

实用中医舌诊 手册

(中英文对照)

李 峰 宋天彬 主编

Li Feng Song Tianbin Editors-in-Chief

Practicality Handbook of Tongue Diagnosis of TCM

(Chinese-English)



科学出版社

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内 容 简 介

全书分四部分,系统简明地介绍了中医舌诊的原理及意义,中医舌诊的相关研究和临床应用的基本方法;具体介绍中医舌诊的临床应用,并且在最后一部分结合具体图谱,介绍临床常见舌象的特征及其常见的中医证候机理,以供读者借鉴。本书图文并茂、实用性强,是一部指导中医教学、科研及临床实践的参考书。

本书可供全国高等中医药院校研究生、本科学士、临床医师、留学生及爱好中医者使用。

图书在版编目(CIP)数据

实用中医舌诊手册(中英文对照)=Practicality Handbook of Tongue Diagnosis of TCM (Chinese - English)/李峰,宋天彬主编. — 北京:科学出版社, 2002.5

ISBN 7-03-010017-4

I. 实… II. ①李… ②宋… III. 舌诊-手册-汉、英 IV.R241.25-62

中国版本图书馆CIP数据核字(2002)第001105号

科 学 出 版 社 出 版

北京东黄城根北街16号

邮政编码:100717

<http://www.sciencecp.com>

中国科学院印刷厂印刷

科学出版社发行 各地新华书店经销

*

2002年5月第一版 开本 787 × 1092 1/32

2002年5月第一次印刷 印张 6 1/2

印数 1 4 000 字数 178 000

定价: 49.00 元

(如有印装质量问题,我社负责调换(科印))

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前 言

中医舌诊是中医学伟大宝库中独具特色的诊法之一，由于能够直观地通过舌质和舌苔的变化了解人体脏腑气血津液的虚实和邪正盛衰，因此在中医临床研究和实践中得到了广泛的应用，成为中医临床辨证施治的重要客观指标和依据。

从古至今，中医学者对舌诊都非常重视，早在《黄帝内经》和《伤寒论》等中医古籍中，就有关于望舌诊病的记载。随着舌诊在中医临床中日益广泛的应用和经验的积累，至14世纪，出现了《敖氏伤寒金镜录》这样图文并茂的中医舌诊专著。但是由于技术条件的限制，尚不能充分描绘人体生理病理舌象的变化。因为在疾病发展变化过程中，舌象变化迅速而明显，是反映病情变化比较灵敏的指标，而且这种诊法简便易行，所以至今已成为临床辨证必不可少的客观依据。现代研究表明，舌象就好像观察人体内脏的窗口、能客观地反映人体内各种生理和病理变化，显示出当时人体反应性和机能状态，携带着丰富的生命运动的信息。因此，舌诊作为分辨人体机能状态的一种独特的诊断方法，在诊断学上有很大价值。

临床上舌象的变化是错综复杂的，但是若能得到要领，执简驭繁，也是不难掌握的。因为无论舌象如何变化，总不外舌色、舌形、舌态以及苔色和苔质这五方面的排列组合，只要掌握了这些基本情况及其意义，就可以灵活运用，一通百通。其关键在于了解中医辨证论治的精神实质，做到望、闻、问、切

四诊合参,才能充分发挥舌诊的作用。为了形象直观地教学,使初学者能执简驭繁,掌握中医舌诊的要领,作者以多年来对中医舌诊的研究资料和成果为基础,编写了这本反映中医舌诊研究和具体应用方法的图文并茂的实用中医舌诊手册,并以中英文对照本的形式提供给广大读者,以作为帮助临床应用和科学研究的工具。由于时间仓促,条件所限,不足之处,望诸同道批评指正。

PREFACE

Tongue diagnosis is a special method in the treasures of Traditional Chinese Medicine. Having been widely used in clinical analysis and application, tongue diagnosis can reflect the vacuity or repletion of *qi*-blood-liquid-fluid and exuberance or debilitation of right and evil by observing the tongue texture and coating directly. It has become the important TCM objective index and basis of administering treatment according to pattern to judge.

Since ancient times, tongue diagnosis has been attached such great importance that it was introduced in the earliest TCM ancient works *Yellow Emperor's Internal Classic* and *Treatise on Cold-Attach*. In the 14th century, *Mr. Ao's Records of Golden Mirror*, is the first monograph on tongue diagnosis. In the *Song* dynasty, books with illustrations were printed. However, these publications, limited by the techniques at that time, could not describe the pathological changes of the tongue vividly. Tongue changes swiftly and distinctively along with the patient's condition. Confirmed by the modern scientific research, tongue image, showing the physiological and pathologic changes in the body, looks like a window through which we can find the information of the viscera. It can also manifest the body reactivity and the stage of function by carrying rich information about vital activity. Being a simple and distinct diagnostic method, tongue diagnosis has been valued as an indispensable clinical index.

If we could grasp the nature of the five aspects of tongue: color, shape, tongue activity, the color and the texture of the coating by sorting out the essentials from a mass of details, it will be easier to handle complicated signs and symptoms. To make most use of the

tongue diagnosis, the key is to comb through the signs and symptoms and to comply with the other four diagnosis methods (observation, auscultation and olfaction, interrogation and palpation). In order to depict the changes of the tongue to the beginners and physicians, we compile this handbook about TCM tongue diagnosis research detailed diagnostic methods that were based upon the recent researches and achievements. Finally, we appreciate any suggestion and correction to the errors concerning its contents and format. We will take them into careful consideration in the next edition and believe that with such help, this handbook will be much improved in the next one.

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1 中医舌诊简介

舌诊，又称望舌，是中医通过观察舌象，了解机体生理功能和病理变化，从而进行辨证的一种诊断方法。舌象是由舌质（包括舌色、舌形、舌态）和舌苔（包括苔色和苔质）的神色形态所构成的。中医学认为，人体是一个统一的整体，其中每个部分的变化与整体都是息息相关的，因此古人认为“有诸内必形于外”，临床诊疗时可以“揣外知内”、“以表知里”，通过观察舌象可以了解人体内脏、气血津液及邪正盛衰的变化。望舌是中医望诊的重要组成部分，在我国具有悠久的历史，早在《内经》中就有关于望舌诊病的记载，汉代张仲景已将舌诊作为中医辨证论治法则的一个重要组成部分。几千年来，由于历代医家的认真实践和深入研究，使舌诊在医疗实践中不断发展，现已积累了丰富的经验，形成了比较系统的理论。

1.1 舌与脏腑的关系与舌诊的原理

中医脏象学说和经络学说认为，舌和内脏的内在联系是舌诊的生理病理基础，它主要是通过经络和经筋的循环联系而实现的。具体主要有以下几方面。

（1）舌通过经络与脏腑相连手少阴心经之别系舌本，“心气通于舌，心和则舌能知五味矣。”足太阴脾经连舌本、散舌下。肾藏精，足少阴肾经挟舌本。

肝藏血，主筋，其经脉络于舌本。肺系上达咽喉，与舌根相连。

（2）舌为心之苗，舌质血络丰富，舌体赖气血充养。因此舌象与心主血脉的功能有关。另外语言是否正常与心主神明的功能有关。

（3）舌为脾之外候，舌苔为胃气蒸化谷气上承于舌面而成。另外舌的味觉与脾胃关系密切。

总之、五脏六腑都直接或间接地与舌象联系，脏腑之精气和气血津液均上荣于舌，脏腑的病变也必然使精气和气血津液的变化反映于舌象。

1.2 舌诊的临床意义

中医舌诊是中医临床辨证的重要依据。无论八纲辨证、病因辨证、脏腑辨证、六经辨证、卫气营血辨证和三焦辨证，舌诊都是必不可少的客观指标。舌象变化，能比较客观地反映正气盛衰、病邪深浅、邪气性质、病情进退，判断疾病转归与预后，指导处方用药。其临床意义主要有以下几个方面。

(1) 判断邪正盛衰 舌质的色泽及形态的变化反映气血盈亏、脏腑虚实。如：舌质淡红润泽，为气血充盈；舌质淡白，为气血亏虚；舌苔光剥，为胃气衰败，胃阴大伤。

(2) 区别病邪性质 不同性质的病邪，在舌象上有不同反映。如：舌淡苔白，为寒证；舌红苔黄，为热证；舌质暗，有瘀斑，为瘀血内停。

(3) 分析病位与病势 病邪侵犯人体，病位深浅和病势轻重，可以通过舌质的色泽和舌苔厚薄反映出来。如：外感热病，舌边略红，为邪热在表（卫分），病势轻浅；舌质红，为邪热入里（气分），病位深入，病势加重；舌质红绛，为热入营血，病位更深，病势更重。

(4) 估计病情进退和预后 舌象可随疾病变化而变化。舌苔由薄转厚，为病进，反之为病退；舌荣为佳，预后好；舌枯为凶，预后不良。

1 THE BRIEF HISTORY OF TONGUE DIAGNOSIS

Tongue Diagnosis, or tongue observation, is a method to analyze disease by observing tongue, which composed of observing tongue texture (including the color, the shape and the moving state) and tongue coating (including the color and the texture). In terms of TCM, the human body is an organic whole with which every part is bound up. Therefore, ancient people believe "if there are internal changes, they would be definitely displayed externally" and "the interior, in the clinical treatment, can be known by the exterior". Through observing tongue, we can learn the changes of viscera, blood, *qi*, body-fluid and wax or wane of the evil (*xie*) and the genuine (*zheng*). Tongue observation is a main component of observation, which has a long history in China. For thousands of years, with the doctors' hard practice and deep study, tongue observation has been making many advances, accumulating plenty of experience and establishing the systematic theory of its own.

1.1 THE RELATIONSHIP BETWEEN TONGUE AND VISCERA AND THE PRINCIPLE OF TONGUE DIAGNOSIS

According to the theories of viscera manifestation and meridians, the relationship between tongue and viscera is the basic of tongue physiology and pathology, which is established by the circle connection between meridians and musculature along the meridians.

(1) Tongue is connected with viscera by meridians. The divergent collateral of the heart meridian of the hand SHAOYIN is connected

to the tongue. "The *qi* of the heart can arrive at the tongue, so only when the heart *qi* is well tongue can distinguish the five tastes be known". The spleen meridian of the foot TAIYIN extends to the tongue and spreads beneath the tongue. The kidney stores essence (*jing*). The kidney meridian of the foot SHAOYIN is on the both sides of the tongue root. The liver meridian stores blood, dominating the tongue and its meridian extends to the tongue root. The lung meridian is upward to the throat and connected with the root of the tongue.

(2) The tongue is the sprout of the heart. The body of tongue texture has plenty of blood and meridians. Tongue body depends on the abundance and the nourishment of blood and *qi*, which has close relationship with the function of the heart dominating the blood vessel. Moreover, whether one's speech is normal or not is also related to that function.

(3) The tongue is called the out-show of the spleen, and tongue coating is made of the stomach *qi*. So the taste has great relationship with the spleen and stomach.

In a word, the five viscera and the six viscera is directly or indirectly connected with the tongue. Essence, *qi*, blood, and body-fluid of viscera are all upwards to the tongue, so the tongue can unfold the viscera diseases.

1.2 CLINICAL SIGNIFICANCE OF TONGUE DIAGNOSIS

Tongue diagnosis is the important foundation of the syndrome-difference (*bian zheng lun zhi*). Whenever in the Eight principle syndrome difference, or the Etiological syndrome difference, or in the *qi*, blood and body-fluid syndrome difference, or in tripple-*jiao* system difference, tongue diagnosis is always absolutely necessary. Tongue changes can objectively reflect the condition of the genuine and evil, the tendency of disease, etc. so that it can guide

the prescription.

(1) To judge the wax or wane of the genuine and evil The color and the shape of the tongue can reflect the wane of blood and *qi*, or the deficiency or excess of viscera. If the tongue coating is pale, red and moist, it indicates the wax of blood and *qi*. If the tongue texture is light white, it shows the wane of blood and *qi*. If the tongue is exfoliated, it suggests the decline of the stomach *qi*, or the severe impairment of the stomach *yin*.

(2) To distinguish the nature of disease Different diseases have different reflection on the tongue. If the tongue is pale and the coating is white, it is due to the cold syndrome. If the tongue is red and the coating is yellow, it is due to the heat syndrome. If the tongue texture is dark with stasis macula, it suggests the retention of blood stasis.

(3) To analyze the location of disease When disease invades the human body, the location and tendency can be reflected through tongue color and the thick or thin of tongue coating. In the exogenous heat disease, if the tongue edge is red, it shows the heat is in the exterior (defensive aspect), the illness is mild and the tendency is moderate; if the tongue texture is red, it suggests the heat is in the interior, the disease location is deep and the tendency is severe; if the tongue texture is red and crimson, it indicates the heat enters the *ying* and blood aspects. The disease location is much deeper and the tendency is much severer.

(4) To infer the prognosis The tongue can change along with the disease. If the thin coating turns into thick, it shows the disease becomes severe. On the contrary, it is a sign of improving. If the tongue is flourish, it promises a favorable prognosis; while if the tongue is wither, it implies an unfavorable one.

2 中医舌诊研究和具体应用方法

2.1 舌象的形成

舌为心之苗，位于口腔中，呈扁平而长形，其上面叫舌背或为舌面；下面称为舌底。舌背又分为舌体和舌根两部分，以人字沟为界。舌体的前端称为舌尖，舌体的中部称为舌中，舌体的后部、人字界沟之前称为舌根，舌的两边称为舌边。舌体的正中有一条纵行沟纹，称为舌正中沟。舌外表被有特殊的黏膜，舌背黏膜上的丝状乳头末端角化树及其空隙中的脱落角化上皮、细菌、食物碎屑、渗出细胞以及唾液构成了舌苔。

2.2 中医舌诊内容及脏腑分布

2.2.1 舌诊的内容和正常舌象

(1) 诊舌的内容 望舌体（颜色、形质、动态）——脏腑虚实、气血盛衰。望舌苔（苔质、苔色）——病邪的深浅、邪正的消长。

(2) 正常舌象为“淡红舌，薄白苔”颜色淡红鲜明，舌质滋润，舌体柔软，大小适中，运动灵活自如；舌苔均匀薄白而润。

(3) 舌象的生理变异 年龄：小儿舌多淡嫩，苔少或剥；老人舌色较暗或带紫暗色。体质禀赋：先天性裂纹舌、齿痕舌、地图舌。性别：女性月经期舌色偏红，经后恢复正常，气候因素：夏天苔较厚而微黄，秋天苔较薄而干。

2.2.2 脏腑在舌面上的划分

(1) 以脏腑分属 舌根——肾，舌中——脾胃，舌边——肝胆，舌尖——心肺（图1）。

(2) 以三焦分属 舌根——下焦，舌中——中焦，舌尖——上焦（图2）。