

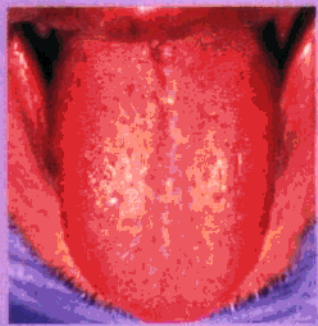
TRADITIONAL CHINESE MEDICINE

Tongue Diagnosis  
(Chinese-English)

# 舌诊

(汉英对照)

辛 瑛 郭霞珍 张莉莎 主编



天津科技翻译出版公司

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## 前 言

舌诊是中医学诊断疾病的一个客观方式。它通过医生对患者舌体变化的观察,对内脏的生理和病理状态做出分析和推断,为临床诊治提供依据。现代研究也认为,舌面仅仅覆盖一层半透明黏膜,就好像一个外露的内脏,是观察人体内在脏腑功能变化的窗口,能客观地反映体内许多生理和病理变化,显示出当时人体的反应性和机能状态,携带着丰富的生命活动信息。舌诊是中医一种已经沿用了两千多年的既客观又便捷的疾病诊断方法。它包括舌神、舌色、舌形、舌态,以及苔色和苔质6个方面。为了满足初学中医者和社区家庭保健的需要,我们从最形象直观的舌象彩图入手,结合临床疾病的诊疗,采用中英文对译的方式,把舌诊知识介绍给中外学者和各位朋友,供大家参阅。

## Preface

The inspection of the tongue is an objective way for disease diagnosis. It made analysis and inferences to internal organs through a doctor's observation to a patient's tongue body. The modern research considers that the tongue surface is covered by only a layer of semitransparent mucosa. It seems to be an internal organ which can be seen. It is a window through which you can observe changes of organs' function in a patient's body. It can objectively reflect many physiological and pathologic changes in the body and show then reactivity and function condition in the body. It has a lot of information on life and activity.

The inspection of the tongue is an objective and convenient way for disease diagnosis, which has been used for over 2,000 years in the traditional Chinese medicine. It includes 6 parts, such as the tongue's spirit, color, shape, status and coating's color, fur proper. In order to meet the need of traditional Chinese medicine students and family health in communities, we use the Chinese-English way and introduce the knowledge on the inspection of the tongue to Chinese and foreign students and friends, beginning from the most vivid and objective colored tongue picture, combining the clinical diagnosis and treatment for diseases.

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# 绪论

中国医药学是一个伟大的宝库。历代医家在长期的临床实践中,创立了许多行之有效的诊察疾病的方法,如“望诊”、“闻诊”、“问诊”、“切诊”,舌诊即是望诊中的重要内容之一。

舌诊,又称“望舌”,是通过观察舌象(舌质、舌苔等)以了解人体生理功能和病理变化的一种诊察方法。

## 一、舌诊的起源

中医舌诊的历史可以追溯到距今三千多年前的殷商时代,大约始于西周时代,至春秋战国、秦汉时期已基本形成。我国现存的第一部医学经典著作《黄帝内经》涉及舌诊的内容主要有舌的解剖、生理功能、舌的病理及临床的诊断意义等舌诊知识。主要有诊察舌质、舌苔和舌觉三个方面的内容。

## 二、汉唐时代舌诊的发展

汉唐时代中医舌诊理论进一步与临床实践相结合,并在实践中不断得到验证、充实和发展。东汉著名医家张仲景(150年~219年),把

舌诊作为他临床辨证论治法则的一个重要组成部分,并广泛运用于临床诊治中。他认为:其病在表,正气未衰,故多实证热证,诊舌的重点在舌苔变化;内因为患,其病在里,多为虚证寒证,诊察的重点在舌质。

两晋至隋唐时期,舌诊的发展较为缓慢。其中值得一提的有:西晋的王叔和(256年~316年)在其所著的《脉经》保存了三国以前的许多舌诊文献,具有很高的史料价值。葛洪、巢元方也比较重视辨舌诊病。巢元方在《诸病源候论》中记载了许多对舌体变化的观察,如舌肿、舌强、舌烂、舌不收、舌缩、弄舌、舌胀、舌出血等;关于舌色苔色的描述也不少,如舌上白、舌上黄、舌焦黑、舌赤、舌青……在诊察病源时,他常把舌象作为疾病的证候之一,给后人以启示。

唐代舌诊也有一些成就,如孙思邈(581年~682年)在《备急千金要方》中提出舌象变化属“病在脏腑”的理论,为后世察舌辨脏腑提供了理论根据。

### 三、宋金元时代舌诊的成就

宋金元时期,是祖国医学全面发展、创立新理论的时代。宋代前期由于社会比较稳定,因而经济有较大发展,科学技术获得了突出的进步,变法后,宋代改革派的革新思潮,也直接影响着医学界,出现了许多著名的革新家,他们总结了以往的经验,提出了新的见解和认识,活跃了学术空气,故而在理论上有许多突破,临证上也取得了许多重要成果。北宋末到元代,社会动荡,战乱不已,疾病流行。社会的需要,成为推动医学发展的直接动力,舌诊在这一时期有了长足的发展,达到了前所未有的水平。

### 四、明清时期的发展概况

明末至清代中叶,是祖国医学温病学正式确立并逐渐趋于成熟的时期。温病学确立的标志包括了病因学、发病学、病机理论、诊断及治疗原则等均有别于伤寒,“温病察舌、伤寒辨脉”就是它们在诊法上的区别。温病察舌起于吴又可,发展完善于叶天士、薛生白、吴鞠通、王孟英等医家,尤其是叶天士、吴鞠通二人创立的一套适

用于温热病的辨舌方法,把舌诊与“卫气营血辨证”、“三焦辨证”结合成为一个整体,从而奠定了温病察舌辨证论治的原则。叶天士将舌象变化与卫气营血辨证紧密结合在一起,使舌诊成为温热病辨证论治的主要客观依据,他通过“扪”、“擦”、“问”等具体方法,辨卫、气、营、血,察津液存亡,区别证候。叶氏诊舌法,极受后人重视,吴鞠通在此基础上,结合自己的经验另加发挥,他把舌诊运用于归纳温病属性、辨别三焦病位、指导用药、观测预后等方面,成为三焦辨证(辨湿热病法)的一项重要指标,有一定创造性。

简而言之,舌诊与温病学之间的关系是:温病学的发展推动了舌诊的研究,舌诊所取得的巨大成果又反过来加速了温病学的发展。

应当指出的是,明清迄民国期间,除了温病学对中医舌诊所做的突出贡献外,这一时期还有大量的舌诊著作层出不穷,仅专著专书就达十多种,充分反映出舌诊学发展到这一阶段已基本趋于成熟,临证经验也已相当丰富。其中图谱类专著有申斗垣的《伤寒观舌心法》、张登的《伤寒舌鉴》、王文选的《舌鉴》、梁玉瑜的《舌鉴辨证》、曹炳章的《彩图辨舌指南》,有文无图的舌诊专书有徐灵胎的《舌鉴总论》、傅耐寒的《舌胎统志》、刘恒瑞的《察舌辨证新法》、杨云峰的《临证验舌法》等。此外,还有一些通俗入门普及式的舌诊专著,如陈景岐的《辨舌入门》、缪宏仁的《舌诊学》、何舒的《舌诊问答》等。至于一些综合性医书中所列的舌诊专篇,则更为浩繁,总数逾百。舌诊学在明清至民国时期的大发展,从中可见一斑。

## 五、中华人民共和国成立后舌诊的整理与研究

建国五十年来,随着中医事业的发展 and 中西医结合工作的开展,舌诊研究取得了许多可喜的成绩,主要表现在中医教育、研究机构的建立、理论刊物的创办、舌诊文献的大规模整理和新著作的出版,以及对舌诊进行的大量的临床观察等方面。其中最为突出的成就是中西医工作者运用现代科学如血液流变学、血液动力学、微循环、

病理学、细胞学、生物化学、免疫学、微量元素分析、舌色仪等多种实验手段对中医舌诊——这一古老的诊法进行深入研究,从而使舌诊在客观化、规范化方面取得了很大进展。这些科学研究验证并补充了以往的舌诊理论,基本阐明了舌质与舌苔形成的原理及其变化的部分因素,初步掌握了临床常见疾病的舌象变化规律,并将此作为某些疾病(如感染性疾病、心血管疾病、肿瘤等)的重要诊断指标,从而使舌诊成为中医独特并与现代科学相结合的诊断方法之一。

由于舌诊具有重要的诊断价值,且无创伤,方便易行,故舌诊这种古老的诊法在诊断和辩治疾病方面将会有更广阔的前景,而且,随着科学技术的发展,它将会不断地焕发出新的更加强大的生命力。

## Introduction

The traditional Chinese medicine is a great treasure house. In the long clinical practice, doctors in successive dynasties created many efficient disease diagnostic ways, for example, inspection, auscultation and olfaction, interrogation, and pulse taking and palpation. The tongue diagnosis is an important content in the method of inspection.

The tongue diagnosis is also called the inspection of the tongue. It is a diagnostic way to understand the physiologic function and disease changes in the human body by observing the tongue phenomenon (tongue proper and tongue coating, etc.).

### **I . The origin of the inspection of the tongue**

The inspection of the tongue in the traditional Chinese medicine can be traced back to the Yin-Shang era over 3,000 years ago. Almost it was basically formed in Xizhou, Chunqiu, Zhanguo, Qin and Han dynasties. The earliest traditional Chinese book *huang di nei jing*《黄帝内经》began to concern the knowledge on the dissection, physi

ological function and clinical importance of the tongue. In it, there is a content in 3 areas including the tongue proper, tongue coating and tongue sense.

## II . The development of the inspection of the tongue in Han and Tang dynasties

In Han and Tang dynasties, the theory on the inspection of the tongue in the traditional Chinese medicine was further combined to the clinical practice. It was demonstrated, replenished and developed in the practice.

Zhang Zhongjing (A. D. 150 - 219 ), a famous doctor in Donghan Dynasty, considered the inspection of the tongue as an important part in his differentiation of symptoms and signs as well as clinical treatment, and widely used it in his clinical treatment. He said, the disease could be reflected on the surface, vital Qi was not weak, as a result, you could see real signs and heat syndromes. The key in the inspection of the tongue was at the coating of the tongue. The internal factor would be the main factor. The disease was in the human body. The key for the inspection was at the tongue proper.

During the two Jins to Sui and Tang dynasties, the development of the inspection of the tongue was slow. One which was worthy to be mentioned is the man of the west Jin Dynasty Wang Shuhe (A. D. 256 - 316). The book *Canon of Pulsology*《脉经》, which was written by him, reserved many documents that were before the three Nations. Those documents have high value in the history. The other two were Ge Hong and Cao Yuanfang. They paid more attention to the inspection of the tongue as well. Cao Yuanfang recorded some observations of changes of the tongue body in his work *General Treatise on the Cause and Symptoms of Diseases*《诸病源候论》, such as swelling of the tongue, stiffing of the tongue, rotting of the tongue, loosening of the tongue, shortening of the tongue, continuously moving tongue, expanding of the tongue and bleeding of the tongue. Moreover, there were many descriptions of the colors of tongue body and tongue coating, such as white coating of the tongue,



yellow coating of the tongue, black and dye coating of the tongue, reddened tongue, bluish tongue. When he looked for the cause of a disease, he always regarded the picture of the tongue as one of syndromes of the disease, which enlightened his following men.

There were also a few achievements in the inspection of the tongue during Tang Dynasty. For an example, Sun Simiao (518 - 682 A. D.) put forward in his work *Prescriptions Worth a Thousand Gold for Emergencies* 《备急千金要方》 that the changes of the picture of the tongue should belong to the theory of diseases in zang-organs and fu-organs, which offered a theoretical basis for descendent on inspecting tongue to different viscera.

### III. Achievements of inspection of the tongue during Song Dynasty, Jin Dynasty and Yuan Dynasty.

The period of Song, Jin and Yuan dynasties is the era when the traditional Chinese medicine developed comprehensively. Because of the stability of the Song Dynasty's society, the economy developed very fast. Moreover, the science and technology made prominent progress. After changing laws, the innovative trend of thought of Song renovations made a direct effect on medicine. Many famous renovations emerged. They summarized previous experience and put forward new opinions and views, which enlivened the scientific atmosphere and caused many breakthroughs in the theory. The innovation also led to many important achievements in the clinic. During the time from late North Song to Yuan Dynasty, the society was turbulent and wars broke out constantly, which caused diseases spread. Needs of society became the direct power promoting the medical development. And the inspection of the tongue also made rapid progress during the time and reached an unprecedented level.

### IV. Achievements of inspection of the tongue during Ming Dynasty and Qing Dynasty.

The subject on seasonal febrile diseases of traditional Chi-