

汉英对照口袋书(彩图版)  
Chinese-English Pocket Edition (Colored)

# 望舌诊病图解

Illustrations of Tongue Diagnosis

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## 内 容 提 要

舌诊具有悠久的历史,受到历代医家的重视。而今随着中医的发展,舌诊作为中医辨证论治体系的重要组成部分,正日益受到海内外人士的关注。

本书精选 200 余幅临床舌象照片,所选照片均来源于专业舌象采集系统资料库,并经著名临床中医专家审读,具有规范化、标准化的特点;同时配以文字,介绍了望舌的原理、方法及望舌质、望舌苔等内容,汉英对照,图文并茂,使深奥难学的远古舌诊变得生动直观,有趣易懂。

本书适用于中医药专业、中西医结合专业、西医医学专业的师生和临床医生,以及外国朋友学习研究中医舌诊之用;同时也是中医出国人员进行中医药国际交流的重要参考资料;亦可为广大中医爱好者、普通老百姓提供中医养生保健之参考。



## Synopsis of Contents

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With a long history, the tongue diagnosis has been valued by physicians of different generations in the field of traditional Chinese medicine (TCM). With the advance of TCM, as an important part of TCM system on syndrome differentiation and individualized treatment, the tongue diagnosis is now attracting the worldwide attention.

This book selects more than 200 pictures having been approved by distinguished clinical TCM physicians, from our self-made systematic database of tongue conditions which made the picture collection normalized and standardized. In addition, this book has explanations in both Chinese and English and introduces such contents as tongue inspection principle and methods and the observation of the tongue proper and tongue coating. Therefore this book makes it a vivid, direct and interesting job to read the difficult and ancient tongue diagnosis.

This book is intended primarily for those teachers, students and clinical physicians from majors of TCM, integrative Chinese-Western medicine and Western medicine and overseas friends to learn TCM tongue diagnosis. This book is also intended for those who want to do international exchange in the field of TCM. In addition, the book can also provide TCM health preservation suggestions for the general public and those who love TCM.

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# 目 录

第一章 舌诊概述	2
一、舌诊的历史/2	
二、舌诊概要/6	
(一) 舌的形态结构/6	
(二) 望舌原理/8	
(三) 望舌方法/10	
(四) 望舌注意事项/12	
第二章 正常舌象及其生理变异	18
一、正常舌象/18	
二、舌象生理变异/18	
(一) 年龄因素/18	
(二) 性别因素/20	
(三) 体质、禀赋因素/20	
(四) 气候因素/24	
第三章 望舌质	26
一、舌神/26	
(一) 荣舌/26	
(二) 枯舌/26	
二、舌色/28	
(一) 淡红舌/28	
(二) 淡白舌/28	



- (三) 红舌 /30
- (四) 绛舌 /34
- (五) 青紫舌 /36

### 三、舌形 /38

- (一) 老舌 /38
- (二) 嫩舌 /38
- (三) 胖舌 /40
- (四) 瘦舌 /40
- (五) 点、刺舌 /42
- (六) 裂纹舌 /44
- (七) 齿痕舌 /46
- (八) 舌衄 /48
- (九) 舌疮 /48
- (十) 舌疔 /50
- (十一) 舌菌 /50

### 四、舌态 /52

- (一) 痿软舌 /52
- (二) 强硬舌 /52
- (三) 歪斜舌 /54
- (四) 吐弄舌 /54
- (五) 短缩舌 /56

### 五、舌下络脉 /58

- (一) 正常舌下络脉 /58
- (二) 异常舌下络脉 /58

## 第四章 望舌苔 62

### 一、苔质 /62

- (一) 薄苔 /62

(二) 厚苔 / 62	
(三) 润苔 / 64	
(四) 滑苔 / 64	
(五) 燥苔 / 66	
(六) 腻苔 / 68	
(七) 腐苔 / 70	
(八) 霉苔 / 72	
(九) 剥苔 / 72	
(十) 全苔 / 76	
(十一) 偏苔 / 76	
(十二) 真假苔 / 78	
二、苔色 / 80	
(一) 白苔 / 80	
(二) 黄苔 / 84	
(三) 灰黑苔 / 88	
<b>第五章 舌象的综合诊察</b>	<b>92</b>
一、舌质和舌苔综合分析 / 92	
(一) 舌质和舌苔变化一致 / 92	
(二) 舌质和舌苔变化不一致 / 96	
二、舌象的动态分析 / 98	
(一) 外感病舌象 / 98	
(二) 内伤病舌象 / 100	
<b>第六章 舌诊的临床意义</b>	<b>102</b>
一、判断邪正盛衰 / 102	
二、区别病邪性质 / 106	
三、分析病位浅深 / 108	
四、推断病势进退 / 112	



## Contents

Chapter 1	The outlines of tongue diagnosis	3
1	The history of tongue diagnosis /3	
2	The outlines of tongue diagnosis /7	
2.1	The structure of the tongue /7	
2.2	The principle of inspection of tongue /9	
2.3	The methods of tongue observation /11	
2.4	The cautionary notes of tongue observation /13	
Chapter 2	The normal tongue and its physiological variations	19
1	The normal tongue /19	
2	The physiological variations of tongue /19	
2.1	The age /19	
2.2	The gender /21	
2.3	The constitutional and congenital factors /21	
2.4	The climate /25	
Chapter 3	The observation of the tongue proper	27
1	The tongue spirit /27	
1.1	The lustrous tongue /27	
1.2	The withered tongue /27	
2	The tongue color /29	
2.1	The pale-red tongue /29	
2.2	The pale-white tongue /29	

2.3 The red tongue /31	
2.4 The deep-red tongue /35	
2.5 The bluish-purple tongue /37	
3 The tongue shape /39	
3.1 The tough tongue /39	
3.2 The tender tongue /39	
3.3 The enlarged tongue /41	
3.4 The thin tongue /41	
3.5 The spotted or thorny tongue /43	
3.6 The cracked tongue /45	
3.7 The teeth-marked tongue /47	
3.8 The bleeding of tongue /49	
3.9 The boils of tongue /49	
3.10 The pustule of tongue /51	
3.11 The fungus of tongue /51	
4 The tongue motility /53	
4.1 The flaccid tongue /53	
4.2 The stiff tongue /53	
4.3 The deviated tongue /55	
4.4 The protrusion and moving of tongue /55	
4.5 The shortened tongue /57	
5 The sublingual veins /59	
5.1 The normal sublingual veins /59	
5.2 The abnormal sublingual veins /59	
Chapter 4 The observation of tongue coating	63
1 The proper of tongue coating /63	



- 1.1 The thin tongue coating /63
- 1.2 The thick tongue coating /63
- 1.3 The moist tongue coating /65
- 1.4 The slippery tongue coating /65
- 1.5 The dry tongue coating /67
- 1.6 The greasy tongue coating /69
- 1.7 The curdy tongue coating /71
- 1.8 The mildew tongue coating /73
- 1.9 The exfoliative tongue coating /73
- 1.10 The full tongue coating /77
- 1.11 The partial tongue coating /77
- 1.12 The true or false tongue coating /79
- 2 The color of tongue coating /81
- 2.1 The white tongue coating /81
- 2.2 The yellow tongue coating /85
- 2.3 The gray-black coating /89

## Chapter 5 The comprehensive analysis of the tongue condition

93

- 1 The overall analysis of the tongue proper and tongue coating /93
  - 1.1 The consistent changes between the tongue proper and tongue coating /93
  - 1.2 The inconsistent changes between the tongue proper and tongue coating /97
- 2 The dynamic analysis of the tongue condition /99
  - 2.1 The tongue condition of externally contracted diseases /99

2.2 The tongue condition of internally injured diseases /101	
Chapter 6 The clinical meaning and application of tongue diagnosis	103
1 To judge the preponderance of declining of the anti-pathogenic qi and pathogenic factors /103	
2 To identify the nature of the pathogenic factors /107	
3 To analyze the depth of the disease location /109	
4 To conclude the disease progression /113	





## 第一章 舌诊概述

舌诊，又称“望舌”，是通过观察舌象的变化以了解机体的生理功能和病理变化的一种诊察方法，是望诊的重要内容，是中医特色诊法之一。临床实践证明，但凡体质禀赋强弱、正气盛衰、病情浅深、预后吉凶均能客观地从舌象上反映出来，舌象可以为医生临床诊断提供重要依据。

### 一、舌诊的历史

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。汉代张仲景《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。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、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了重要的指导作用。

中华人民共和国成立以来，随着医学科学的发展，中医诊断学进入了快速发展的新阶段，舌诊研究取得了许多可喜的成绩，舌诊文献的大规模整理和新著作的出版，如陈泽霖《舌诊研究》、戴豪良《舌诊研究与临床应用》，以及《中医诊断学》国家级规划教材的编撰等，使中医舌诊的内容更为系统、完整、准确。此外，中医舌诊结合现代科技，开展了舌诊客观化、规范化的研究，如舌象微循环观察，舌苔脱落细胞检测，



## Chapter 1 The outlines of tongue diagnosis

The tongue diagnosis, also known as “tongue observation”, is an approach to make diagnosis through observing the changes of tongue condition and understand the physiological functions and pathological changes of the body. It is an important part of inspection and a distinctive TCM diagnostic technique. It has been proved in clinical practice that tongue condition can tell congenital constitution, preponderance or declining of anti-pathogenic qi, severity of disease condition and favorable or unfavorable prognosis. Therefore, it can provide important basis for clinical diagnosis.

### 1 The history of tongue diagnosis

With a long history, the recording about tongue diagnosis can be traced back to *Huang Di Nei Jing* (the Yellow Emperor's Inner Canon). In the Han dynasty, Zhang Zhong-jing regarded tongue diagnosis as a component of TCM principle on treatment based on syndrome differentiation in his *Shang Han Za Bing Lun* (Treatise on Febrile and Miscellaneous Diseases). In the Yuan dynasty, the monograph on tongue diagnosis *Ao Shi Shang Han Jin Jing Lu* (Ao's Records of Golden Mirror of Febrile Diseases) containing 36 tongue pictures was published, in which tongue diagnosis was combined to make pathogenesis analysis, determine formula and conclude prognosis. In the Ming and Qing dynasties, the academic group of *Wen Bing* (Epidemic Febrile Diseases) paid particular attention to tongue condition and summarized a set of methods of “observing tongue for epidemic febrile diseases), which played an important guiding role in the treatment based on syndrome differentiation of



各种生理、生化及病理检测，动物模型研究，以及舌象影像学  
研究等。近年，计算机和信息技术大量应用于舌诊客观化、定  
量化研究，舌诊客观化仪器通过色度学理论、计算机视觉和彩  
色图像处理等技术为中医舌诊建立客观定量的指标，取得了一  
定的进展，并已应用于临床研究。

由于舌诊方便易行，无创伤，并有重要的临床诊断价值，  
随着科学技术的发展，中医舌诊在临床中将表现出更强的生命  
力，为整个人类的医学事业作出更大的贡献。

## 1 The history of tongue diagnosis

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epidemic febrile diseases.

As medical science advances since the founding of the People's Republic of China, the TCM diagnostics entered a new stage of rapid development with considerable achievements in terms of study on tongue diagnosis. The large-scale organization on literature of tongue diagnosis and publication of new works made the contents of TCM tongue diagnosis more systemic, complete and accurate, including *She Zhen Yan Jiu* (Study on Tongue Diagnosis) by Chen Ze-lin, *She Zhen Yan Jiu yu Lin Chuang Ying Yong* (Study and Clinical Application of Tongue Diagnosis) by Dai Hao-liang and the national planned textbooks such as *Zhong Yi Zhen Duan Xue* (Diagnostics of Traditional Chinese Medicine). In addition, as modern technology advanced, the objective and standardized study on tongue diagnosis has been developed such as micro-circulation observation on tongue conditions, detection of castoff cells from tongue coating, varieties of physiological, biochemical and pathological detection, animal model study and imaging of tongue conditions. In recent years, computer and information technology was applied to the objective and quantificational study. The development of objective instrument of tongue diagnosis, based on chroma theory, computer vision and chromatic image processing technology, has established objective quantitative index for TCM tongue diagnosis and had been used in clinical research.

As scientific technology continues to advance, the TCM tongue diagnosis will show stronger vitality and do even greater contribution to human health with its convenience, non-invasion and important diagnostic value.



## 二、舌诊概要

### (一) 舌的形态结构

#### 1. 舌的大体结构

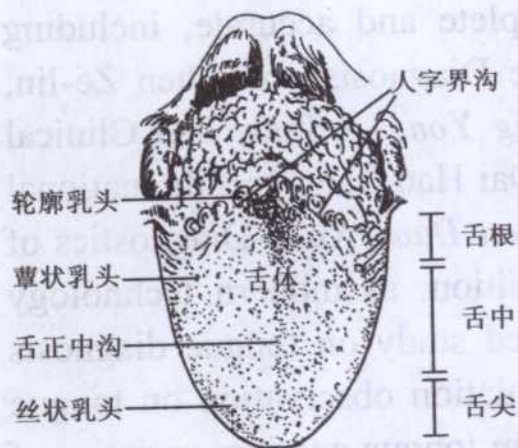


图1-1 舌的大体结构

舌体的上面称舌面，下面称舌底。舌面后部有人字形沟界称为人字沟，舌面的正中有一条纵行沟纹，称为舌正中沟。舌体的前端称为舌尖，舌体的中部称为舌中，舌体的后部、人字形界沟之前称为舌根，舌两边称为舌边。舌底正中为舌系带，两侧有淡紫色的舌静脉称为舌下络脉，简称舌脉（图1-1）。

#### 2. 舌的组织结构

舌象包括舌质和舌苔两方面，舌质指舌的肌肉脉络组织，舌苔指附着在舌面上的一层苔状物。舌面覆盖的一层半透明的黏膜，皱折成许多细小突起的黏膜，称为舌乳头。根据乳头的形态不同，可分为丝状乳头、蕈状乳头、轮廓乳头和叶状乳头四种，其中丝状乳头和蕈状乳头与舌象形成有着密切联系，轮廓乳头、叶状乳头主要与味觉有关（图1-2、1-3）。病理性厚苔是由丝状乳头未脱落的角化层及丝状乳头之间充填的食物碎屑、唾液、细菌、白细胞等形成。



## 2 The outlines of tongue diagnosis

### 2.1 The structure of the tongue

#### 2.1.1 The general structure of the tongue

The upper aspect of the tongue is called the tongue surface, and the lower aspect is called the tongue bottom. The herringbone groove on the back part of the tongue surface is called chevron groove. The vertical groove in the midline of the tongue surface is called the midline groove. The frontal end of the tongue body is called the tongue tip. The middle part of the tongue is called the tongue center. The back part of the tongue body anterior to chevron groove is called the tongue root. The two-sided edges of the tongue body are called tongue edges. The vertical fold in the midline of the tongue bottom is called lingual frenum. The pale-purple lingual veins on two sides of the tongue bottom are called sublingual venules, also called tongue vessels for short (Fig. 1-1).

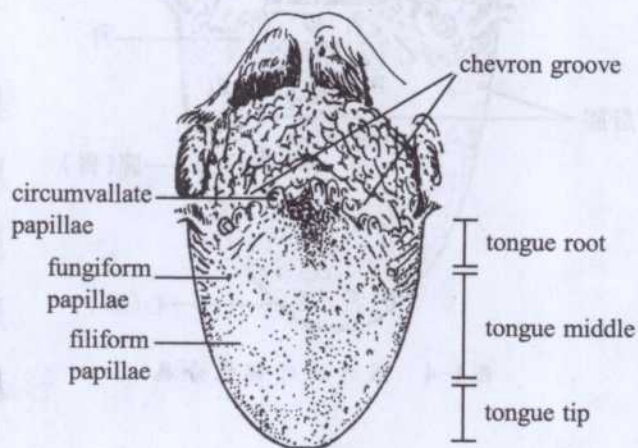


Fig. 1-1 The rough structure of tongue

#### 2.1.2 The specific structure of the tongue

The tongue condition includes two aspects: the tongue proper and tongue coating, the former refers to the lingual muscle, vessels and tissues, while the latter refers to the layer of fur sticking on the tongue surface. The tongue surface is covered with a layer of semi-transparent mucosa with many tiny projections on the mucosal fold, which are called tongue papillae. According to the different forms, tongue papillae can be classified into four types including the filiform papillae, fungiform papillae, circumvallate papillae and