Tongue Diagnosis: Look for First

- Well-rooted coating means good Qi

Look for:
- Coating
- Texture (rooted coating)
- Size (not swoolen 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 Swoolen
- 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

Liver
Liver

Absence of coating means Yin Deficiency of Organ

Lungs
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

Signs of hepatitis, cirrhosis