Cold Damp or Damp Heat?

one page to tell which side you are on

Six checks, plus one row for the tea test. Four on the same side is a lean. If they conflict — bitter taste above, cold hands below — you are probably mixed: don't self-treat.
Sources: Guangdong Provincial Administration of TCM, 2026-05-28 and 2023-02-10 (szyyj.gd.gov.cn); Chinese Pharmacopoeia, coix seed. Assessment belongs with a practitioner in person.

What to check	Cold damp • the frozen city	Damp heat • the stifled city
Thirst	Not thirsty, or thirsty but unwilling to swallow; a sip and the cup goes down	Sticky, bitter mouth; craving cold drinks; still not satisfied after drinking
Urine	Frequent, large volume, pale and clear	Smaller volume, dark yellow; sometimes burning
Stool	Loose, unformed, two or three times a day; never quite finished	Sticky, strong odor; burning on passing; hard to wipe clean
Tongue (morning, unbrushed)	Swollen body, scalloped edges; white, thick, greasy coating	Redder body; yellow, greasy coating, as if oiled
Skin, sweat, odor	Pale, cool, little oil, little sweat; cold sweat; faint odor	Oily face and scalp, prone to spots and boils; sticky sweat, strong odor
Cold or stifled	Afraid of cold and drafts; air conditioning is miserable; heat helps	Bothered by mugginess, not cold; worst before rain; air conditioning helps
After cooling tea	Heavier, colder, looser stools — wrong direction	Lighter, less oily, less stifled — right direction

How to use it

1. Tongue first, before brushing or eating. **2.** Answer the rest for the last two weeks, not your worst day. **3.** Four of six is a lean; one or two usually means a tiring week or humid weather.

These are not dampness — see a doctor

A pit in your shin that stays, or weight climbing while urine drops — check heart, kidney, liver first. Cold, tired, dry tight skin too? Ask about thyroid; that swelling doesn't pit. Constant burning or urgency on urinating: urine test first — it can be an infection. Thirst and urine rising while weight falls: check blood glucose.

 Health education only, not medical advice. Constitution assessment and any herbal formula belong with a licensed TCM practitioner in person. If you have an existing condition or take prescription medicines, check with your doctor or pharmacist first.