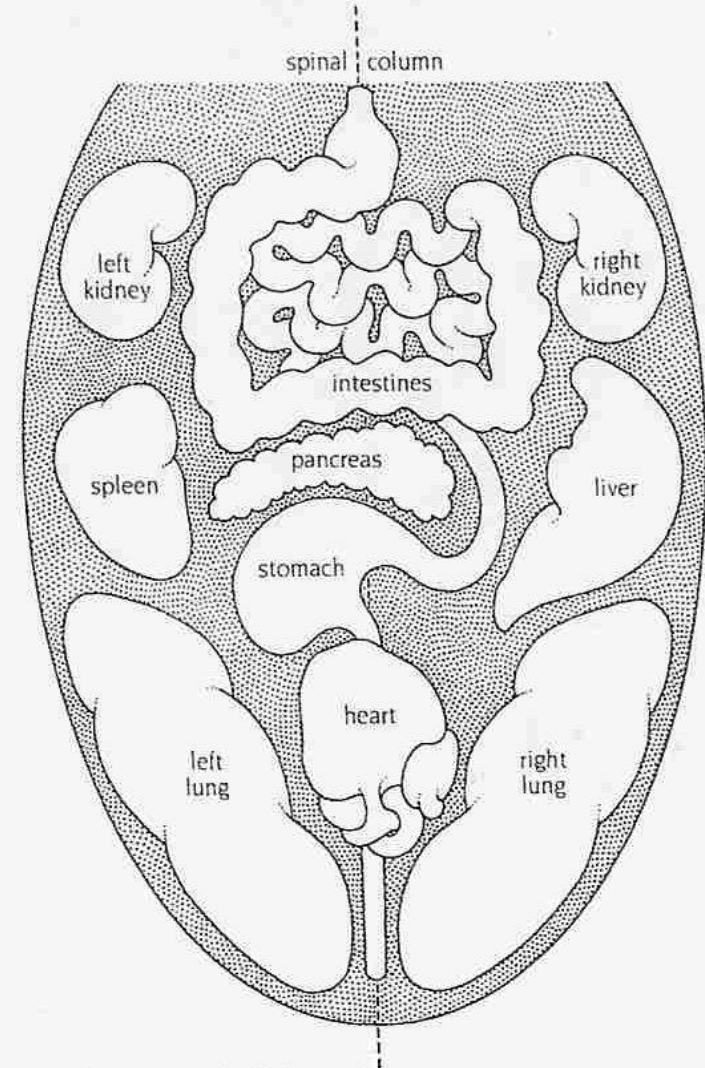
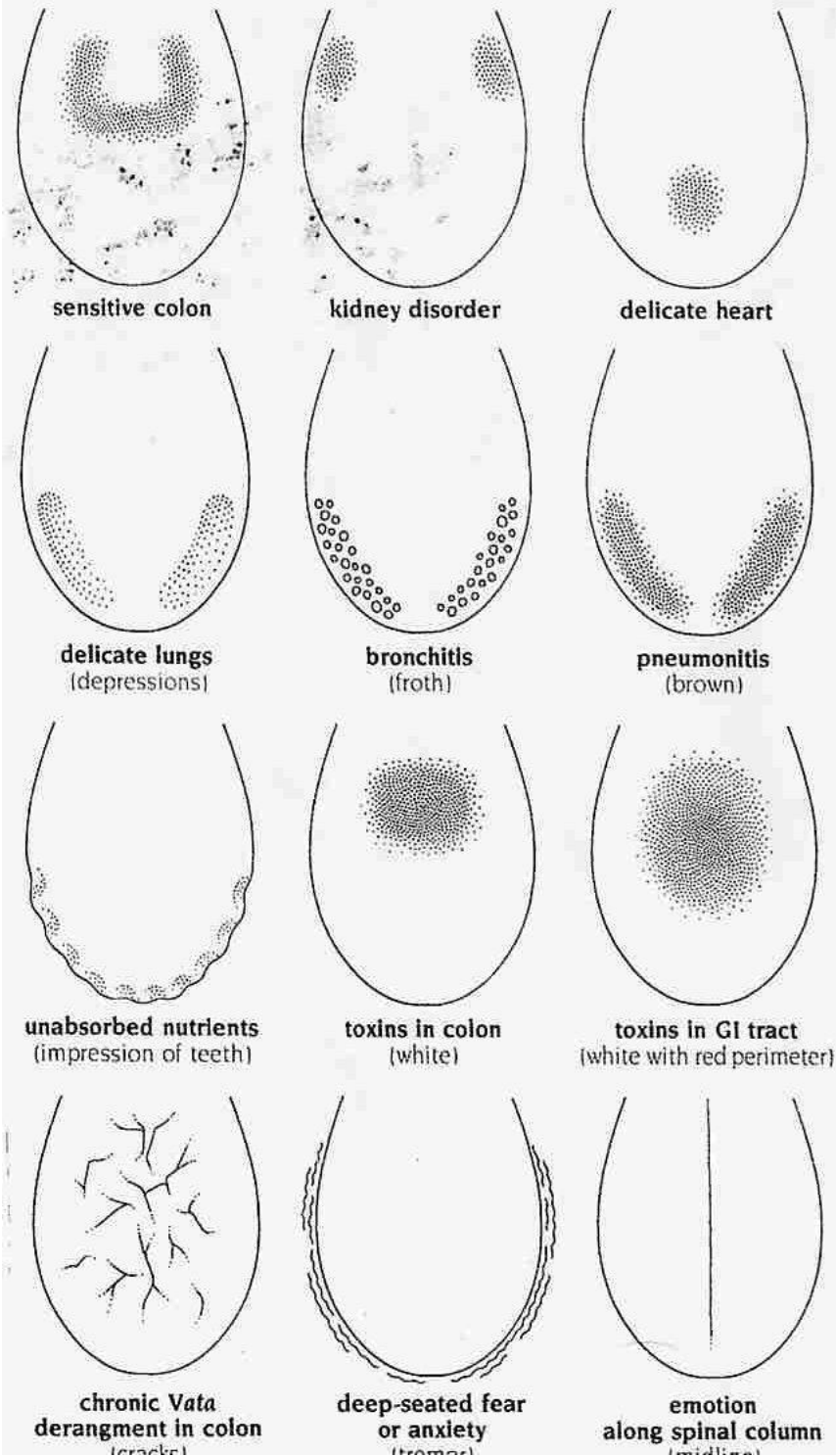
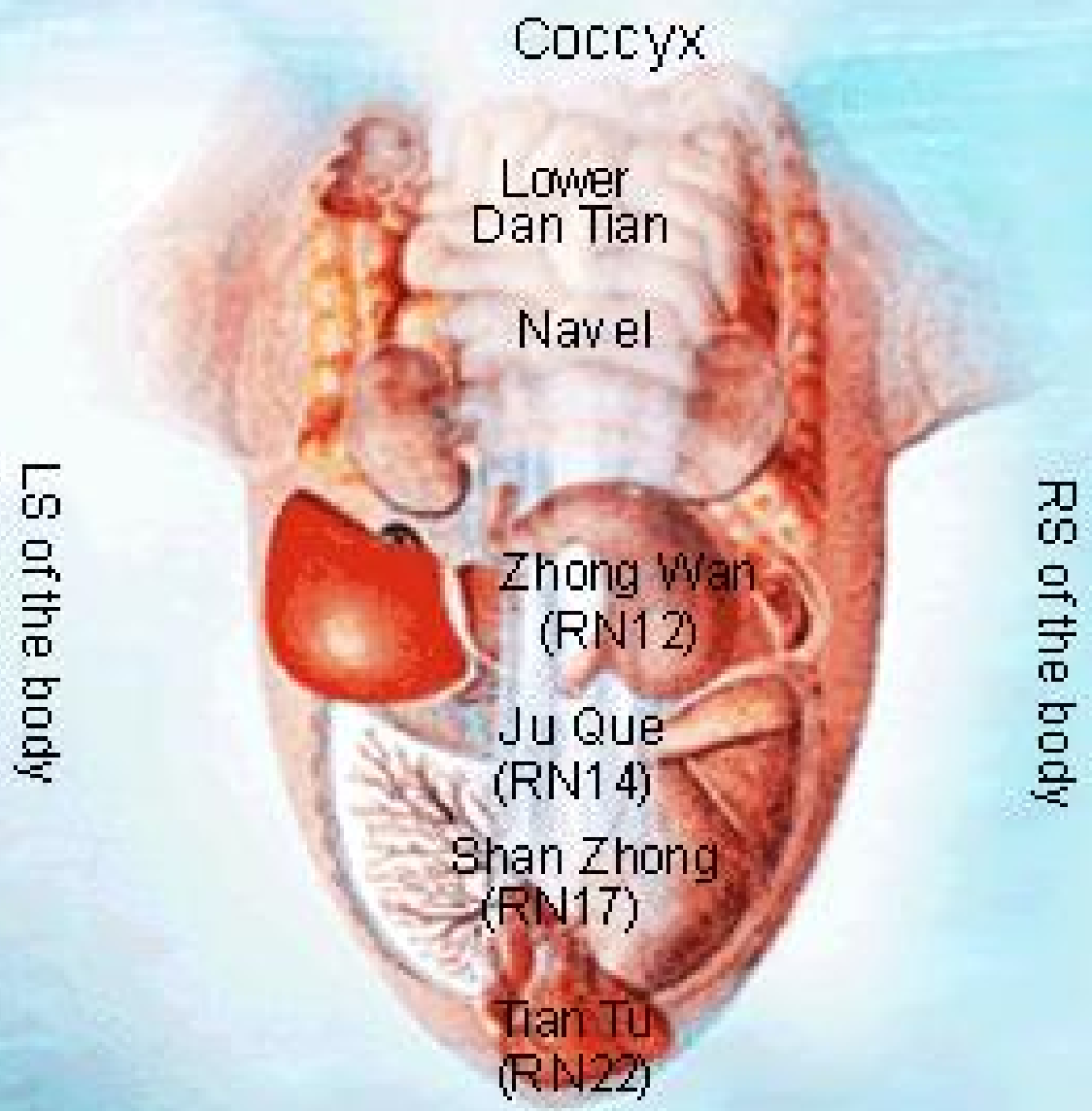


Diagram 6
Tongue Diagnosis (Jihva)

CONDITIONS: A discoloration and/or sensitivity of a particular area of the tongue indicates a disorder in the organ corresponding to that area (see diagram). A whitish tongue indicates *Kapha* derangement and mucus accumulation; a red or yellow-green tongue indicates *Pitta* derangement; and a black-to-brown coloration indicates *Vata* derangement. A dehydrated tongue is symptomatic of a decrease in the *dhatu Rasa* (plasma), while a pale tongue indicates a decrease in the *dhatu Rakta* (red blood cells).

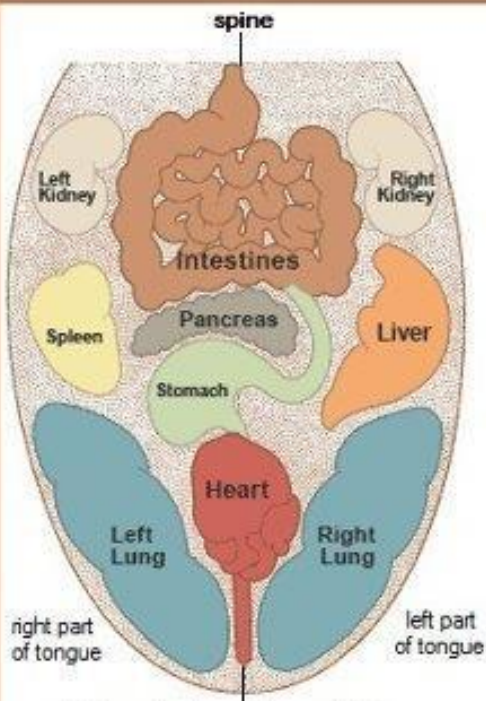


Note: This diagram is used to look at one's own tongue in a mirror. It is a mirror image.



tongue diagnosis

an Ayurvedic way to check for imbalances



right part of tongue
left part of tongue

this is a mirror image diagram to help you look at your tongue in the mirror

Criteria	Aspect of life	Healthy sign	Unhealthy signs
01. Alignment	Balance in life	Centrally aligned	Left/right aligned
02. Colour	Immunity, energy	Pinkish red	Gray, red, white
03. Edges	Peripheral, Absorption	Same as tongue body	Thin, eroded, dented
04. Fur	Undigested matter	Very little	Gray, yellow, white
05. Marks	Current imbalances	Absent	Cuts, ulcers, glassy
06. Movement	Low energy, control	Still	Shaky, shivering
07. Shape	Life, philosophy	Oval	Wider/narrow, long/short
08. Surface	Energy supply	Even	Uneven, wrinkled
09. Texture	Vitality, robustness	Visible buds	Dry, burnt, milky
10. Thickness	Accumulation	Translucent	Thin/thick, hot+swollen

