

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》。有文无图的舌诊专著有徐灵胎的《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和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辨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, Jing 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-

nese medicine was formally established and gradually became a mature subject during the period from the late Ming Dynasty to the middle period of Qing Dynasty. Ye Tianshi, founder of this subject, made changes of pictures of tongues as the main objective basis of diagnosis and treatment based on overall analysis of symptoms and signs to epidemic febrile diseases. By touching, brushing, inquiring, he analyzed and studied the conditions of the Four Syndromes Wei, Qi, Ying and Xue and body fluid, so as to distinguish the syndromes. Ye's method of the inspection of the tongue is highly valued by the following people, however, Wu Jutong made another use of this method by combining his own clinic experience. He put the inspection of the tongue to use in the following ways: summing up the categories of febrile diseases, differentiating syndromes according to pathological changes of the triple - Jiao, guiding to use medicine, and foreseeing diseases' result. It is creative for him to make the inspection of the tongue an index of the differentiation of syndromes according to the pathological changes of the triple-Jiao, which is the method of analysis of symptoms and signs to dampness-heat diseases.

We must mention that a lot of works on the inspection of the tongue came out from Ming and Qing Dynasty to Mingguo, which also contributes a lot to the development of the inspection of the tongue besides the outstanding contribution that the subject of seasonal febrile diseases has made. Special books even amounted to over ten categories, it fully reflected that the development of the inspection of the tongue had come near to a mature stage and that the clinic experience had been rather abundant. Among the books, the following are with pictures: *shang han guan she xin fa* 《伤寒观舌心法》 by Shen Douyuan, *shang han she jian* 《伤寒舌鉴》 by Zhang Deng, *she jian* 《舌鉴》 by Wang Wenxuan, *cai tu bian she zhi nan* 《彩图辨舌指南》 by Cao Binzhang; the following are with no pictures: *she jian zong lun* 《舌鉴总论》 by Xu Lingtai, *she tai tong zhi* 《舌胎统志》 by Fu Naihan, *cha she bian zheng xin fa* 《察舌辨证新

法》by Liu Hengrui . *lin zheng yan she fa* 《临证验舌法》by Yang Yunfeng, etc. There were also some ABC books on the inspection of the tongue, such as *bian she ru men*《辨舌入门》by Chen Jingqi . *she zhen xue*《舌诊学》by Liao Hongren . *she zhen wen da*《舌诊问答》by He Shu. Moreover, over hundreds of articles on the inspection of the tongue can be found in many synthetical medical works. In a word, we can see the development of the subject of the inspection of the tongue from all above.

V. Arrangement and research of the inspection of the tongue after the P. R. C was founded

Along with the development of the traditional Chinese medicine (TCM) and integrated work of TCM with the western medicine, great achievements have been made in the research of the inspection of the tongue in the past 50 years after the People's Republic of China was founded. The outstanding one is the researchers in TCM and western medicine, which carried on further research on the inspection of the tongue of TCM, an old diagnostic method, using modern scientific experimental technique, such as hemodynamics, microcirculation, pathology, cytology, biochemistry, immunology, microelement analysis. It makes great progress on objectifying and standardizing the inspection of the tongue. These researches verified and complemented previous theories on the inspection of the tongue, and basically clarified the developing principles and some changing factors of the inspection of the tongue. They also obtained the changing laws of the picture of the tongue that was seen in usual clinical diseases and regarded the laws as some diseases' important diagnostic standards. It made the inspection of the tongue as one of the diagnostic methods that combined traditional Chinese medicine with modern science.

Because the inspection of the tongue not only has important diagnostic value and has no pain but also is convenient, it will own more development prospect on diagnostics and treating diseases. Moreover, with the development of scientific techniques,

the inspection of the tongue will show constantly fresh and stronger living power.

第 1 部分 基础篇
PART ONE BASIS

望舌主要包括望舌质、望舌苔二部分内容。舌质，又称舌体，即舌的肌肉脉络组织；舌苔是附着于舌面上的一层苔状物。

中医传统诊法认为，舌质与舌苔在反映病证方面各有侧重，一般来说，舌质多反映五脏精气的盛衰，舌苔多反映病邪的性质及病位的深浅。这是因为舌质的色泽形态主要是依靠五脏所化生的精气上荣以维持，故五脏精气的盛衰也就主要表现在舌质上；舌苔由胃气上蒸而成，若体内有邪气，常与胃气相互搏结上蒸于舌面，而表现为舌苔的异常，故舌苔更侧重于反映病邪的情况。由于中医发病学理论更注重正气的盛衰，故相比较而言，中医望舌更注重舌质的变化。

望舌质又可细分为望舌神、望舌色、望舌形、望舌态四个方面。

望舌苔，是望舌面上的那层苔状物。舌苔是舌象的重要组成部分，有重要的临床意义，尤其是对了解胃气的有无、胃津的存亡、病邪的性质，以及推断病情的轻重等，意义更为重大。望舌苔，包括望舌苔的“形质”和望舌苔的“颜色”两个方面。中医学认为，人之所以有舌苔，是“胃中生气”的表现，是由“胃蒸脾湿上潮而生”所以正常的健康人都有一层薄薄的白色舌苔。如果人体发生病变，邪气就会与胃气相搏结，上蒸于舌面就会出现异常的舌苔。

The inspection of the tongue comprises two parts: the tongue body and tongue coating.

The traditional Chinese medicine considers that the tongue body and coating can reflect pathogenic conditions respectively in different ways. Generally speaking, the tongue body mainly reflects the sufficiency or deficiency of vital Qi in the viscera, while the coating reflects the nature of pathogen as well as the depth of disease location. For the tongue property is nourished and supported by vital Qi that is from the viscera, and the coating is formed by upward steaming action of the stomach Qi, which is often complicated by pathogens inside the body. Be-

tween the two parts, the inspection of tongue is comparatively important in observation of the tongue, since vital Qi has more significance in disease occurrence according to the traditional Chinese medical theory.

In detail, inspection of the tongue includes four parts: (1) inspection of the tongue spirit; (2) inspection of the tongue color; (3) inspection of the tongue shape; (4) inspection of the tongue state.

Inspection of the coating means to observe the layer of fur like substance on the tongue surface. The tongue coating is an inseparable part of a tongue picture, and it is of great importance in clinic, especially in detecting conditions of the stomach Qi and fluid, or nature of pathogens, as well as in judging severity of pathological condition.

Observation of the coating contains two aspects: the fur proper and its color. In TCM opinion, the fur is a manifestation of the stomach vital Qi, for it is formed by upward steaming of the stomach Qi upon the spleen fluid. Therefore the healthy body can present a layer of thin and white coating. If any illness occurs, pathogenic factors will ascend together with the stomach Qi up to the surface of the tongue, and develop an abnormal fur.

第 1 章

望舌神

舌神主要表现在舌质的荣润和灵动方面。“荣润”是有活生生的光彩，“灵动”是运动灵活。望舌神可以统领舌色，凡有神舌无论舌色如何，都为“活色”，凡无神舌无论舌色如何，均为“死色”。如红舌，有神的红舌其色泽红活荣润，无神的红色则色泽晦暗如猪肝。

Chapter 1 Inspection of the Tongue Spirit

The tongue spirit can be showed in two aspects: (1) vitality, (2) mobility. The vitality means lively color and luster of the tongue, while the mobility means freedom of movement. In the inspection, the tongue spirit is considered to be in charge of the tongue color. The tongue with spirit refers to “lively color”, no matter what kind of color it is. The tongue without spirit refers to “death color”. For example, a red tongue with spirit will appear fresh color and moisture. But without spirit it will be lusterless, dim and dark, similar to the liver of a pig.

一、有神舌(图 1.1)

【舌象】舌质荣润而有光彩，舌色红活，运动灵敏，充满生气。

【机理】舌之有神，说明五脏功能正常，化生精气充盛，胃气未伤，气血能够上荣于舌，故表现出神采外露。

I. The Tongue with Spirit(Figure 1.1)

【Manifestations】The tongue proper is glossy, moist and lively colored, free to move, and full of vitality.

【Mechanism】The tongue with spirit is formed as a result of normal function of the viscera, which can transform sufficient essence Qi and send Qi and blood up to the tongue for good nourishment.

二、无神舌

【舌象】舌质干枯而晦暗无泽，死板而毫无生气，运动失灵

【机理】舌质无神，说明五脏功能衰竭，精气匮乏，或胃气衰败，气血不能上荣于舌，故表现为神气全无，临证见此舌象说明正气大伤，诸病皆凶。

II . The Tongue without spirit

【Manifestations】 The tongue is dry, dim and lusterless. Its body loses flexibility and freedom of movement.

【Mechanism】 The tongue has no spirit, indicating exhaustion of the viscera activities, essence Qi, as well as the stomach Qi. Under such a condition, Qi and blood can not be sent upward to the tongue for nourishment, manifested as no vitality on the tongue at all. When this kind of tongue pictures is seen in clinic, it reflects heavy impairment of vital Qi and unfavorable prognosis of diseases.

第 2 章

望舌色

舌色是指舌质的颜色，临床将舌色分为淡红、淡白、红、绛、紫、青六种，其中除淡红舌为正常舌色外，其余均为主病之舌色。

Chapter 2 Inspection of the Tongue Color

The tongue color refers to colors of tongues, including light red, pale, red, crimson, purple, and blue in clinic. Among them, all colors are abnormal except light red color.

一、淡红舌(图 1.1)

【舌象】舌色不深不浅，红活润泽。

【机理】淡红舌是脏腑气血上荣之色，标志着脏腑机能正常，血液充盛，阳气和畅，阳气鼓动血液在体内运行，反映于舌部，即可见舌色淡红荣润。所以，淡红舌为正常健康人的舌色，也见于一些患轻微小病及病情较轻的患者。

【主病】表证温邪初起，实证、热证和虚证之较轻者。

I. The Light Red Tongue(Figure 1.1)

【Manifestations】The color of tongues is neither dark nor light, showing light red, lustrous and moist.

【Mechanism】A light red tongue is the color of tongue nourished by Qi and blood of the viscera, and a sign of normal function of the Zang-Fu organs. It is a result of exuberant blood and harmonious Yang Qi that drives blood flowing around the body, reflected by the light red, lustrous and moist tongue. So the light red tongue is the healthy color, or occurring in some mild illness.

【Indications】It indicates onset of the exterior syndrome by warm pathogen, as well as mild cases of excessive syndrome,