|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **KID Yin Xu** | **Y** | | **N** | **Comments** |
| Do you have lower back weakness, soreness, or pain? |  | |  |  |
| Do you suffer from knee problems? |  | |  |  |
| Do you have ringing in your ears or dizziness? |  | |  |  |
| Is your hair prematurely greying? |  | |  |  |
| Do you experience vaginal dryness? |  | |  |  |
| Is your mid-cycle cervical mucus 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 being fearful often? |  | |  |  |
|  | | | | |
| **KID Yang Xu** | **Y** | | **N** | **Comments** |
| Do you have lower back pain pre-menstrually? |  | |  |  |
| Is your low 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 fearful often? |  | |  |  |
| Do you wake at night or early in the morning  because you have to urinate? |  | |  |  |
|  | |  |  |
| Do you urinate frequently, and is the urine diluted  and/or profuse? |  | |  |  |
|  | |  |  |
| Do you have early morning loose, urgent stool? |  | |  |  |
| 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  respond to a heating pad? |  | |  |  |
|  | |  |  |
|  | | | | |
| **SP Qi Xu** | **Y** | | **N** | **Comments** |
| Are you often fatigued? |  | |  |  |
| Do you have a poor appetite? |  | |  |  |
| Is your energy low after a meal? |  | |  |  |
| Do you feel bloated after eating? |  | |  |  |
| Do you crave sweets? |  | |  |  |
| Do you have loose stool, 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 your 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/or legs? |  | |  |  |
| Are you lacking in exercise? |  | |  |  |
| Are you prone to worry? |  | |  |  |
| Have you been diagnosed with low blood pressure? |  | |  |  |
| Do you sweat often without exerting yourself? |  | |  |  |
| Do you feel dizzy or lightheaded or have visual  changes when you stand up fast? |  | |  |  |
|  | |  |  |
| Is your menstruation thin, watery, profuse, or pinkish in color? |  | |  |  |
| Are you more tired around ovulation or menstruation? |  | |  |  |
| Do you ever 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? |  | |  |  |
|  | | | | |
| **Blood Xu** | | **Y** | **N** | **Comments** |
| Are your menses scanty and/or late? | |  |  |  |
| Do you have dry, flaky skin? | |  |  |  |
| Are you prone to getting chapped lips? | |  |  |  |
| Are your fingernails or toenails brittle? | |  |  |  |
| Are you losing hair on your head?  (all over, as opposed to losing it in patches) | |  |  |  |
| Is your hair brittle or dry? | |  |  |  |
| Do you have diminished night vision? | |  |  |  |
| Do you get dizzy or light-headed around your period? | |  |  |  |
| Are your lips pale in color? | |  |  |  |
|  | | | | |
| **Blood Stasis** | | **Y** | **N** | **Comments** |
| In 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? (especially at night) | |  |  |  |
| Do you have varicose or spider veins? | |  |  |  |
| Do you have red hemangiomas (cherry red spots) on your skin? | |  |  |  |
| Does your complexion appear dark and “sooty”? | |  |  |  |
| Do you have chronic haemorrhoids? | |  |  |  |
| Does your menstrual blood contain clots? | |  |  |  |
| Have you been diagnosed with endometriosis or uterine fibroids | |  |  |  |
| Is your lower abdomen tender to palpation (resists pressure)? | |  |  |  |
| Can you feel any abdominal lumps in your lower abdomen? | |  |  |  |
| Do you have piercing or stabbing menstrual cramps? | |  |  |  |
| Do you have dark spots under your eyes? | |  |  |  |
| Have you been diagnosed with any vascular abnormality or blood clotting disorder? | |  |  |  |
|  | | | | |
| **LIV Qi Stagnation** | | **Y** | **N** | **Comments** |
| Are you prone to depression? | |  |  |  |
| Are you prone to anger or rage? | |  |  |  |
| Do you become irritable premenstrually? | |  |  |  |
| 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 distention or pain? | |  |  |  |
| Have you been diagnosed with elevated prolactin levels? | |  |  |  |
| Do you become bloated before your period? | |  |  |  |
| Are your pupils usually dilated and large? | |  |  |  |
| Do you have difficulty falling asleep at night? | |  |  |  |
| Do you experience heartburn or wake up with a bitter taste in your mouth? (literally, not figuratively) ☺ | |  |  |  |
| Are your menses painful? | |  |  |  |
| Do you feel your menstrual cramps in the external genital area? | |  |  |  |
| Is your menstrual blood thick and dark, or purplish in color? | |  |  |  |
|  | | | | |
| **Heart Xu** | | **Y** | **N** | **Comments** |
| 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 in vitality? | |  |  |  |
| Are you prone to agitation or extreme restlessness? | |  |  |  |
| Do you fidget? | |  |  |  |
| Do you sweat excessively, especially on your chest? | |  |  |  |
|  | | | | |
| **Excess Heat** | | **Y** | **N** | **Comments** |
| Are your mouth and throat generally dry? | |  |  |  |
| Are you thirsty for cold (as opposed to warm) drinks often? | |  |  |  |
| Do you often feel warmer than those around you? | |  |  |  |
| Do you wake up sweating or having 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? | |  |  |  |
|  | | | | |
| **Dampness** | | **Y** | **N** | **Comments** |
| Do you feel tired or sluggish after a meal? | |  |  |  |
| Do you have fibrocystic breasts? | |  |  |  |
| Do you have cystic or pustular acne? | |  |  |  |
| Do you have urgent, light, or foul-smelling stools? | |  |  |  |
| Does your menstrual blood contain stringy tissue or mucus? | |  |  |  |
| Are you prone to yeast infections and vaginal itching? | |  |  |  |
| Do your joints ache, especially with movement? | |  |  |  |
| Are you overweight? | |  |  |  |
|  | | | | |
| **Damp Heat** | | **Y** | **N** | **Comments** |
| Do you have foul-smelling, yellow, or greenish vaginal discharge? | |  |  |  |
| Are you prone to vaginal and/or rectal itching during your luteal or premenstrual phase? (day 14-28 of cycle) | |  |  |  |
|  | | | | |
| **Cold Uterus** | | **Y** | **N** | **Comments** |
| Does your lower abdomen feel cooler to the touch than the rest of your trunk? | |  |  |  |
| Did you tick **yes** to the majority of questions in the Kid Yang Xu category? | |  |  |  |
| Did you tick **yes** to the majority of questions in the Blood Stasis category? | |  |  |  |