

Tongue color		Tongue	
1. Pale	<ul style="list-style-type: none"> <li>* Yang Qi deficiency</li> <li>* Qi and blood deficiency</li> </ul>	1. Stiffness	<ul style="list-style-type: none"> <li>* Heat, fire in PC or H</li> <li>* Phlegm</li> <li>* Wind (Wind stroke)</li> </ul>
2. Red	Heat <ul style="list-style-type: none"> <li>* Excess type</li> <li>* Deficiency type</li> </ul>	2. Atrophy	<ul style="list-style-type: none"> <li>* Heat injury body fluid (Red dry)</li> <li>* Chronic diseases               <ul style="list-style-type: none"> <li>(a) Qi, blood deficiency (Pale)</li> <li>(b) LV, K Yin deficiency (Crimson)</li> </ul> </li> </ul>
3. Crimson	Blood stasis <ul style="list-style-type: none"> <li>* Excess heat: Extreme stage of febrile disease (Heat in Yin, blood stage or in PC, H or ST)</li> <li>* Internal injury disease (Yin deficiency or blood stasis)</li> </ul>	3. Tremor	<ul style="list-style-type: none"> <li>* Qi, blood deficiency (Pale)</li> <li>* Yang and body fluid deficiency (Pale)</li> <li>* Excess heat → Injury body fluid → Inner wind (Crimson)</li> <li>* Alcohol toxin (Crimson)</li> </ul>
4. Purple	<ul style="list-style-type: none"> <li>* Cold</li> <li>* Heat</li> <li>Dark Purple               <ul style="list-style-type: none"> <li>* Heat evil inside</li> <li>* Blood stasis</li> <li>* Phlegm-damp</li> <li>* Alcohol toxin</li> <li>* K and ST Yin exhaustion</li> </ul> </li> </ul>	4. Protruding & licking	<ul style="list-style-type: none"> <li>* Excess heat in H and SP → Fire and wind (Wind stroke)</li> <li>* Kidney Yin cannot go up to tongue</li> </ul>
5. Blurish purple	<ul style="list-style-type: none"> <li>* Yin-cold → Whole bluish tongue</li> <li>* Blood stasis (LV and H)</li> </ul>	5. Wryness	<ul style="list-style-type: none"> <li>* Wind</li> <li>* Wind Phlegm</li> </ul>
<b>Tongue shape</b>		6. Shortness	<ul style="list-style-type: none"> <li>* Cold</li> <li>* Heat</li> <li>* Phlegm/Dampness</li> <li>* Phlegm → Liver wind</li> </ul>
1. Tenderness	<ul style="list-style-type: none"> <li>* Delicate, fine, stomach</li> <li>* Deficient syndromes</li> </ul>	<b>Tongue coating</b>	
2. Toughness	<ul style="list-style-type: none"> <li>* Excess heat</li> <li>* Blood stasis</li> </ul>	1. White	<ul style="list-style-type: none"> <li>* External</li> <li>* Cold (Inter damp, damp-cold)</li> <li>* White, thick, turbid coating: Food stagnation in SP</li> <li>* Pile Flour: Warm, febrile, seasonal diseases</li> </ul>
3. Swollen	<ul style="list-style-type: none"> <li>+ Red: Excess heat blood in H and SP</li> <li>+ Dark purple: Alcohol toxin, drug toxin</li> <li>+ plum + soft: Body fluid accumulation (SP, K Yang deficiency)</li> <li>Red swollen+ yellow greasy: Phlegm damp-heat:</li> </ul>	2. Yellow	<ul style="list-style-type: none"> <li>* Heat sign</li> <li>* SP, ST heat</li> <li>* Heat in inner body</li> <li>Water-dampness retention and Yang deficiency</li> </ul>
4. Thinness	<ul style="list-style-type: none"> <li>+ pale: Qi and blood deficiency</li> <li>+ red crimson: Yin deficiency</li> <li>+ wither → Qi, Yin, blood deficiency</li> </ul>	3. Gray	<ul style="list-style-type: none"> <li>* Interior syndrome (Severe) (Heat or cold)</li> </ul>
5. Prickled	<ul style="list-style-type: none"> <li>* Excessive toxic heat</li> <li>* Stagnated heat in Yin and blood level</li> <li>* Toxic-heat in heart</li> <li>* Damp-heat accumulation in blood level</li> </ul>	4. Black	<ul style="list-style-type: none"> <li>* Interior syndrome (Extremely cold, heat excess or deficient syndromes)</li> </ul>
6. Teeth-print	<ul style="list-style-type: none"> <li>* SP deficiency</li> <li>* Accumulation of dampness (Cold damp or damp-heat)</li> </ul>	Greasy coating: The greasy means <b>sticky, smooth, and fine</b> particles. It is thicker in middle and thinner in margin and difficult to be scraped off. It looks like being covered by greasy mucus. It is because the yang is encumbered by accumulated turbid-dampness inside. The greasy coating suggests <b>phlegm, dampness and food retention.</b> If it is <b>white--turbid-dampness or cold-dampness.</b>	
7. Crack	<ul style="list-style-type: none"> <li>* Deficiency: Yin or body fluid ↓</li> <li>* Excess:               <ul style="list-style-type: none"> <li>(a) Heat fire flaring</li> <li>(b) Evil in ST</li> <li>(c) Fire evil injury blood to over-flow</li> <li>(d) Normal</li> </ul> </li> </ul>		

