



TRADITIONAL CHINESE MEDICINE: INTAKE

Please check all that apply and record “?” next to unclear symptoms.

Symptom	Y	Symptom	Y	Symptom	Y
Palpitations/ ♥ Flutter		Thirsty		Dizziness	
Shortness of breath		Feeling hot		Poor memory	
Chest oppression		Bitter taste (morning)		Anxiety	
Dull chest ache		Dark urine		Insomnia	
Chest pain		Blood in urine		Lots of dreams	
Abdominal pain		Ulcers (mouth/tongue)		Amenorrhea	
Nausea		Mental restlessness		Scanty menses	
Vomiting		Night sweating		Easily startled	
Hiccups		Dry mouth + throat		Ringing in ears	
Breast distention		Skin rash		Irritability (easily)	
Nosebleeds		Fullness in stomach		Lump in back of throat	
Painful periods		Numbness/ tingling		Feeling cold	
Vomit blood		Blurry vision		Cold hands	
Clots in menses		“Floaters”		Depression/ low mood	
Headache (temples)		Decreased night vision		Poor appetite	
Headache (back - head)		Weak muscle		Irregular menses	
Red eyes		Brittle nails		Distention anywhere	
Constipation		Dry hair		Sighing	
Dry stool		Dry skin		PMS	
Loose stool		Tremor		Changes in mood	
Undigested food(stool)		Facial tic		Angry outbursts	
Cough		Seizure		Heavy periods	
Coughing up blood		Dry eyes		Asthma	
Feeling heavy in body		Low back pain		Dislike cold	
Yellow vaginal discharge		Hearing loss		Daytime sweating	
Vaginal itching		Sudden deafness		Dislike speaking	
Mid-cycle bleeding		Gas/ flatulence		Dry cough	
Painful urination		Sour regurgitation/ reflux		Fever	
Edema		Hemorrhoids		Clear runny nose	
Urgency on urination		Weak knees		Body aches	
Prolapse		Cold knees		Wheezing	
Easy bruising		Cold lower back		Premature ejaculation	
Varicose veins		Urination at night		Impotence	
No thirst		Lots of urination		Dribbling after urination	
White vaginal discharge		Decreased libido		Nocturnal emission	
Offensive odor to stool		Recurrent miscarriage		Difficulty breathing in	
Feeling hot in evening		Lack of taste sensation		Vaginal dryness	
Bleeding gums		Foul breath		Nasal congestion	
Blood in stool		Mental exhaustion		Indecisive	
Mucus in stool					