Tongue Diagnosis

The tongue is the organ of taste and speech. Size, shape, contour, surface, margins, and color are the characteristics one can observe on the tongue. A pale tongue may indicate an anemic condition or lack of blood in the body. A yellowish tongue may suggest that excess bile present in the gallbladder or a possible liver disorder. A blue tongue is normally an indication of problems with the heart or lungs.

Different areas of the tongue correspond to different organs of the body. Hence by correlating the location of the blemishes on the tongue, the Ayurvedic practitioner can determine which organs of the body are out of balance.

A whitish tongue indicates Kapha imbalance and mucus accumulation. A red or yellow green tongue indicated a Pitta imbalance. A vata imbalance is manifested by a black to brown coloration on the tongue.

If the tongue is covered by a coating, it may indicate the presence of toxins in the stomach, small intestine or large intestine. If the posterior part of the tongue is coated, it will indicate that toxins are present in the large intestine. If the middle of the tongue is coated, the toxins are present in the stomach and in the small intestine.