

Traditional Chinese Medicine Intake

Check the symptoms that you have experienced during the last 6 months. Circle or "x" the symptoms you find most troublesome.

Patterns of Depletion

Deficient Qi

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

Slack Qi

- perspires easily while at rest
- atony or prolapsed of stomach, intestines, anus
- constant diarrhea, 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/mucous membranes
- scanty secretions and urination
- constipation
- uncomfortable feeling of heat in the body
- low afternoon fever with sweating
- hot flashes
- night sweats
- unstable blood sugar, emotional liability
- persistent dry cough
- dry sore throat
- flushed face

Slack moisture

- excessive secretions from eyes, nose, mouth, skin, vagina
- seminal incontinence, premature ejaculation
- frequent urination or incontinence

- dizzy or weak after sex (female)
- BM slow to start

Deficient Blood

- emotional sensitivity
- insomnia and anxious sleep
- itching, prickling skin or scalp
- dryness without thirst
- blurred, weak vision
- thinning of hair
- light headed when fatigued
- dry or hard stool
- dry skin, hair, nails
- anemia
- muscle cramps
- lack of semen
- scanty or infrequent menstruation
- insufficient lactation
- pale, sallow complexion
- poor skin healing
- heart palpitations
- postpartum weakness or anemia
- tendency to miscarry
- dizzy, weakness after sex

Slack Blood

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

Diminished Essence

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

Name: _____

Organ System Disharmonies

Liver

- dry eyes
- blurred, unclear vision
- nervous, irritable, short tempered
- easily chilled arms, hands, legs, feet
- coarse, brittle nails or hair
- touchiness from heat, wind, noise, light
- numbness, tingling of limbs when asleep/inactive
- tension in shoulders, neck, hips, legs
- stitching pains under diaphragm, between ribs, groin or pelvis
- dry/hard stool, tension/cramping in colon
- high pitch or ringing of ears
- dizzy, queasy, flushed or headache from hunger, tension, anger
- hypersensitive genital organs

Heart

- anxiety, dread
- restless, excitable
- easily confused, disoriented
- mood swings (laughs easily, cries easily)
- insomnia when nervous, worried, excited
- excitement, anxiety, and fatigue causes light, restless sleep w vivid dreams/nightmares
- craves cool drinks, juicy, hot, spicy foods
- easily overheats and perspires
- sores of mouth and tongue
- blushing of face, chest, neck
- burning, sensitivity or irritation of mouth, tongue, urethra, vagina, anus
- urination, bowel movements with nervousness
- palpitations when nervous, upset, fatigued

Lung

- feeling of sadness, grief
- skin problems; eczema, rashes, dry skin
- shortness of breath
- cough, sneezing, tickling in throat
- hoarseness of voice
- dry cough without sputum
- cough with scanty sticky sputum
- cough with profuse sputum
- barking cough with profuse, sticky yellow sputum
- dizziness
- feeling of oppression in the chest
- spontaneous sweating

Spleen

- tender muscles
- difficult bowel movements
- slow digestion, indigestion
- abdominal gas, bloating
- loose stool
- variable appetite, decreased appetite
- hard to gain, lose, or regulate weight
- easily worried, obsessed
- difficulty focusing, distractible
- overwhelmed by detail, upset by changes
- prolapsed of stomach, anus, urethra, vagina
- lack of muscle tone/strength
- water retention, puffiness, heaviness of head, limbs
- easy bruising, prolonged or heavy menstruation

Kidney

- frequent urination
- abundant urine
- urination at night
- night sweats
- sensation of cold in the lower back
- lack of libido
- excessive sexual libido
- premature ejaculation
- backache
- edema of lower extremities
- infertility

General

Please indicate and specify if any of the following are experienced:

Aversion to cold or fever

Sweating

Food cravings

Food aversions/sensitivities

Previous illness

Describe an emotion that best describes you

Name: _____

Pathogenic Factors

Damp Heat

- dryness/thirst without desire/ability to drink
- feeling of heat in stomach or chest with a nauseating taste in mouth
- sticky, yellow/green discharge from nose, throat, bronchi, urethra, vagina
- hot flashes with profuse perspiration or drinking
- fever/heat not relieved with perspiration or drinking
- loose or sticky stool streaked with mucus
- burning, red, oozing sores, boils, pimples
- hot, heavy, dull feeling in the head, chest, abdomen, limbs
- worse from heat, humidity, and sweet, spicy, oily foods

External Wind

- itching, prickling sensation in skin, ears, eyes, nose, sneezing, headache
- unpredictable or migrating pains
- dizziness or headache with cold, flu, allergies
- numbness or pain of face or scalp
- neck stiffness, spasm
- worse from drafts and changing temp

Internal Wind

- trembling hands, feet, head
- spasms, twitches, cramps of nerves, muscles and viscera
- disequilibrium, in-coordination
- contracture or quivering of tongue
- vertigo, motion sickness, hypertension
- headache with vertigo, numbness, spasms
- seizures
- worse from wind, changing barometric pressure, change of position

Phlegm

- dizziness/fullness of head from mucus congestion
- nausea with phlegm in chest or throat
- thick, sticky secretions from ears, eyes, nose, throat, mouth, anus, vagina, urethra
- sticky, greasy stools
- worse from humidity, eating greasy/oily foods, milk products, eggs, sugar