

TCM Questionnaire – Dr. Rabia Meghji

Circle yes or no to each of the following questions. Don't worry about what the symptoms mean; just note whether or not you experience them. If you have more than one-fourth to one-third **yes** responses in any diagnostic category, then you may have an element of this imbalance in your system. You may have more than one kind of imbalance operating at the same time, so don't be surprised if you have 50 percent **yes** answers for more than one diagnostic category.

Diagnosis

Kidney Yin Deficiency (Ki Yi-)

Do you have lower back weakness, soreness, or pain? Or lower knee problems?	Yes	No
Do you have ringing in your ears or dizziness?	Yes	No
Is your hair prematurely gray?	Yes	No
Do you have vaginal dryness?	Yes	No
Is your midcycle fertile cervicle mucus scanty or missing?	Yes	No
Do you have dark circles under your eyes?	Yes	No
Do you have night sweats?	Yes	No
Are you prone to hot flashes?	Yes	No
Would you describe yourself as afraid a lot?	Yes	No
Does your tongue lack coating? Does it appear shiny or peeled?	Yes	No

Diagnosis

Kidney Yang Deficiency (Ki Yan-)

Do you have lower back pain premenstrually?	Yes	No
Is your low back sore or weak?	Yes	No
Are your feet cold, especially at night?	Yes	No
Are you typically colder than those around you?	Yes	No
Is your libido low?	Yes	No
Are you often fearful?	Yes	No
Do you wake up in the morning because you have to urinate?	Yes	No
Do you urinate frequently, and is the urine diluted and/or profuse?	Yes	No
Do you have early morning loose, urgent stools?	Yes	No
Do you have profuse vaginal discharge?	Yes	No
Does your menstrual blood tend to be dull in colour?	Yes	No
Do you feel cold cramps during your period that respond to a heating pad?	Yes	No
Is your tongue pale, moist, and swollen?	Yes	No

Diagnosis

Spleen Qi Deficiency (Sp-)

Are you often fatigued?	Yes	No
Do you have poor appetite?	Yes	No
Is your energy low after a meal?	Yes	No
Do you feel bloated after eating?	Yes	No
Do you crave sweets?	Yes	No
Do you have loose stools, abdominal pain, or digestive problems?	Yes	No
Are your hands and feet cold?	Yes	No
Are you prone to feeling heavy or sluggish?	Yes	No
Are you prone to feeling heaviness or grogginess in the head?	Yes	No
Do you bruise easily?	Yes	No
Do you think you have poor circulation?	Yes	No
Do you have varicose veins?	Yes	No
Are you lacking strength in your arms and legs?	Yes	No
Are you lacking in exercise?	Yes	No
Are you prone to worry?	Yes	No
Have you been diagnosed with low blood pressure?	Yes	No
Do you sweat a lot without exerting yourself?	Yes	No
Do you feel dizzy or light-headed, or have visual changes when you stand up fast?	Yes	No
Are you more tired around ovulation or menstruation?	Yes	No
Do you ever spot a few days or more before your period comes?	Yes	No
Have you ever been diagnosed with uterine prolapse?	Yes	No
Are your menstrual cramps accompanied by a bearing-down sensation in your uterus?	Yes	No
Are you often sick, or do you have allergies?	Yes	No
Have you been diagnosed with hypothyroid or anemia?	Yes	No
Do you have hemorrhoids or polyps?	Yes	No
Does your tongue look swollen with teach marks on the side?	Yes	No
Do you have a pale, yellowish complexion?	Yes	No

Diagnosis

Blood Deficiency (Bl-)

Are your menses scanty and/or late?	Yes	No
Do you have dry, flaky skin?	Yes	No
Are you prone to getting chapped lips?	Yes	No
Are your fingernails or toenails brittle?	Yes	No
Are you losing hair on your head (not in patches but all over)?	Yes	No
Is your hair brittle or dry?	Yes	No
Do you have diminished nighttime vision?	Yes	No
Do you get dizzy or light-headed around your period?	Yes	No
Are your lips, the inner side of your lower eyelids, or tongue pale in colour?	Yes	No

Diagnosis

Blood Stasis (BI X)

Is your menstrual flow ever brown or black in colour?	Yes	No
Do you feel midcycle pain around your ovaries?	Yes	No
Do you have painful, unmovable breast lumps?	Yes	No
Do you experience periodic numbness of your hands and feet (especially at night)?	Yes	No
Do you have varicose or spider veins?	Yes	No
Do you have red hemangiomas (cherry-red spots) on your skin?	Yes	No
Does your complexion appear dark and 'sooty'?	Yes	No
Do you have chronic hemorrhoids?	Yes	No
Does your menstrual blood contain clots?	Yes	No
Have you been diagnosed with endometriosis or uterine fibroids?	Yes	No
Is your lower abdomen tender to palpation (resisting touch)?	Yes	No
Can you feel any abnormal lumps in your lower abdomen?	Yes	No
Do you have piercing or stabbing menstrual cramps?	Yes	No
Does your tongue look dark?	Yes	No
Do you have dark spots on your tongue?	Yes	No
Are the veins beneath your tongue twisty and tortuous?	Yes	No
Do you have dark spots in your eyes?	Yes	No
Have you been diagnosed with any vascular abnormalities or blood clotting disorders?	Yes	No

Diagnosis

Liver Qi Stagnation (Lv Qi X)

Are you prone to emotional depression?	Yes	No
Are you prone to anger and/or rage?	Yes	No
Do you become irritable premenstrually?	Yes	No
Do you feel bloated or irritable around ovulation?	Yes	No
Does it feel as if your ovulation lasts longer than it should?	Yes	No
Are your breasts sensitive/sore at ovulation?	Yes	No
Do you experience nipple pain or discharge from your nipples?	Yes	No
Do you have a lot of premenstrual breast distention or pain?	Yes	No
Have you been diagnosed with elevated prolactin levels?	Yes	No
Do you become bloated premenstrually?	Yes	No
Are your pupils usually dilated and large?	Yes	No
Do you have difficulty falling asleep at night?	Yes	No
Do you experience heartburn or wake up with a bitter taste in your mouth?	Yes	No
Are your menses painful?	Yes	No
Do you feel your menstrual cramps in the external genital area?	Yes	No
Is the menstrual blood thick and dark, or purplish in colour?	Yes	No
Is your tongue dark or purplish in colour?	Yes	No

Diagnosis

Heart Deficiency (Ht-)

Do you wake up early in the morning and have trouble getting back to sleep?	Yes	No
Do you have heart palpitations, especially when anxious?	Yes	No
Do you have nightmares?	Yes	No
Do you seem low in spirit or lacking in vitality?	Yes	No
Are you prone to agitation or extreme restlessness?	Yes	No
Do you fidget?	Yes	No
Is the tip of your tongue red?	Yes	No
Is there a crack in the center of your tongue that extends to the tip?	Yes	No
Do you sweat excessively, especially on your chest?	Yes	No

Diagnosis

Excess Heat (^H)

Is your pulse rate rapid?	Yes	No
Are your mouth and throat usually dry?	Yes	No
Are you thirsty for cold drinks most of the time?	Yes	No
Do you often feel warmer than those around you?	Yes	No
Do you wake up sweating or having hot flashes?	Yes	No
Do you break out with red acne (especially premenstrually)?	Yes	No
Do you have a short menstrual cycle?	Yes	No
Do you have vaginal irritation or rashes?	Yes	No

Diagnosis

Dampness (D)

Do you feel tired and sluggish after a meal?	Yes	No
Do you have fibrocystic breasts?	Yes	No
Do you have cystic or pustular acne?	Yes	No
Do you have urgent, bright, or foul-smelling stools?	Yes	No
Does your menstrual blood contain stringy tissue or mucus?	Yes	No
Are you prone to yeast infections and vaginal itching?	Yes	No
Do your joints ache, especially with movement?	Yes	No
Are you overweight?	Yes	No
Do you have a wet, slimy tongue?	Yes	No

Diagnosis

Damp Heat (DH)

Do you have signs of heat and/or dampness as indicated above?	Yes	No
Do you have foul-smelling, yellow or greenish vaginal discharge?	Yes	No
Are you prone to vaginal and/or rectal itching during your luteal or premenstrual phase?	Yes	No

Diagnosis

Cold Uterus (CW)

Do you fit the Kidney Yang deficiency (Ki Yan-) category?	Yes	No
Do you fall into the Blood stasis pattern?	Yes	No
Does your lower abdomen feel cooler to the touch than the rest of your trunk?	Yes	No