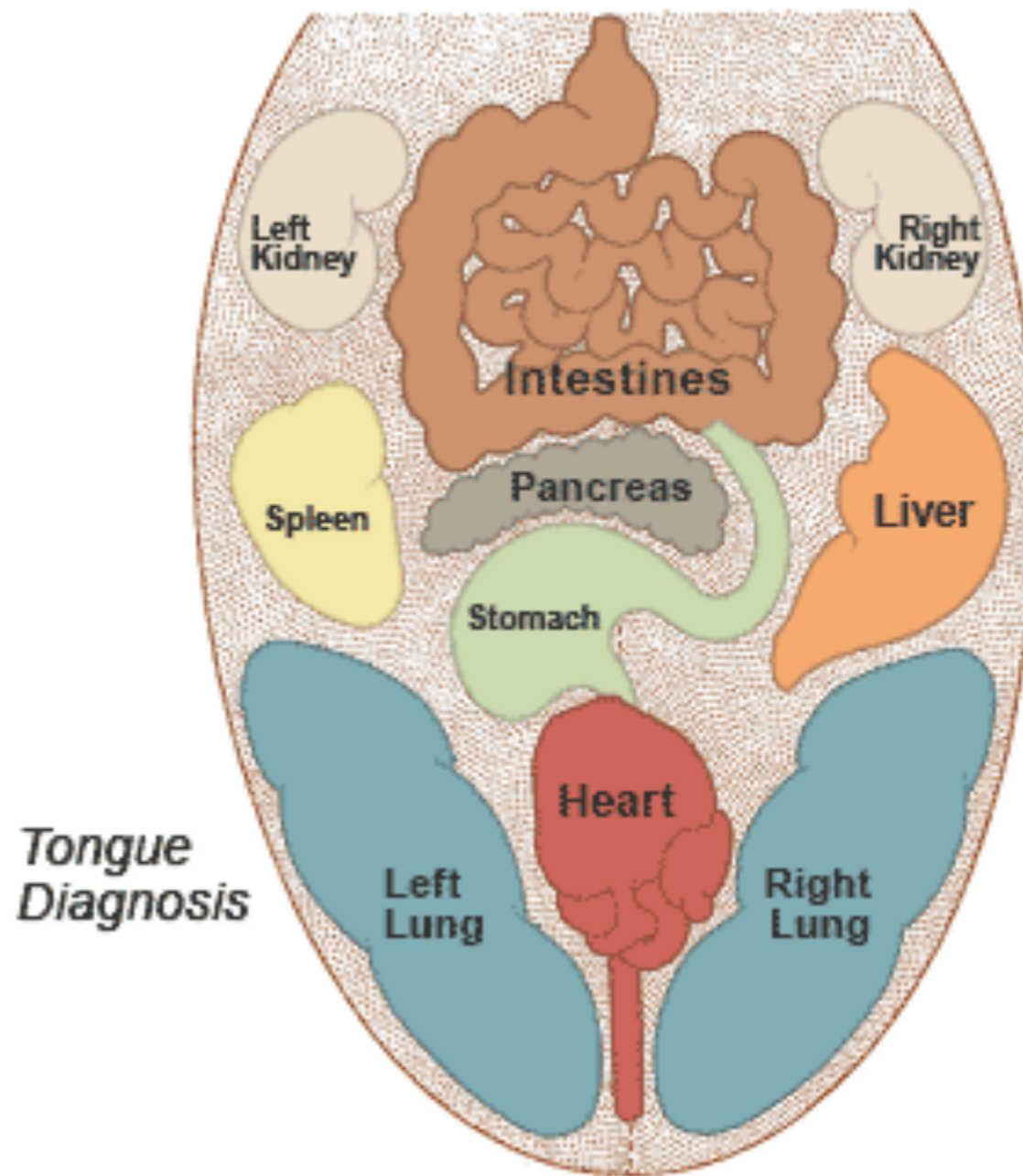




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<http://www.ahac.cc/internal-medicine.html>



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# Your tongue:

## Prakruti and Gunas

### Vata

prakruti

- Small
- Thin
- Healthy Pink
- No cracks
- No tremors

### Pitta

prakruti

- Medium size and thickness
- Might be pointed
- Healthy Pink
- No raw spots
- No red bumps

### Kapha

prakruti

- Medium size and thickness
- Might be pointed
- Healthy Pink
- No raw spots
- No red bumps



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# Your tongue:

Vikruti (imbalance) Identify by the Gunas

## Vata

vikruti

- Dry (thin coating, cracks)
- Rough (bumpy, teeth marks or scallops)
- Mobile (tremors)
- Cold (pale, not red)
- Decay - catabolic - color: grey, black
- Odor: stale, dull
- Taste in mouth: bitter, astringent
- Crack down center
- Cracks throughout
- Crack in back

## Pitta

vikruti

- Hot (red, raw patches)
- Sharp (feels acidic, canker sores, pointed)
- Transformative (changes quickly)
- Oily (slick coating, shiny)
- Colorful (yellow or red)
- Inflamed : red dots or patches, sores
- Odor: sharp, sour
- Crack in center, middle
- Taste in mouth: pungent, sour

## Kapha

vikruti

- Wet/damp
- Heavy (thick in shape)
- Dense - strong
- Cool (pale color)
- Soft
- Smooth or slimy
- Oily (looks wet, shiny)
- Frothy
- Gross (thick)
- Odor: sour, sickly sweet
- Crack in center - front
- Taste in mouth: sour, salty, sweet



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## Vata Disturbance on the tongue:

- Small cracks all over the tongue
- Dry, dark tongue
- Film over the back of the tongue
- Bumps on kidney points or colon area
- Film over large intestine and or the small intestine
- Rough back area
- Small dark pimples

## Pitta disturbances on the tongue

- Red tongue
- White cold sores
- Bumps on the liver, spleen or pancreas points
- Greenish or yellowish film on the tongue
- Film on the middle section of the tongue
- Bright red patches over digestive organs

## Kapha disturbance on the tongue

- White tongue
- Oily film on the tongue
- White coating or film on the tongue
- Depressions on the lungs points
- Bump or depression on the heart points
- Tip of the tongue whitish or coated

“When the tongue has a film over it, it indicates a build up of undigested food or toxins in the body. The color of this film gives an indication of the humor that is causing the buildup. A yellowish or greenish film related to pitta and a toxic high heat condition. A white film is related to kapha, a condition of cold, oily, toxic congestion.”

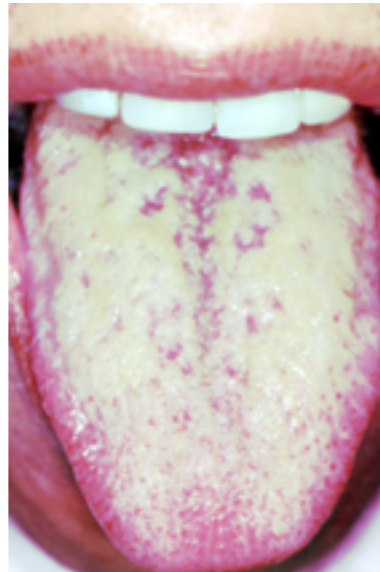
[Dr Ram Mani Bhandari](#)

<http://ayurmantra.com/diagnosis-of-doshas-condition-in-tongue.html>



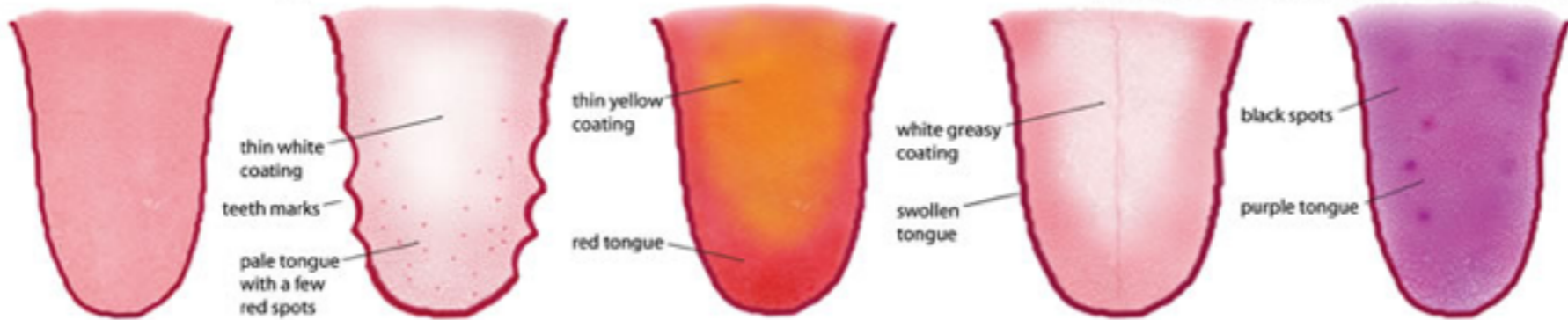


# tongue examples



# Which Tongue Are You?

Nine Common Syndromes & Possible Symptoms.  
 find out more at [www.chinalifeweb.com](http://www.chinalifeweb.com)



**NORMAL**

**QI DEFICIENCY**

Fatigue, Poor appetite, Spontaneous sweating, Shortness of breath, Over-thinking and worrying...

**HEAT**

Feel hot, Sweat easily, Thirsty, Constipated, Irritable and bad tempered, Skin problems...

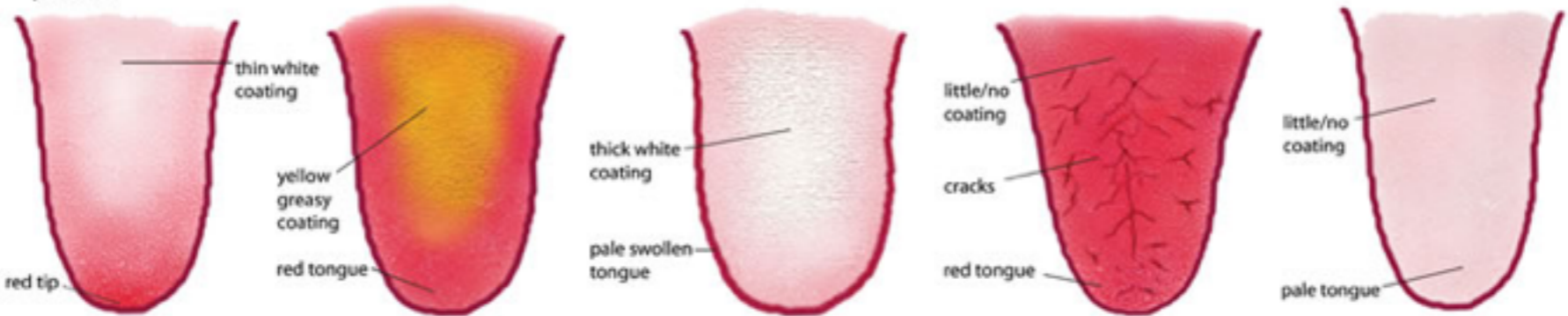
**DAMP RETENTION**

Bloated, Fullness in chest and abdomen, Feel heavy and lethargic...

**BLOOD STASIS**

Cold limbs, Varicose veins, Painful legs, Headaches, Chest pain, Liver spots, Lack of skin lustre...

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**QI STAGNATION**

Stressed, Tendency to be depressed and upset, Unstable emotional state, PMT....

**DAMP HEAT**

Skin problems, Urinary infections, Clammy skin, Angry and uncomfortable...

**YANG DEFICIENCY**

Feel cold easily, Pale complexion, Back pain, Tendency to panic, Emotionally low, Impotence, Infertility...

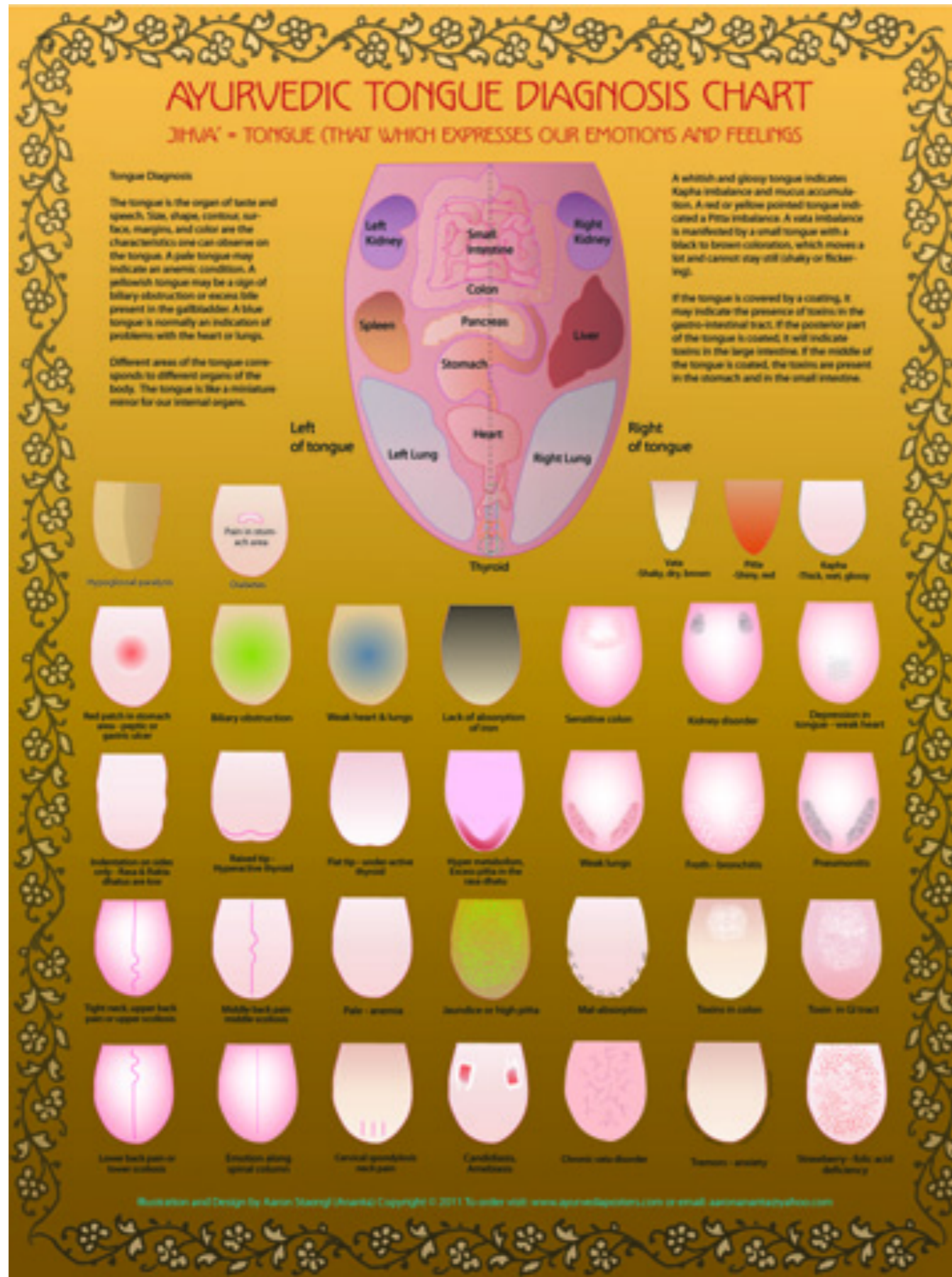
**YIN DEFICIENCY**

Hot Flushes, Sweat at night, Insomnia, Irritable, Ringing in the ears, Menopause...

**BLOOD DEFICIENCY**

Dizziness, Fatigue, Palpitations, Poor concentration and memory, Insomnia, Women's problems...





# Visit tongue charts online

Print one or two  
Online Tongue Charts  
and post on your bathroom mirror.

[Dr. Lad's Tongue Chart](#)

[Chinese Medicine Chart](#)

\*\*

Cross-reference any findings with the tastes that are related to various organs (Lad, P. 242. There are also tongue diagrams in Kacera).



# What is happening? in which part?

## Vata

problems?

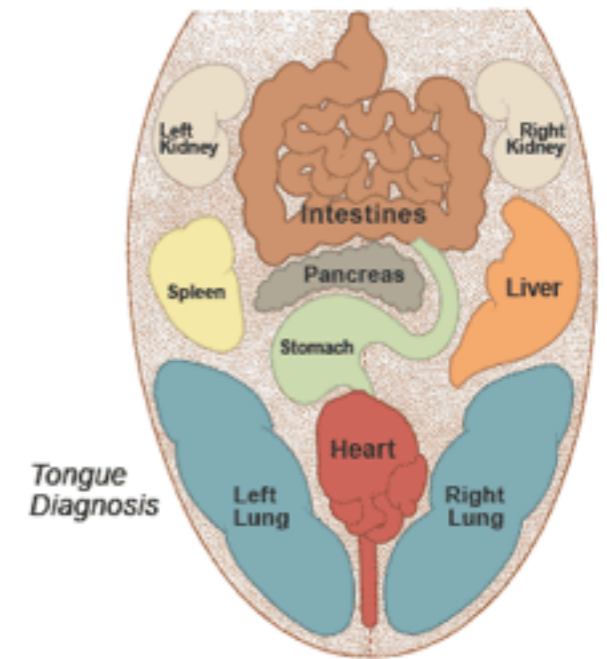
- Back of Tongue
- Colon
- Kidneys
- Color?
- Coating?
- Cracks?
- Scallops?
- Tremors?

## Pitta

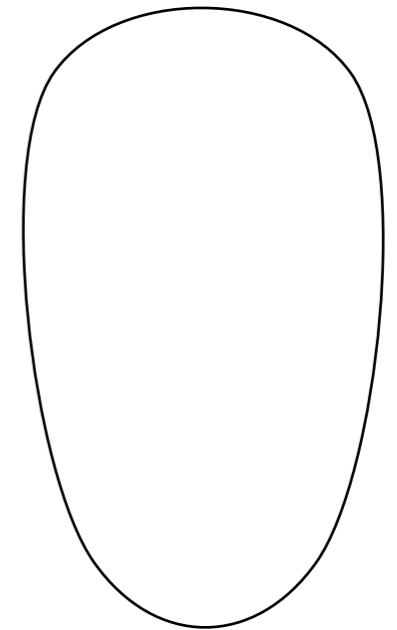
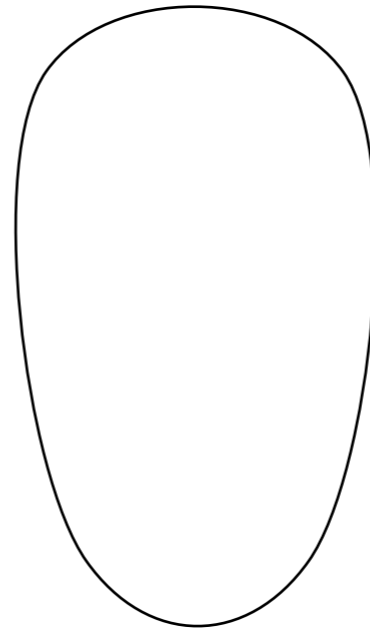
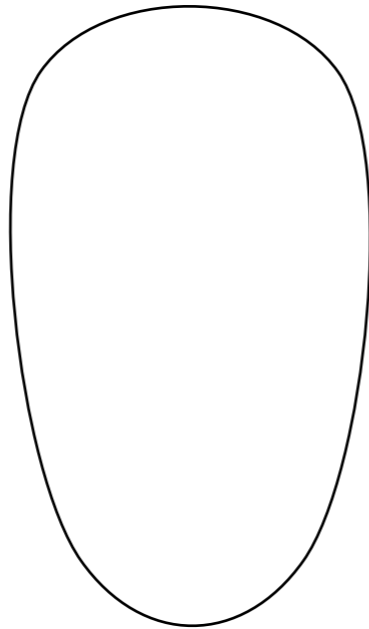
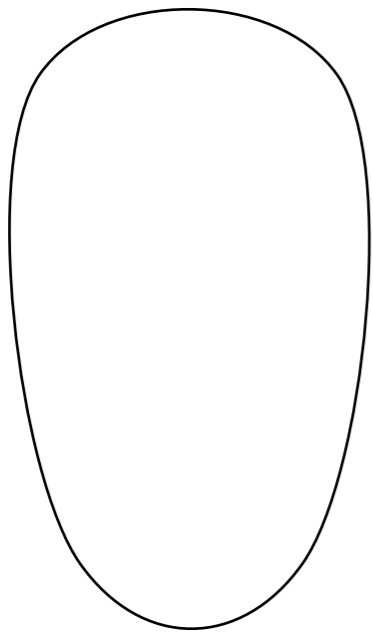
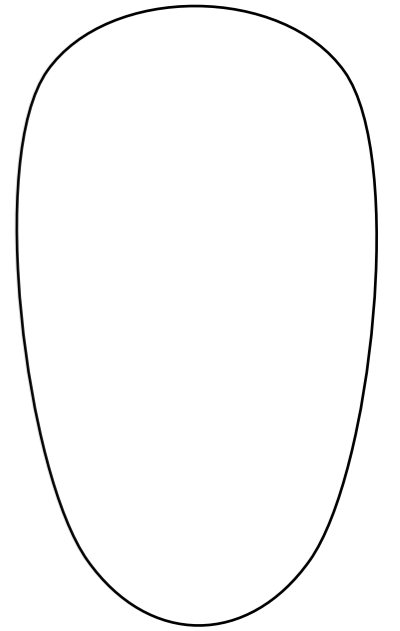
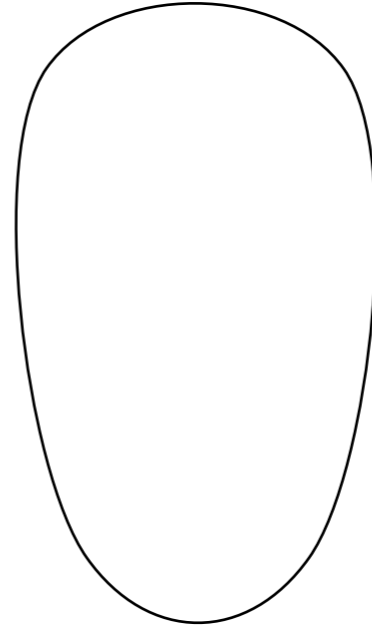
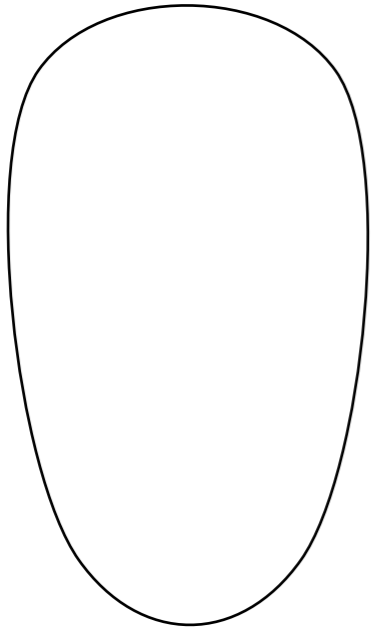
- Back & Center of Tongue
- Intestines
- Liver
- Spleen
- Color - red? yellow?
- Coating?

## Kapha

- Front of tongue
- Stomach
- Lungs
- Color - white? pale?
- Coating?

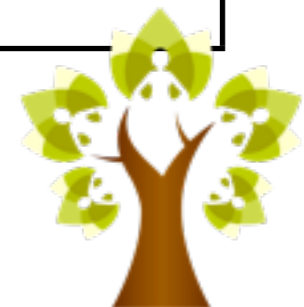


**A tongue for  
each day of  
the week. Fill  
in what you  
see and write  
the day  
below.**



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indicate gunas & doshas	Me	Winston	Indigo	Mom
size				
shape				
coating (thickness)				
coating (color? wet? dry?)				
texture (smooth or cracks)				
moving or still				
scallops or smooth				
notes				





# Self-Care - Featuring Your Mouth!

\*

## Check Your Tongue

Notice your tongue each morning (tape tongue chart near your bathroom mirror). Scrape your tongue and notice any ama. Is this ama building up or cleansing out? (You can order a tongue scraper through [www.banyanbotanicals.com](http://www.banyanbotanicals.com)). Fill out the tongue charts in subsequence pages).

\*\*

## Gargle with triphala water before bed.

- Recipe: simmer 1 tbsp. triphala powder in 2 cups of hot water for 10 minutes, covered. Pour into sterilized glass jar and store in bathroom. Before bed each night, swish through mouth for 30 seconds. Notice what taste you taste the most. Notice how it changes through the month. (You can also order a ½ lb. of triphala powder through [www.banyanbotanicals.com](http://www.banyanbotanicals.com)).

\*\*\*

## Oil Pulling Therapy

- Swish 1 tbsp. coconut oil (extra virgin) or organic sesame oil through your teeth and gums for 20 minutes in the morning before eating. If your morning is too busy, do it before any meal. Spit it outside or into garbage. Don't swallow or spit down the drain.
- Notice the effect. If you want to die with functional teeth, it's important to notice the effect of these therapies and commit to the routine.



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