

# What is Chinese Tongue Diagnosis ?

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The tongue has many relationships and connections in the body, both to the meridians and the internal organs. It is therefore very useful and important during inspection for confirming Traditional Chinese Medicine diagnosis. It can present strong visual indicators of a person's overall harmony or disharmony. When examining the tongue, the Chinese medicine doctor looks at the color of the tongue body, its size and shape, the color and thickness of its coating or fur, locations of abnormalities and moistness or dryness of the tongue body and fur. These signs reveal not only overall states of health, but correlate to specific organ functions and disharmonies. For example, if there are red spots on the front third of the tongue, which is associated with the lung area, this indicates that there is heat in the Lungs. If the tip of the tongue is red, that indicates heat in the heart. The way a tongue appears is not an absolute indicator of the location of the disharmony, but when taken as part of an overall pattern that includes a complete evaluation, they offer strong clues to the location of disharmony.

