

Tongue Shape / Color	Significance
Pale Red	NORMAL
Red	Heat Shi / Yin Xu
Deep Red / Dark Red / Scarlet	Ying Level Heat / Yin Xu / Extreme Heat Shi / Hyperactive Yang / Xue Yu
Pale	Qi, Xue or Yang Xu / Cold
Red Tip	LU or HT Heat
Red Sides	LV Heat
Spots: dark, purple	Xue Yu / Heat Injuring Body Fluids
Engorged Sublingual Veins	Xue Yu
Thin (width)	Yin, Xue or Body Fluid Xu
Swollen / Toothmarks	Damp either Xu or Shi / SP Qi Xu / SP & KI Qi Yang Xu
Quivering	SP Qi Xu
Deviated / Trembling	LV Wind
Cracks	Dryness or Heat Pathogen / Yin Xu / Body Fluid Injury

Tongue Coating	Significance
Thin, White	NORMAL
Yellow	Heat
Dark / Blackened	Extreme Internal Condition: Heat or Cold
Thick	Damp / Phlegm / Food Yu
Moist	Damp / Yang Xu
Sticky	Damp
Slimy / Greasy	Damp / Phlegm / Food Yu
Dry	Yin Xu / Body Fluid Xu / Heat Shi / Dryness pathogen
Scanty / No coat	Yin Xu / Body Fluid Xu / Xue Xu
Peeled / 'mapped'	Yin Xu
Mirror	ST Yin Xu