

**Tongue and Pulse Practice  
Drills Class 4/12/2021**

1. Pale, wet and Deep, Slow but forceful. =. Interior Excess Cold, Yang.

Interior Excess Cold >> Yang Def.

2. Pale, thick yellow sticky coat. And Wiry, Rapid, Hesitant and Soft.

Damp/phlegm Heat / with Qi Def, (Blood def or Blood Stasis)

Phlegm. Liver or pain:

Qi def with damp transform. Heat with / liver or pain.

3. Floating, tight with thick sticky white coat,

Wind Cold + damp or phlegm accumulation

3. Floating / moderate pulse + red no coat:

Exterior + Wind Damp. or Exterior invasion + interior deficiency. Yin def

4. Thready, weak, deep and pale, teeth marks with a sticky yellow at the rear:

Yang def with damp heat (Li, UB, LJ)

5. Surging pulse with a normal, no coat. = Yin def heat

6. Excess, rapid on right, Def, knotted on the on left front position:

Heat in lung, mj with blood def leading blood stasis in heart.

Deep

7. Submerged rapid and Hesitant with dry yellow coat and purple tip.

Interior heat trapped in the lower jiao

Blood def and blood stasis: ht blood stasis

8. Red, scanty coat. Thready rapid. = Yin Def

9. Rolling rapid over all but weak in the right rear position

Phlegm heat or damp heat + kd yang def/ kd qi def.....

10. Purple spots in the rear, redder sides, purple red tip =. Blood stasis in lj, lv heat, blood stasis in the heart.

11. Thick, yellow coat on the front of the tongue with thick, sticky white coat at the rear with purple sides. And the pulse Floating rapid and rolling.

Phlegm heat in the lungs with Wind Heat invasion and blood stasis in the liver, damp accum. In the lower jiao.

12. Red tongue no coat and empty pulse on the right side = yin def (heat). And qi def.

13. Floating empty overall pulse that's also forceful and hesitant on the left middle and rolling rapid at the rear +

Yin def. overall + liver blood stasis + damp heat in lower jiao

14. Slippery slow + wiry and hesitant  
pale, dry coat on the sides, thick sticky white in the center  
Surging in the front positions:

Damp cold accum. Liver blood def, damp accum in the middle with Sp qi Def, HT or Lung Fire or Heat. ....

15. Red and geographic coat, rapid slippery and weak, thready, deficient:

Yin def + damp heat or phlegm heat + qi and or blood def.....