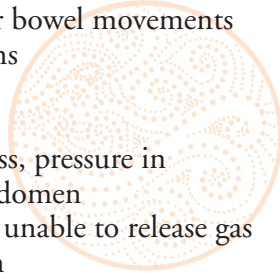
- easy bruising
- cold hands and feet
- irregular or painful menses
- mottling, numbing and chilling of limbs
- sharp pains: head, eyes, joints, limbs, breasts, organs
- mid-cycle or premenstrual pain or tender breasts
- painful hemorrhoids, cysts or lumps



## 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

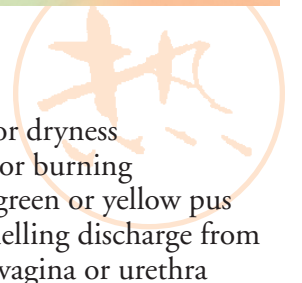
## Obstructed Blood

- 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

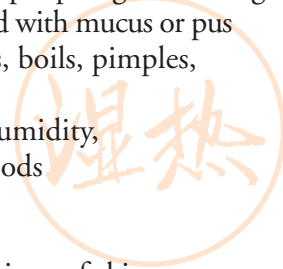


Name \_\_\_\_\_ Date \_\_\_\_\_

## Adverse Conditions (continued)

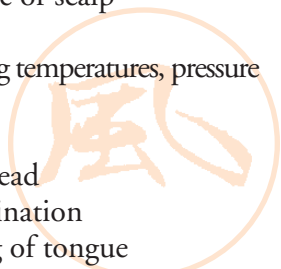
### Damp Heat

- \_\_\_ 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



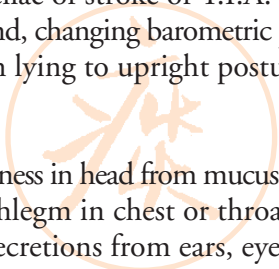
### External Wind

- \_\_\_ 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



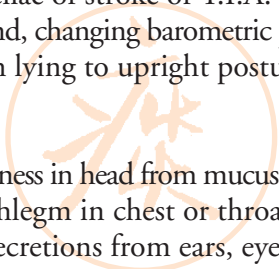
### Internal Wind

- \_\_\_ 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

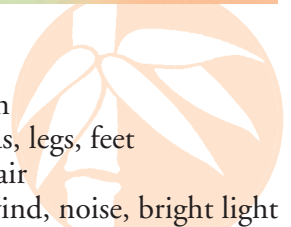
- \_\_\_ dizziness or fullness in head from mucus congestion
- \_\_\_ nausea with phlegm in chest or throat
- \_\_\_ thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina or urethra
- \_\_\_ firm, mobile lumps, cysts, enlarged lymph nodes
- \_\_\_ worse in humid environment or from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



## Organ Network Disturbances

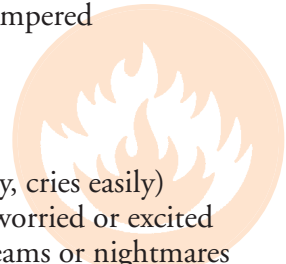
### Liver Network

- \_\_\_ 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



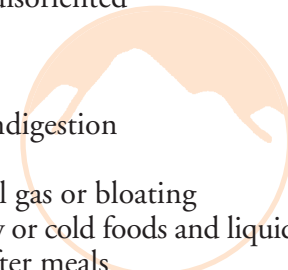
### Heart Network

- \_\_\_ 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



# SELF-ASSESSMENT HEALTH PROFILE - pg. 5

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:

---

---

---

---

---

---

---

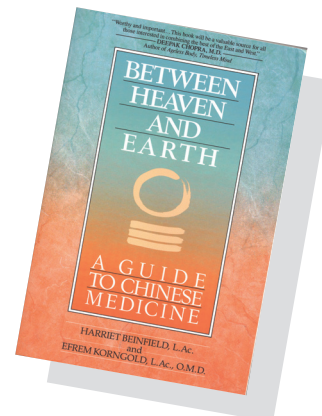
---

---

---



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.



Name \_\_\_\_\_ Date \_\_\_\_\_

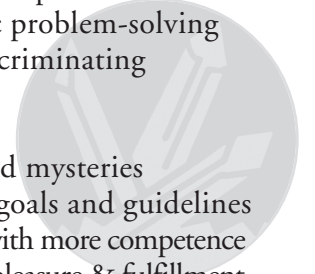
## WOOD ARCHETYPE: The Pioneer

- \_\_\_ 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



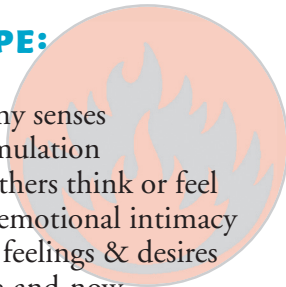
## METAL ARCHETYPE: The Alchemist

- \_\_\_ 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



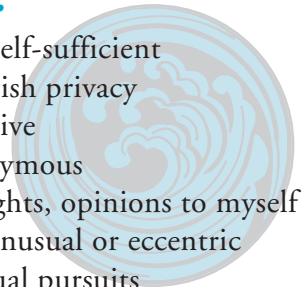
## FIRE ARCHETYPE: The Wizard

- \_\_\_ 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

