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Name _____

Date _____

Please review the below categories and mark those symptoms you are currently experiencing.

Blood Deficiency

Pale tongue / thready pulse

- Pale complexion
- pale lips
- dizziness
- poor memory
- dry eyes
- blurring of vision
- poor night vision
- palpitations
- insomnia
- numbness of hands and feet
- absent or scanty menstruation

Blood Stasis

Purple tongue / wiry, choppy or knotted pulse

- fixed, boring or stabbing pain
- mass tumors which do not move
- hemorrhage with dark blood and clots
- purple lips and nails
- purple blotches or bruises on skin
- arm falls asleep at night

Dampness

- heaviness in the limbs
- headache as if the head were tightly bound
- fullness in chest
- joint pains and swelling
- diarrhea
- abdominal fullness
- sallow face
- edema of the lower limbs
- turbid discharges

Damp Heat

Red tongue with a sticky, yellow coating/ rapid and slippery pulse

- loss of appetite
- nausea
- vomiting
- bitter taste and stickiness in the mouth
- heaviness of the body and limbs
- fullness of the chest
- lassitude
- jaundice
- loose stools or diarrhea with blood or mucous
- offensive odor of stools
- burning in anus
- abdominal pain and dissension
- eczema
- swelling and burning pain in the testes
- yellow foul smelling leukorrhea
- scanty yellow urine
- frequency and or/urgency of urination
- burning pain in urethra
- dribbling urination
- turbid
- deep yellow urine

Deficiency

Pale tongue / weak and thready pulse

- emaciation
- listlessness
- lassitude
- shortness of breath
- pallor
- insomnia
- poor memory
- spontaneous and night sweating
- nocturnal enuresis
- pain alleviated by pressure



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Deficiency Heat or Fire

Red tongue with little coating/ rapid, thready and/ or empty pulse

- afternoon or low grade fever
- malar flush
- dry mouth
- insomnia with mental restlessness
- anxiety
- feverish sensations in the palms and soles
- night sweats
- constipation
- concentrated urine

Essence

- stunted growth
- poor bone development or bone deterioration
- infertility
- habitual miscarriage
- loose teeth
- hair falling out or prematurely graying
- poor sexual function
- impotence
- weakness of knees
- ringing in the ears
- poor memory
- poor concentration
- dizziness
- lowered body resistance
- chronic allergies

Fire

- high fever
- restlessness
- insomnia
- mania
- delirium
- thirst
- sweating
- mouth and tongue ulcers
- swollen and painful gums
- headache
- congestion of the eyes

Food Stagnation

thick sticky coated tongue

- stomach pain and dissension
- loss of appetite
- foul belching
- acid regurgitation
- vomiting

Heart Blood Deficiency

Pale and thin tongue / Fine/weak pulse

- palpitations
- giddiness
- pallor
- insomnia
- forgetfulness

Heart Qi Deficiency

Pale and thin tongue / Fine, weak or irregular pulse

- palpitations
- shortness of breath on exertion
- spontaneous sweating

Heart Yin Deficiency

Dry and red tongue / Fine, rapid pulse

- mental irritability
- palpitations
- insomnia
- low fever
- night sweats
- flushed cheeks
- thirst
- lack of sweat

Heat in the Blood

Red tongue / Rapid pulse

- restlessness or mania
- feeling of heat
- skin diseases with red eruptions
- ecchymosis
- mouth ulcers
- itching excessive menstrual bleeding
- hemorrhage
- dry mouth



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Kidney Yang Deficiency

Pale with white coating tongue / Deep, weak pulse

- pallor
- lassitude
- aversion to cold
- cold limbs
- soreness and weakness of the lumbar region and knee joints
- nocturnal urination
- impotence
- infertility
- dizziness
- ringing in the ears

Kidney Yin Deficiency

Red with little coating tongue / thready, rapid pulse

- low back pain
- weak knees
- lassitude
- general weakness
- vertigo
- ringing in the ears
- thirst
- flushed cheeks
- insomnia
- mental irritability
- afternoon fever
- night sweats
- hot flashes
- nocturnal emissions
- yellow urine
- constipation
- constant thirst
- excessive sweating
- Pellets
- Dry BM's
- wake at night to pee
- hurts to pee
- can't pee
- dark pee - heat

Liver Blood Deficiency

Pale tongue / thready, choppy pulse

- sallow face
- blurring of vision
- dry eyes
- spasms of muscles and tendons
- dizziness
- mental irritability
- insomnia
- absent or scanty menstruation
- prolonged menstrual cycle

Liver Fire

Scarlet red tongue on tip and sides with yellow coating / wiry and rapid pulse

- dizziness
- headache
- flushed face
- red eyes
- bitter taste in the mouth
- mental irritability
- anger outbursts
- mania
- nosebleed
- blood in urine
- coughing blood
- insatiable appetite (get sick after eating)



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Liver Qi Stagnation

wiry pulse

Irritability
tendency to anger
dizziness
abdominal and hypochondriac pain and
dissension
fullness in chest
excessive sighing
breast distension
belching
loss of appetite
nausea
sensation of a foreign body in throat
menstrual disorders
variable appetite
smelly sweat
pellets
long and skinny BMs
loose then constipated BM's
constipation
hands Numb
hands Swelling
nausea
eczema, psoriasis, dermatitis - liver
dry/crusty - liver

Liver Yang Rising

red tongue / tight and rapid pulse

headache with distending sensation in
the head
dizziness and vertigo
ringing in the ears
flushed face
red eyes
irritability
insomnia with dream disturbed sleep
palpitations
poor memory

Liver Yin Deficiency

Red tongue with little coating, thready and taut
pulse

dizziness
headache
ringing in the ears
blurred vision
dry eyes
insomnia
night sweats
feverishness in palms and soles
thirst
dry throat

Lung Heat

cough with thick or yellow phlegm
pain in the chest
shortness of breath

Lung Qi Deficiency

chronic weakness in the lungs
weak cough
weak voice
low immune system

Phlegm

cough with profuse sputum
wheezing
fullness in the chest
palpitations
coma
manic depressive disorders
lymph node swelling
nodules under the skin
dizziness
blurred vision
sensation of a foreign body in the throat
edema
general body aching and heaviness
nausea
vomiting of sticky fluid
borborygmus
stomach and abdominal discomfort



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Phlegm Heat

Red tongue with yellow coating, rapid and slippery pulse

- yellow-sticky phlegm
- barking cough with profuse yellow or green sputum
- fullness in chest
- wheezing
- dry mouth and lips
- restlessness

Qi Deficiency

Pale tongue, empty pulse

- general weakness
- lethargy
- shortness of breath
- weak voice
- spontaneous sweating
- loss of appetite
- abdominal distension
- loose stools
- frequent urination
- palpitations
- skin slow to heal
- always cold / hates the cold

Spleen Dampness

Sticky tongue coating, slippery pulse

- lack of appetite
- sticky taste in the mouth or loss of sense of taste
- nausea
- fullness in the chest and abdomen
- feeling of heaviness
- loose stools
- headache as if head were bound

Spleen Qi Deficiency

Pale tongue with thin, white coating, empty weak or thready pulse

- sallow complexion
- emaciation
- tiredness
- dislike of speaking
- reduced appetite
- abdominal distension
- loose stools
- prolapse
- no thirst - dampness
- no appetite
- variable appetite
- constipation
- loose stools
- day break diarrhea
- food in BM's
- mucous in stools
- blood in stools

Spleen Yang Deficiency

Pale tongue with white coating, deep and slow pulse

- abdominal distention which is worse after eating
- dull abdominal pain which improves with warmth and pressure
- loose stools
- pallor
- cold limbs
- poor appetite

Stomach Phlegm

Sticky tongue coating, slippery pulse

- nausea
- vomiting of sticky fluid
- stomach and abdominal fullness and discomfort
- borborygmus



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Stomach Qi Deficiency

Pale tongue, weak and empty pulse

- uncomfortable feeling in the stomach
- no appetite
- lack of taste sensation
- loose stools
- tiredness (especially in the morning)
- weak limbs

Stomach Yin Deficiency

no coating on tongue, weak and empty pulse

- chronic digestive disturbance in the epigastrium
- dry mouth
- dry throat
- acid reflux
- stomach pain

Wind Cold

normal tongue, thin, white coating and tight, superficial pulse

- aversion to cold
- shivering
- sneezing
- cough
- runny nose with watery or white discharge
- slight fever or no fever
- neck pain and stiffness

Wind Heat

Red tip of the tongue or sides, with a thin, white or yellowish coating, floating and rapid pulse

- fever
- yellow mucous
- sore throat
- swollen tonsils
- thirst
- sweating

Wind Damp

floating and slippery pulse

- Itchy skin
- rashes
- hives
- fever
- aversion to cold
- sweating
- neck pain and stiffness
- body aches and heaviness
- swollen joints