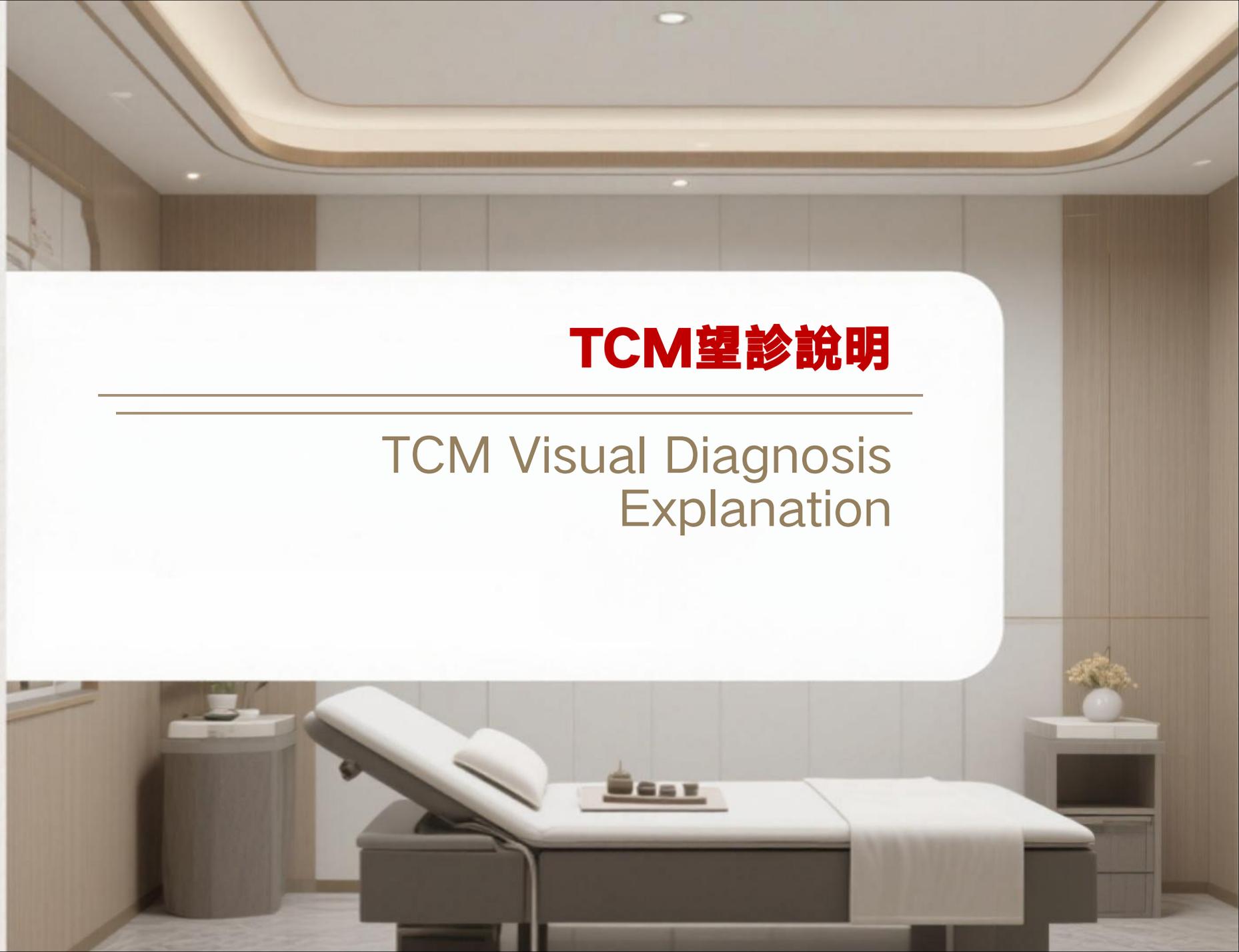




TCM望診說明

TCM Visual Diagnosis
Explanation



CONTENTS

目录

01

面部特徵辨識

Facial feature recognition

02

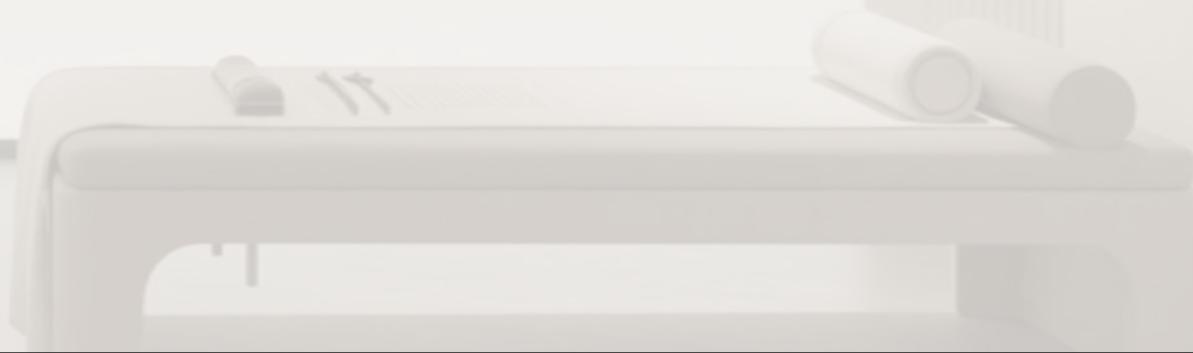
舌苔辨識

Tongue coating identification

03

虹膜辨識

Iris recognition

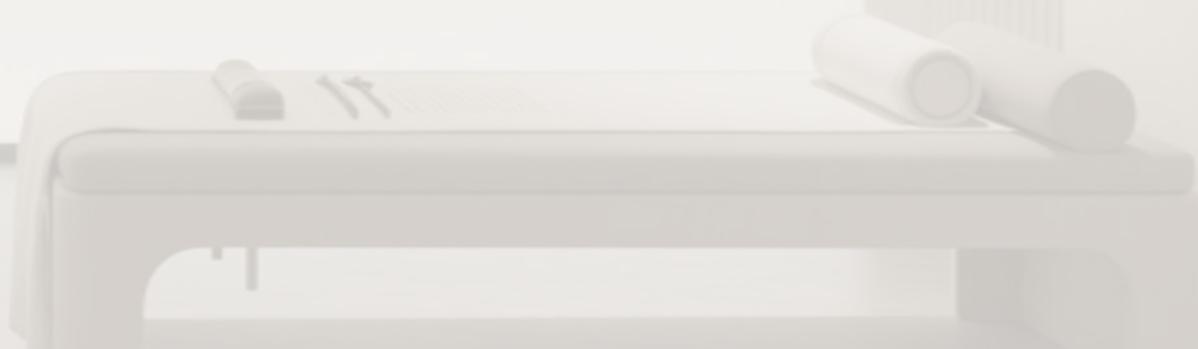




01

面部特徵辨識

Facial feature recognition



面色與健康

Complexion and Health

- 正常面色——紅黃隱隱 Normal Complexion - Subtle Red and Yellow
- 健康人面色應如《黃帝內經》所述"黃如蟹腹，白如豕膏"，明代《醫學入門》記載健康面色需含蓄有光澤，不浮露不晦暗。
- The complexion of healthy people should be as described in *Huangdi Neijing*: "yellow like crab belly, white like pig fat". The Ming Dynasty's *Yixue Rumen* (Introduction to Medicine) records that a healthy complexion should be含蓄有光澤, not floating or dull.
- 赤色主熱證——滿面通紅 Red Complexion Indicates Heat Syndrome - Flushed Face
- 《傷寒論》中描述陽明經熱盛患者"面合色赤"，如外感風熱者常出現兩顴潮紅，伴口乾舌燥、脈象浮數等症狀。
- *Shanghan Lun* (Treatise on Febrile Diseases) describes patients with excessive heat in the Yangming Meridian as having "a red face". For example, those with exogenous wind-heat often present with flushed cheeks, accompanied by dry mouth, thirst, and a floating rapid pulse.
- 青色主寒證——面色青紫 Cyan Complexion Indicates Cold Syndrome - Cyanotic Complexion
- 《金匱要略》記載寒凝血瘀者"面色青黑"，臨床可見心絞痛患者發作時面色青紫，伴四肢厥冷、胸悶胸痛等表現。
- *Jinkui Yaolue* (Synopsis of the Golden Chamber) records that those with cold congealing and blood stasis have "a blue-black complexion". Clinically, angina patients may present with a cyanotic complexion during an attack, accompanied by cold extremities, chest tightness, and chest pain.

五官變化提示

Five Senses Changes Indication

- 目部變化望診 Eye Inspection
 - 中醫認為“肝開竅於目”，如目赤紅腫多提示肝火上炎，清代《審視瑤函》記載可用菊花、決明子煎水熏洗緩解。
 - Traditional Chinese Medicine believes that "the liver opens into the eyes". For example, red and swollen eyes often indicate liver fire ascending. The Qing Dynasty's *Shenshi Yaohan* (Compendium of Ophthalmology) records that chrysanthemum and cassia seed decoction can be used for fumigation and washing to relieve symptoms.
- 鼻部變化望診 Nose Inspection
 - 鼻頭色青主寒痛，若伴鼻塞流涕，民間常以蔥白、生薑煮水熏蒸鼻腔，這是江浙一帶傳統緩解風寒鼻塞的方法。
 - A blue nose tip indicates cold pain. If accompanied by nasal congestion and runny nose, people often use scallion white and ginger boiled water to fumigate the nasal cavity, which is a traditional method in Jiangsu and Zhejiang areas to relieve wind-cold nasal congestion.
- 口唇變化望診 Lip Inspection
 - 唇色淡白多為氣血不足，明代《景岳全書》中記載可食用紅棗、桂圓等補益氣血，現代食療仍沿用此方法調理。
 - Pale lip color is mostly due to insufficient qi and blood. The Ming Dynasty's *Jingyue Quanshu* (Complete Works of Jingyue) records that red dates and longans can be eaten to tonify qi and blood, and this method is still used in modern food therapy.

面部光澤

Facial Luster



正常光澤辨識



Normal Luster Identification

健康人面部應呈明潤含蓄的光澤，如春季桃花般紅潤有彈性，中醫稱為“有神氣”，常見於氣血充足者。

A healthy person's face should have a bright, moist and含蓄 luster, as紅潤 and elastic as spring peach blossoms, which TCM calls "having vitality" and is common in people with sufficient qi and blood.



異常光澤判斷



Abnormal Luster Judgment

若面部出現晦暗如蒙塵、暴露如油亮等異常光澤，可能提示臟腑功能失調，如肝病患者常有面青晦暗的表現。

If the face appears dull like dust or excessively shiny like oil, it may indicate visceral dysfunction. For example, patients with liver disease often have a blue and dull complexion.



面部紋理異常

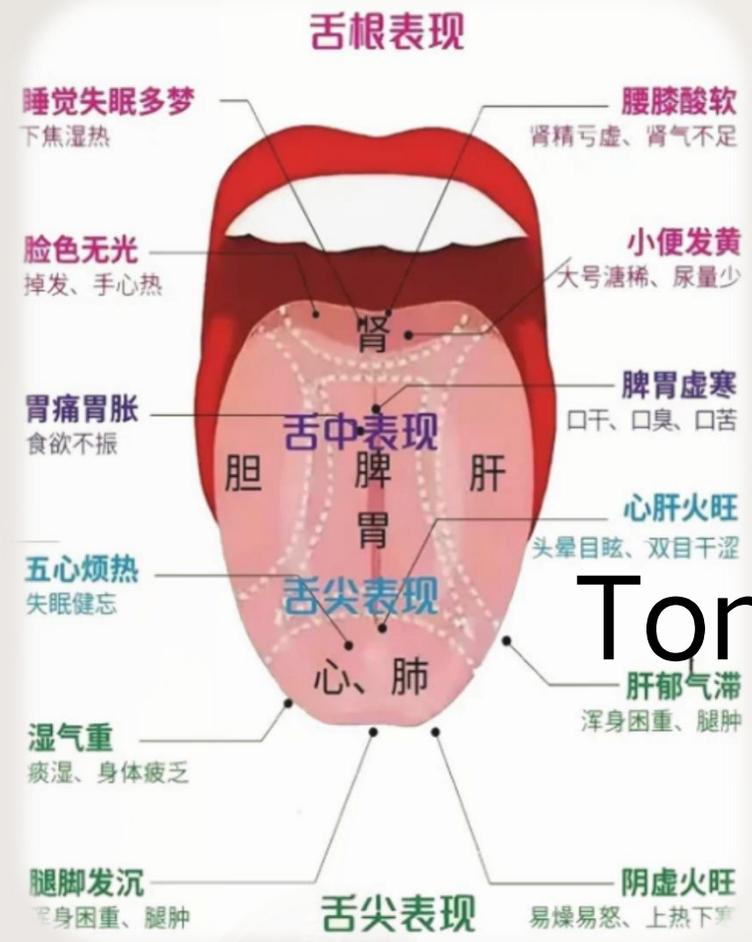
Abnormal Facial Texture

- 皺紋過早增多 Premature Wrinkles
 - 長期熬夜或情志失調者，眼角、額頭易出現細密皺紋，如30歲程序員因長期加班，眼週提前出現魚尾紋，中醫認為與肝腎陰虛相關。
 - People who stay up late for a long time or have emotional disorders tend to develop fine wrinkles at the corners of the eyes and forehead. For example, a 30-year-old programmer who works overtime for a long time may develop crow's feet around the eyes prematurely, which TCM believes is related to liver and kidney yin deficiency.
- 皮膚鬆弛無彈性 Skin Sagging and Inelasticity
 - 脾胃虛弱者常表現為面部皮膚鬆弛，如慢性胃炎患者面部肌肉下垂，紋理變淺且缺乏光澤，古籍《黃帝內經》稱“脾虛則面萎”。
 - People with spleen and stomach weakness often present with facial skin sagging. For example, patients with chronic gastritis have sagging facial muscles, shallow texture and lack of luster. The ancient book *Huangdi Neijing* states that "spleen deficiency leads to facial atrophy".
- 紋理顏色異常 Abnormal Texture Color
 - 肝鬱氣滯者面部紋理呈青暗色，如長期情緒壓抑的教師，兩頰紋理帶青黑，伴隨胸悶脅脹，可通過疏肝理氣調理改善。
 - People with liver stagnation and qi stagnation have bluish-dark facial texture. For example, teachers with long-term emotional depression have bluish-black texture on both cheeks, accompanied by chest tightness and hypochondriac distension, which can be improved by

02

舌苔辨識

Tongue coating identification



舌苔顏色判斷

Tongue Coating Color Judgment

- 淡白舌 Pale White Tongue
 - 常見於氣血兩虛者，如長期慢性胃病患者，舌色淡白無華，伴神疲乏力、面色蒼白，需補氣養血調理。
 - Common in people with qi and blood deficiency, such as patients with long-term chronic stomach disease, the tongue color is pale and dull, accompanied by fatigue and pale complexion, requiring qi and blood tonifying.
- 紅舌 Red Tongue
 - 外感風熱感冒初期，患者舌色鮮紅，常伴咽喉腫痛、口乾欲飲，中醫辨證為熱證，可選用銀翹散清熱解表。
 - In the early stage of exogenous wind-heat cold, patients have bright red tongue, often accompanied by sore throat and dry mouth with desire to drink. TCM differentiates it as heat syndrome, and Yinqiao San can be used to clear heat and relieve exterior syndrome.
- 絳舌 Crimson Tongue
 - 高熱不退或重症感染患者，舌色深紅如絳，多提示熱入營血，如肺炎高熱期，需涼血解毒治療。
 - In patients with persistent high fever or severe infection, the tongue color is deep red like crimson, mostly indicating heat entering nutrient-blood, such as in the high fever stage of pneumonia, requiring cooling blood and detoxifying treatment.
- 紫舌 Purple Tongue
 - 冠心病患者常見舌色紫暗，伴瘀斑，提示氣血瘀滯，可通過丹參飲等活血化瘀方劑改善症狀。

舌苔質地分析

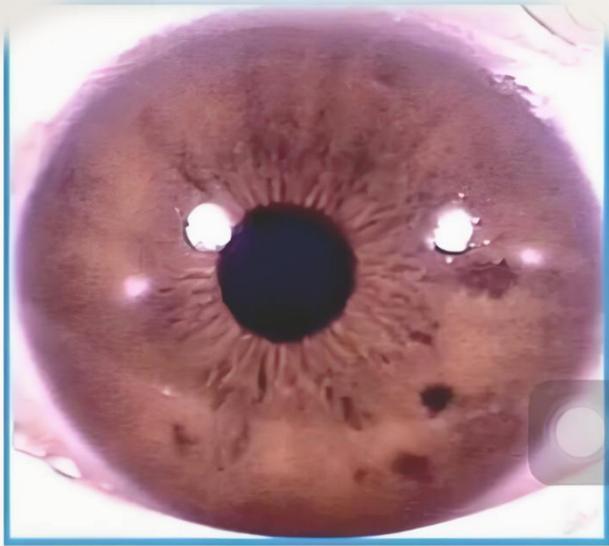
Tongue Coating Texture Analysis

- 舌苔厚薄辨識 Thickness Identification of Tongue Coating
 - 薄苔常見於健康人或外感初起，如風寒感冒初期舌苔薄白；厚苔多提示裡證，如痰濕體質者常出現白厚膩苔。
 - Thin coating is common in healthy people or early stage of exogenous disease, such as thin white coating in the early stage of wind-cold cold; thick coating mostly indicates interior syndrome, such as white thick and greasy coating often seen in phlegm-damp constitution.
- 舌苔潤燥判斷 Moisture Judgment of Tongue Coating
 - 燥苔可見於熱盛傷津，如糖尿病患者常出現舌苔乾燥起裂紋；潤苔則為正常表現，或見於寒濕證患者。
 - Dry coating can be seen in heat excess injuring body fluid, such as dry and cracked tongue coating often seen in diabetic patients; moist coating is a normal manifestation or seen in patients with cold-damp syndrome.
- 舌苔腐膩分析 Putrid and Greasy Coating Analysis
 - 腐苔多因食積胃腸，如暴飲暴食後可見舌苔厚腐；膩苔常提示痰濕內阻，如慢性支氣管炎患者多見白膩苔。
 - Putrid coating is mostly due to food stagnation in the stomach and intestines, such as thick putrid coating after overeating; greasy coating often indicates internal obstruction of phlegm-dampness, such as white greasy coating commonly seen in patients with chronic bronchitis.

舌體形態觀察

Tongue Body Morphology Observation

- 舌體胖大 Enlarged Tongue Body
- 舌體胖大邊緣有齒痕，常見於脾虛濕盛者，如長期飲食油膩者，舌體胖大且舌苔白膩，常伴腹脹便溏。
- An enlarged tongue body with tooth marks on the edges is common in people with spleen deficiency and excessive dampness, such as those who have a long-term greasy diet, with enlarged tongue body and white greasy coating, often accompanied by abdominal distension and loose stools.
- 舌體瘦薄 Thin Tongue Body
- 舌體瘦薄多因氣血虧虛，如久病體虛患者，舌色淡白、瘦薄，常伴面色蒼白、乏力等症狀。
- A thin tongue body is mostly due to qi and blood deficiency, such as patients with long-term illness and physical weakness, with pale white and thin tongue, often accompanied by pale complexion and fatigue.
- 舌體歪斜 Deviated Tongue Body
- 舌體歪斜多為中風先兆或後遺症，如高血壓患者突然出現舌體歪斜，需警惕腦血管疾病發生。
- A deviated tongue body is mostly a precursor or sequela of stroke. For example, if a hypertensive patient suddenly develops a deviated tongue, it is necessary to be alert to cerebrovascular diseases.



03

虹膜辨識

Iris recognition



虹膜顏色解讀

Iris Color Interpretation

- 虹膜色淡白與氣血虧虛 Pale White Iris and Qi-Blood Deficiency
 - 中醫望診中，虹膜色淡白多提示氣血不足，如長期疲勞者常見此象，可伴隨面色蒼白、乏力，需補氣養血調理。
 - In TCM inspection, pale white iris color mostly indicates insufficient qi and blood, which is common in people with long-term fatigue, accompanied by pale complexion and fatigue, requiring qi and blood tonifying.
- 虹膜色深暗與瘀阻體質 Dark Iris and Stasis Constitution
 - 虹膜色深暗或見斑點，多為體內有瘀，如慢性病患者常見，中醫認為需活血通絡，改善氣血運行。
 - Dark iris color or spots mostly indicate internal stasis, common in patients with chronic diseases. TCM believes that it is necessary to activate blood circulation and dredge collaterals to improve qi and blood circulation.
- 虹膜色黃染與濕熱內蘊 Yellow-Stained Iris and Internal Damp-Heat
 - 虹膜出現均勻黃染，可能提示肝膽濕熱，如黃疸患者可見，常伴身目發黃、口苦，需清熱利濕治療。
 - Uniform yellow staining of the iris may indicate liver-gallbladder damp-heat, such as seen in jaundice patients, often accompanied by yellowing of the body and eyes, bitter taste in the mouth, requiring heat-clearing and dampness-draining treatment.

虹膜紋理特徵

Iris Texture Features

- 紋理密度差異 Texture Density Difference
 - 中醫望診中，健康人虹膜紋理細密均勻，如浙江地區中醫臨床觀察發現，痰濕體質者紋理常稀疏且伴模糊斑點。
 - In TCM inspection, the iris texture of healthy people is fine, dense and uniform. For example, clinical observations by TCM practitioners in Zhejiang area found that people with phlegm-damp constitution often have sparse texture with blurred spots.
- 色素分佈狀態 Pigment Distribution Status
 - 正常虹膜色素呈淡褐色均勻分佈，《中醫診斷學》記載，肝鬱氣滯患者虹膜邊緣易出現不規則深色斑塊，如30-40歲女性肝鬱案例中占比約62%。
 - Normal iris pigment is uniformly distributed in light brown. *TCM Diagnostics* records that patients with liver stagnation and qi stagnation tend to have irregular dark patches on the iris edge, such as accounting for about 62% of liver stagnation cases in women aged 30-40.
- 紋理走向形態 Texture Direction Morphology
 - 健康人虹膜紋理多呈放射狀走向，上海某中醫診所數據顯示，腎虛患者約78%存在紋理扭曲或螺旋狀改變，伴腰膝酸軟症狀。
 - The iris texture of healthy people is mostly radial. Data from a TCM clinic in Shanghai shows that about 78% of patients with kidney deficiency have texture distortion or spiral changes, accompanied by soreness and weakness of the waist and knees.



Thank you

