

Body/Mind Energetic Evaluation

Name: _____ Date: _____

This evaluation can be used as an educational device, as well as, a diagnostic tool to aid you in becoming acquainted with the categories of Asian Energetic Medicine. Check all of the symptoms you have experienced during the last six months. Circle those symptoms that have been most troublesome. Take your time. **We are not mind readers.** Telling us every little detail,

helps us to help you.

Kyo Patterns

Deficient Qi

- _____ weakness, lethargy or weariness
- _____ lowered libido
- _____ decreased motivation
- _____ dull thinking or feeling
- _____ poor appetite
- _____ weak digestion
- _____ susceptible to colds or flu
- _____ prolonged recovery following illness
- _____ pasty, pale complexion
- _____ limp hair
- _____ shortness of breath
- _____ aversion to talking
- _____ perspires easily with exertion
- _____ weak muscles
- _____ chills easily
- _____ frequent, profuse urination
- _____ infertility
- _____ miscarriage

Slack Qi

- _____ atony or prolapse of stomach, intestines, anus
- _____ fecal incontinence or constant diarrhea
- _____ hemorrhoids
- _____ dizzy or weak after meal or bowel movement

Deficient Moisture

- _____ dry and thirsty
- _____ dryness of mucous membranes
- _____ scant secretions and urination
- _____ constipation
- _____ uncomfortable feeling of heat in the body
- _____ restlessness and insomnia
- _____ low fever in the afternoon or evening
- _____ parched and cracked skin

Deficient Moisture(cont)

- _____ emotional lability
- _____ hot flashes
- _____ night sweats
- _____ constant hunger
- _____ unstable blood sugar
- _____ persistent dry cough
- _____ dry sore throat
- _____ flushed face with dry skin and lips

Slack Moisture

- _____ excess secretions from eyes, nose, mouth, skin, vagina
- _____ seminal incontinence or premature ejaculation
- _____ frequent urination, enuresis or incontinence
- _____ dizzy or weak after sex

Deficient Blood

- _____ restless fatigue
- _____ irritability
- _____ insomnia and anxious sleep
- _____ itching, prickling skin or scalp
- _____ dryness without thirst
- _____ blurred or weak vision
- _____ loss or thinning of hair
- _____ dizziness
- _____ dry or hard stool
- _____ dry skin, eyes, hair
- _____ anemia
- _____ numbness of hands and feet
- _____ muscle cramps
- _____ lack of semen
- _____ scanty or irregular menstruation
- _____ pale, waxy, sallow complexion

Deficient Blood(cont)

- _____ easy bruising
- _____ poor skin healing
- _____ palpitations
- _____ postpartum weakness or anemia
- _____ emotionally sensitive

Slack Blood

- _____ bleeding from skin, nose, lungs, stomach, bladder, and intestines
- _____ ulcers of skin, mucous membrane, stomach, intestines
- _____ excessive bleeding during menses, pregnancy or postpartum
- _____ bleeding hemorrhoids
- _____ anemia associated with inflammation of stomach, small intestine or large intestine

Diminished Essence

- _____ generalized fatigue, weakness and stiffness
- _____ increased flaccidity of muscles
- _____ sagging or wrinkling of skin
- _____ diminished or absent sexual arousal and pleasure
- _____ premature infertility or menopause
- _____ repeated miscarriages
- _____ loosening or increased loss of teeth
- _____ thinning, graying and drying of head and pubic hair
- _____ weakening of bones and loss of elasticity of tendons or ligaments
- _____ decline of memory, vision and hearing
- _____ progressive loss of weight or emaciation

Disturbed Shen

- _____ extreme restlessness, agitation or loquaciousness
- _____ labile emotions (easily moved to tears or laughter)
- _____ extreme hypersensitivity to pain or insult
- _____ hysterical outbursts of shouting, laughing or grief
- _____ overwhelming hopelessness, sadness or grief
- _____ constant anxiety or incessant worry
- _____ easily startled or frightened
- _____ morbid thoughts or impulses

Disturbed Shen (cont)

- _____ erratic sleep, stubborn insomnia or disturbing dreams
- _____ mental confusion and disorientation
- _____ uncontrollable rage or elation
- _____ incoherent speech or babbling
- _____ dull, glazed or bizarre look to eyes and face

PATTERNS OF CONGESTION**Stagnant Qi**

- _____ head feels stuffy
- _____ mild nausea
- _____ distension or fullness in chest or abdomen
- _____ gas pains, cramps, tension in stomach or intestines
- _____ hiccups, belching or flatulence
- _____ constipation with gas
- _____ vague or intermittent pains

Obstructed Qi

- _____ generalized discomfort, fullness, pressure in head, chest, limbs
- _____ belching or flatulence
- _____ wheezing
- _____ difficulty swallowing
- _____ stitch or acute pain in abdomen
- _____ sense of fullness under ribs

Stagnant Moisture

- _____ soft or loose stool
- _____ bloating with water retention
- _____ puffy eyes, face, hands and ankles
- _____ frequent but scanty urination
- _____ feels swollen, tender, lethargic in humid weather
- _____ soft swellings or enlarged lymph nodes
- _____ premenstrual soreness and swelling of breasts

Obstructed Moisture

- _____ swollen or heavy head, limbs or abdomen
- _____ tender muscles and joints
- _____ thick or sticky saliva or phlegm
- _____ scanty urine
- _____ generalized water retention

Obstructed Moisture(cont)

- _____ edema of hands and feet
- _____ thick nauseated feeling in mouth and stomach
- _____ congestion in eyes and sinuses

Stagnant Blood

- _____ mottling or chilling of limbs from poor circulation
- _____ sharp pains in head, eyes, joints, internal organs
- _____ irregular or painful menses
- _____ premenstrual pain and hardness of breasts
- _____ painful hemorrhoids or cysts
- _____ elevated cholesterol

Obstructed Blood

- _____ traumatic bruises, swellings and sprains
- _____ persistent, stabbing or throbbing pains (esp. in joints or viscera)
- _____ pain aggravated at night or from inactivity
- _____ severe cramping, numbness or paralysis
- _____ severe headache
- _____ dark red complexion
- _____ red or purple lesions on the skin and mucous membrane
- _____ angina
- _____ severe menstrual cramps with dark blood or clots
- _____ pain worse from pressure or massage
- _____ hard lumps or masses

ADVERSE CLIMATES OR CONDITIONS

Heat

- _____ fever, associated with infection or inflammation
- _____ pain, soreness, swelling or dryness accompanied by a sensation of heat or burning

Heat(cont)

- _____ sores or infections with green or yellow pus
- _____ yellow or green mucous discharges from ears, nose, throat, anus, vagina or urethra
- _____ extreme thirst with a craving for cold foods and liquids
- _____ reddening of eyes, ears, nose, lips, face, skin, mucous membrane or tongue

Cold

- _____ cold feeling in limbs, head, chest or abdomen
- _____ inertia or weakness with pallor, cold or clammy face, hands, feet
- _____ loose stool after eating raw or cold foods
- _____ profuse urination or swelling of face or limbs upon exposure to cold climate or after drinking cold liquids
- _____ craving for warm, cooked foods and hot drinks
- _____ pain in head, chest, limbs or joint when exposed to cold air
- _____ pale skin, nail beds, lips, mucous membrane or tongue

Damp Heat

- _____ dryness or thirst without desire or ability to drink
- _____ queasiness with a nauseating taste in the mouth
- _____ sticky yellow mucous in nose, throat or bronchi
- _____ fever or a sensation of heat that is not relieved by perspiring or taking fluids
- _____ loose or sticky stool streaked with blood, mucous or pus
- _____ burning, oozing sores, boils, pimples, blisters or rashes
- _____ heavy, dull distended feeling in the head, chest, abdomen or limbs

Damp Heat(cont)

- _____ worse from heat, , humidity, and

_____ sweet, spicy or oily foods

External Wind

- _____ itching, prickling sensations of the skin
- _____ migrating pains appear or retreat suddenly unpredictably
- _____ dizziness
- _____ itchy, painful ears, eyes, nose, sneezing, headache, muscle soreness or shivering when exposed to wind or drafts
- _____ sneezing, runny nose or eyes
- _____ numbness of face
- _____ neck stiffness or spasm
- _____ worse from drafts and changing temperatures

Internal Wind

- _____ trembling or shaking of hands, feet, head
- _____ spasms, twitches, cramps or contractures of skin, nerves
- _____ disequilibrium, uncoordination
- _____ spasm or quivering of tongue
- _____ vertigo
- _____ headache with vertigo
- _____ seizures
- _____ worse from heat, wind, changing barometric pressure, or changing from lying to upright posture

Phlegm (Congealed Moisture)

- _____ dizziness or fullness in head with mucous
- _____ congestion or nausea
- _____ nausea or difficult breathing with fullness in upper abdomen or chest
- _____ thick, sticky secretions or discharges from the skin, nose, throat, mouth, anus, vagina, or urethra

External Wind(cont)

- _____ soft, mobile lumps or enlarged lymph nodes

- _____ worse in humid environment or from eating sticky, greasy, fatty foods, milk products, eggs, sugar

ORGAN NETWORK DISTURBANCES

Liver Network (Nerves, Muscles, Congested or Depleted Blood)

- _____ irritable: "things get on my nerves"
- _____ touchiness from heat, wind, noise
- _____ numbness or tingling of limbs when asleep or inactive
- _____ muscle cramps of lower abdomen, hips, calves, feet*
- _____ pain from tension in shoulders and neck, or in hips*
- _____ stitching pains under diaphragm, ribs, groin or pelvic region*
- _____ easy chilling of arms, hands, legs, feet*
- _____ coarse, brittle nails or hair
- _____ dry eyes
- _____ weak or blurred vision
- _____ difficult elimination, dry or hard stool, tense colon
- _____ whistling or loud ringing in ears (tinnitus)
- _____ weak, dizzy, flushed from hunger, tension or anger*
- _____ nausea or queasiness from hunger or fatigue
- _____ genital organ hypersensitivity
- _____ PMS characterized by symptoms marked above with asterisk

Heart Network (Emotions, Sleep, Depleted Moisture or Blood, Congested Blood)

- _____ easily confused
- _____ anxiety
- _____ mood swings (laughs, cries easily)
- _____ insomnia when nervous, worried or overtired)

Heart Network(cont)

- _____ excitement, anxiety and fatigue cause light, restless sleep and vivid dreams

- _____ or nightmares*
- _____ craving for cool drinks and juicy food
- _____ slight exertion or excitement causes heat, perspiration
- _____ easily overheats and over chills*
- _____ easy blushing of face and ears
- _____ burning, sensitivity or irritation of mouth, tongue, urethra, vagina or anus*
- _____ dry mouth or throat
- _____ hot flashes
- _____ restlessness and fatigue
- _____ frequent urination and bowel movements from nervousness
- _____ palpitations when nervous, upset or exhausted
- _____ PMS characterized by the symptoms marked above with an asterisk

Spleen Network (Digestion, Appetite, Attitude and Attention, Depleted Qi, Congested Moisture)

- _____ slow digestion or indigestion
- _____ frequent abdominal gas or bloating*
- _____ loose stool from raw or cold food, cold liquids
- _____ excess or deficient appetite
- _____ lingering hunger after meals
- _____ hard to gain, lose or regulate weight
- _____ easily worried
- _____ difficulty focusing, jumps from one thing to another
- _____ overwhelmed by details*
- _____ upset by changes*
- _____ lethargy and inertia*
- _____ prolapse of stomach, intestines, uterus, vagina and bladder
- _____ hemorrhoids
- _____ lack of muscle tone or strength, especially of abdomen, back or neck
- _____ water retention and puffiness*
- _____ heaviness of head and limbs

Spleen Network(cont)

- _____ tender muscles*
- _____ frequent but scanty urination

- _____ easy or frequent bruising
- _____ PMS characterized by symptoms above marked with an asterisk

Lung Network (Respiration, Skin, Depleted or Congested Moisture)

- _____ frequent colds or coughs
- _____ frequent runny nose or stuffy sinuses*
- _____ frequent throat clearing or laryngitis*
- _____ morning attacks of coughing or sneezing with clear phlegm or mucus discharge*
- _____ allergies
- _____ shortness of breath, chest pain, or wheezing in chest from fatigue or exertion
- _____ dryness of mucous membranes*
- _____ dry skin*
- _____ itchiness or rashes of skin
- _____ easily disappointed or offended
- _____ sensitive to wind, cold and dryness*
- _____ PMS characterized by symptoms marked above with an asterisk

Kidney Network (Reproduction, Genito-Urinary, Joints, Depleted Qi, Congested Moisture)

- _____ difficulty conceiving or carrying to term
- _____ diminished libido*
- _____ lack of sexual secretions
- _____ loss or thinning of pubic hair
- _____ amenorrhea
- _____ excess or scanty urination
- _____ frequent or difficult urination
- _____ pain in low back, sacrum or hips*
- _____ weakness or soreness of hips, knees, ankles or feet
- _____ lack of stamina, runs out of steam quickly
- _____ needs to sleep a lot*

Kidney Network(cont)

- _____ diminished motivation
- _____ forgetfulness and dull-minded

- _____ puffiness or swelling of feet and ankles
- _____ puffiness around eyes
- _____ dull hearing
- _____ low humming in ears (tinnitus)
- _____ sore throat from fatigue*
- _____ easily defeated and disgruntled
- _____ menopause or PMS characterized by symptoms marked above with asterisk

CONFLICTS BETWEEN ORGAN NETWORKS

Liver-Spleen Disharmony

- _____ cold hands and feet
- _____ hot flashes
- _____ indigestion with nausea, bloating, flatulence, belching
- _____ erratic elimination with constipation or diarrhea
- _____ spasm of esophagus
- _____ dryness and water retention
- _____ thirst for alternately cold and hot liquids
- _____ sensitivity and/or aversion to strong flavors
- _____ cravings for fatty, sour, sweet or sticky foods
- _____ erratic appetite with difficulty knowing what to eat or feeling dissatisfied with food
- _____ tenderness, tension or heaviness in muscles, especially head, neck, shoulders, jaw, arms or legs
- _____ fullness or pressure in head or behind eyes
- _____ headaches with nausea, visual disturbances or dizziness
- _____ sensitivity or aversion to light, noise, heat and humidity
- _____ abdominal tension or distention with belching or flatulence

Liver-Spleen Disharmony(cont)

- _____ vacillates between assertiveness and ambivalence

- _____ vacillates between nervous tension and languid lethargy
- _____ vacillates between being irritable and hostile and tolerant and sympathetic
- _____ hypoglycemia
- _____ diabetes
- _____ cirrhosis
- _____ jaundice/hepatitis
- _____ eating disorders
- _____ food allergies
- _____ hives
- _____ colitis
- _____ migraine

Spleen-Kidney Disharmony

- _____ slow digestion and sluggish intestines
- _____ weak gums and loose teeth
- _____ dryness of skin and mouth
- _____ sore or swollen joints or muscles, especially of face, hands or feet
- _____ heaviness of head or limbs
- _____ weakness or soreness of low back or sacrum
- _____ feet, legs, and back tire easily
- _____ diarrhea or dry, small stool with bloating
- _____ frequent, scanty or difficult urination
- _____ alternately strong and diminished libido
- _____ easy chill of back, legs and arms
- _____ constipation and water retention follow overeating
- _____ craves salty or sweet foods
- _____ edema
- _____ rheumatism
- _____ adrenal insufficiency (Addison's disease)
- _____ leucorrhea
- _____ chronic gingivitis
- _____ chronic cystitis or urethritis
- _____ prostatic hypertrophy or prostatitis

Spleen-Kidney Disharmony(cont)

- _____ nervous and distracted
- _____ apathetic and insecure

Kidney-Heart Disharmony

- _____ insomnia or restless sleep alternating with heavy slumber
- _____ difficulty awakening and arising from bed
- _____ nervousness and mood swings with fatigue, lumbar weakness
- _____ easily overheated or chilled
- _____ hot chest, head and hands but cold buttocks and feet
- _____ easily excited but difficult to sustain effort and enthusiasm
- _____ depressed or melancholy after sustained mental or physical activity
- _____ sexually excitable but difficult to sustain desire or achieve satisfactory release
- _____ lack of muscle tone and joint mobility
- _____ anxiety and apathy
- _____ tension and weakness of muscles along the spine
- _____ nausea, diarrhea, urinary frequency associated with anxiety
- _____ craves salty, spicy food and stimulants (nicotine and caffeine)
- _____ manic-depressive syndrome
- _____ ileitis (Cohn's disease)
- _____ bulimia
- _____ phobias
- _____ chronic endometritis/cervicitis/urethritis
- _____ chronic sleep disturbances
- _____ hyper-hypothyroid syndrome

Heart-Lung Disharmony

- _____ sensitivity to changes in temperature and humidity
- _____ easily overheated but can't sweat
- _____ dry cough

Heart-Lung Disharmony(cont)

- _____ flushes when coughing
- _____ coughing when nervous or embarrassed

- _____ anxiety with laryngitis, chest pain or wheezing
- _____ heat triggers sneezing, itchy throat or rashes
- _____ dry skin with cracking, redness and itching, especially upper back, elbows, knees and hands
- _____ light sleeper and wakes easily
- _____ itching and inflammation of vagina or urethra without discharge
- _____ alternatively euphoric and melancholic
- _____ emotionally hypersensitive yet reserved
- _____ craves spicy, hot foods and stimulants
- _____ acne or dry eczema
- _____ sun allergy
- _____ psoriasis
- _____ asthma
- _____ hyper-thyroidism
- _____ hysteria
- _____ chronic pharyngitis/rhinitis
- _____ chronic vaginitis

Lung-Liver Disharmony

- _____ tension and stiffness of muscles of neck, shoulders, chest, abdomen and hips
- _____ irregular bowel movements
- _____ irregular, heavy or shallow breathing
- _____ wheezing or sighing
- _____ sensitive, easily inflamed skin or mucous membranes of upper respiratory or genito-urinary tissue
- _____ sensitivity or aversion to heat, dryness, wind, droughts or sudden changes in weather
- _____ awkward and stiff expressions of feelings
- _____ unpredictably reactive or indifferent, angry or sad, friendly or distant
- _____ craving for fatty and spicy foods
- _____ acne
- _____ asthma
- _____ irritable bowel syndrome
- _____ generalized pruritus

- _____ allergic sinusitis or rhinitis
- _____ seasonal hay fever
- _____ bursitis
- _____ headaches involving eyes and sinuses
- _____ severe or chronic neck spasms
- _____ depression characterized by quiet melancholy or passive rage

Please list any other health concerns you would like your practitioner to be aware of:

This Health Profile is excerpted from *Between Heaven & Earth: A Guide to Chinese Medicine* (Beinfeld & Korngold, Ballantine, 1991), a good resource to help you understand more about Chinese medicine. This book is available in your local bookstore or through your practitioner.