



Tongue and Pulse Worksheet

Simple Combinations:

1. Red body, thin, yellow coat; Rapid, Full pulse:
2. Red body, thick, yellow coat; Surging/Overflowing pulse:
3. Red body, thick, dry, yellow coat; Excess, Slippery pulse:
4. Red tip, thin, yellow coat; Floating (superficial), Rapid pulse:
5. Dark, red; Rapid:
6. Red, little coat; Thready, Rapid:
7. Red body, thick, greasy yellow coat; Rapid and Slippery (Rolling):
8. Thin, yellow and greasy coat; Soggy, Rapid:
9. White, greasy coat; Rolling (Slippery) pulse:
10. Pale, wet coat; Deep, Slow and Weak:
11. Swollen body, wet coat and tooth marks; Deep and Wiry:
12. Dark purple spots on the side of the tongue; Wiry (String-Taut) and Choppy
(Hesitant):
13. Purple at the root; Choppy (Hesitant):
14. Thin, white coat; Wiry (String-Taut) and Forceful:
15. Thin, white coat; Wiry (String-Taut) in the right middle position:



16. Thin, white coat; Wiry (String-Taut) in the right back position:
17. Greasy, slightly yellow; Rapid:
18. Pale; Thready (Thin), Choppy (Hesitant):
19. Pale, slightly dry; Choppy (Hesitant) in the left front:
20. Purple, slightly dry; Choppy (Hesitant) in the left front:
21. Peeled, shiny; Thin (Thready) and Rapid:
22. Thick, white coat; Tight (Tense):
23. Thick, white coat, thicker in the center of the tongue; Slow, Deep and Tense:
24. Thick, white, curdy tongue; Deep, Slow and Slippery:
25. Thick, greasy, white tongue; Slow and Slippery:
26. Yellow, greasy coat; Excess, Slippery:
27. Red; Wiry, Rapid:
28. Swollen with a thick, greasy coat; Moderate:
29. Normal without coat; Floating, Empty (Deficient) especially in the right middle:

Combinations 2 -3 Pattern Combos:

30. Purple spots at the root, thick white, greasy coat; Choppy, Slippery, Sl. Slow:
31. Pale, greasy coat; Wiry, Deficient, Weak, Slippery:



- 32.** Red, thick, yellow coat; Thready, Rapid pulse:

- 33.** Pale tongue body, dry coat at the tip, and sides and wet at the rear; Choppy,
Deficient, Weak, Slow:

- 34.** Red tongue body, thin, dry yellow coat in the front, otherwise, the coat is
geographic, Surging on the right and Thready, Rapid on the left:

- 35.** Pale, thick, greasy, white coat; Thready, Weak and Deep:

- 36.** Pale, wet at the root and red at the tip with a thick, yellow coat; Surging
(overflowing), Rapid in the right front position and Deep and Slow on both chi
positions:

- 37.** Pale with red sides with a slight dry coat; Choppy:

- 38.** Pale with orange sides; Rapid, Soggy Yet Wiry:

- 39.** Pale, swollen and wet at the rear; overall Weak, Wiry on the Left middle position;
Deep, Weak and Slow on the rear positions:

- 40.** Deep red, dry, stiff; Thready, Rapid, Hasty:



41. Pale, thin and slightly deviated; Wiry (String-Taut), Thready (Thin/Fine):

42. Red tongue, slightly deviated and trembling; Wiry, Rapid, Thready: