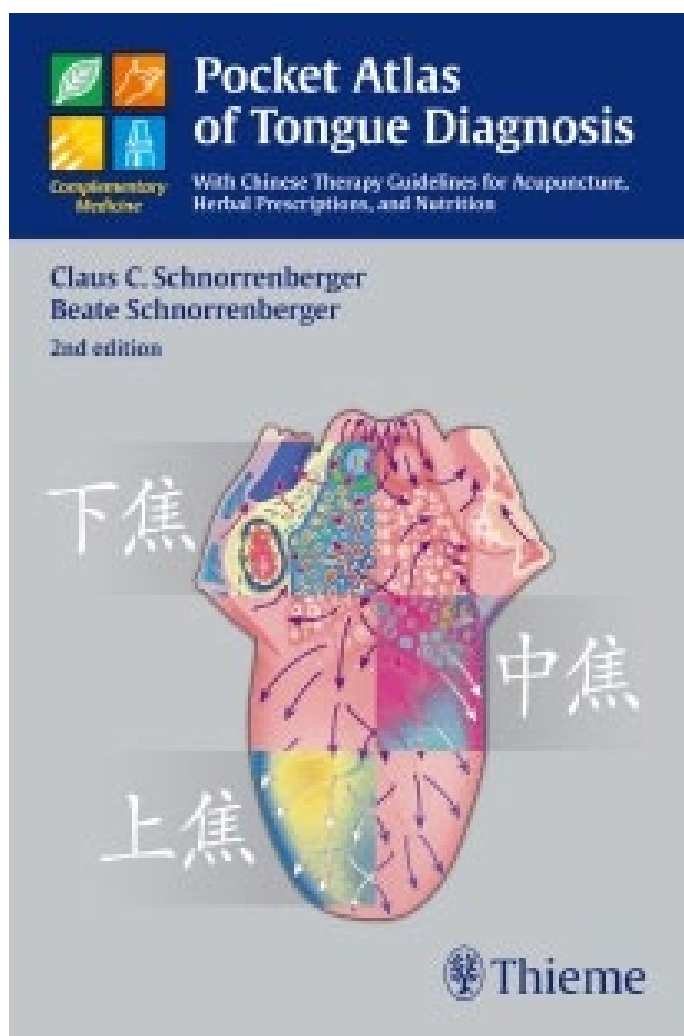




Claus C. Schnorrenberger Pocket Atlas of Tongue Diagnosis



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Preface to the Second Edition

Our practical experience over the last years supports the claim that tongue diagnosis is one of the most important diagnostic elements employed in Chinese medicine. Moreover, our experience confirms that tongue evaluation complements the established methods of modern Western diagnosis by enhancing the clinical information of the practitioner, to the effect of a holistic understanding of the individual human being.

For the expert it is amazing to observe how the tongue reflects the inner organs and their modifications caused by physiological influences and pathological dysfunctions. The correct assessment of the tongue starts between practitioner and patient—the two pillars of healing arts

over thousands of years—and focuses on the patient as an individual. By taking established Western diagnostics into account as well, the practitioner is able to achieve an encompassing diagnosis and therapy.

The overall success and the friendly reception of the first English edition of the *Pocket Atlas of Tongue Diagnosis* on the international market shows the actual need for such a book. The second edition includes updates of illustrations and corrections throughout the text and presents the full material with an improved layout.

Claus C. Schnorrenberger
Beate Schnorrenberger

Preface to the First Edition

“Your eyes shall be your professors!”—Theophrastus Paracelsus (1493–1541)

J. W. Goethe, German writer, poet, and natural scientist of the 18th and early 19th century, once remarked: “The most difficult job is to recognize what is exposed in front of your eyes.” What he meant was that you must know and understand the subject and its background thoroughly before you can explain it properly. Without this knowledge and understanding it is impossible to describe something accurately or even to see it at all. As far as tongue diagnosis is concerned this requires understanding human anatomy, physiology, and embryology, as well as Chinese medicine.

The human tongue undergoes constant change. It reflects every modification within the organism, as well as in the environment. We do, therefore, encourage the reader to inspect her or his tongue several times a day in order to well distinguish its body, its coating, its consistency, and the continuous changes involved. The mirror will each time reflect a slightly different picture and the tongue always reveals the actual phase of flow (or “equilibrium of flow”) according to the prevailing individual syndrome, the *bian zheng*. The appropriate therapy should be applied in accordance with this. It is understood that the *bian zheng*, the differentiation of the individual syndrome, changes continuously, sometimes from hour to hour.

The procedure in Chinese diagnostics is the perennial differentiation between

opposites. It is the vital medical application of the famous **Principle of Contradiction**, which in occidental thought goes back to Heraclitus, Parmenides, Plato, Aristotle, and Hegel, as well as to basic medical and diagnostic texts in the Chinese tradition (e.g., Chapter 49 of the *Ling-Shu Jing*). **Differentiation** based on **contradiction** is the correct rendering of the ideograph “*bian*,” which is derived from a primitive ancient Chinese character showing two criminals impeaching each other. Thus, “*bian*” is the exact equivalent of Aristotle’s *antiphrasis*, namely contradiction, which he declared the basic principle of logic, analysis, and cognition in his book on metaphysics. Therefore, administering a typecast herbal prescription or a standard needle combination unthinkingly would be quite unprofessional.

The great compilations of classical prescription (*Shang Han Lun*, *Jin-Gui-Yao-Lüe*, Thousand Golden Prescriptions, etc.) give recommendations to the physician in order to suggest an appropriate creative therapy. Chinese physicians wrote them for this purpose some 2000 years ago. That is why the *materia medica* combinations listed in Chapters 5 to 8 have remained without standard quantification of their components. Quantification is up to the experienced physician according to the individual *bian zheng*. Moreover, quantification varies slightly between the Chinese and Western population and between people living in different climatic zones. Just copying stereo-

typed prescriptions and applying them to a sick person is as unprofessional a procedure as treating a diagnosis in the foreground instead of understanding the whole background (mind, organism, environment) of the individual human being involved.

An experienced Chinese doctor has to perform a comprehensive differentiating syndrome diagnosis (*bian zheng*) before his or her therapy, including inspection of the tongue and evaluation of pulses. Otherwise, the ensuing therapy would not be a genuine traditional Chinese one.

In conclusion, we would like to mention that the text of this atlas with its illustrations is based on a documentary film entitled *Zungendiagnose—Zentrum der Chinesischen Medizin* (Tongue diagnosis—The core of Chinese medicine) published in 1990 by the German Research Institute of Chinese Medicine (GRICMED), Freiburg im Breisgau/Germany.

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Chapter 3

The Technique of Tongue Diagnosis

The patient's face is turned to the light and the tongue is examined in a flat, stretched out position, not, however, to the extent that its natural color changes (Fig. 17). It is best to examine the tongue by daylight. If, under certain conditions, the examination has to be done by artificial light, the wrong results may be obtained. If the tongue has to be examined initially by artificial light, it is advisable to examine it again later on by daylight. It is important to distinguish between the true color of the tongue and a discoloration caused by certain foods, medication, or mechanical influences. Milk, for instance, leaves a white coating on the surface of the tongue, coffee a brown surface. Bilberries (blueberries)

and beet tinge the tongue bluish-red, whereas colored sweets make the tongue look green, yellow, or blue. Chocolate leaves a brown smear; toothpaste can leave a white layer, etc. The coating on the tongue can also be changed by brushing it with a toothbrush or after eating certain kinds of food. Food can be responsible for rubbing off a thick coating and thus make the coating look thinner or even normal. Hot, pungent, and spicy food can change the color of the tongue, leaving it either bright red or dark purple. For these reasons, the physician should never examine the tongue immediately after the patient has eaten, drunk, or brushed his or her teeth and tongue.



Fig. 17

Chapter 4

Systematic Procedure of Tongue Diagnosis

The basic method of any medical examination is the differentiation between opposed phenomena. In Chinese medicine this procedure is called *bian zheng*, which is the differentiation between contradictory findings. It is the Chinese version of the famous Principle of Contradiction, which for occidental science was formulated by the Greek philosophers Heraclitus, Parmenides, Plato, and Aristotle.

In examining the tongue the physician must be able to differentiate between the body of the tongue and the coating. In addition, the structure or consistency of the tongue is important. The body of the tongue is made up of the tongue muscles, arteries and veins, lymphatic vessels, salivary glands, and fine blood vessels (capillaries). The coating is the uppermost layer of the tongue. Usually, the human tongue looks soft and tender and moves freely and easily. It is light red, slightly wet, and covered with a fine white layer. Chinese medicine refers to this normal appearance of the tongue as a “light red tongue with a thin white coating” (Fig. 18).

This normal condition of the tongue changes with the seasons and climate. In summer the coating is usually somewhat thicker or it turns yellow as the result of summer heat. In autumn the coating is thin, white, and slightly dry. The physician must be aware of these natural seasonal

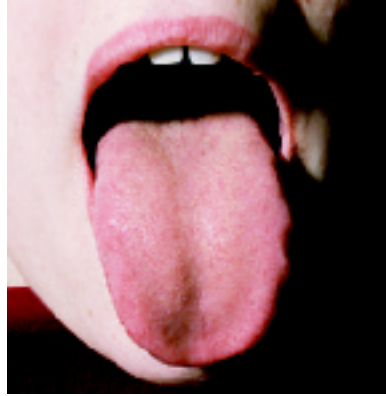


Fig. 18

changes so as not to confuse them with pathological ones.

In the case of illness, changes in the body of the tongue must be differentiated from changes in the coating of the tongue. The body of the tongue can undergo changes in consistency, color, and form. It primarily reflects either strength or weakness of the arterial or venous blood flow (*xue qi*), increased or decreased capillary pressure and lymph drainage, decreased concentration of plasma proteins, etc. In Chinese medicine this is referred to as a deficiency or a fullness of the vessels of storage and hollow organs, the *jing mai*, running deep inside the organism. The coating of the tongue can change in form, color, and in consistency as well. This will indicate whether the

4. The thin, small tongue

A thin, small tongue which is light in color usually indicates a deficiency of blood and *qi* (*xue qi*) or it indicates that both heart and spleen are in a condition of emptiness. Such a condition can often be found in younger individuals with psychosomatic disorder (lack of appetite, insomnia, forgetfulness, nervousness, palpitation, etc.) (Fig. 34).

A dark red, thin, small tongue corresponds to a *yin* emptiness with an abundance of heat, rendering the body fluids (*jin ye*) diminished or impaired. This is usually a sign of a serious disease. The patient depicted in Figure 35 is a rather tall person but his tongue is not at all in proportion with his body height of 189cm. He suffers from high blood pressure, insomnia, and diabetes due to *yin* deficiency and internal heat.



Fig. 34



Fig. 35

5. The fissured tongue

If the tongue has many transverse and longitudinal fissures with cracks and grooves in it, it is referred to as a “fissured tongue.” If such a tongue is also dark red, this usually shows the presence of an abundance of heat. The patient in Figure 36 suffers from a severe and generalized allergy.

If such a tongue is white and light in appearance, this can indicate a lack of *yin* and blood. The patient shown in Figure 37 suffers from multiple disorders of his gastrointestinal tract and has a history of hepatitis.



Fig. 36

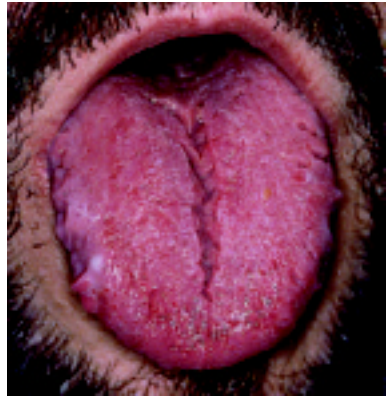


Fig. 37

The Swollen Tongue (1)

Fig. 83: This tongue is larger and thicker than a normal tongue. If the color of the swollen tongue is light and white, this is a sign of an emptiness of the *qi* and *yang* in the spleen and stomach.

Fig. 84: This female patient, in addition, presents tooth marks on both sides of her tongue, which is typical for a *yang* deficiency. There is a sticky coating indicating an accumulation of mucus (phlegm) in the middle and the lower burner.

Therapy According to Syndrome Differentiation

Replenish *qi* and *yang*; strengthen the spleen and the stomach

Chen Chiu Foramina

- ST-36
 - BL-20, BL-23
 - CV (*ren mai*)-4,
 - CV-6 (moxa)
 - CV-12
- Fig. 84 in addition:
- SP-6, SP-10, ST-40

Chinese Herbs (Prescription)

Zingiber officinalis, *Dioscorea batatas*, *Atractylodes macrocephala*, *Astragalus membranaceus*, *Codonopsis pilulosa*, *Glycyrrhizas uralensis*, *Panax Ginseng*, *Cinnamomum cassia*, *Poria cocos*.



Fig. 83: ▷ Shape of the tongue body



Fig. 84: ▷ Shape of the tongue body

Fig. 84: Leave *Panax Ginseng* out! Instead: *Angelica sinensis*, *Pinellia ternata*.

Dietetic Treatment

✗ To be avoided

Avoid food with cold and cool properties from the wood element with sour taste, milk products.

✓ Recommended diet

Eat warm and hot dishes from the earth element (e. g., fennel, cinnamon, potato, pumpkin). Eat warm meals and roasted cereals.

The Second Edition of Pocket Atlas of Tongue Diagnosis is an essential resource for every practitioner or student of Chinese medicine, acupuncture, or complementary medicine. Read more. See all Editorial Reviews. Would you like to tell us about a lower price? If you are a seller for this product, would you like to suggest updates through seller support? No_content_in_feature. Start reading Pocket Atlas of Tongue Diagnosis on your Kindle in under a minute. Don't have a Kindle? Get your Kindle here, or download a FREE Kindle Reading App. suggestions for using acupuncture, herbs, and nutrition accompany each clinical imageMedical assessment of 28 case histories with real-life photographs from the authors' practiceThe Second Edition of Pocket Atlas of Tongue Diagnosis is an essential resource for every practitioner or student of Chinese medicine, acupuncture, or complementary medicine. WordPress Shortcode. Link. Read Pocket Atlas of Tongue Diagnosis | Online. 83 views. Share. Download Read Pocket Atlas of Tongue Diagnosis | Online PDF Free Download Here <http://pubs.ebookssale.info/?book=3131398310> none. Published in: Education. License: CC Attribution-NonCommercial License.