AYURVEDA · ASHTAVIDHA PARIKSHA

Tongue Diagnosis

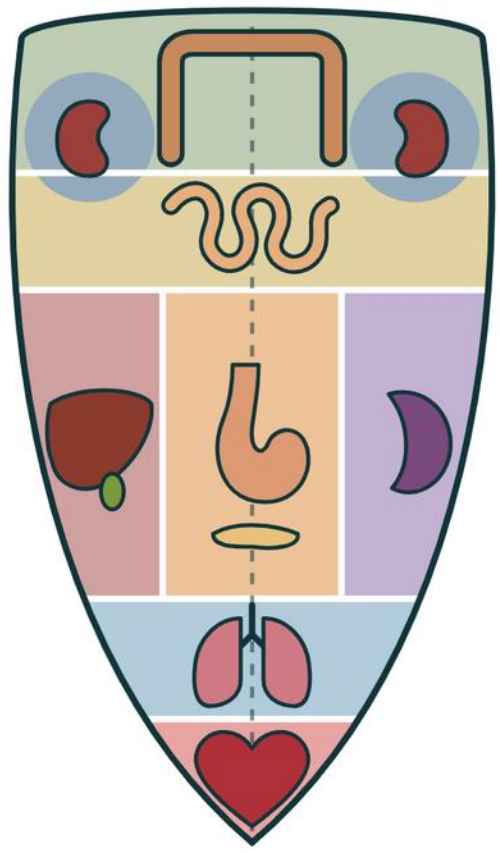
Jihva Pariksha · जिह्वा परीक्षा

The art of reading the tongue

In Ayurveda the tongue is a mirror of the body. Its zones, colour, coating and shape offer clues about digestion, the organs and the balance of the three doshas.

The Tongue Map

Each region reflects an organ. Shown as you face the person.



Midline
the spine

Facing the person, their right side (liver) is on your left.

A change in colour, coating, cracks or spots in one zone points to the organ linked with it.

Reading the Doshas

Balanced tongue

Pink, moist and evenly shaped, with only a thin, clear coating. Free of cracks, marks and odour.

Vata वात

Dry, rough, thin or trembling. Cracks and fissures. Dark brown or blackish coating; may look greyish-blue.

Pitta पित्त

Red or inflamed, often pointed. Yellow or greenish coating. Red spots, ulcers or a burning feeling.

Kapha कफ

Pale, thick, wet and swollen; may show teeth marks. Thick, white, sticky coating.

Colour of the tongue

Pink, even
Healthy; doshas in balance

Coating — Ama

Ama is undigested residue. The thicker the coat, the more ama.

Shape & marks

- **Teeth marks on edges**
  Poor absorption of nutrients