



## Colour/textured 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