



Name:

Kidney Deficiency/Yin

Yes No

- Do you have low back weakness, soreness, pain or knee problems? () ()
- Do you have ringing in your ears or dizziness? () ()
- Is your hair prematurely gray? () ()
- Do you have vaginal dryness? () ()
- Is your mid-cycle cervical mucus scanty or missing? () ()
- Do you have dark circles around your eyes? () ()
- Do you urinate frequently? () ()
- Do you have night sweats? () ()
- Are you prone to hot flashes? () ()
- Are you fearful often? () ()

Kidney Deficiency/Yang

- Do you have lower back pain, especially premenstrually? () ()
- Is your lower back sore or weak? () ()
- Are your feet cold, especially at night? () ()
- Are you typically colder by nature than those around you? () ()
- Do you have a low libido? () ()
- Are you fearful often? () ()
- Do you wake up at night or in the early morning because you have to urinate? How many times? () ()
- Do you urinate frequently and is the urine dilute and/or profuse? () ()
- Do you have early morning loose or urgent stools? () ()
- Do you have profuse vaginal discharge? () ()
- Does your menstrual blood tend to be dull in color? () ()
- Do you have menstrual cramps that respond to a heating pad? () ()

Blood Deficiency

- Are your menses scanty or late? () ()
- Do you have dry, flaky skin? () ()
- Are you prone to getting chapped lips? () ()
- Are your fingernails or toenails brittle? () ()
- Are you losing hair overall on your head? () ()
- Is your hair brittle or dry? () ()
- Do you have diminished nighttime vision? () ()
- Do you get dizzy or lightheaded around your period? () ()
- Are your lips, inside your lower eyelids or tongue pale in color? () ()

Spleen Deficiency

Yes No

- | | | |
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| Are you often fatigued? | () | () |
| Do you have a poor appetite? | () | () |
| Is your energy lower after a meal? | () | () |
| Do you feel bloated after a eating? | () | () |
| Do you crave sweets? | () | () |
| Do you have loose stools, abdominal pain or digestive problems? | () | () |
| Are you hands and feet usually cold? | () | () |
| Is your nose cold? | () | () |
| Are you prone to feeling heavy or sluggish? | () | () |
| Do you often feel foggy headed or a heaviness in the head? | () | () |
| Do you bruise easily? | () | () |
| Do you have poor circulation? | () | () |
| Do you have varicose veins? | () | () |
| Do your arms and legs lack strength or feel heavy? | () | () |
| Are you lack in exercise? | () | () |
| Are you prone to worry? | () | () |
| Have you been diagnosed with low blood pressure? | () | () |
| Do you sweat easily without exertion? | () | () |
| Do you feel lightheaded or visual changes when you stand quickly? | () | () |
| Is your menstruation thin, watery or pinkish in color? | () | () |
| Are you more tired around ovulation or menstruation? | () | () |
| Do you ever spot a few days prior to menstruation? | () | () |
| Have you ever been diagnosed with uterine prolapsed? | () | () |
| Do you have a bearing down sensation with menstrual cramps? | () | () |
| Are you often sick or do you have allergies? | () | () |
| Have you been diagnosed with hypothyroidism or anemia? | () | () |
| Have you had hemorrhoids or polyps? | () | () |
| Do you have a pale, yellowish complexion? | () | () |

Dampness

- | | | |
|--|-----|-----|
| Do you feel tired and sluggish after a meal? | () | () |
| Do you have fibrocystic breasts? | () | () |
| Do you have cystic or pustular acne? | () | () |
| Do you have urgent or foul smelling stools? | () | () |
| Does your menstrual blood contain stringy tissue or mucus? | () | () |
| Are you prone to yeast infections and vaginal itching? | () | () |
| Do your joints ache? | () | () |
| Are you overweight? | () | () |

Blood Stasis

Yes No

- Is your menstrual flow ever brown or black in color? () ()
- Do you feel midcycle pain around your ovaries? () ()
- Do you have painful, unmovable breast lumps? () ()
- Do you experience periodic numbness of your hands and feet? () ()
- Do you have varicose or spider veins? () ()
- Do you have any red spots on your skin? () ()
- Does your complexion appear dark or sooty? () ()
- Do you have chronic hemorrhoids? () ()
- Does your menstrual blood contain clots? () ()
- Have you been diagnosed with endometriosis or uterine fibroids? () ()
- Is your lower abdomen tender to palpate? () ()
- Can you feel any abnormal lumps in your lower abdomen? () ()
- Do you have piercing or stabbing menstrual cramps? () ()
- Do you see dark spots in your eyes? () ()
- Have you been diagnosed with any vascular abnormality or blood clotting disorder? () ()

Liver Qi Stagnation

- Are you prone to emotional depression? () ()
- Are you prone to anger or rage? () ()
- Do you become irritable premenstrually? () ()
- Do you feel irritable around ovulation? () ()
- Does it feel like your ovulation lasts longer than it should? () ()
- Are your breasts sensitive or sore at ovulation? () ()
- Do you experience nipple pain or discharge from your nipples? () ()
- Do you have a lot of premenstrual breast distention or pain? () ()
- Have you been diagnosed with elevated prolactin levels? () ()
- Do you become bloated premenstrually? () ()
- Are your pupils usually dilated? () ()
- Do you have difficulty falling asleep at night? () ()
- Do you experience heartburn or wake with a bitter taste in your mouth? () ()
- Are your menses painful? () ()
- Do you feel your menstrual cramps in the external genitalia? () ()
- Is the menstrual blood thick and dark or purplish in color? () ()

Excess Heat

Yes No

- Does your pulse rate feel rapid? () ()
Are your mouth and throat usually dry? () ()
Are you thirsty most of the time? () ()
Do you crave icy, cold drinks? () ()
Do you often feel warmer than those around you? () ()
Do you wake up sweating? () ()
Do you break out with red acne (especially premenstrually?) () ()
Do you have a short menstrual cycle? () ()
Do you have vaginal irritation or rashes? () ()

Damp Heat

- Do you have signs of heat and or dampness in previous categories? () ()
Do you have foul smelling, yellow or greenish vaginal discharge? () ()
Are you prone to vaginal and or rectal itching during the luteal or premenstrual phase? () ()

Cold Uterus

- Do you fit the Kidney Yang deficiency category? () ()
Do you fall into the Blood stasis pattern? () ()
Does your lower abdomen feel cooler to touch than the rest of your body? () ()

Heart Deficiency

- Do you wake up early in the morning and can't fall back asleep? () ()
Do you get heart palpitations especially when anxious? () ()
Do you have nightmares? () ()
Do you seem low in spirit or lacking in vitality? () ()
Are you prone to agitation or extreme restlessness? () ()
Do you fidget a lot? () ()
Is the tip of your tongue red? () ()