

Dates	Last Name	First Name
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SPLEEN QI VACUITY:

- Fatigue, especially after eating or eating sweets Yes No
- Abdominal bloating after eating Yes No
- A tendency to loose stools, but possibly constipation Yes No
- Cold hands and feet Yes No
- Lack of strength in the four extremities Yes No
- Dizziness when standing up Yes No
- Easy bruising Yes No
- Do you crave sweets Yes No
- is your nose cold Yes No
- do you have varicose veins Yes No
- are you prone to worry Yes No
- have you been diagnosed with low blood pressure Yes No
- do you sweat without exertion Yes No
- is your menstruation thin, watery, profuse, or pinkish in color Yes No
- do you ever spot prior to you period Yes No
- do you have a prolapsed uterus Yes No
- do you have a bearing down sensation in your uterus at your period Yes No
- are you often sick, do you have allergies Yes No
- have you been diagnosed with hypothyroidism or anemia Yes No
- do you have polyps or hemorrhoids Yes No
- do you have a pale, yellowish complexion Yes No
- A swollen tongue with teeth marks on its edges Yes No
- A fine pulse which is often soggy or soft in the right bar position Yes No

LIVER DEPRESSION QI STAGNATION:

- Emotional depression Yes No
- are you prone to anger or rage Yes No
- Abdominal, Rib-side, or breast distention and/or pain around menstruation Yes No
- Irritability Yes No
- does your ovulation last longer than it should Yes No
- are your breast sensitive or sore at ovulation Yes No
- do you experience nipple pain or discharge Yes No
- are your pupils usually dilated or large Yes No
- are your periods painful Yes No
- do you experience heartburn or wake up with a bitter taste in your mouth Yes No
- is your menstrual blood thick and dark or purplish in color Yes No

- Perimenstrual aggravation of these symptoms in women Yes No
- a purplish or dark tongue Yes No
- A bowstring or wiry pulse Yes No

KIDNEY QI VACUITY:

- Loss of astringing and securing of nasal mucus, urine, feces, vaginal discharge, and/or menses Yes No
- Youth Yes No
- Old age Yes No
- Chronic, enduring disease Yes No

(Kidney qi vacuity without concomitant kidney yin and/or yang vacuity may be hard to substantiate conclusively except by its response to qi astringing and securing medicinals.)

KIDNEY YIN VACUITY WITH VACUITY HEAT:

- Night sweats Yes No
- Hot flashes heat in the five hearts or centers Yes No
- Tinnitus and/or dizziness Yes No
- Low back soreness Yes No
- Thirst or a dry mouth but no desire to drink Yes No
- Frequent but scanty, yellow urination Yes No
- is your hair prematurely gray Yes No
- Do you have vaginal dryness Yes No
- Is your mid cycle cervical mucus scanty or missing Yes No
- Do you have dark circles under your eyes Yes No
- would you describe yourself as afraid a lot Yes No
- A pale red tongue or a pale tongue with red tip and scanty fur Yes No
- A fine, rapid or possibly floating, surging pulse Yes No

KIDNEY YANG VACUITY:

- Low back and/or knee soreness, pain, and/or weakness Yes No
- Nocturia-night time urination Yes No
- Cold feet (as opposed to cold hands and feet) Yes No
- Decreased sexual desire Yes No
- Are you typically colder than those around you Yes No
- Are you often fearful Yes No
- do you have early morning loose, urgent stools Yes No
- do you have profuse vaginal discharge Yes No
- is your menstrual blood dull in color Yes No
- do you feel cold cramps during your period that responds to a heating pad Yes No

(Since kidney yang vacuity rarely occurs alone except in the very young, very old, or very debilitated, there typically will not be the pale face, pale tongue, deep, weak, slow pulse, and long, clear urination of textbook descriptions. In women 40 years old and older, the above four signs and symptoms are the key ones Bob Flaws looks for in his Western female patients.)

BLOOD VACUITY:

- Pale or dry, brittle nails Yes No
- Dry skin, flaky skin Yes No
- Decreased visual acuity at night Yes No
- Pale undersides of the eyelids Yes No
- Pale lips, chapped lips Yes No
- are your menses scanty or late Yes No
- are you losing hair on your head Yes No
- dry brittle hair Yes No
- dizzy or light headed around your period Yes No
- Pale tongue Yes No
- A fine pulse Yes No

HEART QI AND BLOOD VACUITY:

- Insomnia Yes No
- Disquieted spirit, restless Yes No
- do you fidget Yes No
- Vexation and agitation, nightmares Yes No
- Impaired memory Yes No
- Lassitude of the spirit Yes No
- Heart palpitation Yes No
- A swollen tongue with a crack or crease down its center reaching to the tip- a red tip Yes No
- Plus other typical qi vacuity symptoms, such as fatigue Yes No
- Plus other typically blood vacuity symptoms, such as pale tongue and fine pulse Yes No

BLOOD STASIS:

- Fixed, sharp, and/or severe pain around your period Yes No
- Fixed lumps in the breast or abdomen that are painful to pressure Yes No
- Worsening of symptoms at night Yes No
- Visible engorged varicosity's, including small, mole-like hemangiomas, spider nevi, and chronic hemorrhoids Yes No
- Blood clots in the menstruate Yes No
- is your menstrual flow ever brown or black Yes No
- A sooty facial complexion Yes No
- mid cycle pain around your ovaries Yes No
- have you been diagnosed with endometriosis or uterine fibroids Yes No
- do you have dark spots in your eyes Yes No
- A purplish tongue or static spots or macules on the tongue Yes No
- A bowstring or wiry, possibly choppy and/or deep pulse Yes No

Cold Uterus:

- are you Kidney Yang deficient Yes No
- do you have blood stasis Yes No
- is you abdomen cold to the touch Yes No

STOMACH & INTESTINE DAMP HEAT:

- Hot, acid stools or anal burning after defecation Yes No
- Loose stools or diarrhea which is either very dark or bright yellow in color, foul-smelling, possibly explosive stools accompanied by tenesmus Yes No
- Slimy, yellow fur on the root of the tongue Yes No
- A slippery, rapid pulse Yes No

DEPRESSIVE HEAT:

- Greater irritability or irascibility Yes No
- Vexatious heat in the chest Yes No
- A bitter taste in the mouth primarily in the morning on awakening Yes No
- A dry mouth and throat Yes No
- A red tongue with possible yellow fur and/or possible swollen edges Yes No
- A rapid bowstring or wiry pulse Yes No

STOMACH HEAT:

- Increased or rapid hungering Yes No
- Mouth and/or tongue sores Yes No
- Bleeding gums Yes No
- Bad breath Yes No
- Yellow tongue fur Yes No

Excess heat:

- is your pulse rate rapid Yes No
- are your mouth and throat usually dry Yes No
- do you crave cold drinks Yes No
- are you warmer than those around you Yes No
- do you have red acne around your period Yes No
- do you have a short menstrual cycle Yes No
- do you have vaginal irritation or rashes Yes No

Dampness:

- are you tired or sluggish after meals Yes No
- do you have fibrocystic breast Yes No
- do you have cystic or pustular acne Yes No
- are you prone to yeast infections and vaginal itching Yes No
- do your joints ache Yes No
- are you over weight Yes No
- wet, slimy tongue Yes No

PHLEGM DAMPNESS:

- Profuse phlegm Yes No
- A wet tongue with possibly slimy fur Yes No
- Either a slippery or soggy pulse Yes No

STOMACH FLUID DRYNESS:

- Thirst with a desire for chilled drinks Yes No
- A dry mouth and throat Yes No
- Possible chapped lips Yes No
- Dry or scanty tongue fur and possible patches of peeled fur Yes No

DAMP HEAT:

- Burning anus after defecation or acid, hot stools Yes No
- A curd-like white or yellow creamy abnormal vaginal discharge Yes No
- Vaginal itching and/or inflammation Yes No
- Damp hot skin lesions of various kinds Yes No
- Burning and/or yellowish red urination Yes No
- Yellow or yellowish green nasal mucus Yes No
- Cough with profuse yellow or yellowish green phlegm Yes No
- A red tongue with slimy, yellow fur Yes No
- A slippery, bowstring, rapid pulse Yes No

WIND DAMP HEAT IMPEDIMENT:

- Non-traumatic joint or muscle pain accompanied by redness, swelling, and heat or other signs and symptoms of damp heat Yes No

WIND DAMP COLD IMPEDIMENT:

- Painful joints and muscles which may be swollen but are not red or hot to the touch. The pain is ameliorated by warmth and aggravated by cold Yes No

WIND HEAT EXTERNAL INVASION EXTERIOR PATTERN:

- Recent onset (as opposed to a chronic, enduring condition) Yes No
- Sore throat Yes No
- Fever Yes No
- Floating, rapid pulse Yes No

PHLEGM NODULATION (ACCOMPANYING WIND HEAT EXTERNAL INVASION):

- Swollen, painful glands Yes No

HEAT TOXINS (ACCOMPANYING WIND HEAT EXTERNAL INVASION):

- More pronounced sore throat Yes No

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- Possible purulence of the tonsillar membranes Yes No
- Higher fever Yes No

SHAO YANG PATTERN:

- Alternating fever and chills Yes No
- Lack of appetite Yes No
- Fatigue Yes No
- Typically a cough with white or yellow phlegm Yes No
- Bowstring or wiry pulse Yes No
- Half the tongue fur may be yellow or yellow fur may encircle white Yes No