



Colour/texture of the blood and the indicators for TCM diagnosis



Pale Red & dilute texture
Spleen deficiency;
Qi deficiency



Light Red & dilute texture
Blood deficiency



Bright Red & thick texture
Kidney deficiency;
Heat due to deficiency



Crimson Red & thick texture
Excessive heat



Dark Red with clots
Blood stagnation;
Excessive Cold



Purple-red with clots
Liver Qi stagnation;
Qi stagnation



Dull red with clots
Cold due to deficiency