Yin_yang Train: Original

Pale tongue
Sleepiness Listlessness
Heat Cold Loose stools
Restless Gradual onset Empty Pulse
Changes Chronic disease
Acute disease Lingering disease
Restlessness Insomnia Curling up
Hot limbs & body Red Pale Face
Tongue
Rapid onset Cold Limbs
Red Face Yellow Coat
Constipation

YANG YIN