Diagnosis by Interrogation: The 16 Questions – Questions for modern Western clinical settings

Refer to The Foundations of Chinese Medicine by Giovanni Maciocia for expanded info

1) Pain
> Factors affecting pain: Pressure; Food; Type; Temperature; Bowel Movement; Posture; Onset; Vomiting; Rest/Movement
> Location of Pain
> Pain can be due to the following Full conditions: Invasion of EPIs; Interior Cold or Heat; Stagnation of Qi or Blood; Retention of food; OR Obstruction by Phlegm

2) Food and Taste
> Establishes information about the integrity of the Spleen and Stomach
> Information about Vomiting is also included

3) Stools and Urine
> Stools: Constipation OR Loose stools/Diarrhea
> Urine: Function; Pain; Colour; Amount

4) Thirst and Drink
> Thirst: Desire to drink large amounts; Desire to drink small amounts; Thirst but no desire to drink; OR Absence of thirst
> Drink: Desire to drink Cold Liquids OR Warm liquids

5) Energy Levels
> Inquire about the patient’s lifestyle
> Tiredness is not always due to a condition of Deficiency, it can be due to a Full condition

6) Head, Face, and Body
> Head: Headache – Onset; Time of day; Location; Quality of pain and condition; Dizziness
> Face: Feeling of heat of the face; Facial Pain; Runny nose; Bleeding gums; Mouth ulcers; Cold sores
> Body: Pain in the whole body; Backache; Numbness

7) Chest and Abdomen
> Location: Hypochondrium; Epigastrium; Central Abdomen (umbilical area); Hypogastrium

8) Limbs
> Related to the limbs: Weakness; Numbness/Tingling; Generalized joint pain; Muscle aches; Difficulty walking; Tremors; Cold hands; Weak knees; Cold feet; Feeling of heaviness
9) Sleep
> Insomnia: Difficulty falling asleep; Waking during the night
> Lethargy

10) Sweating
> Related to sweating: Areas of body; Time of Day; Condition of illness; Quality of sweat

11) Ears and Eyes
> Ears: Tinnitus – Onset, Pressure, Character of Noise; Deafness
> Eyes: Eye Pain; Blurred vision; Dry eyes

12) Feeling Cold/Feeling of Heat/Fever
> Interior conditions: Feeling of cold; Feeling of Heat
> Exterior conditions: Aversion to cold; ‘Fever’; Simultaneous aversion to cold and fever; Feeling of heat in diseases of exterior origin; Alternating of cold and feeling of heat
> Fever does not always indicate a raised temperature; It indicates that the patient’s forehead and dorsum of hands feel hot to the touch; Patient may not have an actual fever

13) Emotional Symptoms
> Include: Depression; Fear/Anxiety; Irritability/Anger; Worry/Overthinking; Sadness and Grief

14) Sexual Symptoms
> Men: Impotence; Lack of libido; Premature ejaculation; Tiredness and dizziness after ejaculation
> Women: Lack of libido; Headache soon after orgasm

15) Women’s Symptoms
> Menstruation: Cycle; Amount; Colour; Quality; Pain
> Leucorrhea: Colour; Consistency; Smell
> Pregnancy: Remember to ask about this to avoid or practice caution with dangerous/contraindicated acupuncture points/techniques and other therapy practices (i.e. moxa, tui na, gua sha, cupping, e-stim)
> Childbirth

16) Children’s Symptoms
> Digestive symptoms; Respiratory symptoms and Earache; Sleep; Immunizations

Text sourced from: