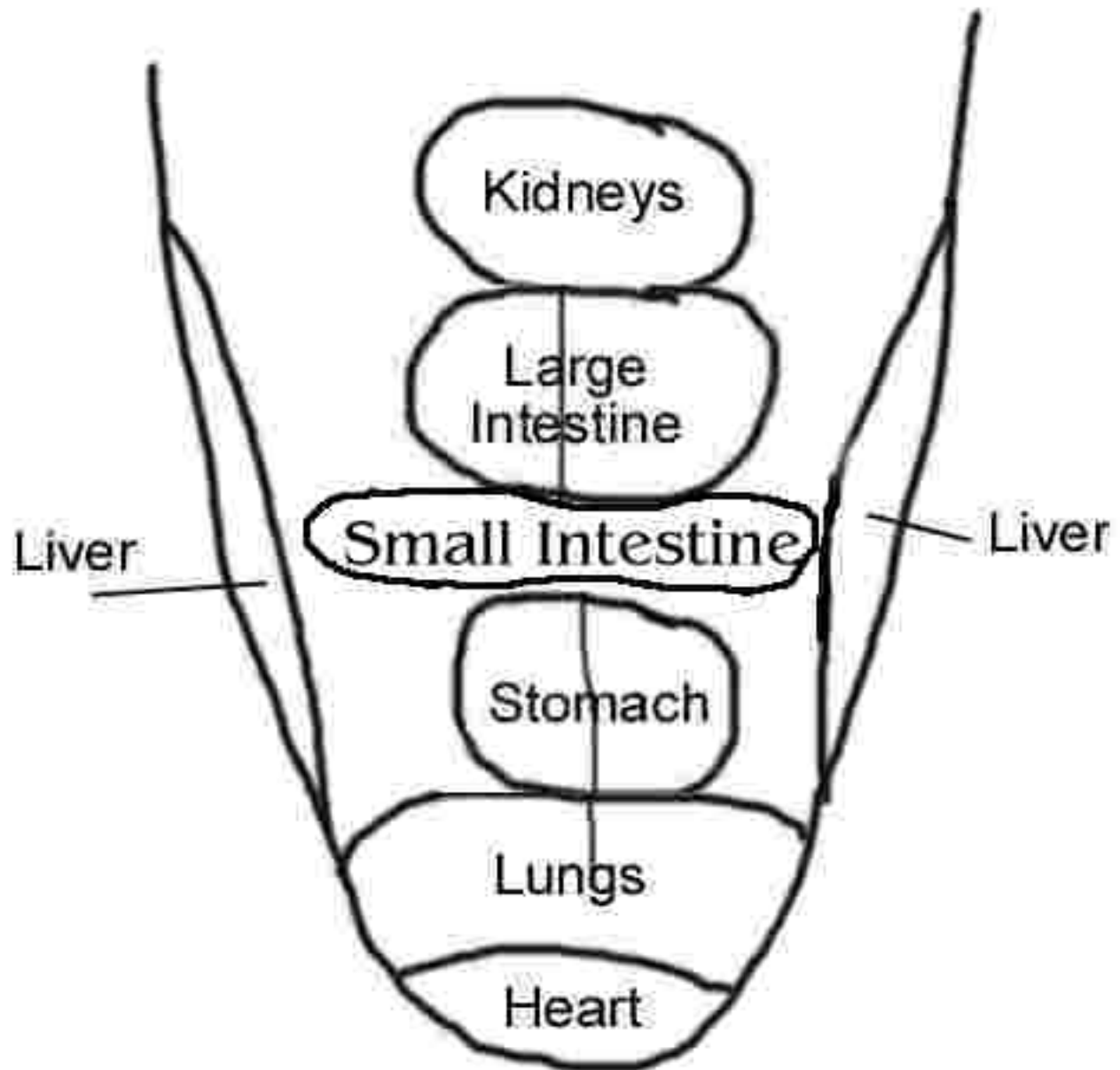
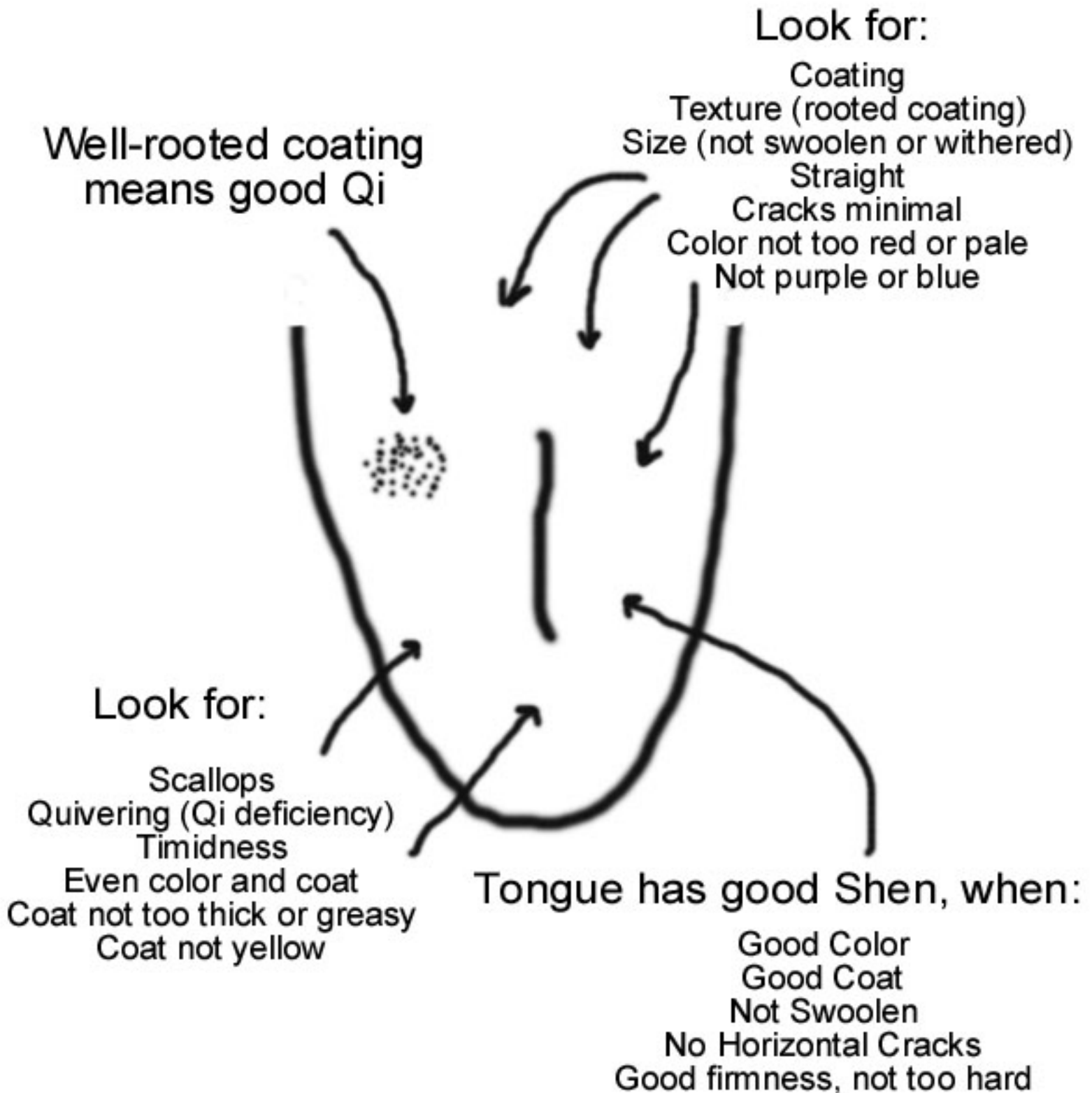


Tongue Regions Organs



Tongue Diagnosis: Look for First



Well-rooted coating
means good Qi

Look for:

Coating
Texture (rooted coating)
Size (not swollen or withered)
Straight
Cracks minimal
Color not too red or pale
Not purple or blue

Look for:

Scallops
Quivering (Qi deficiency)
Timidness
Even color and coat
Coat not too thick or greasy
Coat not yellow

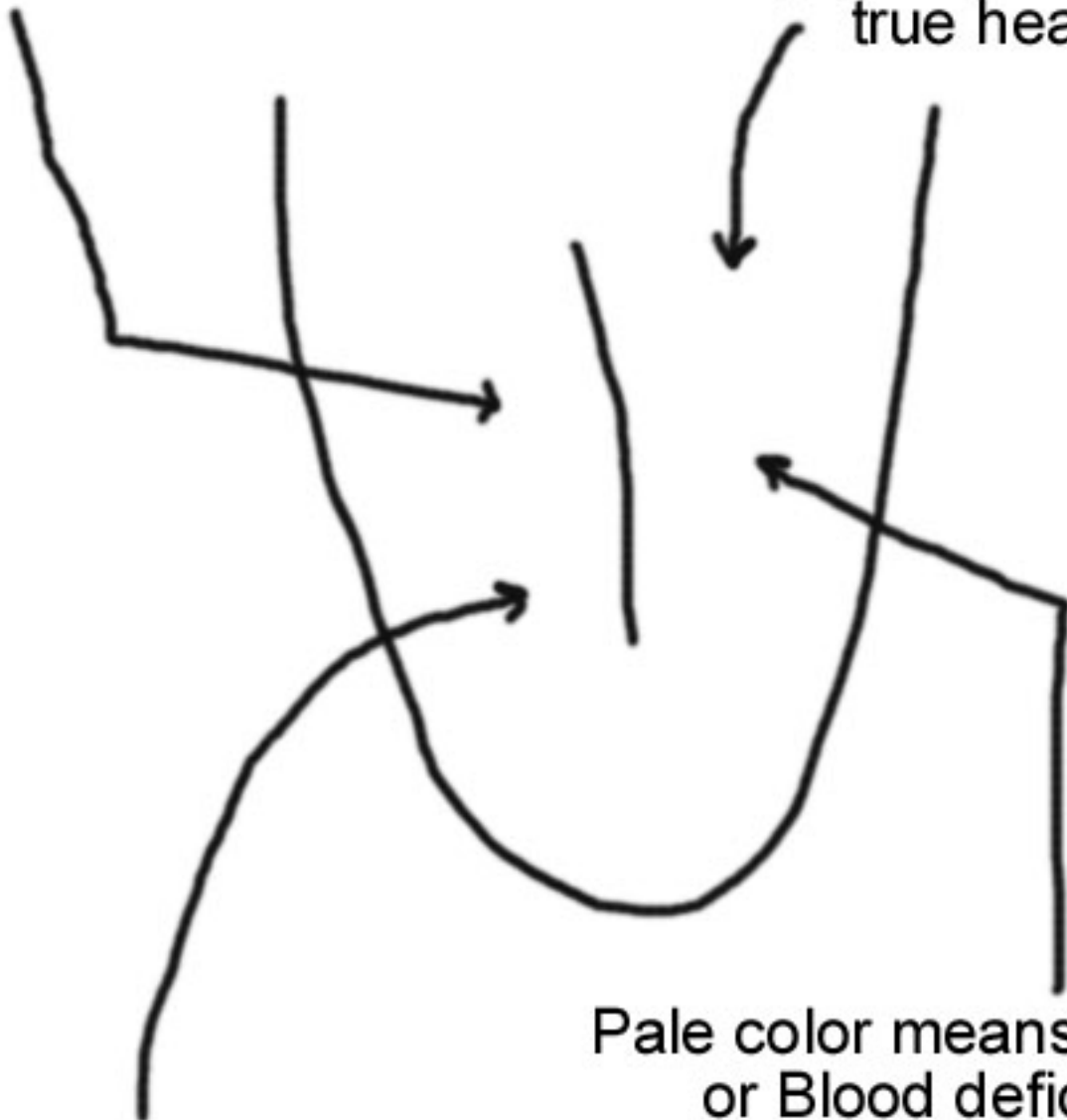
Tongue has good Shen, when:

Good Color
Good Coat
Not Swollen
No Horizontal Cracks
Good firmness, not too hard

Tongue Color

Red color overall with no coating means Kidney Yin Deficiency with False heat

Dark red color overall with yellow coat means true heat

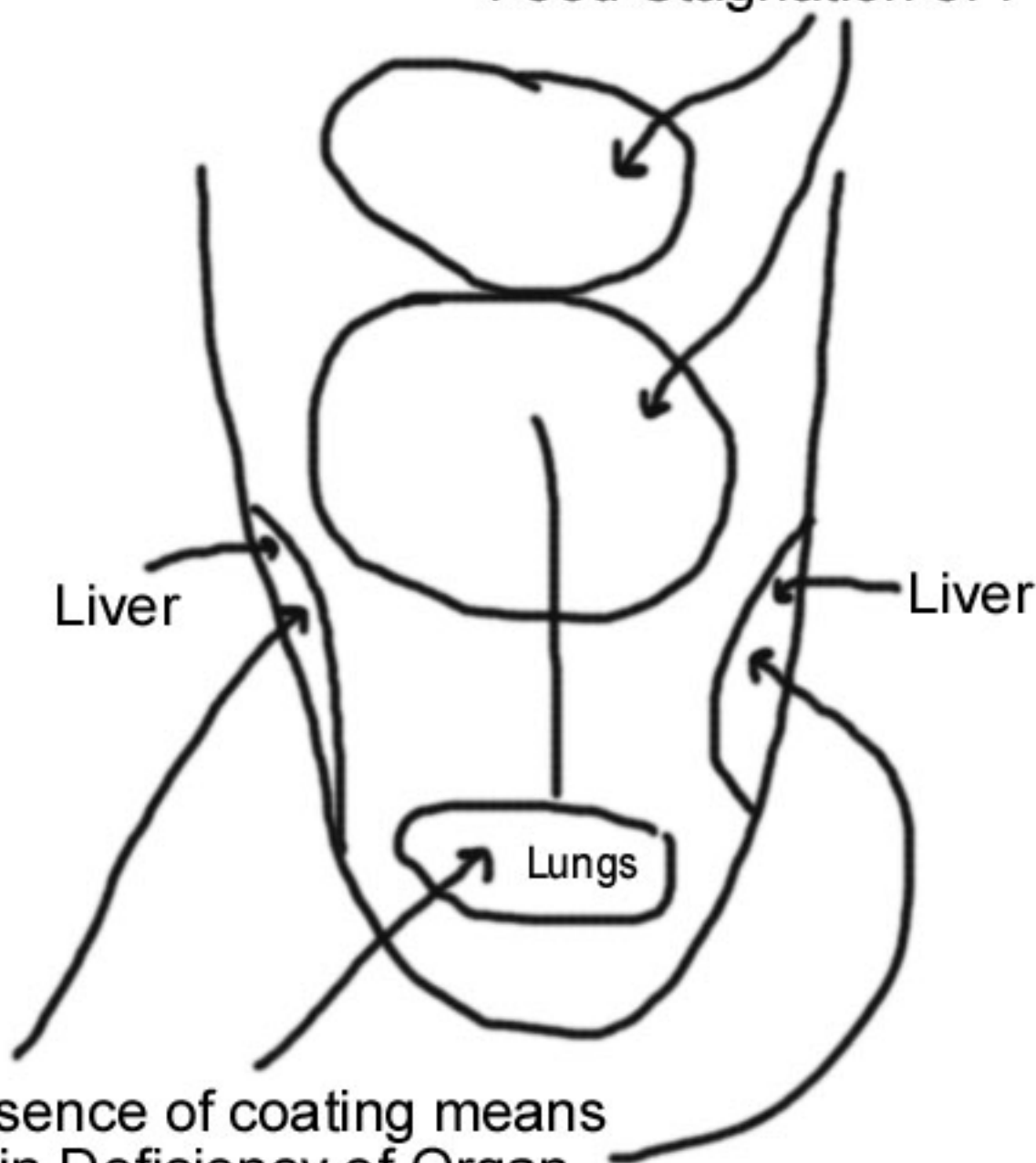


Pale color means coldness or Blood deficiency

Purple color overall means Blood stagnation

Tongue Coatings

Thick greasy coat means
Food Stagnation or Phlegm



Absence of coating means
Yin Deficiency of Organ

Tongue Coat II: Rear

Greasy Yellow Coat Towards
Back Indicates Damp Heat
In the Intestines



Greasy White Coat Towards
Back Indicates Cold Damp
Excess in the Intestines

Cracks

Kidney Damage or Weakness

Digestive weakness
or Damage if Deep

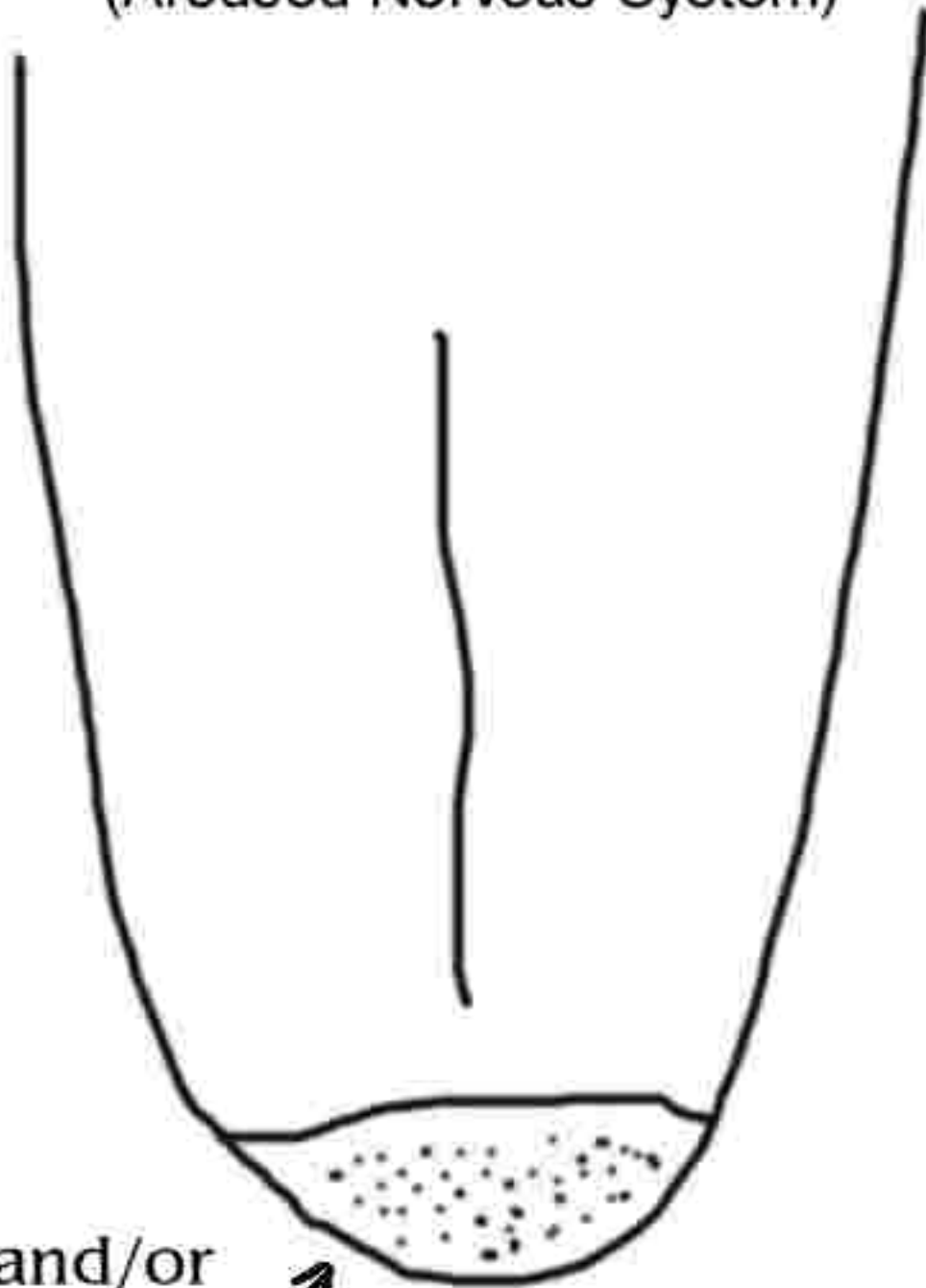


Liver Dryness or Damage
if Deep

Stomach or Lung weakness
or Damage if Deep

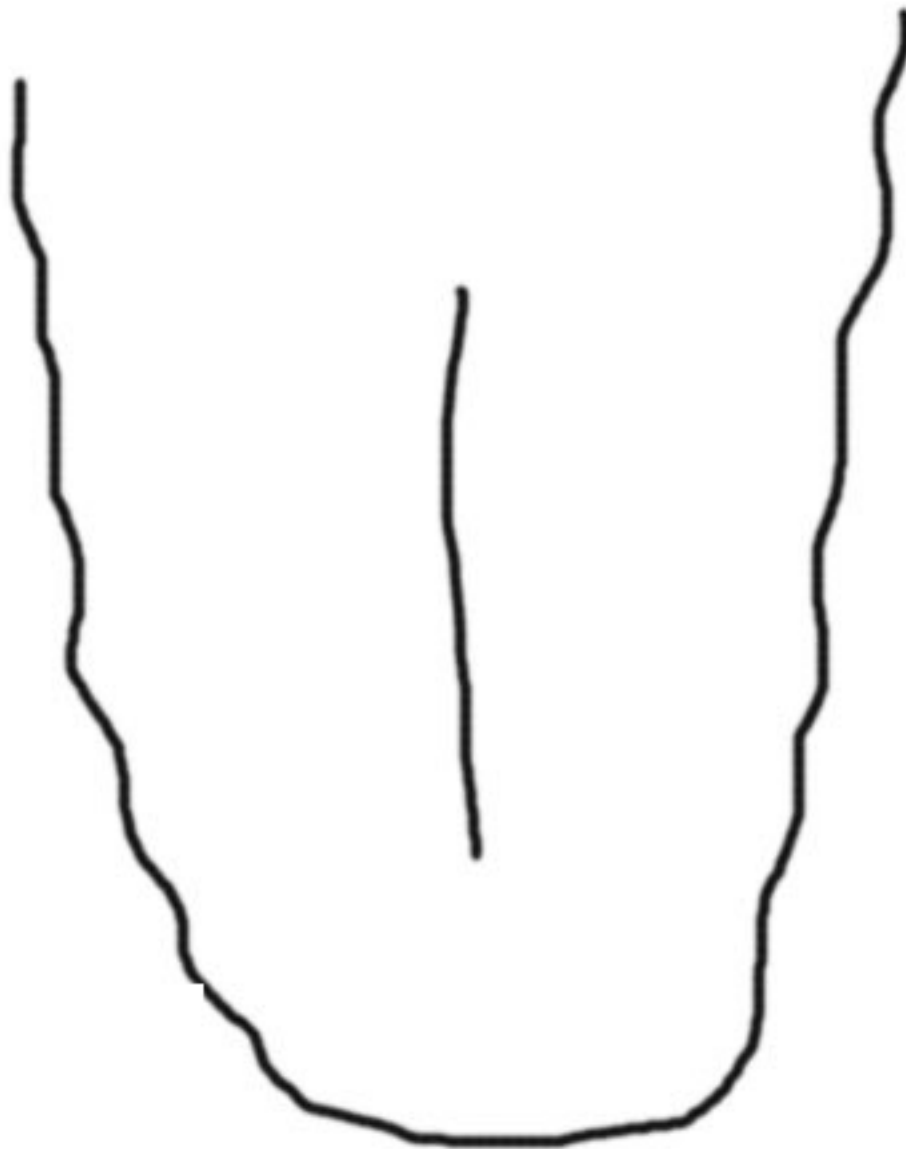
Tongue Color - Tip

Red Tip Indicates Heart Heat
or Heart Yin Deficiency
(Aroused Nervous System)



(Red, and/or
spotted red) →

Scallops (Tooth Marks) Indicates Dampness



Digestive Weakness
With Water-Retention
*Tongue often puffy as well

Cracks on Sides Indicate Liver Dryness/Damage

