

	Always	Sometimes	Never
Kidney Yin Deficiency (10)			
Do you have lower back weakness, soreness, or 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 fertile cervical mucous scanty or missing?			
Do you have dark circles around or under your eyes?			
Do you have night sweats?			
Are you prone to hot flashes?			
Would you describe yourself as afraid a lot?			
Does your tongue lack coating? Does it appear shiny or peeled?			
Kidney Yang Deficiency (14)			
Do you have premenstrual back pain?			
Is your lower back sore or weak?			
Are your feet cold, especially at night?			
Are you typically colder than those around you?			
Is your libido low?			
Are you often fearful?			
Do you wake up at night or early in the morning because you have to urinate?			
Do you have cold knees?			
Do you urinate frequently, and is the urine diluted and or profuse?			
Do you have early morning loose, urgent stools?			
Do you have profuse vaginal discharge?			
Does your menstrual blood tend to be dull in color?			
Do you feel cold cramps during your period that requires a heating pad?			
Is your tongue pale, moist or swollen?			
Spleen Qi Deficiency (29)			

Are you often fatigued?			
Do you have a poor appetite?			
Is your energy lower after a meal?			
Do you feel bloated after eating?			
Do you crave sweets?			
Do you have loose stools, abdominal pain, or digestive problems?			
Are your hands and feet cold?			
Is your nose cold?			
Are you prone to feeling heavy or sluggish?			
Are you prone to feeling heaviness or grogginess in the head?			
Do you bruise easily?			
Do you think you have poor circulation?			
Do you have varicose veins?			
Are you lacking strength in your arms and legs?			
Are you lacking exercise?			
Are you prone to worry?			
Have you been diagnosed with low blood pressure?			
Do you sweat a lot without exerting yourself?			
Do you feel dizzy or light-headed, or have visual changes when you stand up fast?			
Is your menstrual blood thin, watery, profuse or pinkish in color?			
Are you more tired around ovulation or menstruation?			
Do you spot a few days or more before your period comes?			
Have you ever been diagnosed with uterine prolapse?			
Are your menstrual cramps accompanied by a bearing-down sensation in your uterus?			
Are you often sick, or do you have allergies?			
Have you been diagnosed with hypothyroid or anemia?			
Do you have hemorrhoids or polyps?			
Does your tongue look swollen, with teeth			

marks on the side?			
Do you have a pale, yellowish complexion?			
Blood Deficiency (not necessarily equated with anemia) (10)			
Are your menses scanty and or late?			
Do you have dry, flaky skin?			
Are you prone to getting chapped lips?			
Are your fingernails and toenails brittle?			
Are you losing hair on your head? (Not in patches, but all over?)			
Is your hair brittle or dry?			
Do you have diminished nighttime vision?			
Do you get dizzy or light-headed around your period?			
Do you see floaters in your vision?			
Are your lips, the inner side of your lower eyelids, or tongue pale in color?			
Blood Stagnation (15)			
Is your menstrual flow ever brown or black in color?			
Do you feel mid-cycle 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 chronic hemorrhoids?			
Does your menstrual blood contain clots?			
Have you been diagnosed with endometriosis or uterine fibroids?			
Is your lower abdomen tender to palpation (resisting touch)?			
Can you feel any abnormal lumps in your lower abdomen?			
Do you have piercing or stabbing menstrual cramps?			
Have you been diagnosed with any vascular abnormality or blood clotting			

disorder?			
Does your tongue look dark?			
Do you have dark spots on your tongue?			
Are your veins beneath your tongue twisty and tortuous?			
Liver Qi Stagnation (16)			
Are you prone to emotional depression?			
Are you prone to anger and/or rage?			
Do you become irritable before your period?			
Do you feel bloated or irritable around ovulation?			
Does it feel as if your ovulation lasts longer than it should?			
Do you experience nipple pain or discharge from your nipples?			
Do you have a lot of premenstrual breast distension or pain?			
Have you been diagnosed with elevated prolactin levels?			
Do you become bloated premenstrually?			
Do you have difficulty falling asleep at night?			
Do you experience heartburn or wake up with a bitter taste in your mouth?			
Are your menses painful?			
Do you feel menstrual cramps in the external genital area?			
Is your menstrual blood thick and dark, or purplish in color?			
Do you alternate between loose stools and constipation?			
Is your tongue dark or purplish in color?			
Heart Deficiency (often associated with heat) (9)			
Do you wake up early in the morning and have trouble getting back to sleep?			
Do you have heart palpitations, especially when anxious?			
Do you have nightmares?			
Do you seem low in spirit or lacking			

vitality?			
Are you prone to agitation or extreme restlessness?			
Do you fidget?			
Do you sweat excessively, especially on your chest?			
Is the tip of your tongue red?			
Is there a crack in the center of your tongue that extends to the tip?			
Excess Heat (9)			
Is your pulse rate rapid?			
Are your mouth and throat usually dry?			
Are you thirsty for cold drinks most of the time?			
Do you often feel warmer than those around you?			
Do you wake up sweating or have hot flashes?			
Do you break out with red acne? (Especially premenstrually?)			
Do you have a short menstrual cycle?			
Do you have vaginal irritation or rashes?			
Do you have red or blood shot eyes?			
Dampness (9)			
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, bright, or foul-smelling stools?			
Does your menstrual blood contain stringy tissue or mucous?			
Are you prone to yeast infections and vaginal itching?			
Do your joints ache, especially with movement?			
Are you overweight?			
Do you have a wet, slimy tongue?			
Damp Heat (3)			

Do you have signs of heat and or dampness as indicated above?			
Do you have a foul smelling, yellow or greenish vaginal discharge?			
Are you prone to vaginal and/or rectal itching during your luteal or premenstrual phase?			