Chapter Three

Inquiring

Section One: Introduction

Definition
Inquiring is one of the diagnostic techniques for the doctor to inquire of the patient or his companion about the onset, development, treatment, present symptoms and other information of disease and so on.

Purpose
To collect the data for diagnosis, which could not be obtained by other methods. The hobby, custom of the patient, as well as the onset and development of diseases should be grasped, so as to judge the cause and nature of disease, to make diagnosis and to treat the disease.

Clinic Signification
Inquiring is the first step of the diagnosis in the clinic, it can assist where the other three methods were insufficient, especially in the following:

1. Early stage of the disease diagnosis
2. Emotional disorder
3. Complicated disease diagnosis
Method

• The doctor has to be amiable and sympathetic with the patient’s sufferings
• Focus on the patient’s chief symptoms or complaints
• The doctor should give the patient necessary prompts if the patient fails to talk about his/her disease clearly or comprehensively
• A patient in critical condition should be given immediate emergency treatment after brief inquiry and examination
• In an inquiring, the doctor should speak a simple language, instead of using any medical terms.
• The doctor is expected to take up his inquiry with utmost concentration, and natural expression on his or her face; without and surprises, signs or pessimistic attitude about the patient’s conditions

Section 2. Content of Inquiring

• General data
• Chief complaint
• Present medical history
• Past medical history
• Personal life history
• Family medical history

1. General Data

• Name
• Sex
• Age
• Occupation
• Birth place
• Nationality
• Address
• Marriage status
2. Chief Complaint

The chief complaints are the symptoms the patient feels with the most severity, and is usually the main cause for visiting a doctor. It is the principal contraindication of a disease.

The chief complaints includes:
- Major symptoms
- Duration
- Severity
- Characterize

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Example #1

Dull low back pain (chief symptom) over three years (duration) which has become severe (severity) with intermittent (frequency) and sharp pain (character) over the past two days (duration)

Example #2

Cough and constant (frequency) high fever with dull chest pain (chief symptoms, severity, and character) for two days (duration)

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3. Present Medical History

Present medical history is the main content of inquiring. It refers to the whole developing course of a condition, from the onset up to now. It includes following aspects
- The onset of the disease
  - Time
  - Cause and inducing etiological factors
  - mode of onset, sudden or gradual
- The characteristics of the main symptoms
  - Location
  - Nature
  - Duration
- Accompany symptoms
• The development of a disease: inquiring about the development of a disease chronologically, from its onset to its present state
  – Whether the symptoms becomes aggravated or alleviated
  – Whether its existence is spasmodic or persistent
  – When and why it changes
• The course of diagnosis and treatment
  – Doctor or other physician
  – Examination and results
  – Diagnosis
  – Treatment
  – Medication: dosage, how to take, duration, result and side effect

4. Past Medical History
   The patient’s past health’s condition and disease, it serves as a reference to the present disease

5. Personal Life History
   These include the history of the patient’s life style, such as:
   - Life experience
   - Hobby or addiction
   - Diet
   - Life style
   - Working condition

6. Family Medical History
   It is conducive to make diagnosis about some infectious and hereditary disease, it the doctor learns about the healthy state and the diseases of the patient’s relatives.

Section Three: inquire Present Symptoms

Ten Questionnaire
• Cold and fever
• Sweat
• Head and limbs
• Urination and defecation
• Diet
• Chest
• Deafness
• Thirst
• Old disease
• Reason and treatment
I. Cold (Chills) and Heat (Fever)

1. Definition
Cold: it refers to the chilly sensation of patient
Aversion to cold: having chills that could not be relieved by putting on more clothes or warm oneself by the heater
Intolerance of wind: slight aversion to cold, but feels severe cold even when there is only a little wind
Intolerance of cold (afraid to cold): putting on more clothes or warms up by the heater can relieve the cold sensation
Heat: it refers higher body temperature, feverish sensation of whole body or local parts of the body in which the body temperature maybe is not higher than normal

2. Pathology
Cold and heat are usually depend on: a) the nature of the exopathogens; b) the condition of the Yin and Yang of the body

Exopathogenic factors

Excess heat

Excess cold

Internal organs disorder

Deficiency heat

Deficiency cold
1. Fever (Heat)

Pathogenic factors
- External (heat, cold, dry, damp-heat, etc.)
- Internal stagnation (Qi, blood, food, etc.)
- Yin/blood deficiency
- Qi/Yang deficiency

Internal organs deficient

Chronic lower grade fever
Chronic low grade fever, or feverish sensation

Acute High fever

Fright with upright Qi

Transformed

Degrees of the fever depend on the strengths of the upright Qi and severity of the pathogens.

2. Chill (Cold)

Exopathogenic cold attack
- Surface (exterior)
- Internal (Zang Fu)

Internal organs disorder

Yang deficiency

Aversion to wind
Aversion to cold
Intolerance of cold

Yang impaired and circulation obstructed

Shivering
Cold and pain

Aversion to wind, aversion to cold and shivering are different in degree.

3. Clinic signification

To inquire the details of cold (chills) and heat (fever) can help to:
- Infer the disease cause
- Distinguish the disease location (exterior or interior)
- Judge the disease nature
- Know the condition of Yin and Yang of the body
- Provide a reliable basis for treatment
4. Contents of inquiring of chills/fever
- Whether there is chills/fever feels or not
- Chills and fever feeling re separate or simultaneously
- Which one is more severe
- Time and duration
- Accompany symptoms

5. Chills and fever
   (1). Chills without fever

<table>
<thead>
<tr>
<th>Chills</th>
<th>Description</th>
<th>Indications</th>
<th>Pathogenesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>aversion to wind</td>
<td>feels cold when exposed to wind</td>
<td>nutrient/defensive of Yin's deficiency type syndrome</td>
<td>defensive qi impairment or failure leads to compromised warming function</td>
</tr>
<tr>
<td>aversion to cold</td>
<td>chills and cold sensations</td>
<td>exterior cold</td>
<td>defensive qi fight with exopathgens cannot maintain warming function</td>
</tr>
<tr>
<td>shivering</td>
<td>severe aversion to cold with shivering</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PERIODICITY</td>
<td>cannot tolerate cold, sensation relieved by more clothes or external heat source</td>
<td>interior cold due to yang deficiency</td>
<td>yang qi deficiency fails to warm the surface</td>
</tr>
</tbody>
</table>

(2). Fever without Chills
A. High grade fever
   Definition: it refers body temperature above 102°F and persists, without aversion to cold.
   Indication: interior excess heat syndrome
   a. Yang Ming syndrome
   b. Excessive heat attack the Lung (Qi level)
   c. Excessive heat invade Ying-Xue stage
   Pathogenesis: Excessive exopathgens attack the body and penetrates in interior. Upright Qi strongly fright with it
### B. Tidal Fever

**Definition:** The fever occurs or becomes worse at a fixed hour of the day just like the ocean tide. It can be the patients feeling, without increases the body temperature.

**Indication**
- **a. Yang Ming Fu syndrome:** High grade fever which worse in the afternoon around 3:00 pm to 5:00 pm
- **b. Blood stagnation:** low grade fever in the afternoon or evening
- **c. Damp-heat:** mild fever, worse in the afternoon
- **d. Sp/St Qi deficiency:** low grade fever, worse in the morning
- **e. Yin deficiency:** low grade fever, or feverish sensation, worse in the afternoon or evening

### C. Low Grade Fever

**Definition:** The body’s temperature is between 98.6 F - 100.4 F and is consistent over two weeks. It also includes patient’s feeling heat sensation but without increase body temperature.

**Indication:**
- **(A). Excess condition: stagnation**
  - **a. Liver Qi stagnation:** low grade fever or afternoon tide fever, and it changes following the emotions and moods
  - **b. Food stagnation:** low grade fever which worse in the afternoon, abdominal pain and distention
  - **c. Blood stagnation:** afternoon or night low grade fever, or heat sensation in the local area, with fixed sharp pain

**C. Low Grade Fever (cont.)**

- **(B). Deficiency**
  - **a. Qi deficiency:** morning or afternoon low grade fever which induces or worse after excretion
  - **b. Blood deficiency:** low grade fever, worse after exertion and evening
  - **c. Yin deficiency:** low grade fever at night, or feverish sensation in five center, night sweat
  - **d. Yang deficiency:** feverish sensation but body temperature is not high, intolerance to cold
(3). Chills (aversion to cold) with fever
Definition: A sensation of chill with a high body temperature
Indication: Exterior syndrome
A. Wind cold syndrome:
   a. Wind cold excess type: Sever chills and slight fever, no sweating, superficial and tight pulse
   b. Wind cold deficient type: Chills and fever, aversion to wind, sweating, sneezing, superficial and moderate pulse
b. Wind heat syndrome: Slight chills and sever fever, sore throat
c. Summer-heat: High fever, with slight chills, stifling sensation in the chest, nausea, sweating
Pathogenesis: The fever reflects the struggle between Wei Qi and pathogenic factor when pathogens invade the body and stay in skin and muscle. During the time fright with pathogens, Wei Qi would not keep warming function

(4). Alternative chills and fever
Definition: Heat without chills, and chills without heat occurring in regular or irregular alternating succession
Indication:
A. Shaoyang syndrome: Alternative chills and fever and occurring in irregular time, with bitter taste in mouth and wiry pulse.
B. Malaria: Alternative chills and fever, and occurring in regular time, severe headache
Pathogenesis: Pathogen invade deeper and struggle with upright Qi in between exterior and interior, when upright Qi stronger fright with pathogens, body temperature will higher; when pathogens stronger, body temperature will lower

II. Sweating
1. Introduction
(1) Definition: Body fluid which is evaporated and sent to the skin through the pores of body by the Yang Qi
(2) Physiology
Yang Qi (heat) → Body Fluids → Skin Pores open → Sweating
(3) Relationship with organs
Heart → Blood
Kidney → Body Fluids
Sp/St → Food essence
Lung

(3). Functions of Sweating
• Regulates body temperature
• Keeps balance of body’s Yang Qi and Yin fluids
• Expels waste of the metabolism and pathogens
• Harmonizes the Ying Qi (nutrient Qi) and Wei Qi (defensive Qi)
• Moistens the skin

2. Normal Sweating
When people take spicy or pungent food, do physical work, undergo sudden emotional change, or put on too many clothes, there will be sweating and it is a normal physiological phenomenon.

3. Abnormal Sweating
Abnormal sweat:
- No sweating
- Sweating in a improper time
- Over sweating
4. Contents of inquiring of sweating

- Whether there is sweat or not
- When (time) of the sweat (daytime, night time, after exercise or eat, etc.)
- Location (where) of the sweat (head, back, hands, etc.)
- Quantity (how much)
- Character (quality) of sweat
- Concomitant symptoms of sweating
- Any symptoms change after sweat

5. Clinical Signification

Judge the condition of the vital Qi and body fluids, and help to decide treatment principle

Determine the disease location and nature of the disease

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(1). Anhidrosis (no sweats)

Definition: The phenomenon when it is normal to sweat, yet there is no sweating

Indication:
- A. External: Exterior wind cold excess type syndrome
- B. Internal: a. Yin deficiency
  b. Yang deficiency

Pathogenesis:

\[
\text{Yang Qi deficiency} \xrightarrow{\text{fail to evaporate the body fluids}} \text{No Sweating}
\]

- Skin pores wouldn’t open due to pathogenic cold constriction
- Yin deficiency, not enough body fluids sent to surface

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(2). Profuse Sweating

Definition: Excessive perspiration on skin, which is a phenomenon of over evaporation of body fluids.

Indication:
- A. Excess heat
- B. Deficiency:
  a. Yin failure
  b. Yang failure
Pathogenesis:

Excessive heat → Yang Qi (heat) evaporating Body Fluids → Skin Pores open → Profuse Sweating

Yang Qi failure → Body fluids leaking out → Profuse Sweating

Yang Qi → keeping inside nourishes Yin (body fluids)

(3). Spontaneous sweating
Definition: Frequent sweating during the daytime which is worsened by slight exertion
Indication: Qi deficiency
Pathogenesis

Yang Qi (Wei Qi) → Skin Pores open → Skin pores open due to Yang Qi deficient

Body Fluids

(4) Night sweating
Definition: Occurs in sleep and stops upon awaking
Indication: Yin deficiency, or dampness
Pathogenesis:

Wei qi enters → Defensive qi enters body → Function to control skin is weakened → Skins pores

Deficient heat or Stagnation heat → Body Fluids → NIGHT SWEAT
III. Pain

1. Definition
It is refers an unpleasant and uncomfortable feeling of the body, it may accompany with ache and sore sensation.

2. Pathology

3. Contents of inquiring of pain
Inquiring of pain
- Character of pain
- Factors (etiology and reasons) affecting pain
- Time of pain
- Area (location) of pain
(1) Character of pain
Inquire the character of pain can help to distinguish the etiology of the pain

<table>
<thead>
<tr>
<th>Pain</th>
<th>Definition</th>
<th>Characteristics</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perceiving pain</td>
<td>pain with sensation in the same location</td>
<td>sudden, smooth, continuous, or pain relieved by massaging the area</td>
<td>accumulation</td>
</tr>
<tr>
<td>Stabbing pain</td>
<td>pain with sensation of being pinched or stabbed</td>
<td>fixed in location, deep in character, small area</td>
<td>blood stagnation</td>
</tr>
<tr>
<td>Colicky pain</td>
<td>severe pain as if the body is being twisted</td>
<td>localized, a violent, colic pain, tender pain</td>
<td>obstruction of excessive pathogenic factor</td>
</tr>
<tr>
<td>Unfixed pain</td>
<td>migrating pain that moves without definite location</td>
<td>migrates without stable location</td>
<td>pathogenic wind attacking the body</td>
</tr>
<tr>
<td>Reaction pain</td>
<td>pain with pulling sensation</td>
<td>radiating pain, with starting point and pulling feeling</td>
<td>manifestation of trunks</td>
</tr>
</tbody>
</table>

(1) Character of pain (cont.)

<table>
<thead>
<tr>
<th>Pain</th>
<th>Definition</th>
<th>Characteristics</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scorching pain</td>
<td>pain feels as if one is being burned</td>
<td>heat and burning sensation, all location with a preference for cold</td>
<td>pathogenic heat injuring the channels</td>
</tr>
<tr>
<td>Cold pain</td>
<td>pain feels as if one is being frozen</td>
<td>cold sensation, all location of pain, relieved by warm environment</td>
<td>pathogenic cold conditioning channels</td>
</tr>
<tr>
<td>Heavy pain</td>
<td>pain with sensation of weakness</td>
<td>weakness of the limbs with aching sensation</td>
<td>pathogenic dampness in the channels</td>
</tr>
<tr>
<td>Hollow pain</td>
<td>pain with sensation of emptiness</td>
<td>empty and light feeling with a preference for pressure and warming</td>
<td>deficiency of blood, essence, yin, or yang</td>
</tr>
<tr>
<td>Distal pain</td>
<td>pain lingering and mild</td>
<td>intense pain that lingers for a long period of time</td>
<td>deficiency of qi, blood, yin, or yang</td>
</tr>
<tr>
<td>Aching pain</td>
<td>pain that aches, accompanied by weakness</td>
<td>mild, may be accompanied by other pain such as heavy or dull</td>
<td>interior dampness or exogenous deficiency</td>
</tr>
</tbody>
</table>

(2). Factors affecting pain
- How the pain started?
  - Injury or surgery history, sudden or gradually
- There are any factors will induce the pain or aggravate the pain?
  - Weather change, pressure, eating or BM, activities, etc..
- There are any factors will reduce or relieve the pain
  - heat/cold, pressure, movement, eating or BM, etc..
(3). Time of pain
What is time the pain usually getting worse?
- Night time: blood stagnation or Yin deficiency
- Day time: Dysfunction of Qi and blood

(4). Area of pain
Inquire of location of pain can help to judge the disease location and related organs and channels pathogenic change.

1). Headache
The head is the confluence of all Yang. The Qi and blood in twelve meridians and 365 lines of collateral pour into the head. Therefore, all exogenous and endogenous diseases can lead to headache

[Caused by exopathogenic: acute onset, short period, the headache persistent and severe, and accompany with chills and fever.
[Caused by endopathogenic: chronic headache, long period illness, the headache intermittent and mild
Excess: relative strong
Deficient: dull, ache pain with emptiness felling
### Headache by location and channels

<table>
<thead>
<tr>
<th>Headache Location</th>
<th>Channels</th>
</tr>
</thead>
<tbody>
<tr>
<td>occipital, radiating to napo</td>
<td>tì yáng</td>
</tr>
<tr>
<td>forehead and pericocular region</td>
<td>yáng méng</td>
</tr>
<tr>
<td>lateral aspect of head</td>
<td>shì yáng</td>
</tr>
<tr>
<td>root of head</td>
<td>jì yěn</td>
</tr>
<tr>
<td>side of head which radiates to the teeth and throat</td>
<td>shì yěn</td>
</tr>
<tr>
<td>headache with heavy sensations and dizziness</td>
<td>nǐ yěn</td>
</tr>
</tbody>
</table>

### 2). Chest pain

The chest belongs to upper-jiao. It is the house of the heart and lung and the confluence place for pectoral Qi. So the chest pain mainly seen in diseases of the heart and lung.

**Excess:** severe pain, sudden onset
- Heart blood stagnation
- Obstruction of coldness
- Qi stagnation
- Phlegm obstruction
- Lung abscess

**Deficient:** vague, chronic and mild pain
- Heart Qi deficiency
- Qi and Yin deficiency

### 3). Hypochondria pain

Hypochondriac pain indicates pain under the rib-cage margin on both sides or one side only. It is the house of the Liver and Gallbladder. Liver and Gallbladder channels also go through this region.

**Excess**
- Shao Yang syndrome
- Phlegm accumulation (Xuan Yin)
- Liver Qi stagnation
- Blood stagnation
- Damp-heat in the liver and Gallbladder

**Deficiency**
- Liver Yin deficiency
4). Epigastric pain
In Chinese medicine epigastria pain usually indicated the pain around stomach area (upper abdomen), the area between the xiphoid process and the umbilicus, and accompany with belching, acid regurgitation, nausea or discomfort symptoms.
Excess: acute onset, short illness period, sever pain worse after eat food, and resistant to press
- Excess cold accumulation in the middle-jiao
- Excess heat accumulation in the middle-jiao
- Food stagnation
- Qi stagnation
- Blood stagnation
Deficiency: chronic onset, long illness period, vague pain, induce or aggravated by hungry and relieve by eat and by pressure
- Stomach Yin deficiency
- Spleen and Stomach Qi deficiency with cold

5) Abdomen pain
In Chinese medicine, abdomen indicates the area below the epigastria and above the pubic bone. Abdominal pain caused by internal organ pathogenic change, that includes gastrointestinal track ulcer, entritis, appendicitis, cholecystopathy, peritonitis, pancreatitis, urolithiasis, intestinal intussusception, intestinal adhesion and gynecopathy, act.
Excess:  
- Excess cold accumulation
- Excess heat accumulation
- Qi stagnation
- Blood stagnation
- Damp-heat accumulate in the middle-jiao
Deficiency  
- Middle-jiao deficiency with cold

6). Low Back pain
In Chinese Medicine, Low back area is the house of the kidney. Low back pain usually related with Kidney and bones disorder
▶ Exterior: Acute onset, short period of illness
  wind cold attack the Taiyang channel
▶ Interior: Chronic illness
  Excess:
  - Wind-damp-cold obstruction
  - Damp-heat accumulation
  - Blood stagnation
  Deficiency
  - Kidney Yang deficiency
  - Kidney Yin deficiency
  - Chronic injury
7). Limbs pain
Joint pain are usually caused by channels and collaterals obstructed by the exopathogens or channels and collaterals are lost nourishment due to deficiency

Excess: caused by stagnation
- Wind attack the channels and collateral
- Pathogenic cold attack
- Dampness obstruction the channels
- Pathogenic heat blocks the channels
- Blood stagnation in the channels

Deficiency:
- Qi and blood deficiency
- Kidney and Liver Yin deficiency

8). Whole body pain
Whole body pain means pain in most of the limbs, upper and lower back.
Exopathogens attack: acute onset, body-ache and pain, with chills and fever, floating pulse
Qi and blood deficiency due to chronic illness

IV. Head and Body symptoms

1. Dizziness and vertigo
• Definition: (Xuan Yun)
  – Dizziness (Xuan): also call giddiness, it refers to as dim eyesight or blackened and blurred vision or spots in the visual field. It may only occur on moving and last a few seconds.
  – Vertigo (Yun): It refers patients feel themselves or surrounding scenery revolving and can not stand firm. Vertigo and giddiness can often be seen simultaneously, we call it Xuan Yun
• Symptoms
Visual distortion with a whirling sensation in the head. In mild case, patient will feels better after they close their eyes. In severe cases, patient may feels like on the vehicle or boat and even upset the sense of balance, or accompany with nausea, vomiting, sweating, fainting

• Pathogenesis

Pathology Flowchart:
- Phlegm
- Fire
- Wind
- Blood stasis

Disturb or block the clear Yang

Failure to nourishment

Dizziness or Vertigo

• Classification
  – Excess: relative severe
    • Phlegm: wind phlegm or heat-phlegm
      Dizziness and rotator vertigo, heaviness and numbness of the head, difficulty to concentration
    • Liver: Liver Yang raising or Liver fire
      Dizziness and vertigo which like motion sickness, aggravated by emotional stress
  – Deficiency: Usually happens with change of position, chronic and mild
    • Qi deficiency
    • Blood deficiency
    • Kidney essence deficiency
2. Ear ring or Tinnitus

- Definition
  Tinnitus means there are buzzing or ringing sound inside one or both ears, it is patient self-feeling sensation, and the ring sound may like cicadas, or like ocean waves, may mild or violent, it is getting worse at quit time. In severe case, it may affect patient hearing ability.

Pathogenesis

Ear loss nourishment

Internal organs disorder (Liver)

Expathogen attack (wind-heat)

Channels obstructed

Internal organs deficient (Kidney)

Qi, blood and essence deficient

Ear loss nourishment

Ear ringing or loose hearing

Classification and Indication

- Excess: Sudden onset, a feeling of distension and constant ringing in the ear, the ringing is low-pitched and loud, and is not relieved by pressing the ears closed.
  - Wind heat attack the Lung: Sudden onset, one ear or both ear involve, ear ringing sounds like wind, feeling of congestion or distention in ear.
  - Liver fire or Liver Yang raising: Sudden onset, loud ringing that sounds like storm or ocean waves. Symptoms aggravate by emotion stress.
- Heat phlegm: Ear ringing that sounds like cicadas or cricket, ear feels obstructed, some decrease in hearing.
- Qi and blood stagnation: Happens after trauma injury.
Classification and Indication (cont.)

• Deficiency: Protracted deafness, intermittent ringing that is high-pitched and soft, the ringing is worse with stress and exertion and relieved by pressing the ears close
  – Liver blood deficiency: variable ringing that sounds like cicadas, hearing loss
  – Kidney deficiency: Gradual onset, soft ringing that sounds alternately like rushing water or cicadas, ringing worse at night, poor memory, feeling of emptiness in head, possible hearing loss or deafness
  – Spleen and Stomach deficiency: Intermittent ringing, induce or aggravate by exertion

3. Stifling sensation in the chest

• Definition:
  It refers patient feels stifling or tightness sensation or pressure sensation in the chest area. It is discomfort and unpleasant feeling.

• Pathogenesis

Classification

– Excess:
  • Lung Qi accumulation
  • Phlegm accumulate in the Lungs
  • Heart blood stagnation
  • Liver Qi stagnation

– Deficiency
  • Qi and blood deficiency
4. Palpitation

- **Definition**
  
  - *Fright palpitation* - It means the sensation of the heart beats that patients feel by themselves, it cause by increase the heart beat, or increase the heart construction or irregular heart heats.
  
  - *Continuous palpitation* (’,Á£©) - severe throbbing of the heart, which is often felt from the chest down to the umbilicus. Prolonged duration of this condition is severe and may require medical attention.

### Pathogenesis

- Water
- Phlegm
- Blood stasis

![Pathogenesis Diagram]

- Spirit disturbed
- Qi, Blood, Yin or Yang deficiency

### Symptoms and Indications

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>palpitations with paresthesia, pain may be stimulating or numbing in nature, radiation into left arm</td>
<td>Blood stasis</td>
</tr>
<tr>
<td>palpitations come and go, induced by anxiety or fright, dizziness, vertigo</td>
<td>Phlegm disturbing Heart</td>
</tr>
<tr>
<td>palpitations with sudden onset, induced by fright or panic attack</td>
<td>Excess</td>
</tr>
<tr>
<td>palpitations with tingling sensation in the chest, shortness of breath, material in the lower extremities or the face</td>
<td>Excess</td>
</tr>
<tr>
<td>palpitations with palpability, or tight, insomnia, poor memory, weakness, blunted vision, pale face</td>
<td>Heart Qi deficiency</td>
</tr>
<tr>
<td>palpitations with shortness of breath, palpitations induced or aggravated by excitement or by any physical or mental activity</td>
<td>Heart 8 deficiency</td>
</tr>
</tbody>
</table>

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5. Numbness

- Definition
  - *Ma (Tingling)*: It is the sensation neither pain nor itch, feels like there are some insects crawling inside the muscle. This sensation will not stop by pressure, and it will worsen by scratching.
  - *Mu*: It refers to reduces or diminishes the feeling sensation. Patient would not feel when you touch, pressure or screech the area.

Ma and Mu usually shows simultaneously, we call them numbness.

Pathogenesis

Classification and indication

- Excess: acute onset, more severe, usually unilateral
  - Phlegm obstruction
  - Blood stagnation: with pain
  - Liver wind: with tremors, spasm
- Deficiency: chronic, mild, usually bilateral
  - Blood deficiency: weak
6. Bloating and Distention

- Definition:
  **Bloating**: is a subjective sensation of fullness that is only felt by the patient
  **Distention**: means bloating that is both a subjective and objective symptoms that may be seen or felt by both the patient and the practitioner

**Pathogenesis**

**Symptoms and indication**

<table>
<thead>
<tr>
<th>Signs and Symptoms</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal bloating, not relieved by pressure, nausea or containing of clear or turbid fluids</td>
<td>Excess cold damp stagnation, damp heat, food stagnation, enterocolitis pattern (excess heat)</td>
</tr>
<tr>
<td>Abdominal bloating and distention, or pain, symptoms induced by overeating and regurgitation, anemia</td>
<td>Excess food stagnation</td>
</tr>
<tr>
<td>Abdominal bloating and distention, resistance to pressure, abdominal pain and tightness, constipation</td>
<td>Yeung ning fu pattern (excess heat)</td>
</tr>
<tr>
<td>Intermittent abdominal bloating, sometimes severe, sometimes mild, desire for heat relieved by warmth and pressure, anemia</td>
<td>Deficiency Spleen and Stomach deficiency (with cold)</td>
</tr>
</tbody>
</table>
IV. Dietary information (Drink and food)

1. Thirst and Fluid Intake
   The symptom of thirst reflects the state of the body fluids.
   • Definition
     Thirst: the sensation of dryness in the mouth or the desire to drink fluids

   • Pathogenesis
     Heat consumes body fluids
     Impair: diarrhea, sweats, bleeding
     Insufficiency water intake
     Insufficiency Body fluids
     Distribution disorder
     Thirst
     No Thirst
     Stagnation: cold, damp
     Yang deficient
     sufficient
• Symptoms and indication
  – Absence of thirst:
    • cold syndrome
  – Thirst and drink a lot cold water:
    • Excess heat syndrome
  – Thirst but desire to drink warm or room temperature water:
    • Yin deficiency with heat
  – Thirst and desire to drink, but vomit immediately after drink:
    • Water, dampness or phlegm accumulate in the middle-jiao
  – Thirst but no desire to drink a lot or not desire to drink:
    • Blood stagnation
    • Heart in the Ying/Xue level
    • Damp-heat
    • Deficiency cold in the lower-jiao

2. Appetite and food intake

Appetite and food intake directly related with the function of Stomach and Spleen.
Inquiring about the appetite and food intake can help us to understand the condition of Spleen and Stomach and judging the severity and the prognosis of the disease.

1) Poor appetite
• Definition: The patient loses the desire to eat, even becomes aversion to food
• Pathogenesis

Qi deficient  Spleen/Stomach  Pathogens attack

Digest and absorption function disorder

Poor appetite
• Classification and symptoms
  – Excess
    • Liver Qi attack the Spleen: No desire to eat and not feels hungry, induced or aggravate by emotion stress
    • Damp-heat in middle jiao: Nausea, dislike food
    • Shao Yang syndrome: poor appetite, bitter taste in the mouth, alternative chills and fever
    • Food stagnation: Dislike and aversion to food, induced or aggravated by overeating
  – Deficiency
    • Spleen and Stomach Qi deficiency: No desire to eat, abdominal bloat or nausea after intake
    • Spleen and Stomach deficiency with cold: Do not feels hungry, tasteless when eat, abdominal dull pain which relieve by warmth or pressure
    • Spleen and Kidney Yang deficiency: Poor appetite, tasteless, morning diarrhea with undigested food

2). Hunger but no desire to eat
• Definition: the patient feels hungry but dislike eating food or only eating a little
• Pathogenesis
  [Diagram showing later stage of febrile disease, Stomach Yin deficiency, Kidney Yin deficiency, Deficiency heat decomposes food and cause patient have hungry feeling, and Hungry but no desire to eat]

3). Overeating but still feeling hungry
• Definition: The patient has an excessive appetite for food and after a short time of meal the patient feels hungry again
• Pathogenesis
  [Diagram showing Stomach fire, Spleen deficiency, Decomposes food rapidly, Fail transforms food into essence, and Overeating but still feeling hungry]
• Symptoms and indication:
  – Stomach fire: Overeating but still feeling hungry, thirst and desire to drink cold water, foul odor in mouth
  – Stomach excess with Spleen deficient: Eat a lot but feels hungry easily, loose stool, emaciation
  – Later stage of febrile disease: After febrile disease, feeling hungry very easy, very good appetite, emaciation
  – Xiao Ke syndrome: Overeating and still feeling hungry, severe thirst with drink a lot water, profuse urination, emaciation

4). Craving
• Definition: The patient is addicted to certain kind food, taste or even non-food things
• Indication
  – Parasitosis: children
  – Mental disorder patient
  – Pregnant

3. Taste in mouth
• Definition: The taste in mouth refers to the morbid taste in disease.
• Symptoms and indication
  – Tasteless: Stomach and Spleen deficiency, or cold syndrome
  – Sweet: Damp-heat in the Spleen and Stomach
  – Bitter: Excess fire in the Liver and Gallbladder
  – Sour: Liver Qi overacting on Stomach, or food stagnation
  – Salty: Kidney deficiency or
V. Defecation and Urination

1. Defecation

Definition
It refers to waste excrete by from the Large Intestine

Normal defecation:
The health person defecate every day or every other day. The
defecation is smooth. The stool is yellow, soft and in certain form. There is no pus or blood, mucus, and undigested food in it

Physiology
Contents of inquiring of defecation

• Frequency
• Shape
• Color
• Feeling in defecation

(1) Frequency of defecation
Normal frequency of defecation is once or twice a day, or every other day a time
Abnormal frequency of defecation includes:
– Constipation
– Diarrhea or loose stool

1). Constipation
• Definition: Constipation means feces stay inside Large Intestine too long. It includes three aspects
  – Dry stool with difficult defecation
  – Prolonged duration of defecation
  – Dyschesia with no dry stool
• Pathogenesis:
• Symptoms and indication
  Excess
  – Heat: sever constipation, dry stool
  – Qi stagnation: Constipation with small, bitty stools, like goat’s stools. Or stool are not dry, difficult
defecation, or alternation of constipation and diarrhea
  Deficiency
  – Qi deficiency: dry stool or soft stool, but without
defecate for days. Tired after BM
  – Blood deficiency: elder patient or women after
c birth
  – Spleen and Kidney Yang deficiency: difficult with dry
or not dry stool, cold pain and limbs

2). Diarrhea or loose stool
• Definition: It refers to increase of defecation times,
with clear and dilute stool, even watery stool
• Pathogenesis:

  Spleen, Xu

  SI separates clear and
turbid function disorder

  Kidney, Xu

  Dampness (water)

  Large Intestine

  Diarrhea

• Symptoms and indication
  – Excess: acute onset, short period, and more frequency
    • Damp-heat in the lower jiao: Acute onset, foul
      smelling stool with blood and mucus
    • Damp-cold in invasion: diarrhea with watery stool,
      abdominal pain relieve by warm
    • Food stagnation: diarrhea after over eat, smelly
      stool with undigested food
    • Liver fire attack the Spleen: diarrhea with tinismus
      and induce or aggravated by emotion stress
    • Yang-Ming Fu syndrome: black green water
      diarrhea with foul smelling oridor, sever abdominal
      pain which resistant to touch
Symptoms and indication (cont.)

- Deficiency: chronic, long period illness, and diarrhea intermittent attack
  - Spleen deficiency: chronic loose stool and contains undigested food
  - Kidney deficiency: Early morning diarrhea with undigested food

(2) Stool form

- Normal stool form: soft and moisten, long shape

(3). Color of stool

- Normal color of stool: yellow. Stool color often affected by the food and drugs
(4). Feeling in defecation

- Unsmooth defecation: abdominal pain with defecation incompletely feeling
- Burning sensation
- Tenesmus: Patient feels paroxysmal abdominal pain and frequently has desire and urgent to defecated, but difficult to be discharged completely, with little defecation and heavy sensation in anus.
- Fecal incontinence
- Sagging feeling in anus: patient feels something sagging from the inner body to anus, in severe case, prolapsed of rectum occur

2. Urination

- Normal urination
  A normal people passes urine 4 to 6 times in day time and 0 to 1 time at night. The amount of urine in a day is about 1500 to 2000 ml. The times and amount of urination are influenced by drinking, air temperature, sweating and age.
  Contents of inquire of urination
  - Frequency
  - Color
  - amount
  - Feeling in urination
VI. Inquire Sleep

Introduction
Sleep is one of the most important portion of the physical activity of the human body. The normal sleep are effected by the rhythm of the nature (day/night change).

TCM theory about sleeping
• Ying Qi and Wei Qi theory
• Kidney and Heart theory

Contents of inquiring of sleep
• Hours
• Quantity
• Quality
• Dreams

Abnormal Sleep
• Insomnia
• Somnolence
Insomnia

- Definition: Insomnia describes a variety of different symptoms associated with sleep disturbance, includes:
  - difficulty falling asleep after retiring
  - early awakening
  - intermittent waking through the period of attempted sleep, and even inability to sleep all the night.
  - Restlessness at night
  - Dream disturbed sleep

Pathogenesis

Insomnia

- Heart fire blazing and Shen disturbed
- Water failure to check the fire
- Yin/blood deficient

Pathogenic heat, stagnation
- Excessive heart fire couldn’t going down
- Shen couldn’t anchors

Pathogenesis (cont.)

- Food, dampness (phlegm) stagnate
- Disturbed Yin/Yang’s movement
- Fire and water failing to aid each other
Symptoms and Indication

- **Excess:** Acute onset, short period, difficulty falling asleep with activity dream or nightmare, irritability or anxiety
  - Liver Qi stagnation with heat: Dream disturb and restless sleep which induce or worse after emotion stress
  - Heat-phlegm disturb Heart: Toss and turn in the bed, dream a lot and easy to wake irritability
  - Food stagnation: difficulty falling asleep with abdominal discomfort, usually induce or worse after overeat
  - Blood stagnation: Inability to sleep with severe agitated and anxious, or with severe pain

Symptoms and Indication (cont.)

- **Deficiency:** chronic onset, long period, easily awaken, or difficulty falling asleep. More deprive dream, worry and fear
  - Heart and Kidney disharmonies: difficulty falling asleep or even inability to sleep all night, intermittent waking
  - Heart and Spleen deficiency: Do not difficulty to falling asleep, but the sleep is very shallow and easy awaking during the night
  - Heart and Gallbladder Qi deficiency: Hard to falling asleep alone because of fear, easy awaking by frighten timid

Sleepiness (Somnolence)

- Definition: It also calls somnolence. The patient feels tiredness and sleepy. Although having a long time sleep, the patient still feels lack of sleep, even can not help falling asleep at any time and place
Pathogenesis

Symptoms and indications

• Excess
  Damp-phlegm accumulate in Spleen: Tiredness, heaviness of the head and limbs, sleepiness

• Deficiency
  – Sp/St Qi deficiency: tire and sleepiness after eating
  – Kidney Yang deficiency: severe fatigue, disoriented (insufficient of Shen), cold limbs
  – Kidney Essence insufficiency: Mental fatigue, dizziness or vertigo, slow response, poor memory, sleepiness

VII. Inquire Female Symptoms
Introduction

• Female physiological characters
  • 10 questions for female patient
    – age
    – menstruation
    – Vaginal discharge
    – Menorrhagia
    – Pregnancy and birth
    – Chest and abdomen
    – BM and urination
    – Old diseases
    – Living condition and emotions
    – cold/heat and sweat

• Nourishment
  Nourished and replenished by post-natal Essence
  • Develop and maturity
    Early stage very weak: embryo - 7 yrs (F) or 8 yrs (M).
    Maturity (full): 14 yrs (F) or 16 yrs (M).
    Decrease: 35 yrs (F) or 40 yrs (M)
    Exhausted (dried): 49 yrs (F) or 64 yrs (M)
  • Relationship with Kidney and Kidney-Jing (Essence)
    Tian Gui is a one kind of Yin-Essence of human, dominates development, growth and reproductive function
    it comes from parents as one part of the congenial essence, and storage inside Kidney after born.
    It nourishes and replenishes by the post-natal essence
    It stimulated by Kidney Qi to develop and maturity
    It following Kidney Qi to increases and decrease

• Relationship with internal organs
  – Spleen: nourishment and replenishment
  – Kidney:
    • storage
    • Stimulate: Development and maturisty of Tian Gui need Kidney Qi stimulation
  • Relationship with Chong/Ren Mai
    – Chong Mai: Sea of the blood, collect Qi and blood from whole body to nourishes uterus
    – Ren Mai: Keeps Ren Mai Qi movement
I. Menstruation

• Definition
  Menstruation: It refers the physiological phenomena of periodic uterus bleeding in adult women. The cycle is about 28 days. (One month for Chinese noon calendar).

• Normal phenomenon of menstruation
  A normal menstruation cycle should be around 28 days with flow lasting from 3 to 7 days. The menses amount about 50 to 100 ml, there can be differences among individuals, age, climate, geographical condition, and emotions. The menses color should be slight dark red in the first couple days and turn into slight light red. There are no clots, no special odors and no pain or other symptoms accompany

Factors that affected Menstruation

• Environmental influence
  Moon

• Internal organs
  Kidney
  Spleen
  Stomach
  Liver
  Uterus
  Chong mai
  Ren Mai
### Physiology of Menstruation

- **Tian Gui**
- Qi and blood
- Internal organs
  - Kidney
  - Liver
  - Spleen
  - Stomach
  - Heart
  - Lung
- Chong Mai, Ren Mai, Du Mai and Dai Mai

---

Menstruation is a product of the joint efforts of Kidney Qi, Tian Gui, Meridians, Qi and blood, and Zang Fu.

- Kidney Qi controls and dominates the menstruation
- Tian Gui is the most important material to keep blood, essence, body fluids sufficient, and keeps Chong/Ren channels open and full of blood
- Meridians (Chong/Ren) connect uterus and other organs, directly control menstruation production
- Qi and blood are the basic material of menstruation
- Zang Fu are the sources of blood

---

**Contents of inquiry of Menstruation**

- Length of the cycle
- Days of period
- Bleeding
  - Quantity (amount)
  - Color
  - Quality (thick or thin)
  - Flow and consistency
- Accompany of symptoms
Abnormal Menstruation

- Abnormal menstruation cycle
  - Preceded menstruation
  - Delayed menstruation
  - Irregular menstruation
- Abnormal menstruation flow
  - Profuse bleeding
  - Scanty bleeding
- Dysmenorrhea
- Amenorrhea

(1) Preceded Menstruation

- Definition
  Menses cycle shorted by more than seven days
- Pathogenesis

  ![Diagram](Pathogenic heat invade Uterus Blood lost control Qi deficient)

  - Symptoms and indications
    - Heat
      Excess heat: profuse bleeding, bright red or dark red may with clots, thick, may with foul odor
      Deficient heat: Scanty amount, red or slight light color, no clot
    - Qi deficiency: Light red, thin and in large amount

(2). Delayed menstruation

- Definition:
The menses cycle is extended more than 7 days or even more than one month
- Pathogenesis

  ![Diagram](Blood Xu Not enough blood to fill Uterus Channels block Stagnation)

  Delayed menstruation
• Symptoms and indications
  – Cold
    • Excess: Dark purple color with clots, scanty amount
    • Deficient: light color without clots, scanty amount, thin blood
  – Qi stagnation: Deep red with clots and scanty
  – Blood deficiency: Scanty amount, light color and thin

(3) Irregular menstruation
• Definition
  The menses is sometimes preceded and sometimes delayed. The difference between two linked circles is more than seven days
• Pathogenesis: Chong and Ren channels filling and refilling disturbed due to qi and blood disorder
• Symptoms and indications
  – Liver Qi stagnation: profuse or scanty amount of bleeding, purple color with clots, Lower abdominal distention and radiate to chest and hypochromic area.
  – Kidney deficient: scanty amount, light color and thin. Lower back ache

(4). Profuse bleeding
• Definition
  It also called heavy periods, the menstruation occurs regularly and lasts the usual three to seven days, but the volume of bleeding is heavier than normal (>100 ml)
• Pathogeneses

[Diagram of Profuse Bleeding]
Symptoms and indication

<table>
<thead>
<tr>
<th>Main Symptoms</th>
<th>Accompanying Symptoms</th>
<th>Indications</th>
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<td>Blood deficiency</td>
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<td>Dizziness, abdominal pain, low back pain, pale face at night, deep and deficient pulse</td>
<td>Kidney deficiency</td>
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<td>Scanty flow, dark purple color, abdominal cramps that relieve upon defecation</td>
<td>Normal tongue, no palpitations, or with purple spots, slippery tongue, thready pulse</td>
<td>Blood stagnation</td>
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<tr>
<td>Scanty flow, pale color, thick and sticky viscosity</td>
<td>Clay-colored, nausea, feeling of oppression in the chest, excessive vaginal discharge, greasy tongue, yellow coating, slippery pulse</td>
<td>Phlegm stagnation</td>
</tr>
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</table>

(6). Scanty Periods

- Definition: Menstrual cycle is normal, but the flow is very light, or extremely sparse, like a small drip.
- Another definition of scanty bleeding describes a normal flow for less than two days in total
- Pathogenesis

Kidney deficiency

Sea of the blood isn’t filled

Channels are blocked

Blood stasis

Blood deficiency

Uterus

Scanty Periods

Symptoms and indication

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Amenorrhea

- Definition: Absence or cessation of menstruation. Amenorrhea is conventionally divided into primary and secondary amenorrhea
  - Primary amenorrhea is when menstruation never occurs. It fails to begin at puberty
  - Secondary amenorrhea is the absence of menstrual periods for six months in a woman who had previously been regular, or a lack of periods for twelve months in a woman who had irregular periods

Pathogenesis

Kidney deficiency

Sea of the blood isn’t filled

Chong/Ren Channels

Blood stasis

Channels are blocked

Blood deficiency

Uterus

Blood deficiency

Phlegm

Amenorrhea

Symptoms and indication

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<th>Main Symptoms</th>
<th>Indications</th>
<th>Pathogenesis</th>
</tr>
</thead>
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<tr>
<td>Menstrual cessation, depression, lower abdomen pain, and tenderness that is resistant to pressure</td>
<td>Qi and blood stagnation</td>
<td>Pathogenic factors (blood stasis and phlegm) cause the chong and ren empty</td>
</tr>
<tr>
<td>Usually occurring in obese patients, begins with scanty quantity and delayed menstruation, gradually develops into amenorrhea</td>
<td>Phlegm stagnation</td>
<td>Kidney deficiency presents the development and maturity of the shen gu (brain) qi deficiency</td>
</tr>
<tr>
<td>No menstruation by the age of eighteen, secondary sexual characteristics underdeveloped</td>
<td>Kidney insufficiency</td>
<td>Kidney insufficiency presents the development and maturity of the shen gu (brain) qi deficiency</td>
</tr>
<tr>
<td>Patient with chronic illness or multiple childbirths, stiffness, weakness, back pain, and cold, slow pulse, hair loss</td>
<td>Kidney and Liver deficiency</td>
<td>Qi and blood deficiency is unable to fill the shen gu (brain) and skin qi deficiency</td>
</tr>
<tr>
<td>Delayed or scanty menstruation that gradually develops into amenorrhea, may have chronic bleeding, or history of blood loss</td>
<td>Qi and blood deficiency</td>
<td>Qi and blood deficiency is unable to fill the shen gu (brain) and skin qi deficiency</td>
</tr>
</tbody>
</table>
Dysmenorrhea

- Definition: Cramps or painful menstruation.
- Pathogenesis: Stagnation and deficiency
  - Excess: Before or in early stage of the menstruation, severe, sharp pain
    - Liver qi stagnation
    - Blood stagnation
    - Cold
  - Deficiency: pain after menstruation, dull aching
    - Qi blood deficiency
    - Kidney and liver yin deficiency

II. Vaginal Discharge

- Definition: small amounts of clear and odorless fluid that flows out of the vagina which produced by vaginal and cervical glands
- Normal Vaginal Discharge: clear, thin mucus which is odorless and in small amounts. The amount are varies throughout the menstrual cycle. It increases slightly during ovulation or pregnancy. Other factors may cause amount changes include the following
  - Sexual excitement
  - Breastfeeding
  - Emotional stress
  - Medications and Diet
Scope of inquiry about Vaginal Discharge

- Presence or absence of vaginal discharge
- Color of the discharge
- Quantity of discharge
- Whether the quality of the discharge is clear or opaque, thin or thick, turbid, or sticky
- Odor

Etiology and pathogenesis

Dampness attack from outside or due to internal organs dysfunction

Pathological Vaginal Discharge

<table>
<thead>
<tr>
<th>Abnormal Vaginal Discharge</th>
<th>Abnormal Quantity of Fluids</th>
<th>Abnormal Color</th>
</tr>
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<tbody>
<tr>
<td>Abnormal Consistency</td>
<td>Abnormal Odor</td>
<td></td>
</tr>
<tr>
<td>Accompanying Symptoms</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Abnormal colors

<table>
<thead>
<tr>
<th>Color</th>
<th>Description</th>
<th>Indications</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>White color, thin viscosity, colorless discharge, copious quantity</td>
<td>Qi deficiency, cold syndrome</td>
</tr>
<tr>
<td>Yellow</td>
<td>Yellow color, thick viscosity, foul odor, large quantity, accompanied by vaginal itching</td>
<td>Damp heat</td>
</tr>
<tr>
<td>Greenish</td>
<td>Greensish color, thick and sticky viscosity, strong foul odor</td>
<td>Damp heat</td>
</tr>
<tr>
<td>Red</td>
<td>Red color, thick viscosity, slightly foul odor</td>
<td>Damp heat, or Liver fire injuring the collateralis</td>
</tr>
<tr>
<td>Black</td>
<td>Dark brown color, slightly foul odor</td>
<td>Stains of red discharge</td>
</tr>
</tbody>
</table>