

NORMAL

YIN DEFICIENCY

Little/no coating

Cracks

Red tongue

Hot flushes
Sweat at night
Insomnia
Irritable
Ringing in the ears
Menopause
Irregular menstruation

QI STAGNATION

Stressed,
Tendency to be upset
Unstable emotional state
PMT

Thin white coating

Red tip



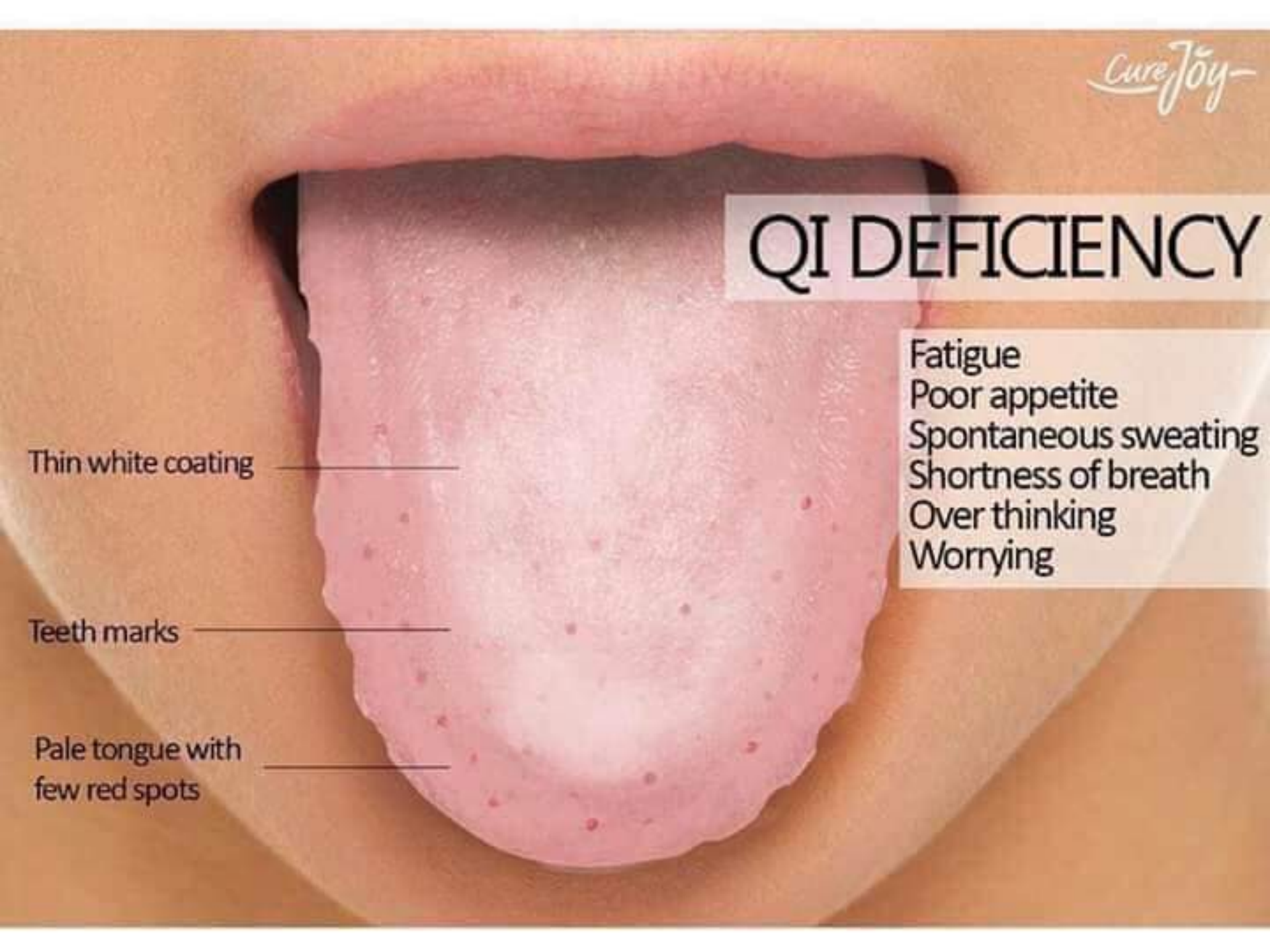
QI DEFICIENCY

Fatigue
Poor appetite
Spontaneous sweating
Shortness of breath
Over thinking
Worrying

Thin white coating

Teeth marks

Pale tongue with
few red spots



YANG DEFICIENCY

Thick white coating

Pale swollen tongue

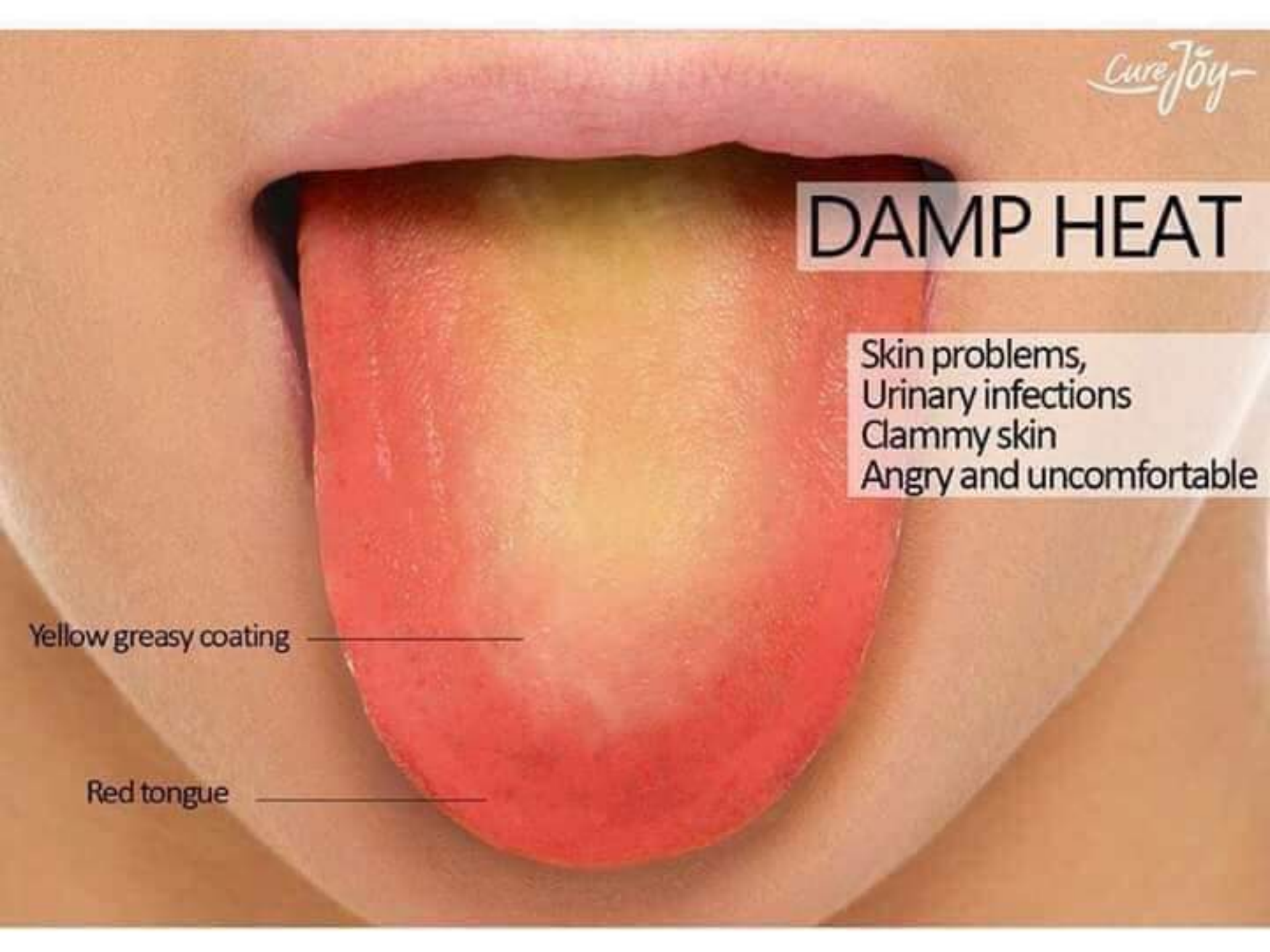
Feel cold easily
Always need warmth
Pale complexion
Back pain
Tendency to panic
Emotionally low
Impotence
Infertility

DAMP HEAT

Skin problems,
Urinary infections
Clammy skin
Angry and uncomfortable

Yellow greasy coating

Red tongue

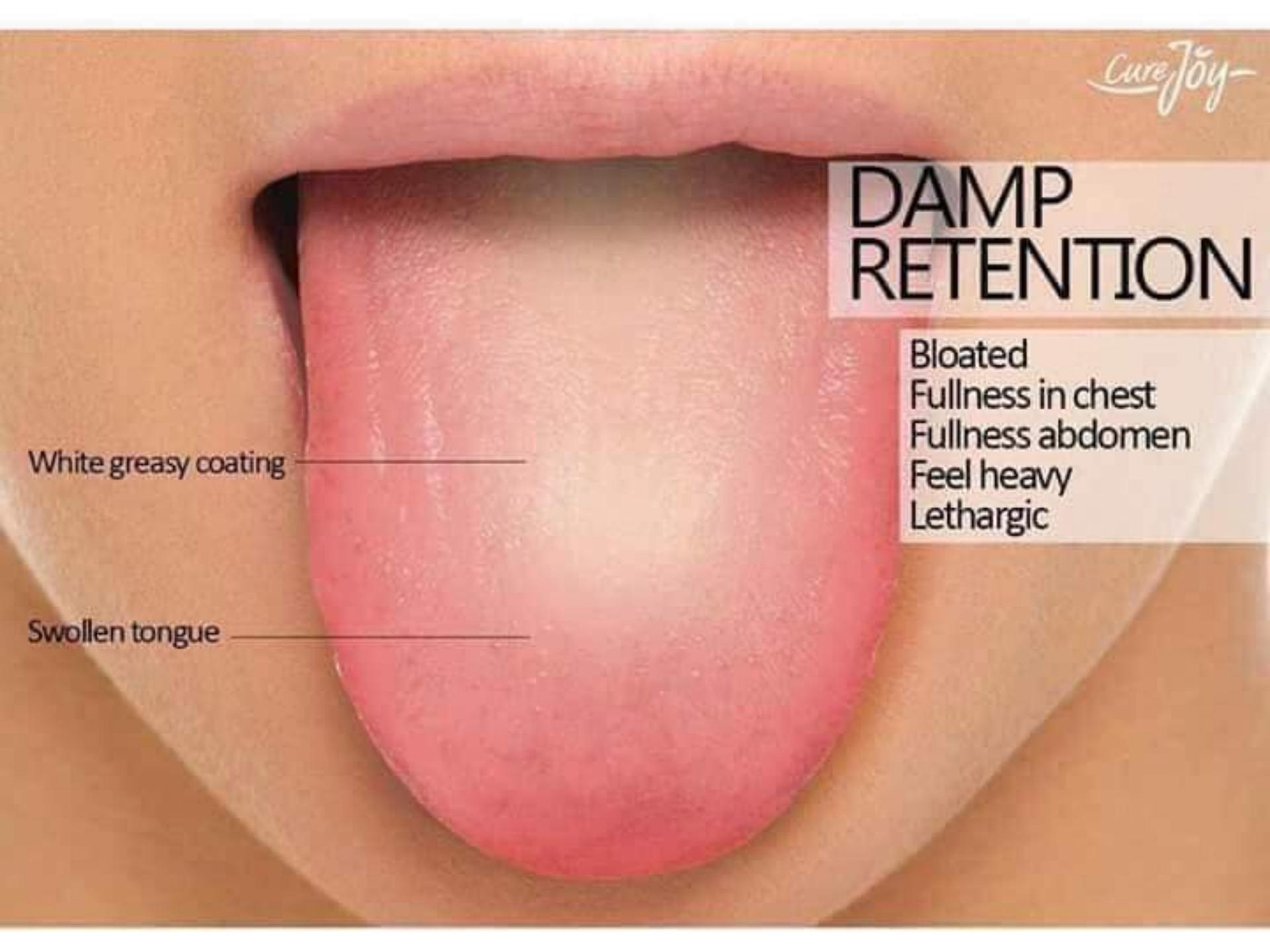


DAMP RETENTION

Bloated
Fullness in chest
Fullness abdomen
Feel heavy
Lethargic

White greasy coating

Swollen tongue

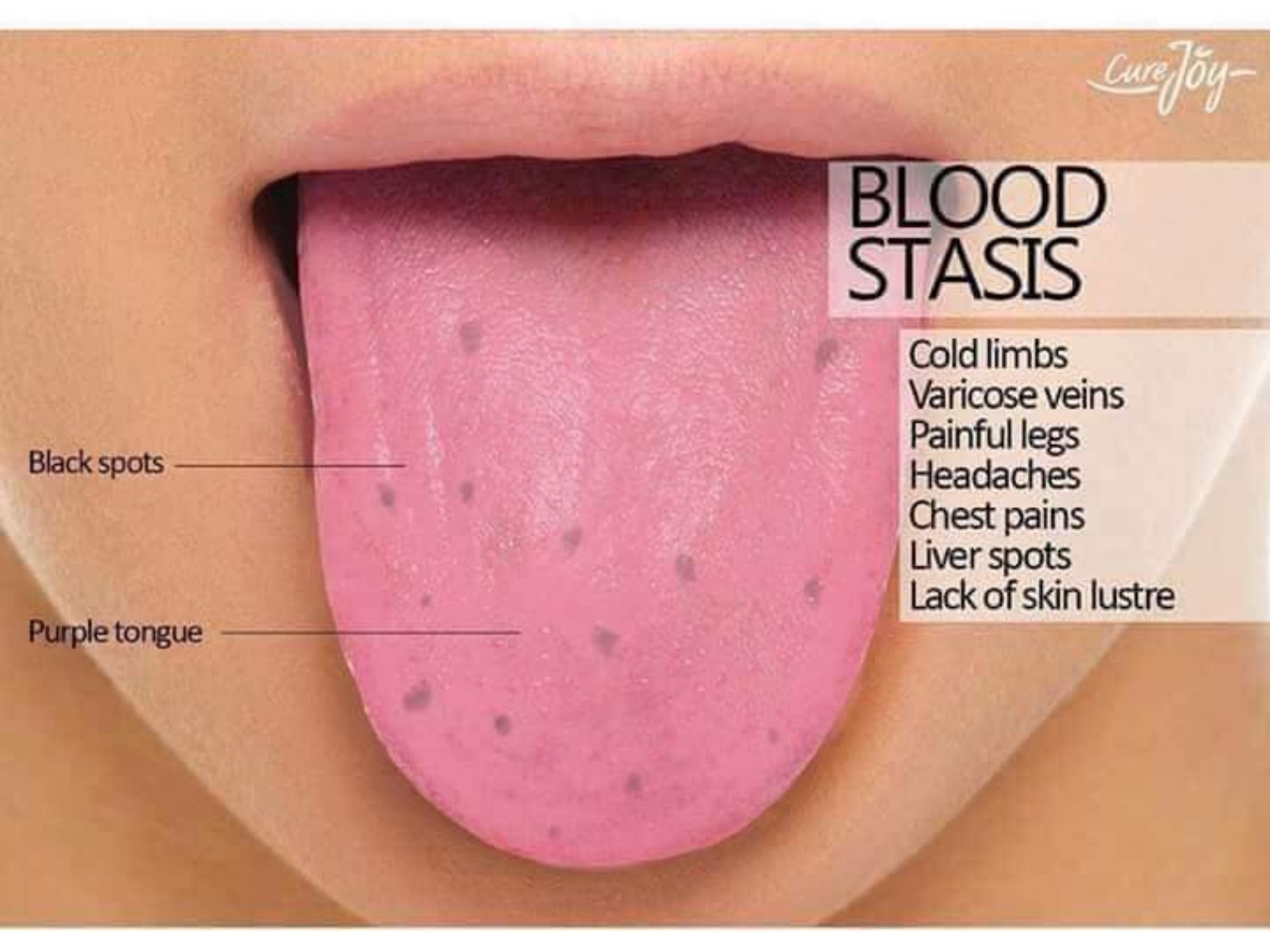


BLOOD STASIS

Cold limbs
Varicose veins
Painful legs
Headaches
Chest pains
Liver spots
Lack of skin lustre

Black spots

Purple tongue



BLOOD DEFICIENCY

Little/no coating

Pale tongue

Dizziness
Fatigue
Palpitations
Poor concentration
Insomnia
Women's problems

HEAT

Feel hot
Sweat easily
Thirsty
Constipated
Irritable
Bad tempered
Skin problems

Thin yellow coating

Red tongue

