

Traditional Chinese Medicine Questionnaire

Instructions: Indicate with a check mark which symptoms apply to you now. If they are not now present, but were previously, mark P.

Chief Complaint: _____

LUNG-metal, 3-5am, smell, grief, skin/hair, pulsation or hard and painful on palpation to right of navel.

LUNG QI DEF

- watery sputum
- short of breath
- catch cold easily
- weak voice
- aversion to cold
- bright white complexion
- dislikes speaking
- sweating in daytime

LUNG YIN DEF

- dry cough
- spasmodic cough
- sticky sputum
- blood tinged sputum
- scanty sputum

- short of breath
- tickle in throat
- night sweats
- insomnia
- dry mouth/throat

DAMP-PHLEGM INVASION

- chronic cough
- spasmodic cough
- white sputum
- easy to expectorate sputum
- profuse sputum
- short of breath
- asthma

- stuffiness in chest
- epigastric fullness
- white pasty complexion

PHLEGM-HEAT INVASION

- barking cough
- yellow sputum
- green sputum
- dark sputum
- profuse sputum
- putrid smell
- short of breath
- stuffiness in chest
- aversion to lying down

LARGE INTESTINE 5-7AM

DAMP-HEAT INVASION

- diarrhea
- mucus o blood
- offensive odour to stools
- burning in anus
- abdominal pain
- scanty urine
- dark urine
- fever
- sweating
- thirsty without desire to

drink

- heaviness in body/limbs
- stuffiness in epigastrium or chest

HEAT INVASION

- constipation with dry stools
- burning in anus
- swelling in anus
- scanty urine

- dark uring
- frequent urination
- dry mouth and tongue

DRYNESS FROM BLOOD DEF OR EXCESS HEAT

- dry stools
- dry throat and mouth

SPLEEN-earth, 9-11am, taste, anxiety, sweet, flesh/muscle, pulsation or hard and painful on palpation over navel

SP QI DEF

- abdominal distention after eating
- loose stools
- decreased appetite
- fatigue
- weak limbs
- sallow complexion

SP YANG DEF

- abdominal distention after eating
- loose stools
- decreased appetite
- fatigue
- weak limbs
- edema
- sallow complexion
- bright white complexion
- chilly
- cold limbs
- aversion to cold

DAMP COLD INVASION

- loose stools
- decreased appetite

STOMACH-earth, 7-9 am

ST QI DEF

- gastric discomfort
- decreased appetite
- loss of taste
- loose stools
- fatigue worse in afternoon
- weak limbs

ST DEF W/ COLD

- gastric discomfort
- worse after eating better with

- fatigue
- feeling of heaviness
- stuffiness in chest or epigastrium
- sweet taste in mouth
- loss of taste
- no thirst
- white vaginal discharge

DAMP HEAT INVASION

- abdominal discomfort
- loose stools
- offensive stool odour
- decreased appetite
- feeling of heaviness
- thirst w/o desire to drink
- scanty urine
- dark yellow urine
- burning anus
- nausea and vomiting
- low grade fever

SP QI SINKING

- (sx's of SP QI def plus:)
- Prolapse of
 - stomach

- vagina
- anus
- uterus

Urination

- frequency
- urgency
- bearing down sensation in abdomen

SP NOT CONTROLLING BL

- purpura
- blood spots under skin
- blood in urine
- blood in stool
- heavy menstrual bleeding
- mid-cycle bleeding
- shortness of breath
- sallow complexion

SP QI DEF LEADING TO DAMPNESS

- (sx's of SP Qi def plus:)
- stuffiness in chest and epigastrium

COLD INVASION

- sudden gastric pain
- thirst for warm drinks
- vomiting after cold drinks
- vomiting clear fluids
- aversion to cold

ST YIN DEF

- gastric discomfort
- fullness after eating
- decreased appetite
- thirst without desire to

- drink or small sips
- dry mouth or throat
- constipation or dry stools
- fever/warm in afternoon

ST FIRE

- gastric pain/burning
- gastric stuffiness (phlegm)
- increased appetite
- nausea
- vomiting after eating
- thirst for cold gum
- swelling
- gum pain
- bleeding

- sour regurgitation
- halitosis
- insomnia (phlegm)
- mucous in stools (phlegm)

ST QI REBELLING UP

- nausea
- vomiting
- belching
- heartburn
- hiccups

FOOD STAGNATION

- gastric fullness/distention
- better vomiting
- decreased appetite

- nausea
- vomiting
- belching
- sour regurgitation
- halitosis
- insomnia

BL STAGNATION

- stabbing pain in stomach
- worse from:
 - heat
 - pressure
 - eating
- vomiting dark blood
- blood in stools

LIVER-wood, 1-3 am, sight, anger, bitter, connective tissue, pulsation or hard and painful on palpation to left of navel

LV QI STAGNATION

- hypochondrial pain
- hypochondrial distention
- gastric pain
- abdominal distention
- poor appetite
- nausea and vomiting
- borborygmi
- sour regurgitation
- belching
- hiccups
- difficulty swallowing
- feeling of lump or constriction in throat
- diarrhea
- depression
- mood swings
- painful menses
- irregular menses
- PMS headache
 - breast distention
 - change in BM
 - irritability
- sighing
- sx worse with stress

or emotional situations

LV BLOOD STAGNATION

- gastric pain
- vomiting blood
- painful menses
- irregular menses
- menstrual blood dark
 - clotted
- nose bleeds
- masses in abdomen

LV BLOOD DEF

- chronic constipation
- amenorrhea
- menstrual blood scanty
- dizziness
- blurred vision
- spots in front of the eyes
- dull/pale complexion
- pale/dry lips
- brittle nails
- numbness in limbs
- muscle weakness

- muscle spasms
- muscle cramps
- insomnia

DAMP HEAT IN LV/GB

- hypochondrial pain
- abdominal distention
- poor appetite
- nausea and vomiting
- bitter taste
- yellow vaginal discharge
- genital itching
- genital burning
- gallstones
- dark urine
- scanty urine
- jaundice
- yellow sclera

LV FIRE BLAZING UP

- irritability
- tendency to anger
- headache at vertex
- headache at temples
- dizziness

- tinnitus
- poor hearing
- insomnia
- dream disturbed sleep
- bleeding from nose/mouth
- dark yellow urine
- dry stools
- thirst

- red face or eyes
- LV YIN DEF W/YANG RISING**
- irritability
 - tendency to anger
 - headache around the eyes

- headache around eyes
- headache at temples
- dizziness
- tinnitus
- poor hearing
- insomnia
- dry mouth/throat

KIDNEY- water, 5-7pm, hearing, fear, salty, bone/marrow, pulsation or hard and painful palpation below navel

KI YANG DEF

- low back pain
- weak back
- sore knees
- cold knees
- weak knees
- weak legs
- urination clear
 - long
 - short and difficult
 - urgency
- premature ejaculation
- impotence
- low sex drive
- fatigue
- edema in legs/ankles
- bright/pale complexion
- aversion to cold
- loose stools in morning

LEAKING KI QI

- low back pain
- weak back
- urination clear
 - weak stream
 - frequent
 - incontinent
 - nocturnal
- emissions
 - without dreams
- premature ejaculation

- spermatorrhea
- uterine prolapse
- chronic vaginal discharge

KI NOT GRASPING

- low back pain
- cold limbs
- urination clear with
 - asthma attack
- shortness of breath on exertion
- rapid and weak breathing
- cough with asthma
- sweating worse with cold
- swelling of face
- thin body

DEF KI ESSENCE

- low back pain
- weak knees
- weak legs
- low sex drive
- softening of bones
- loose teeth
- falling hair
- premature grey
- poor memory
- children poor bone development
 - late fontanelle closure
- mental dullness

slowness

KD YIN DEF

- 5 centre heat
- malar flush
- restlessness
- insomnia
- low grade fever
- heat in afternoon
- soreness/heat in bones
- night sweats
- low back pain
- urination difficult
 - pale
- constipation
- nocturnal emissions without dreams
- hearing loss
- diabetes
- tinnitus
- vertigo/dizziness
- thirst

KI YIN DEF/DEF FIRE BLAZING

- (sx's of KI yin def plus:)
- blood in urination
 - dry stools
 - nocturnal emissions with dreams
 - increased sex drive