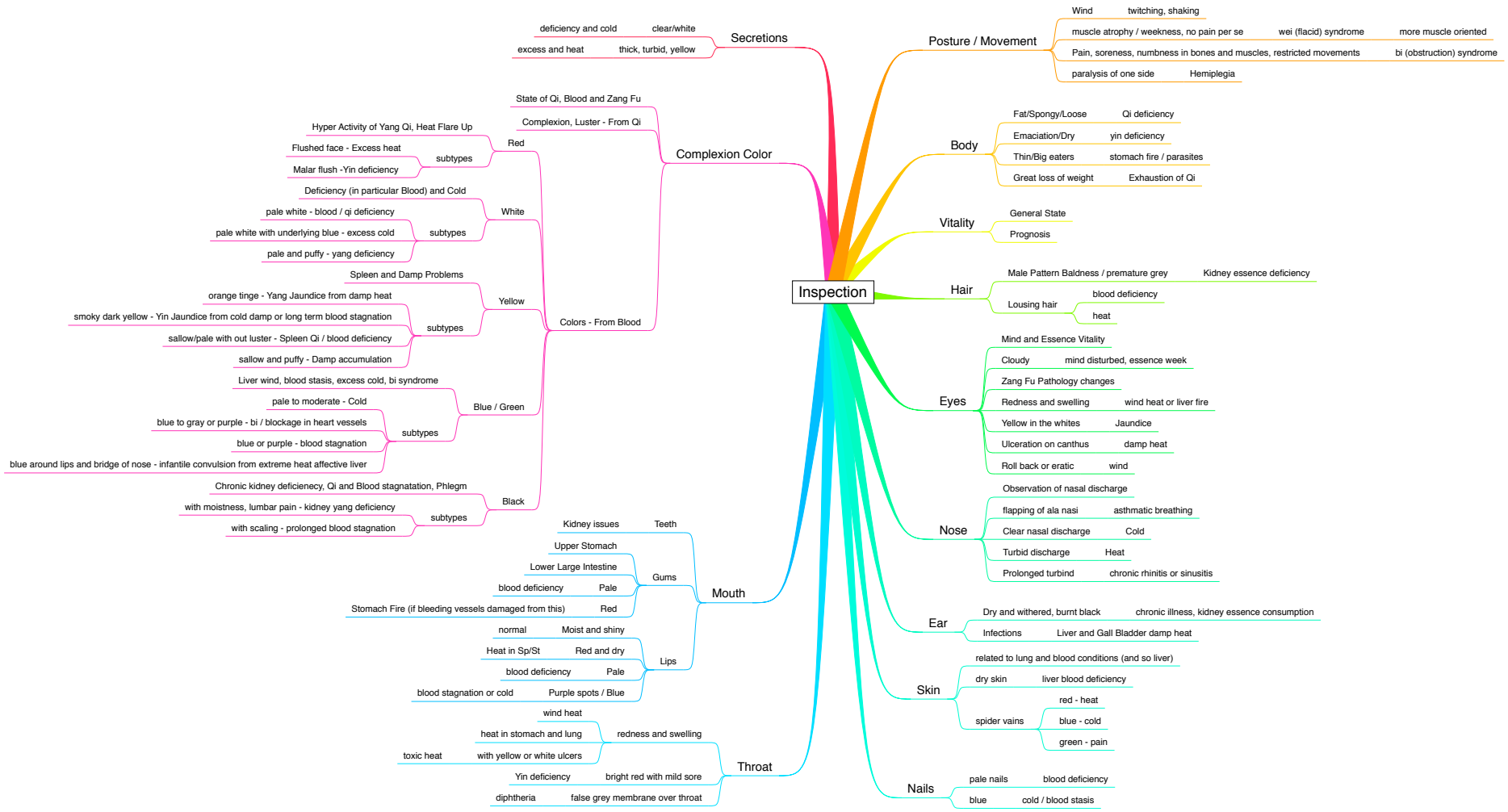
Inspection
Secretions
deficiency and cold
clear/white
excess and heat
thick, turbid, yellow
Complexion Color
State of Qi, Blood and Zang Fu
Complexion, Luster - From Qi
Colors - From Blood
Red
subtypes
Hyper Activity of Yang Qi, Heat Flare Up
Flushed face - Excess heat
Malar flush -Yin deficiency
White
subtypes
Deficiency (in particular Blood) and Cold
pale white - blood / qi deficiency
pale white with underlying blue - excess cold
pale and puffy - yang deficiency
Yellow
subtypes
Spleen and Damp Problems
orange tinge - Yang Jaundice from damp heat
smoky dark yellow - Yin Jaundice from cold damp or long term blood stagnation
sallow/pale with out luster - Spleen Qi / blood deficiency
sallow and puffy - Damp accumulation
Blue / Green
subtypes
Liver wind, blood stasis, excess cold, bi syndrome
pale to moderate - Cold
blue to gray or purple - bi / blockage in heart vessels
blue or purple - blood stagnation
blue around lips and bridge of nose - infantile convulsion from extreme heat affective liver
Black
subtypes
Chronic kidney deficienecy, Qi and Blood stagnatation, Phlegm
with moistness, lumbar pain - kidney yang deficiency
with scaling - prolonged blood stagnation
Mouth
Teeth
Kidney issues
Gums
Upper Stomach
Lower Large Intestine
Pale
blood deficiency
Red
Stomach Fire (if bleeding vessels damaged from this)
Lips
Moist and shiny
normal
Red and dry
Heat in Sp/St
Pale
blood deficiency
Purple spots / Blue
blood stagnation or cold
Throat
redness and swelling
wind heat
heat in stomach and lung
with yellow or white ulcers
toxic heat
bright red with mild sore
Yin deficiency
false grey membrane over throat
diphtheria
Posture / Movement
Wind
twitching, shaking
muscle atrophy / weekness, no pain per se
wei (flacid) syndrome
more muscle oriented
Pain, soreness, numbness in bones and muscles, restricted movements
bi (obstruction) syndrome
paralysis of one side
Hemiplegia
Body
Fat/Spongy/Loose
Qi deficiency
Emaciation/Dry
yin deficiency
Thin/Big eaters
stomach fire / parasites
Great loss of weight
Exhaustion of Qi
Vitality
General State
Prognosis
Hair
Male Pattern Baldness / premature grey
Kidney essence deficiency
Lousing hair
blood deficiency
heat
Eyes
Mind and Essence Vitality
Cloudy
mind disturbed, essence week
Zang Fu Pathology changes
Redness and swelling
wind heat or liver fire
Yellow in the whites
Jaundice
Ulceration on canthus
damp heat
Roll back or eratic
wind
Nose
Observation of nasal discharge
flapping of ala nasi
asthmatic breathing
Clear nasal discharge
Cold
Turbid discharge
Heat
Prolonged turbind
chronic rhinitis or sinusitis
Ear
Dry and withered, burnt black
chronic illness, kidney essence consumption
Infections
Liver and Gall Bladder damp heat
Skin
related to lung and blood conditions (and so liver)
dry skin
liver blood deficiency
spider vains
red - heat
blue - cold
green - pain
Nails
pale nails
blood deficiency
blue
cold / blood stasis