

# Color



**Pink:** Normal

Balanced systemic health, reflects proper hydration



**Pale:** Possible anemia or circulatory issues

Clinical Manifestation: Numbness, Dizziness, Impaired memory, Insomnia, Scanty menstrual cycle, Chilliness, Loose Stools, Deep weak pulse, Choppy pulse.



**Red:** Always indicates a pathological condition, indicates heat

Clinical Manifestation: Red face, red eyes, fever, thirst, dry lips, constipation, dark urine, rapid pulse.



**Red and Scarlet:** often found in elderly patients

Clinical Manifestation: Mental restlessness, night sweats, insomnia, dry throat impaired memory, dry mouth rapid pulse, fine pulse

# Shape



**Thin:** Deficient supply of fluids

Clinical Manifestation: Color to be consider for clinical relevance



**Elongated:** Indicates presence of heat (in Chinese medicine this is consider heart related)

Clinical Manifestation: Mental restlessness, insomnia, red face, dry mouth, thirst, dark yellow urine, mouth ulcers, rapid over flowing pulse



**Swollen:** To much fluid present

Clinical Manifestation: There are 5 types of swollen tongue, color is relevant in clinical manifestation

# Fissure/Moisture

# Coating



**White:**

Clinical Manifestation: Normal or Cold or dampness in the exterior



**Yellow:** Can be a sign of dehydration, possible liver-related issue

Clinical Manifestation: middle burner imbalances (Liver, Stomach, Spleen Pancreas)



**Black/Brown:**

Clinical Manifestation: Middle to Lower burner Imbalances (Intestine and Spleen)



**Wet:**

Clinical Manifestation: Normal Body Fluid



**Dry/Red/Yellow coating**

Clinical Manifestation: Interior heat is indicated=the burning of body fluids, red face, red eyes, fever, constipation, dark urine, thirst



**Withered:**

Clinical Manifestation: reduced function of the tongue, effects swallowing, dry mouth



**Mild:**

Clinical Manifestation: early signs of dehydration



**Moderate:**

Clinical Manifestation: Dehydration note the location of the fissure for upper, middle, lower burner involvement



**Severe:** Often genetic

Clinical Manifestation: Possible sign of Dehydration and autoimmune disorder risk