



## 二、详细问诊病情（可多选） 2. Details Symptoms

**眼白血丝 Bloodshot on eye-white:**  无 No  有 yes  呈丝状呈糊状 silky or blocky chunk if yes

**方位 location:**

（方位：男左眼女右眼，以瞳孔为中心，以上面为 12 点钟下面为 6 点钟方面，请别人描述血丝方位、是由眼眶向瞳孔发展还是相向、血丝粗还是细、长还是短）(use clock position to describe where the bloodshot is located, pupil is in the center, get someone to observe the bloodshot length, thickness, direction, use left eye for man, right eye for woman to check)

**补充说明： Additional remark:**

**眼白色泽 Color of eye-white:**  有青阴或青点 blue or blue dots 部位 location:

有黑影或黑点 Black or black dots 部位 location:

有黄斑 yellow spot 部位 location:

白亮光澤 white, bright  昏暗无光 dim

**补充说明： Additional remark:**

**面色 Face Complexion:**  青 greenish,  黄 yellow,  赤 red,  白 white,  黑 black,  水润 moist,  暗晦 dim,  枯涩 dry

**补充说明： Additional remark:**

### （一）寒热情况（可多选） (1) Fever and Cold ( can choose many)

1、**恶寒 Aversion to cold:**  平时比一般人怕冷 often aversion cold than normal people

睡时双足不暖（睡前需热水泡脚后可慢慢转暖） feet are not warm when sleeping (soaking in hot water before sleeping can warm up feet)

睡时整夜双足不暖（需厚被或电热器） feet are not warm whole night( need thicker or heated blanket)  平时容易感冒、怕风. Catch a cold easily, don't like the wind

平时背部冷，添衣近火仍觉冷 often feel back cold, cannot be relieved after putting on more clothes or staying close to fire  平时怕冷，但添衣近火能感暖 back often feels cold, can be relieved after putting on more clothes or staying close to fire

补充说明: **Additional remark:**

## 2、发热 Fever/hot:

体温升高 body temperature increased,  体温不高自觉热感 feel hot without body temperature increased,  夏天特别怕热 aversion to heat in the summer,  夏天不怕热 no aversion to heat in the summer

发热下午为甚 feel more hot in the afternoon,  午后或入夜自觉热感 feel hot in the afternoon or in the night,  当前恶寒同时发热 currently aversion cold and have fever

当前寒热往来 currently alternate cold and fever,  当前高热不退 currently high fever,  当前低热持续 currently low fever continually

补充说明: **Additional remark:**

## 3、长期偶有寒热往来 Long-term alternate cold and fever:

昼热夜冷 feel hot @daytime, cold @ night,  昼冷夜热 feel cold @ daytime, hot @ night  固定时间热 feel hot @ certain time,  固定时间冷 feel cold @ certain time

时间不固定 no certain time  开始冷现在热 start feel cold now feel hot  
 开始热现在冷 start feel hot now feel cold

补充说明: **Additional remark:**

## (二) 汗出情况(2). Sweating

平时易汗出，活动后尤甚 easy to sweat, especially after activity  平时不出汗 often not sweat,  睡时汗出 sweat when sleeping  醒后汗出或汗仍不止 not stop sweating after wake-up

因汗身凉而醒 wake-up due to sweating cause body cool,  只是头有汗出 only head sweating,  手足心汗出 sweating at palms, soles,  汗出味道难闻 sweating smelly

半身汗出 half the body sweats( 左半身 left body,  右半身 right body,  上半身 upper-body,

下半身 lower-body)

汗有颜色 sweating is colored (什么色? what color )

汗出后精神如何: after sweating, how energetic are you/what is your energy level?

补充说明: **Additional remark:**

(三) 周身不适情况: (3). **General Uncomfortable:**

1、疼痛的部位 **pain location:**  头顶 top of head,  头左侧 left side of head,  头右侧 right side of head,  前额部 forehead

头后部 back of head,  胸骨后痛 back of chest pain,  左肋痛 pain under-arm to waist (between breast and back) on left side,

右肋痛 pain under-arm to waist (between breast and back) on right side

双肋痛 both sides between under-arm and waist,  浑身痛 whole body pain, 上腹部 upper abdominal ( 左 left,  中 middle,  右 right)

下腹部 lower abdominal ( 左 left,  中 middle,  右 right) 腰 lower back/waist ( 左 left,  中 middle,  右 right,  双 both)

四肢关节 joints of arms or legs (注明哪一个 indicate which one)

补充说明: **Additional remark:**

疼痛的性质 **nature of pain:** 胀痛 distending pain, 刺痛 stabbing pain, 冷痛 cold pain, 灼痛 scorching pain, 隐痛 dull pain, 绞痛 colic pain, 持续痛 constant pain.

重痛 heavy pain, 空痛 vacuous pain, 酸痛 sore pain, 固定痛 fixed pain, 走窜痛 wandering pain, 掣痛 dragging pain, 阵发痛 come go pain, 偶痛 once a while pain,

(请在补充说明中, 详细说明各种疼痛的所发部位和症状变化时间规律特点)

补充说明: **Additional remark: specify the pain, &how often it occurs.**

2、疲乏情况 **lassitude/fatigue:**  乏力、汗出、口渴 lassitude, sweat, thirsty,  乏力、懒言<低声或无语>lassitude, lazy to speak<low voice or silent>

纳差<吃得少或吃不下、不想吃>reduced appetite<eat less, or no desire to eat>

补充说明: **Additional remark:**

3、头晕情况 **Vertigo**: 有 yes, 无 no, 目眩 dizziness, 头晕伴有目眩 vertigo + dizziness, 头重 heaviness of head

偏头痛 migraine (两边 both sides, 头顶 top of head, 后脑 back of head, 额前 fore-head)

补充说明: **Additional remark:**

4、胸闷情况 **Chest oppression/tightness/something stuck in chest**: 无 no, 夜间加重 worse in the night, 白天加重 worse @ daytime, 情绪不好加重 worse when emotional upsets

补充说明: **Additional remark:**

5、耳鸣 **Tinnitus**: 近期突然有 happened recently, 长期有 happened for long time, 声音大 sound loudly, 声音小 sound low, 按耳声音觉小 noise reduced by pressing ears, 按耳声音不变 noise same by pressing ears, 耳聋 deafness, (近期才出现 occurred recently, 早年病后发生 occurred long ago after sickness)

重听 diapauses, (近期才出现 occurred recently, 持续很久 occurred long ago)

补充说明: **Additional remark:**

6: **目 Eyes**: 目痒 itching (很痒 very itch, 微痒 slight itch), 目痛 pain (剧痛 unbearable pain, 微痛 slightly pain, 眼眶痛 pain on orbital bone)

目眩 dizziness, 黄昏视物不清 night blindness, 目涩 (眼睛转动不理) eyeball roll difficulty, 视一物为二 double vision, 有飞蚊 flying object, 近视 near eyesight, 远视 far-eyesight

补充说明: **Additional remark:**

#### (四)、饮食、口味情况 (4) **Diet, Taste in mouth without eating**

1、**饮食 Diet**: 食欲一般 appetite normal, 食欲不振 appetite reduced, 食欲较好 very good,

食不多久即饿 hungry soon after eat

喜清淡饮食 prefer light food,  喜干燥饮食 prefer dry food,  饮食喜甜 prefer sweet,  饮食喜咸 prefer salty,

饮食喜酸 prefer sour,  饮食喜辣 prefer hot spice,  饮食喜温、热 prefer hot\warm  饮食喜冷、凉 prefer cold\cool

补充说明: **Additional remark:**

2、口味 **taste in the mouth:**  口淡乏味 bland,  口苦 bitter (  晨起 when get up in the morning,  夜半 mid-night,  全天口苦 whole day )

口甜 sweet,  口咸 salty,  口腻 sticky & greasy

补充说明: **Additional remark:**

3、口渴 **Thirst:**  口渴饮水较多 thirst & drink lot,  口渴但不欲饮水 thirst but no desire to drink,  口渴饮水多而不解渴 thirst & drink lot but still feel thirst,  口渴饮水多反而更渴 thirst & drink lot but feel more thirsty,  口渴喜冷饮 thirst prefer cold drink,  口渴喜热饮 thirst prefer warm drink,

按“养生”被习惯喝温饮 drink warm water according to “specialist”,

补充说明: **Additional remark:**

4、口感 **Feeling of mouth:**  口粘腻 sticky & greasy,  口干 dryness,  偶而咽喉干燥 sometimes dry throat,  咽喉干燥明显 obviously throat dryness,

夜半时咽干 dry-throat @mid-night,  睡觉流口水 drool when sleeping

补充说明: **Additional remark:**

5、最近饮食饥饱味口情况如何? **How is the hunger, diet feeling recently?**

(五) 二便情况 (5.) Urination and Defecation (past 3 days only)

1、大便 Defecate: 大便每天一次 once a day, 大便每天二次 twice a day, 大便每天二次以上 more than two times a day,

大便二天一次 once every two days, 大便三天一次 once every 3 days, 大便近三天没来 no for past 3 days, 大便多天没来但肚腹不胀 no defecate for days but no abdominal fullness,

大便偏干 dry stool, 大便稀溏或完谷不化 loose & undigested, 大便先干后稀 dry and then loose and liquid

大便硬如算盘子呈颗粒状 feces hard like stones, 大便软而成条形 soft & formed,

大便排解迅速 defecate fast,

大便排解正常 defecate normal, 大便排解困难 difficulty, 大便排解粘腻、不爽、下坠 sticky, not smooth, dragging feeling

大便时肛门灼热 scorching sensation of anus in defecation, 大便成方条形 square stool, 大便含暗红色 dark red stool,

大便头或尾有鲜红色血 fresh blood @beginning or end of stool, 大便沉水 stool under water, 大便浮水面 stool floating over water, 大便色黑 stool is black

大便色偏土黄 stool dark yellow, 大便色青或绿 blue or green, 便完不久又有便意 frequent desire to defecate

肛门热 scorching sensation of anus, 肛门痒 itch of anus, 大便失禁 incontinence of stool, 有脱肛 prolapse of the anus, 有外痔 external hemorrhoids

补充说明: Additional remark:

2、小便 (尿色为起床第一泡): Urination (color based on first one in the morning)

小便清淡 urine clear, 小便色微黄 light yellow, 小便色深 dark yellow, 小便不畅 obstructive urination, 喝完水后很快就想小便 urinate right after drinking water

小便淋漓不尽 dripping discharge, 刚解完不久又想再解 frequent desire to urinate, 无夜起小便 no urinate in the night, 夜起小便一次 one urination in the night,

夜起小便二次 twice urination in the night, 夜起小便二次以上 more than 2 times, 小便时涩痛或余沥不尽 urination with pain, or dripping

尿床 pee in the bed, 尿失禁 incontinence of urine (pee uncontrollably), 漏尿 leakage of

urine, 尿血 hematuria (blood in urine)

补充说明: **Additional remark:**

(六) 睡眠情况: (6)、Sleep

1、失眠 **Insomnia:** 不易入睡 difficulty in falling asleep, 睡后易醒 easiness to wake up,  
醒后再难入睡 difficulty in falling asleep again after wake-up, 醒后能迅速再入睡 easy to go  
back to sleep after wake-up,

时时惊醒 easiness to be disturbed/wake up, 无梦 no dream, 少梦 (偶而做梦、醒后记不  
清楚) few dreams(dream once a while, do not remember details)

多梦 (梦寐纷纭) dreaminess, 恶梦 (有时会从梦中惊醒) nightmare(sometimes wake up)

补充说明: **Additional remark:**

2、晨醒后 **wake-up in the morning:** 精力充沛 energetic, 早晨醒后意犹未尽还想多躺一会儿  
want stay in bed in the morning after wake-up

补充说明: **Additional remark:**

3 嗜睡 **somnolence (sleepiness/drowsiness):** 困倦易睡 somnolence accompanied lassitude, 朦  
胧不清醒 heaviness of head & eyes, 饭后神疲困倦易睡 somnolence after eating

补充说明: **Additional remark:**

4、梦 **dream:** 多梦 lots, 少梦 few dreams、无梦 no dream, 有梦、醒来不记得 dreams,  
don't remember,

有梦、常做同样的梦 dreams, often have same dream (飞 flying, 摔跤 falling down,  
掉下坑 falling in hole, 打架 fighting, 吵架 argument,

杀人 killing, 被杀 be killed, 有血 have blood, 坐船 sitting in the boat, 在水里 in the  
water, 火 fire, 吃饭 eating 做房子 make toy house ……)

如果可能的话请详细描绘常做的梦境: describe the dreams if possible:



补充说明: **Additional remark:**

(七) 劳逸、情志情况: (7)、 **Physical strength,**

1、**劳逸 physical strength:**  身体消瘦 emaciation/skinny,  身体肥胖 obesity,  容易疲劳 easy to tired,  困倦乏力 laziness & dispiritedness,  腰膝酸软 soar @ back & knees,

动则气喘(或上楼、或跑步时) panting after physical activity (running)  平时不爱活动 normally don't like movement,  喜欢坐着或躺着 prefer sitting or lying down

补充说明: **Additional remark:**

2、**情志 (他人感觉):** Mental (other people's feeling)

遇事理智、冷静 handle things calm & reasonable,  遇事冲动、易怒 impulsive, easy angry,  性格外向、乐观开朗 extroversion, happy

性格内向 introversion  抑郁 depressed  多愁善感 emotional  爱叹息则舒 sigh lots,  烦躁不安 dysphoria

补充说明: **Additional remark:**

(八) 舌诊情况(8)、 **Tongue( not necessary to know how to describe if you can take a photo, under natural light, no direct sunlight, with mouth open naturally , tongue stretch out little, one for top of tongue, one for low bottom of tongue)**

1、**舌体 tongue body:**  舌体正常 normal  舌体瘦小 slim  舌体胖大 bulgy  边有齿痕 tooth-marked margins

补充说明: **Additional remark:**

2、**舌质 tongue color:** (无舌苔部分和舌苔间显露出的舌头肉质)

舌质正常 normal  舌质淡 light-reddish  舌质红 red  舌青紫 cyanotic & purplish  舌绛红 deep red

舌尖红 tip red  舌边红 margin red  舌质暗淡 dim  舌头上有瘀斑 ecchymosis (blood stasis mark) on tongue

补充说明: **Additional remark:**

**3: 舌苔 tongue fur:** 舌苔薄 thin 舌苔厚 thick 无舌苔 no fur 花剥苔 exfoliating tongue fur  
舌苔白 white tongue fur 舌苔黄 yellow 舌苔灰 grey

舌苔黑 grayish black 舌苔水滑 excessive dampness slippery 舌苔干燥 dry 舌苔腐腻 greasy putrid

补充说明: **Additional remark:**

**4: 舌底筋脉 collaterals (veins) of bottom of tongue:**

只现一条 one 两条 two 两条粗并有很多细络 two with fine veins 筋粗 vein thick   
筋细 vein thin 筋扭结 veins twist

筋青紫 veins cyanotic purplish 筋黑 vein black 筋紫红 veins dark red

补充说明: **Additional remark:**

### (九) 男女科情况: (9) Andropathy or Gynecology

**1、月经 Menstruation:** 问诊时是否在经期 on period while inquiry 月经时间每月准时而至 period on time every month

月经时间提前 (7 天以上) period early(7 days earlier) 月经时间推后 (7 天以上) delay(7days delay)

月经先后不定 not on time 月经量正常 amount normal, 月经量偏少 amount less 月经量偏多 amount increase

月经淋漓不尽, 断断续续 scanty 月经颜色淡红 blood pale 月经颜色鲜红 blood red

月经颜色污黯 brownish 月经颜色呈黑色 black 月经有紫黑色块状物 with black clot

月经前 3---5 天胸肋胀痛 breast & under-arm and waist distending pain 3-5 days before period

月经前 3---5 天小腹胀痛 low abdominal distending pain 3-5 days before period

月经来时有刺痛感 sharp pain during period 已经绝经 menopause

补充说明: **Additional remark:**

2、带下 **Vaginal Discharge:** 带下色白、量多、质清稀、无臭味 white, plenty, thin, no smell  
带下色黄、量多、质粘稠、味臭秽 yellow, plenty of, thick, foul

带下色红粘稠或红白相间、微有臭味 pink/red sticky, smell 带下如豆腐状、鼻涕样 milky block, like snivel

补充说明: **Additional remark:**

3、胎产情况 **pregnancy:** 有孕史 pregnant before 无孕史 no pregnancy 有流产史 miscarriage before 习惯性流产 recurrent miscarriage

哺乳时少乳或无乳 lack or no milk while breast feeding 近期有药物避孕 use pill for birth control recently

母乳喂养期小孩子 baby on breast feeding (有严重发烧 serious fever 有湿疹 eczema 有厌食 anorexia)

无性欲 no sex desire 性欲旺 sex desire strong

补充说明: **Additional remark:**

男子 **Andropathy:** 遗精 seminal emission (有梦 with dreams 无梦 no dream) 滑精 spontaneous emission 早泄 immature ejaculation 勃起无力 weak erection

阳痿 erect disability 睾丸痛 penis pain(遇冷加剧 worse when cold 一侧偏痛 one side pain more) 月内性生活高于十次 10 times more in 1 month

半年内无性生活 no sex in half year 无性欲 no sex desire 性欲旺 sex desire strong

补充说明: **Additional remark:**

#### (十) 五脏证状 (10) Five viscera Syndrome

1、肝 **Liver:** 两胁下痛 pain under-arm to waist (between breast and back) 痛引小腹 pain stretch to small abdomen 目视不明 eyesight cloudy 耳鸣 tinnitus 心有恐惧 feel scared 耳聋 deafness

面颊肿 cheek swell 耳后肿 ear back swell 关节肿痛 joints swell 肌肉容易抽筋 muscle easy convulsion(cramps) 头晕 vertigo 干呕 retch

补充说明: **Additional remark:**

2、心 Heart:  心胸内痛 chest pain  肋下支满 distension under-arm to waist (between breast and back)  胸背肩胛间痛 pain on chest-back, should  多悲伤 more sadness  多自笑 self-laughing (unconscious laughing)

胸腹肋下与腰相引而痛 chest, abdomen low waist linked pain  两臂内痛 inner part of arm pain  眩晕晕倒 vertigo, faint  不受惊而悸 palpitation

补充说明: **Additional remark:**

3、脾 Spleen:  腹痛 abdominal pain  食后腹泄 diarrhea after eating  四肢倦怠萎软 tiredness of legs & arms  腹满肠鸣 abdominal distension, borborygmia (stomach growling)  溏泻 loose stool

食不消化 indigested  身重 body heavy  饥饿感 hungry feeling  肉痛 flesh pain  足痿不收不能步履 can't control feet while walking

行动多抽筋 spasm while moving  脚下痛 pain on foot  手握不利 hand can't hold things  手麻 hand numb

补充说明: **Additional remark:**

4、肺 Lung:  鼻息不利 breath difficulty  喘咳 cough  咳喘逆气 cough, adverse flow breath  端肩喘息 raised-shoulder breathing  背痛 back pain

汗出恶风 sweat, aversion wind  胸中痛 inner chest pain  气短 short breath  耳聋 deafness  咽干 dry throat  皮肤痛 skin pain

发寒热 cold fever  汗出 sweating  咳动肩背 cough linked to back & shoulder  有痰鸣 sputum whistle

补充说明: **Additional remark:**

5、肾 Kidney:  四肢逆冷 cold on arms and legs  腹满 abdomen fullness  面色正黑 blackish complexion  小便不利 urine abnormal  大便难 difficult to defecate

腹大胫肿 big stomach, swell legs  身重 body heavy  嗜睡 somnolence  腰痛 waist pain  腹痛 abdominal pain  腰骶痛 waist & sacrum pain

膝挛 knee pain  足根痛 heel pain  骨痛按之不解 bone pain, can't release by pressure

肩背项强痛 stiff & pain on shoulder & neck  眩晕晕倒 vertigo, faint

补充说明: **Additional remark:**

(十一) 全身具体部位感觉情况: (11) Exact locations of Whole Body

1、面 Face:  红 red  黄  白 white  黑 black  青 purple (他人远看, 面部整体颜色感觉 from other people's observing from distance)

补充说明: **Additional remark:**

2、眼 eye:  瞳仁色灰 pupil grey  白睛色青 eye white bluish  色黄 yellow  有血丝 fine blood veins  有瘀斑 blood stasis macules (ecchymosis)

眼球隆起 exophthalmos (eyeball stick out)  白睛有黑点 black dots on eye-white  眼下睑色青 lower eyelid blue  上下眼皮肿 upper & lower eyelids swell

补充说明: **Additional remark:**

3、舌 Tongue:  肥大 plump  瘦 slim  尖红 tip red  滑湿 slippery & watery  有齿痕 tooth mark  干 dry  苔腻 greasy fur

黄苔 yellow tongue fur  白苔 white tongue fur  中有裂纹 fissured  舌下筋脉曲张  颤抖 veins twist on bottom of tongue

补充说明: **Additional remark:**

4、齿 Teeth:  整齐 aligned  齟齬 discord  有缝 big space  颜色黄或黑 yellow/black

齿痛 tooth pain  松动 tooth shake  有斑 spots  无力 weakness

补充说明: **Additional remark:**

5、耳 Ear:  鸣 tinnitus  聋 deaf  痒 itch  痛 pain  流水 discharge water  流脓 purulent discharge

左 left  右 right

补充说明: **Additional remark:**

6、目 Eye: 干涩 dry 昏花 blur 眩晕 dizziness 流泪 tearing 痛 pain 痒 itch  
怕光 scared light 怕风 scared wind 左 left 右 right

补充说明: Additional remark:

7、口 Mouth: 苦 bitter 干 dry 酸 sour 无味 bland 溃疡 ulcer 流涎 salivation 唇干 lips dry

补充说明: Additional remark:

8、鼻 Nose: 不通 stuffy 流清涕 clear snivel 脓涕 turbid snivel 鼻肿 nose swell  
凉 cold 热 hot 左孔 left nose 右孔 right nose

补充说明: Additional remark:

9、咽 Throat: 干 dry 痛 pain 痒 itch 吞咽困难 hard to swallow 稀痰易咳出 thin sputum easy to cough out 浓痰能咳出 thick sputum easy to cough out 痰难咳出 sputum hard to expectorate 呼吸有痰鸣 breath with sputum wheezing 痰带血丝 sputum with blood silk 痰如白沫入水即化 sputum whitish, melt in water  
睡觉打呼噜 snore (声大影响他人 loud to disturb other people 经常有 often snoring 只累时有 only snoring when tired)

补充说明: Additional remark:

10、胸 Chest: 满 stuff 闷 oppression 胀 distending 痛 pain 骨痛 bone pain 热 hot 凉 cool

补充说明: Additional remark:

11、乳 Breast: 胀 distending 痛 pain 增生 hyperplasia 肿块 lump 左 left 右 right

补充说明: Additional remark:

12、胁 under-arm to waist (between breast and back): 胀 distending 痛 pain 热 hot 凉 cool 左 left 右 right

补充说明: **Additional remark:**

13、小腹(脐以下正中腹部)small abdomen: 胀 distending 满 stuff 痛 pain 肿 swell   
硬 hard

补充说明: **Additional remark:**

14、少腹(小腹两边靠大腿部分)lower abdomen: 胀 distending 满 stuff 痛 pain 肿 swell  
硬 hard

补充说明: **Additional remark:**

15、男子外阴 man vulva: 肿 swell 胀 distending 痛 pain 热 hot 凉 cool 炙 burning  
坠胀 prolapsed & distending 挛缩 dragging tightening

补充说明: **Additional remark:**

16、心 Heart: 烦 dysphoria 悸 palpitation 慌 flustered 紧 tighten 痛 pain 凉 cool  
热 hot

补充说明: **Additional remark:**

17、心下(心窝下方腹腔附近)lower heart: (between heart & abdomen) 满 stuff 闷 oppression  
堵 obstruction 胀 distending 烧 burning

补充说明: **Additional remark:**

18、胃 Stomach: 胀 distending 痛 pain 满 stuff 酸 sour 凉 cool 热 hot

补充说明: **Additional remark:**

19、头 Head: 痛 headache 晕 vertigo 麻 numb 木 stiff 昏 dizziness 沉重 heavy

补充说明: **Additional remark:**

20、颈项 **Neck:** 僵 stiff 痛 pain 酸重 ache heavy 不能转动 can't turn

补充说明: **Additional remark:**

21、肩 **Shoulder:** 痛 pain 凝 stiff 沉重 heavy 萎缩 shrink 凉 cool 热 hot  
左 left 右 right

补充说明: **Additional remark:**

22、臂 **Arm:** 痛 pain 麻 numb 木 stiff 胀 distending 酸 ache 颤 shaking  
凉 cool 热 hot 左 left 右 right

补充说明: **Additional remark:**

23、手 **Hand:** 掌心凉 palms cool 掌心热 palms hot 干 dry 出汗 sweat 麻 numb  
颤 tremor 指痛 finger pain

甲痛 nail pain 萎缩 shrink 手指青黑 finger blue/black 手背筋粗扭结 veins on back of hand twist 左 left 右 right

补充说明: **Additional remark:**

24、背 **Back:** 痛 pain 酸 soure 重 heavy 胀 distending 凉 cool 热 hot 左 left

右 right 全背 whole back 靠颈部 near neck 后心一小块 spot on chest of back 肩胛骨 on fan bone

补充说明: **Additional remark:**

25、腰 **Waist:** 酸 sore 重 heavy 痛 pain 胀 distending 凉 cool 热 hot 左 left 右 right 中间 middle

补充说明: **Additional remark:**



26、腿 Legs: 酸 sore 重 heavy 痛 pain 胀 distending 凉 cool 热 hot 左 left  
右 right

麻 numb 木 stiff 僵 rigidity 软 soft 抽筋 cramp 内侧 inside 外侧 outside

补充说明: **Additional remark:**

27、膝 Knee: 酸 sore 重 heavy 痛 pain 胀 distending 凉 cool 热 hot 左 left  
右 right 软 soft 骨痛 bone ache

补充说明: **Additional remark:**

28、足 Foot: 脚心凉 sole cool 脚心热 sole hot 干 dry 出汗 sweat 麻 numb 颤 tremor  
趾痛 toe pain 甲痛 toe nail pain 萎缩 shrink 趾变青黑 toe black 左 left 右 right

补充说明: **Additional remark:**

29、足跟 Heel: 酸 sore 重 heavy 痛 pain 胀 distending 凉 cool 热 hot 左 left   
右 right 皮肤皸裂 skin chapped

补充说明: **Additional remark:**

30、足趾 Toe: 酸 sore 重 heavy 痛 pain 胀 distending 有趾变黑 toe black 凉 cool   
热 hot 左 left 右 right

补充说明: **Additional remark:**

(十二) 发病规律情况: (12)、Occurrence regularity of sickness (how often the sickness occurs)

1、病情无规律 No regularity. (No routine)

补充说明: **Additional remark:**

**2、病情发作规律情况: Occurrence regularly (sickness comes on certain routine):**

病情冬季加重 worse in winter 病情冬季减轻 reduced in winter 病情夏季加重 worse in summer 病情夏季减轻 reduced in summer 病情下午加重 worse in the afternoon 病情夜晚加重 worse in night

病情遇热加重 worse when it's hot 病情遇冷加重 worse when it's cold 病情活动后加重 worse after activity

病情活动后减轻 reduced after activity 病情休息后加重 worse after rest 病情休息后减轻 reduced after rest

病情饮酒后加重 worse after drink alcohol 病情饮酒后减轻 reduced after drink alcohol 病情与情绪有明显关系 sickness related to emotion

**补充说明: Additional remark:**

**(十三) 青春痘或脸上新长疙瘩 (13)、Acne or pimple on face:**

**1、痘发部位 (最初及目前最严重分别写明) location (specify the locations of starting or current worst spot)**

鼻子周围 around nose 嘴角周围 around corners of mouth 左脸颊 left cheek 右脸颊 right cheek 额头 forehead

人中 philtrum 下巴 chin 全脸 whole face

**补充说明: Additional remark:**

**2、痘色 Acne color: 红 red 头部有小白点 white spot on top 暗红 dark red 有溃烂 (非人为挤破) festered (not caused by squeezed)**

**补充说明: Additional remark:**

**(十四) 皮肤病变 (14)、Skin disorders**

如果外表皮肤长有疮、癣、疱、肿、瘤、伤口, 请将所发位置、大小、色泽、流脓色、有无臭味、知道是何原因发起, 何时发起, 初发在哪, 继发在哪、按压有何变化、按压痛还是非按压都痛、什么样的痛、病区变化情况填写如下:

If there is any skin change (macules, carbuncle, phlegmon, boil furuncle, wound, etc.), specify the location, size, color, discharge (color, smell), why, when, where it start, and then where it goes, how it

changes with (without) pressure, pain, pain with pressure .....

(十五) 还有详尽事宜上面未列出，请自行填写如下：

(15)、Anything not included above: