

# Most Frequently Diagnosed Patterns Of Imbalance

## Spleen Qi Deficiency-

- |  |     |    |
|--|-----|----|
| • Fatigue, especially after eating meals or eating sweets. | Yes | No |
| • Abdominal bloating after eating.                         | Yes | No |
| • A tendency to loose stools, but possibly constipation.   | Yes | No |
| • Cold hands and feet.                                     | Yes | No |
| • A lack of strength in the four extremities.              | Yes | No |
| • Dizziness when standing up.                              | Yes | No |
| • Easy bruising.   | Yes | No |
| • A swollen tongue with teeth marks on its edges.          | Yes | No |

## Liver Depression Qi Stagnation-

- |  |     |    |
|--|-----|----|
| • Abdominal, rib-side, or breast distention and/or pain.       | Yes | No |
| • Irritability and/or frustration.                             | Yes | No |
| • Emotional depression   | Yes | No |
| • Premenstrual or perimenstrual aggravation of these symptoms. | Yes | No |

## Stomach Heat-

- |                                 |     |    |
|---------------------------------|-----|----|
| • Increased or rapid hungering. | Yes | No |
| • Mouth and/or tongue sores.    | Yes | No |
| • Bleeding gums.                | Yes | No |
| • Bad breath.                   | Yes | No |
| • Yellow coat on the tongue.    | Yes | No |

## Blood Deficiency-

- |                                     |     |    |
|-------------------------------------|-----|----|
| • Pale or dry, brittle nails.       | Yes | No |
| • Dry skin.                         | Yes | No |
| • Decreased visual acuity at night. | Yes | No |
| • Pale undersides of the eyelids.   | Yes | No |
| • Pale lips.                        | Yes | No |
| • Pale or sallow yellow complexion. | Yes | No |

## Heart Qi and Blood Deficiency-

- |   |     |    |
|---|-----|----|
| • Insomnia.   | Yes | No |
| • Disquieted emotions or sense of being.  | Yes | No |
| • Vexation and agitation  | Yes | No |
| • Impaired memory.  | Yes | No |
| • Lack of mental vigor and physical strength.                                   | Yes | No |
| • Heart palpitations, rapid heart rate.   | Yes | No |
| • A swollen tongue, with a crack or crease down its center reaching to the tip. | Yes | No |

## More Serious Patterns of Imbalance...

### Kidney Yin Deficiency with Deficiency Heat-

- |  |     |    |
|--|-----|----|
| • Night sweats   | Yes | No |
| • Hot flashes or heat sensation in palms, soles of feet, and/or chest. | Yes | No |
| • Ear ringing and/or dizziness.  | Yes | No |
| • Low back soreness.   | Yes | No |
| • Thirst or a dry mouth but no desire to drink.                        | Yes | No |

### Kidney Yang Deficiency-

- |  |     |    |
|--|-----|----|
| • Low back and/or knee soreness, pain, and/or weakness | Yes | No |
| • Nocturia (night-time urination)                      | Yes | No |
| • Cold feet  | Yes | No |
| • Decreased sexual desire                              | Yes | No |