

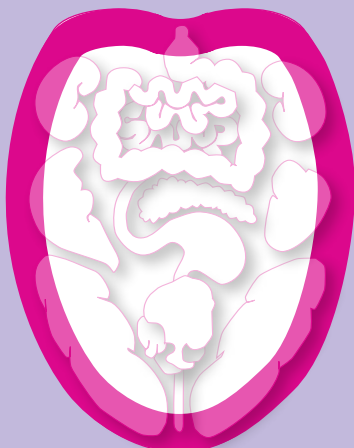
# Ayurvedic Tongue Analysis

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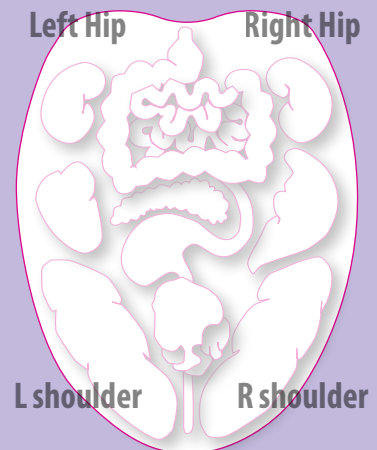
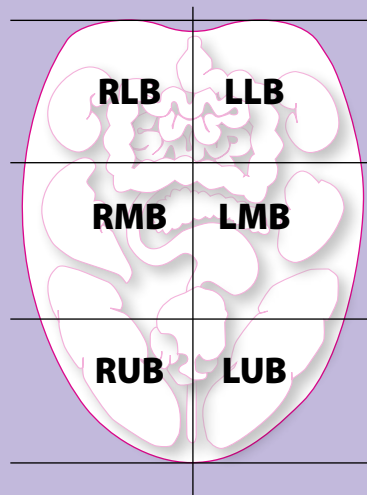


1. Inform your client about what you are going to do to. Give them a mirror and tongue chart and have a go with it for a minute or so.
2. Use the same light (preferably a strong lead light) for every tongue analysis. Be aware of surrounding walls, curtains and lights can influence your judgement.
3. Face your client when you sit down or stand up for analysis.
4. Align your client's spine vertically, shoulders horizontally, and chin to sternum.
5. Observe the tongue for 15 seconds, 3-5 times.
6. Observe how it moves, outward, inward and sideways - right from the beginning until your client closes their mouth.
7. Take note of all aspects before interpreting the signs.
8. Ask the client about the affected part, rather than jumping into a diagnosis. (e.g: If you find a cut and red patch on the liver, instead of asking when did you get hepatitis, ask tell me more about your liver.)
9. Start with musculo-skeletal interpretations before going into systemic and psychological.
10. If possible take a picture as a record.
11. Food, drinks and smoking can change the colour of the tongue temporarily. Sticking tongue out for 20+ seconds can also make it red.

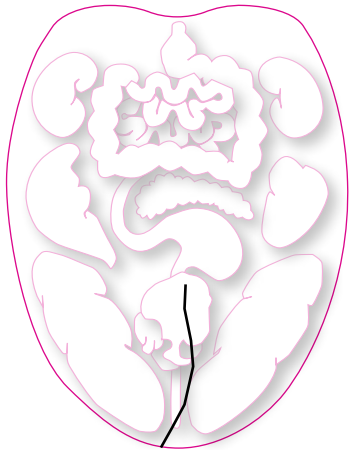
Criteria	Aspect of life	Healthy sign	Unhealthy signs
1. Alignment	Alignment in life	Vertical, straight	Left, right, diagonal, pulled to one side, curved
2. Colour	Immunity, energy ( <i>blood</i> )	Pinkish red	Gray, red, white, pale, stained, patchy
3. Edges	Peripheral circulation	Same as body	Thin, eroded, serrated, dented, sediments, shiny
4. Fur	Undigested matter	Very thin, nice	Gray, yellow, white; thick, thin
5. Marks	Current issues	Absent	Cuts, ulcers, glassy/milky, wrinkles, swollen
6. Movement	Low energy ( <i>immunity, CNS</i> )	Still, steady	Shaky, snake movements
7. Shape	Comfort in life	Oval	Wide, narrow; long, short, curled, bent
8. Surface	Energy supply	Even	Dips, raised/swellings/bulges
9. Texture	Vitality, robustness ( <i>Balam</i> )	Visible buds	Dry, watery, glassy/milky, burnt, smooth
10. Thickness	Accumulation	Translucent	Thin, thick; swollen



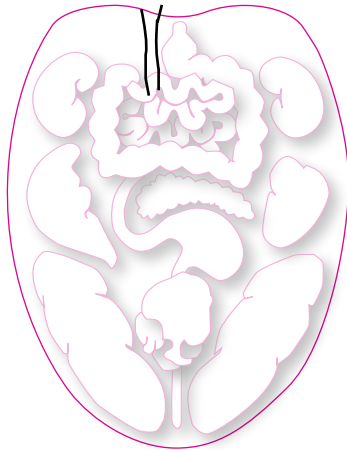
Edges



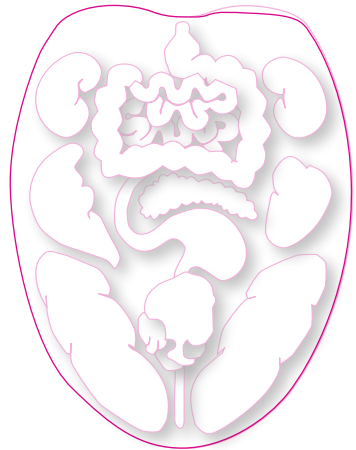
Mirror image



R shoulder tightness



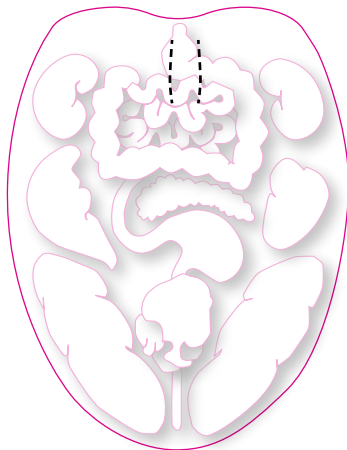
R SIJ tightness



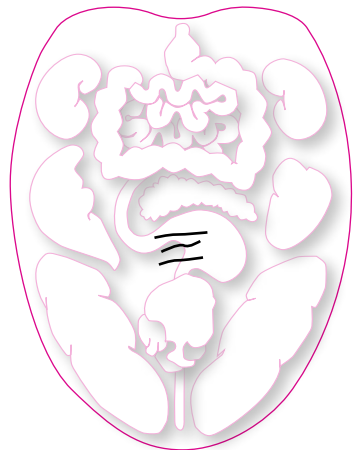
L hip pushed forward



Lumbar stiffness



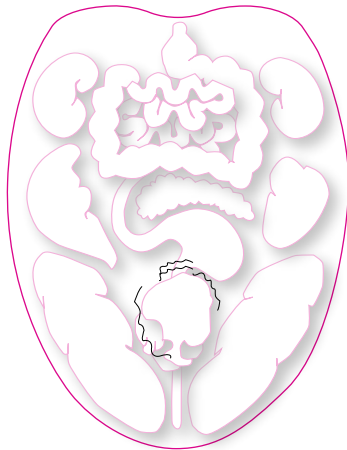
Discs under pressure



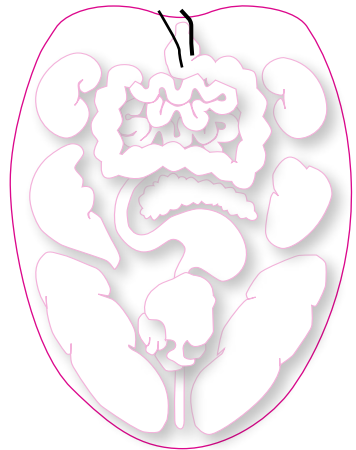
Acid reflux/ GB stones



Sluggish memory



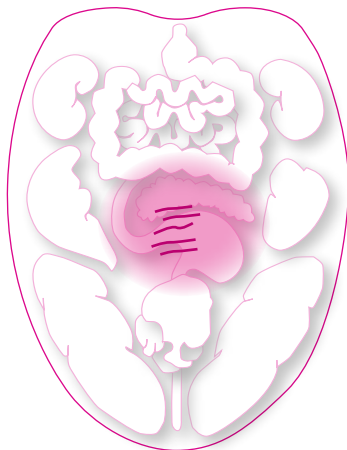
Hig cholesterol



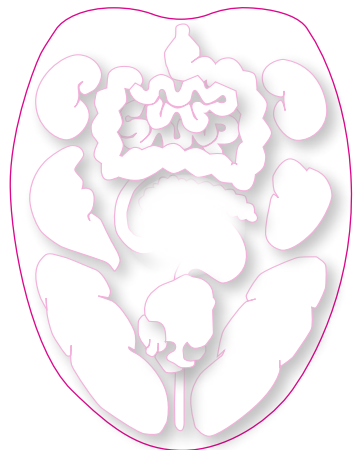
R hamstring tense



Inflamed liver



Inflamed stomach



Sluggish stomach



*Name*

*Date*

*Observation*

*Advise*

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