

TCM PATTERN QUESTIONNAIRE

Qi Deficiency

- weak, lethargic
- dull thinking or feeling
- excessive need for sleep
- susceptible to colds, flus, allergies
- prolonged recovery following illness
- pasty, pale complexion
- shortness of breath
- perspires easily with exertion
- easily chills

Blood Deficiency

- 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

Heat

- fever, sweating, thirst
- sores or infections with green or yellow pus
- yellow, green, discharge from ears, nose, throat
- extreme thirst with a craving for cold foods or drink
- red eyes, ears, nose, lips, face, skin
- feeling of heat: limbs, abdomen, chest, head
- aggravation from alcohol, fried, or spicy foods, and warm weather
- vivid dreams
- cold sores
- heartburn
- dark, yellow urine
- craving for cold drinks

Cold

- lack of thirst
- listless and weak
- cold feeling in limbs, head, chest, abdomen
- 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

Dampness

- nausea
- no appetite
- feeling of fullness
- loose stools
- vaginal discharges
- brain fog after eating
- sluggishness
- easily gain weight/belly fat
- sticky discharge from nose
- itching blisters that ooze

Damp Heat

- ___ dryness or thirst without desire or ability to drink
- ___ feeling of heat in stomach or chest
- ___ sticky yellow or green discharge from nose, throat, bronchi, urethra, or vagina
- ___ cough with yellow phlegm
- ___ hot flashes with profuse perspiration
- ___ loose or sticky stool streaked with mucus or pus
- ___ burning, red, oozing sores, boils, pimples, blisters or rashes
- ___ burning urination

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, vagina or urethra
- ___ firm, mobile lumps, cysts, enlarged lymph nodes
- ___ aggravated by humid weather or from eating greasy, oily foods, milk products, eggs, sugar
- ___ sticky or greasy stool

Qi Stagnation

- ___ stuffy head
- ___ 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
- ___ pain that moves from place to place or comes & goes
- ___ feeling of pressure, tightness, ribside pain
- ___ feeling of anger, easily irritated, mood swings
- ___ feeling of lump in the throat, acid reflux, mild nausea
- ___ Stress, neck & back tension
- ___ Rigid, inflexible body, tendon problems

Blood Stagnation

- pain that is fixed, sharp and continuous
- easy bruising
- cold hands and feet
- irregular or painful menses
- 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
- blue or dark discoloration of skin especially when cold
- complexion is darker than it should be
- blood clots
- migraines

Yin Deficiency

- night sweats, fever
- dry eyes, dry throat, dry brittle nails
- insomnia
- night blindness
- ringing in the ears, vertigo
- heat in the palms of hands, feet and chest
- depression, nervousness, irritability
- mental sluggishness, forgetfulness
- low back ache
- constipation
- infertility/premature ejaculation
- premature aging

Yang Deficiency

- feeling of cold, cold extremities
- pale complexion
- weak knees, chronic lower back pain
- clear frequent urination
- inability to urinate
- edema
- decreased sexual drive
- infertility
- premature graying or loss of hair