

What is Your Chinese Constitutional Type?

To find out, look at the list of symptoms in each category. Open this form in Excel and print it. If you currently have a problem with that symptom, put a check in the column marked "present problem" across from the symptom. If the problem has also been a problem in the past, put a check in the column marked past problem. If you used to have a problem with that symptom, but it is no longer a problem, you should still put a check mark in the past problem column.

Total the number of check marks in each column then place the combined total of both columns in the last box. After completing the entire questionnaire and totaling all of your scores, record them here. Adding each row and column gives you your total scores for each element and for excess and deficient symptoms.

To fill out electronically, open in Excel, put a "1" in each applicable box, the totals will show in each subsection and at the end. Email the completed form back to me or print it up and bring it with you or mail it.

Symptoms for Sagging Qi	Present	Past
Depression		
Feelings of Heaviness		
Worry & nervousness		
Hysteria & neurosis		
Insomnia		
Tightness in chest		
Prolapse of colon or uterus		
Sensation of lump in throat		
Heavy feeling in back of head		
Nightmares or restless dreams		
Migrating pains		
Chest pains		
Hypersensitivity		
Headaches or dizziness		
Present and Past Subtotals		
Combined Total for Sagging Qi		

Symptoms for Deficient Qi	Present	Past
Extreme or chronic fatigue		
General weakness		
Shortness of breath		
Cold pale skin		
Hair loss		
Slow recovery from illness		
Frequent chills		
Anorexia or muscle wasting		
Poor appetite		
Discouragement, sadness or fear		
Impotency (males), Loss of sexual desire (male or female)		
Frequent illness (low immune system)		
Weakness in the legs		
Pale tongue		
Present and Past Subtotals		
Combined Total for Deficient Qi		

Symptoms for Excess Yang	Present	Past
Fever or fever with chills		
Headache		
Sore throat		
Eye irritation (redness or bloodshot)		
Gum irritation (gingivitis, bleeding gums, etc.)		
Skin infections or acute rashes		
Earaches		
Nosebleeds		
Chronic inflammation		
Sensations of heat or burning		
Irritability or excitement		
Flushing of the face		
Bright red tongue		
Rapid heartbeat		
Present and Past Subtotals		
Combined Total Excess Yang		

Symptoms for Deficient Yin	Present	Past
Constant thirst		
Frequent urination		
Dry mouth		
Dry eyes		
Night sweats		
Ringing in ears		
Dry cough		
Burning sensations in hands & feet		
Constipation with dry, hard stool		
Confusion & poor memory		
Burning Skin		
Dry, sore throat		
Dry, red tongue		
Hypoglycemia or diabetes		
Present and Past Subtotals		
Combined Total Deficient Yang		

Symptoms for Excess Wood	Present	Past
Hypoglycemia		
Migraines		
Allergies (food or respiratory)		
PMS		
Problems with fat digestion or metabolism		
Discomfort under right side of ribcage		
Fatigue in the mornings		
Hypochondriac feelings		
Lower abdominal pain & distention		
Sensation of lump in throat		
Angry, irritable feelings		
Puffy eyelids		
Gall bladder problems		
Skin conditions (acne or rashes)		
Present and Past Subtotals		
Combined Total for Excess Wood		

Symptoms for Deficient Wood	Present	Past
General fatigue		
Lower back or weak legs		
Scant menstruation with prolonged cycle or anemia (male or female)		
Severe abdominal pain		
Blurring vision		
Dryness of the eyes		
Pale complexion		
Hypochondriac feelings		
Hypoglycemia		
Depression or bipolar mood disorder		
Feelings of despondency or despair		
Dry skin around eyes		
Chronic liver problem (hepatitis, cirrhosis, etc.)		
Intestinal inflammation (IBS, colitis, etc.)		
Present and Past Subtotals		
Combined Total for Deficient Wood		

Symptoms for Excess Earth	Present	Past
Frequent bad breath		
Belching after meals		
Bad taste in mouth		
Abdominal pain or discomfort		
Intestinal gas & bloating		
Cravings for sugar		
Sour or acid stomach		
Temporary loss of appetite		
Frequent nausea		
Chronic worry		
Acid reflux		
Fear of future		
Felling off-balance		
Present and Past Subtotals		
Combined Total for Excess Earth		

Symptoms for Deficient Earth	Present	Past
Poor protein digestion		
General weakness		
Poor muscle tone		
Inability to gain or lose weight		
Intestinal cramping		
Food sits heavy on stomach after		
Stomach pain aggravated by cold		
Chronically poor appetite		
Difficulty swallowing capsules		
Pale tongue with moist white coating		
Hiatal hernia or tension in the solar plexus		
Chronic worries and fears		
Clinging to the past		
Unable to cope with new situations		
Present and Past Subtotals		
Combined Total for Deficient Earth		

Symptoms for Excess Water	Present	Past
Scanty or clear urine		
Edema or water retention		
Heavy, sluggish feelings		
Sluggish feeling in late afternoon		
Backache		
Leg, neck or shoulder pain		
Prostate problems (male)		
PMS with fluid retention (female)		
Burning urination		
Bladder infections		
Damp tongue with white moist coating		
Teeth marks on edges of tongue		
Wishy-washy		
Timid, fearful		
Uncertain & indecisive		
Present and Past Subtotals		
Combined Total for Excess Water		

Symptoms for Deficient Water	Present	Past
Spinal misalignment, chiropractic adjustments don't hold		
Frequent & urgent urination		
Weak & brittle bones, osteoporosis		
Impotence (males)		
Loss of sexual desire (females)		
Dribbling following urination		
Low back pain (lumbar region)		
Prostate problems (males)		
PMS with fluid retention (females)		
Ringing in the ears		
Graying of hair		
Weak knees or ankles		
Pale tongue, tendency to be dry		
Hardened, inflexible attitudes		
Fear of change, difficulty adapting		
Rigid & inflexible thinking patterns		
Present and Past Subtotals		
Combined Total for Deficient Water		

Symptoms for Excess Fire	Present	Past
Nervous or "high strung" personality		
Mania or excessive enthusiasm		
Dizzy or light-headedness		
Restless or "always on the go"		
Tension headaches		
Irritable or fidgety		
Anxiety or panic attacks		
Muscle tension		
Heart palpitations		
Easily moved to tears or laughter		
Insomnia (difficulty getting to sleep)		
Absent-mindedness & forgetfulness		
Fast or loud talker		
Red tip on tongue		
Present and Past Subtotals		
Combined Total for Excess Fire		

Symptoms for Deficient Fire	Present	Past
Extreme fatigue with restless sleep patterns		
Sensation of pressure or pain on the right side of the chest		
Lack of sexual desire or impotency		
Muddled or confused thinking		
Waking up frequently at night		
Restless or disturbing dreams		
Night sweats or excessive perspiration		
Feeling overwhelmed		
Feeling burnt out		
Nervous exhaustion or trembling		
Feeling vulnerable or brokenhearted		
Quivering tongue		
Dark circles under eyes		
Burning sensations in the hands, feet or heart		
Present and Past Subtotals		
Combined Total for Deficient Fire		

Symptoms for Excess Metal	Present	Past
Symptom		
Congested lungs & sinuses		
Coughing		
Wheezing		
Asthma		
Bronchitis		
Allergies or hay fever		
Sinus headaches		
Swollen lymph nodes		
Sensation of fullness in chest		
Fluid in lungs or chest		
White or pale mucus		
Thick, white coating on tongue		
Excessive grieving		
Sadness		
Present and Past Subtotals		
Combined Total for Excess Metal		

Symptoms for Deficient Metal	Present	Past
Symptom		
Chronic lung infections		
Frequent colds and flu		
Pallor (pale or sickly looking)		
Fatigue		
Tightness in chest		
Feeble speaking (soft or low voice)		
Dry cough		
Excessive perspiration or night sweats		
Shortness of breath		
Pale tongue		
Repressed or deep-seated grief		
Aloof & emotionally distant		
Unable to cry or express sadness		
Present and Past Subtotals		
Combined Total for Deficient Metal		

Element	Total Excess	Element	Total Deficient	Total Each Element
Sagging Qi		Deficient Qi		
Excess Yang		Deficient Yang		
Excess Wood		Deficient Wood		
Excess Earth		Deficient Earth		
Excess Water		Deficient Water		
Excess Fire		Deficient Fire		
Excess Metal		Deficient Metal		
Combined Total Excess		Combined Total Deficient		