



新世纪全国高等中医药院校规划教材配套教学用书

主编 龚一萍

Chief Editor GONG YIPING

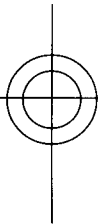
# 中英文对照 中医舌诊

**Chinese-English**

**Traditional Chinese Medicine Tongue Diagnosis**

中国中医药出版社

New Century Teaching and Learning Material Attached to Stated-planted  
Textbooks for Higher Institution of Traditional Chinese Medicine



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# 中英文对照中医舌诊

*Chinese-English Traditional Chinese  
Medicine Tongue Diagnosis*

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# 前 言

舌诊是中医的特色诊法之一，是医生诊病的重要依据。因此舌诊教学内容既要重视中医舌诊的基本理论、基本知识的传授，更要注意培养学生望舌的基本技能。

《中英文对照中医舌诊》根据舌诊教育的特点及教学需要，以最新教学大纲为依据和主线，紧扣舌诊的主要知识点编写。介绍知识点包括：舌象特征、临床意义、英文翻译、舌象图片4部分。舌象图片中除了反映相应知识点——舌象的特征外，还选取了所拍舌象病人的相关信息，有利于病证结合学习。文字内容为中英文对照，适用于中外学生使用。本书特色：①配套教材，按知识点介绍，脉络清楚。②每一知识点后均有对应的舌象图片，为学生学习舌象构建了很好的直观形象。全书共收图片200幅左右，均是近3年来作者从临床拍摄的最新舌象图片。③中英文对照版本，面对国内外学习中医的学生，有利于中医文化的对外交流。读者对象为在校学生、留学生、成人教育函授学生、一般读者。

本书在启动、编写与审阅过程中，中国中医药出版社的有关同志给予了大力支持；在舌象收集的过程中，浙江中医学院附属医院、杭州市中医院、杭州市红卫医院、杭州市新华医院相关科室和部门及医生给予了很大帮助，在此一并致谢。

舌象图谱化、中英文对照的编写是一项有利于中医教育的工作，编写者虽然身在教学临床一线，但编写这类图书尚属首次，因此书中缺点和错误在所难免，敬请读者指正。

编 者

2006.1

# Foreword

Tongue diagnosis is a distinguishing feature of TCM diagnostic methods, and an important foundation for physicians in diagnosing diseases. Therefore, the content for teaching and learning tongue diagnosis not only places importance on the theoretical foundation of TCM and basic knowledge of skills, but also focuses on fostering students' basic abilities in observing tongues.

The *Chinese-English TCM Tongue Diagnosis*, based on the up-to-date teaching programme, is a compilation for helping grasp the essential points for teaching and learning tongue diagnosis. The essential points cover four aspects: the characteristics for tongue manifestations, its clinical significance, English translation, and photographs of tongue manifestations. Not only do the photographs reflect the characteristics of the corresponding essential points, but there is a collection of more relevant data from those patients whose photographs of tongue manifestations were taken, beneficial to the study of diseases and their patterns. This book is written in Chinese-English bilingual form, suitable for both Chinese and foreign students. The special features of this book are: ① A complete set of teaching material, attached to the state-planned text-books, is presented according to the essential points, and with a clear sequence. ② At the conclusion of every essential point, there is a photograph of the corresponding tongue manifestation, giving learners a very good visual image. Approximately 200 photographs in the book are collected and photographed by the author from the clinic in the last 3 years, making them the up-to-date photographs of tongue manifestations. ③ A Chinese-English bilingual edition is compiled for Chinese and Foreign students studying Chinese Medicine, helping promote the cultural exchange of Chinese Medicine with foreign countries. The target audience is general readers, such as local students, foreign students, and adults studying by correspondence.

At the commencement of writing this book, through the process of compilation and critical examination, relevant staffs at the China Press of Traditional Chinese Medicine have given their immense support; in the course of collecting tongue manifestations, the administrations, faculties and doctors in Zhejiang College of TCM Subsidiary Hospital, Hangzhou City Hospital of TCM, Hangzhou City Hongwei Hospital, and Hangzhou City Xinhua Hospital have been of great help. Their support and help are greatly appreciated with deep thanks.

The collection of illustrative photographs, compilation of the Chinese-English bilingual book is a valuable asset for the teaching of Chinese Medicine. Although the author has been working in teaching and clinic over the years, it is the first time to compile this kind of books and the deficiencies and errors may occur. The author is looking forward earnestly to the readers' corrections and suggestions.

Author  
2006.1

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# 中英文对照中医舌诊

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## Chinese-English Traditional Chinese Medicine Tongue Diagnosis

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CHAPTER ONE AN OVERVIEW OF TONGUE  
DIAGNOSIS
- 第二章 望舌质  
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ANALYSIS OF TONGUE  
MANIFESTATIONS AND  
THE SIGNIFICANCE OF  
TONGUE DIAGNOSIS

## 第一章

## 舌 诊 概 说

舌诊是通过观察舌质和舌苔的变化，了解机体生理功能和病理情况的诊察方法，是望诊的重要内容，是中医诊法的特色之一。舌诊具有悠久的历史，早在《黄帝内经》中就有关于望舌诊病的记载，如《素问·刺热》曰：“肺热病者，先淅然厥，起毫毛，恶风寒，舌上黄。”指出表邪传里，肺胃热盛，舌苔变黄的转化规律。汉·张仲景《伤寒杂病论》将舌诊作为中医辨证论治法则的一个组成部分。在《金匮要略·惊悸吐血下血胸满瘀血病脉证治》中指出：“病人胸满，唇痿舌青，……为有瘀血。”以舌青作为血瘀证的依据。元代舌诊专著《敖氏伤寒金镜录》问世，载舌象图 36 幅，结合临床，进行病机分析，并确定方药及推测预后。明清时代温病学派兴起，对辨舌验齿尤为重视，在研究温热病的过程中，总结出一套“温病察舌”的方法，对温病的辨证论治起到重要的指导作用。由于舌与脏腑气血津液关系十分密切，其变化与体内的各种变化同步，所以舌象是反映人体的非常灵敏的标尺，也可以说舌象是窥测内脏变化的“窗口”，也有人比作反映内脏变化的“镜子”。临床实践证明，凡体质禀赋的强弱、正气的盛衰、病情的浅深、预后的好坏均能客观地从舌象上反映出来，为医生临床诊断提供重要依据。

近代，随着医学科学的发展，对舌诊的研究更加深入，开展了舌诊现代化、客观化的研究，对舌象形成的原理有了更加深入的了解，对舌象的临床应用有了新的拓宽和发展。

## CHAPTER ONE

# AN OVERVIEW OF TONGUE DIAGNOSIS

Tongue diagnosis is accomplished primarily by assessing the changes in the proper and tongue coating. It is a diagnostic tool that helps to understand the mechanisms of the body's physiology as well as pathology of diseases. It is an important part of observation diagnosis as well as being a unique feature of TCM diagnostic methods. Tongue diagnosis has had a very long history, documentation of tongue diagnosis for diseases started as early as the *Yellow Emperor's Internal Classic (Huang Di Nei Jing)* of the Warring States Period. For example, from the chapter *Plain Questions · Acupuncture in the Treatment of Febrile Disease*, "In febrile diseases of the Lungs, the patient will have sudden chills and goose bumps, aversion to wind and cold, yellow coating on the tongue." identifying the transformation pattern of tongue coating to a yellow color in correspondence to an external pathogen transferring internally, leading to exuberant heat in the Lungs and Stomach. In the Han Dynasty, Zhang Zhongjing utilized tongue diagnosis as part of his Selecting Treatment by Differentiating Syndromes (STDS) process as prescribed in his compilation the *Treatise on Cold-induced and Miscellaneous Diseases (Shang Han Za Bing Lun)*, The *Synopsis of the Golden Chamber · On Pulse Syndrome Complex and Treatment of Convulsions and Palpitations, Hematemesis, Hematochezia, Chest Fullness and Blood Stasis*. states: "Patient with fullness in the chest, flaccid lips and blue tongue, ... indicating there is blood stasis." As a result, a blue tongue is the basic sign of blood stasis. The Yuan Dynasty saw the first text devoted to Tongue Diagnosis published: The *Ao's Record of the Golden Mirror of Cold-induced Disorders*, containing 36 illustrations, each accompanied by an explanatory on the clinical pathogenesis, as well as herbal treatment and the conjecture of a prognosis. During the Ming and Qing Dynasties arose the School of Febrile Diseases, which placed great significance on tongue differentiating and inspection of the teeth. Through the process of researching febrile diseases came the formation of the technique "Observing the Tongue to Identify Febrile Disease", hence providing essential guidance to the differential diagnosis of febrile diseases. Given the close relationship between the tongue and the Qi, Blood, and Body Fluids of the ZangFu, changes of the tongue and changes within the body occur simultaneously, thus the manifestation of the tongue is an extremely sensitive gauge of a patient's condition. It can also be said that the form of the tongue is a "window" to peek at changes of the internal organs, or that the tongue is a "mirror" that reflects on the changes of the internal organs. Through clinical experiences, it is proven that observing the form of the tongue provides an objective reflection of the strength of a body's inherited constitution, the prosperity or decline of the anti-pathogenic Qi, the severity of a disease, a good or poor prognosis, hence it is a basic yet vital diagnostic tool for a TCM practitioner to utilize in practice.

Through the development of modern medical science, the research of tongue diagnosis has become more in-depth, launching its modernization, offering objective researches, providing a better and more thorough understanding of the principle of tongue diagnosis, broadening and providing further development for the clinical use of tongue diagnosis.

## 第一节 舌的形态结构

舌为一肌性器官，由黏膜和舌肌组成，它附着于口腔底部、下颌骨、舌骨，呈扁平而长形。其主要功能与味觉、发音、搅拌食物、协助吞咽有关。

舌体的上面称舌背，下面称舌底。舌背又分为舌体与舌根两部分，以人字沟为分界（图 1-1）。伸舌时一般只能看到舌体，故中医诊舌的部位主要是舌体。

舌体的前端称为舌尖；舌体的中部称为舌中；舌体的后部、人字形界沟之后称为舌根；舌两边称为舌边（图 1-2）。

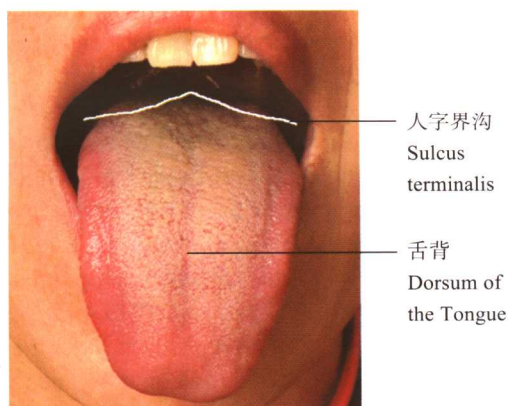


图 1-1

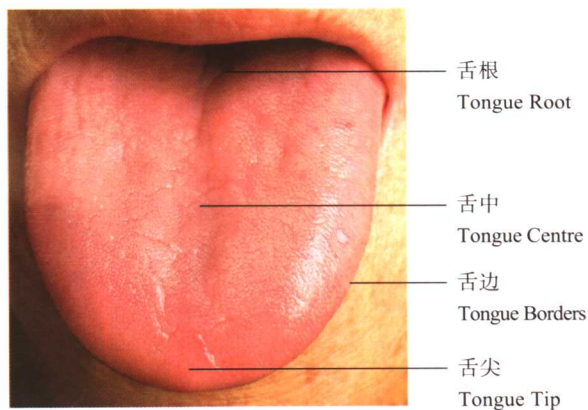


图 1-2

舌体的正中有一条纵形沟纹，称为舌正中沟（图 1-3）。

当舌上卷时，可看到舌底。舌底正中有一纵行皱褶，称为舌系带（图 1-4）。

舌面覆盖一层半透明的黏膜，黏膜皱折成许多细小突起，称为舌乳头。根据舌乳头形态不同，分为丝状乳头、蕈状乳头、轮廓乳头和叶状乳头 4 种，其中丝状乳头与蕈状乳头与舌象形成有着密切关系，轮廓乳头、叶状乳头与味觉有关。丝状乳头数目

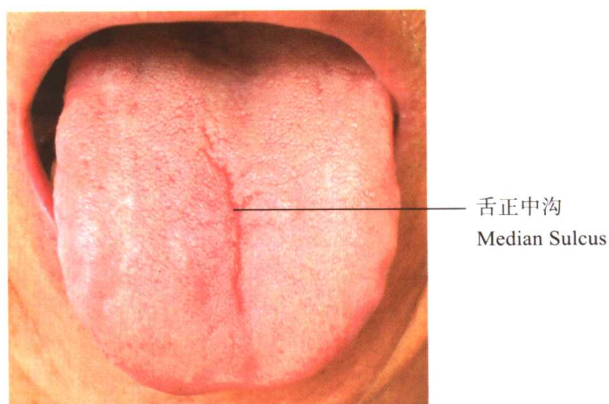


图 1-3

最多，分布在舌尖、舌体和舌缘，呈圆锥状，高约 0.5~2.5mm，呈角化树状。脱落细胞、食物残渣、细菌、黏液等填充其间隙，形成白色苔状物，称为舌苔。

## SECTION ONE THE FORM AND STRUCTURE OF THE TONGUE

The tongue is a muscular organ occupying the floor of the oral cavity. It is composed of a mucous membrane and tongue muscles and is attached to the hyoid bone, and the mandible appearing as a flat and elongated profile. It is the primary organ of taste, important in the formation of speech, and manipulates food for chewing and swallowing.

The topside of the tongue is called the dorsum of the tongue, and the underside is called the bottom of the tongue. The dorsum of the tongue can be divided into two parts, the tongue body and the tongue root, separated by a V-shaped groove, the sulcus terminalis (or terminal sulcus) (Diagram 1-1). On extending the tongue, typically only the tongue body is seen. Thus the most significant component in TCM tongue diagnosis is the tongue body.

The front of the tongue body is called the tip of the tongue; The central part of the tongue body is labeled the middle of the tongue; The rear part of the tongue body, posterior to the V-shaped groove (sulcus terminalis) is the root of the tongue. The two sides of the tongue body are the tongue borders (Diagram 1-2).

Down the center of the tongue body is a vertical groove, called the median sulcus (Diagram 1-3).

When the tongue is turned upwards, the underside of the tongue is visible. In the middle line, it is elevated into a distinct vertical fold, called the frenulum linguae (Diagram 1-4).

The surface of the tongue is covered by a semi-transparent mucous membrane, the upper surface is covered with small projections called papillae. Due to the variation in shapes of these papillae they are further categorized into four groups: the fungiform, filiform, foliate, and vallate. Among the four, fungiform and filiform are the papillae primarily associated with the appearance or manifestation of the tongue in TCM. The foliate and vallate papillae are more closely related to the sense of taste.

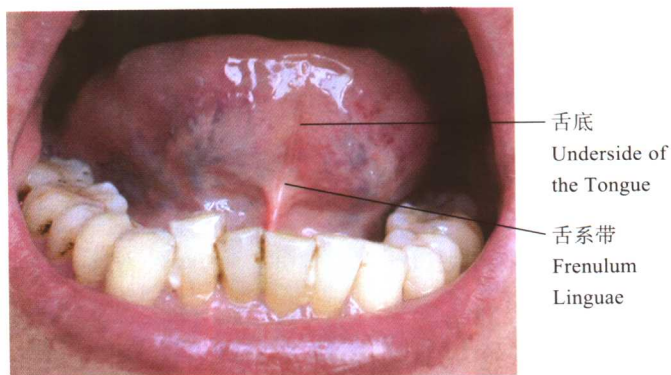


图 1-4

蕈状乳头数目较少，上部圆钝如球，根部细小形成蕈状。蕈状乳头主要分布在舌尖和舌边，其余散布于丝状乳头之间，乳头表面的上皮细胞透明，透过上皮隐约可见乳头内的毛细血管，肉眼所见如一个小红点。蕈状乳头的形态、色泽改变，是舌质变化的主要因素。

舌系带终点两侧各有一个小圆形突起，叫舌下肉阜，有腺管开口于此，中医称其左侧的为金津，右侧的为玉液，是胃津、肾液上朝的孔道。

## 第二节 舌诊的原理和意义

舌与脏腑、经络、气血津液有着密切的联系，主要通过经络和经筋联系起来。

### 一、舌与脏腑经络的关系

舌为心之苗，手少阴心经之别系舌本。通过望舌色，可以了解人体气血运行情况，从而反映“心主血脉”的功能。此外，舌体运动是否灵活自如，语言是否清晰，在一定程度上又能反映“心藏神”的功能。《灵枢·脉度》还指出：“心气通于舌，心和则舌能知五味矣。”说明舌的味觉与心神的功能亦有关。

舌为脾之外候，足太阴脾经连舌本、散舌下。舌居口中，司味觉，《灵枢·脉度》说：“脾气通于口，脾和则口能知五谷矣。”故中医有脾开窍于口之说。中医学还认为，舌苔是由胃气蒸化谷气上承于舌面而成的，与脾胃运化功能相应；舌体赖气血充养。所以舌象是全身营养和代谢功能的反映，与脾主运化、化生气血的功能直接有关。



The number of filiform papillae is the greatest of the four; it is distributed over the tip of the tongue, the body of the tongue, and the borders of the tongue, it appears as a conical shape, its approximate height is 0.5~2.5mm, projecting from their apices are numerous filamentous processes, epithelium of which they are composed, which has here undergone a peculiar modification, the cells having become carnified and elongated into dense, imbricated, brush-like processes. Epithelial cells, food remnants, bacteria, mucous etc fill up the intervals generating a whitish fur-like substance, which is called the tongue coating.

The number of fungiform papillae in comparison is fewer than that of the filiform papillae, they are broad and rounded at their extremities yet narrow at their attachment to the tongue hence the name fungiform. It is found chiefly at the sides and apex of the tongue, and interspersed between the filiform papillae. The surface of the fungiform papillae is covered with a transparent membrane that makes it possible to see the blood capillaries lying just beneath it, giving off a red color, and appearing as red spots to the naked eye. The change in form and color of the fungiform papillae is the main cause of changes that happen to the tongue proper or tongue substance.

On either side at the base of the frenulum linguae are two spherical protrusions called the sublingual papillae, the duct for the submandibular gland (Wharton's duct) opens into this papilla, in TCM the left side is called Jinjin (acupoint name), and the right side the Yuye (acupoint name); these are the upper passage ways for the body fluids of the Stomach and Kidneys respectively.

## SECTION TWO THE SIGNIFICANCE AND PRINCIPLE OF TONGUE DIAGNOSIS

The tongue has close relationships with the internal organs, meridians, Qi, Blood and Body Fluids through its connections with the channels and the muscles along the channels.

### 1. The Relationship Between the Tongue, and the Internal Organs, Meridians.

The tongue is the sprout of the Heart. Collateral of the Hand Shao Yin Heart Meridian flows to the root of the tongue. Examining the tongue can help to understand the movement of Qi and Blood within the body, thus it can reflect on the condition of the function where "Heart Governs the Blood vessels". Apart from this, the agility of the tongue, the clarity of speech can also reflect on the function where the "Heart houses the Mind". *Spiritual Pivot · Degree of Pulse* points out: "Heart Qi leads to the Tongue, if Heart is in harmony the tongue can distinguish the five tastes." This establishes that there is an intimate relationship between the tongue's sense of taste and the function of the Heart's Mind.

The tongue is the external manifestation of the Spleen, foot Tai Yin Spleen Meridian connects to the root of the tongue and disperses under the tongue. The tongue is situated within the mouth, and has the ability to taste. *Spiritual Pivot · Degree of Pulse* states: "Spleen Qi leads to the mouth, if Spleen is in harmony the mouth can taste the five grains." Thus in TCM the Spleen opens into the mouth. TCM also holds that the tongue coating is a result of Stomach Qi steaming and transporting food essences that rises to the surface of the tongue as a by-product, corresponding to the Spleen and Stomach's functions of transformation and transportation; the tongue relies on the nourishment from Qi and Blood. Therefore the form of the tongue, manifesting the whole body's state of nourishment and metabolism, has direct connection with the Spleen's functions of transportation and transformation, and the production of Qi and Blood.



肾藏精，足少阴肾经夹舌本；肝藏血、主筋，其经脉络于舌本；肺系上达咽喉，与舌根相连。其他脏腑组织，通过经络直接或间接同舌产生联系，从而使舌成为反映机体功能状况的镜子。一旦体内发生病变，就会出现舌象变化，所以观察舌象的各种变化，可以测知体内脏腑的病变。

脏腑病变反映于舌面，具有一定的分布规律。根据历代医籍记载，其中比较一致的说法是：舌质候五脏病变，侧重血分；舌苔候六腑病变，侧重气分。舌尖多反映上焦心肺病变；舌中部多反映中焦脾胃病变；舌根部多反映下焦肾的病变；舌两侧多反映肝胆的病变（图 1-5）。

此外，《伤寒指掌·察舌辨证法》还有“舌尖属上脘，舌中属中脘，舌根属下脘”的说法。据临床观察，如心火上炎多出现舌尖红赤或破碎；肝胆气滞血瘀常见舌的两侧出现紫色斑点或舌边青紫；脾胃运化失常，湿浊、痰饮、

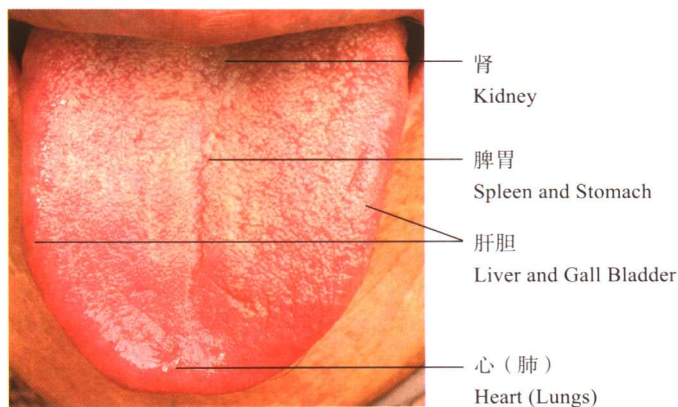


图 1-5

食滯停积中焦，多见舌中厚腻苔；久病及肾，肾精不足，可见舌根苔剥等等。提示某些脏腑病变在舌象变化上有一定的规律，但并非绝对，还需结合其他症状，加以分析辨别。

## 二、舌与气血津液的关系

舌为血脉丰富的肌性组织，有赖气血的濡养和津液的滋润。舌体的形质和舌色与气血的盈亏和运行状态有关；舌苔和舌体的润燥与津液的多少有关。