

CHINESE HERB PROFILE

Name _____ Date _____

Check all the symptoms you have experienced during the last six months. Check those symptoms that have been most troublesome.

PATTERNS OF DEPLETION

Deficient Qi

- weakness, lethargy or weakness
- 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
- loose or flaccid muscles

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

Slack Blood

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

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 loos of teeth
- thinning, graying and drying of head and pubic hair
- weakening of bones and loss of elasticity of tendons, 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
- 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 or abdomen
- 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 or 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
- sticky perspiration
- lumps, nodules and cysts
- sticky slimy stool
- scanty urine
- generalized water retention
- edema of hands and feet
- thick nauseated feeling in mouth and stomach
- congestion in eye 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 sprain
- 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
- 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 joints 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 the 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
- worse from heat, humidity, and sweet spicy or oily foods

External Wind

- itching, prickling sensations of the skin
- migrating pains appear or retreat suddenly and unpredictably
- dizziness
- itchy, painful ears, eyes, nose, headache, muscle soreness or shivering when exposed to wind/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, muscle and viscera
- disequilibrium, incoordination
- spasm or quivering of tongue
- vertigo
- headache and vertigo
- seizures
- worse from heat, wind, changing barometric pressure or changing from lying to upright posture

Phlegm

- 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, mucous membranes, ears, eyes, nose, throat, mouth, anus, vagina, or urethra
- 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 on lower abdomen, hips, calves, feet*
- pain from tension in shoulders and neck or in hips*
- stitching pains under diaphragm, in 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 the 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 easily, cries easily)
- insomnia when nervous, worried or overtired
- excitement, anxiety and fatigue cause light, restless sleep and vivid dreams or nightmares*
- craving for cool drinks and juicy foods
- slight exertion or excitement causes heat, perspiration
- easily overheats and overchills*
- 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 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 foods, 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*
- tender muscles*
- frequent but scanty urination
- easy or frequent bruising
- PMS characterized by the symptoms marked above with 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 mucous 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 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
- 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*
- 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 with asterisk (*)

- fullness or pressure in head or behind ears
- headaches with nausea, visual disturbances or dizziness
- sensitivity or aversion to light, noise, heat and humidity
- abdominal tension or distension with belching or flatulence
- 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
- nervous and distractible
- apathetic and insecure

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 or legs

