

Index

Page numbers in *italics* refer to illustrations

A

- abscess 53, 142, 144
- acupuncture 84, 85
- aggressive behavior 224
- allergy 59, 110, 212, 214
- amorphous tongue 190, 191
 - therapy 190–191
- arteries 22, 31–32
- ash-gray coating 71–72, 71–72, 150–152, 151, 153
 - therapy 150–153
- asthma 188, 222

B

- back pain 134, 156, 178, 180, 198, 200, 216, 222, 224
 - changes during course of disease 234–235, 235
 - headache and 250, 264, 266, 268
- black coating 7–8, 71–72, 71–72, 150–152, 151, 153
 - and missing coating 178–181, 179, 181
 - changes during course of disease 234–235, 235, 238–239, 239
 - therapy 150–153, 178–181
- bladder diseases 48
- blood stagnation 53–54, 73, 96, 160
- blue-greenish tongue 53, 53, 94, 95
 - therapy 94–95
- bronchial asthma 188, 222
- bronchiectasis 144, 210
- bronchitis 128, 156
- bronchopneumonia 94, 142
- brownish coating 70, 70, 238–239, 239

C

- cerebral hemorrhage 64, 65, 128, 130, 150, 238–239
- cholelithiasis 126
- chondroglossus muscle 20
- chorda tympani 23
- chronic fatigue syndrome 134
- circumvallated papillae 19
- cirrhosis of the liver 206, 208, 230
- cluster headache 248
- coating of tongue 68–80
 - changes in 7–8
 - color 68–72
 - ash-gray coating 71–72, 71–72, 150–153, 151, 153
 - black coating 7–8, 71–72, 71–72, 150–153, 151, 153, 234–235, 235, 238–239, 239
 - brown coating 70, 70, 238–239, 239
 - white coating 68–69, 68–69, 140–145, 141, 143, 145, 198–199, 199, 226–227, 227
 - yellow coating 7, 70, 70, 146–149, 147, 149, 218–219, 219, 238–239, 239
- consistency
- dry coating 75, 75, 162–165, 163, 165
 - empty patches (“map” tongue) 77, 77, 170–175, 171, 173, 175, 192, 193
- loose coating 76, 76, 166–167, 167
- missing (absent) coating 78, 78, 176–183, 177, 179, 181, 183, 186–187, 187
- moist coating 74, 74, 158–159, 159

- sticky coating 76, 76, 168–169, 169, 216–217, 217, 222–227, 223, 225, 227
- thick coating 8, 73, 73, 156–157, 157, 216–217, 217, 224–225, 225
- thin coating 73, 73, 154–155, 155, 222–223, 223
- course of disease and 79–80
- back pain 234
- hemiplegia after cerebral hemorrhage 238–239
- hepatitis 230
- color of tongue 50–54
- blue-greenish tongue 53, 53, 94–95, 95
- changes in 5–7
- light, white tongue 50, 50, 86–87, 87
- normal color 50, 50
- purple tongue 54, 54, 94–97, 95, 97, 160, 161
- red tongue 51, 51, 88–91, 89, 91, 224–225, 225
- dark red tongue 52, 52, 92–93, 93, 108–109, 109, 212–215, 213, 215
- missing coating and 186–187, 187
- see also* coating of tongue
- common cold 68, 140
- conical papillae 19
- conjunctivitis 214
- consistency of tongue 63–67
- hard, stiff tongue 64, 64, 126–130, 127, 129
- restless, protruding tongue 67, 138–139
- shortened or shrunken tongue 66, 66, 134–137, 135, 137
- slanting or oblique tongue 7, 65, 65, 130–131, 131
- trembling tongue 67, 132–133
- weak, frail tongue 63, 63, 124–125
- see also* coating of tongue
- constipation 152, 156
- cough 188, 210, 254
- creases, multiple 220–223, 221, 223
- headache and 242, 243, 260–263, 261, 263
- see also* fissured tongue
- cystopyelitis 78, 176, 224
- D**
- dark red tongue 52, 52, 92, 93
- fissured tongue 212–215, 213, 215
- therapy 92–93, 108–109, 212–215
- thin, small, dark red tongue 108–109, 109
- depression 126, 222, 224, 236, 256
- diabetes 58, 108
- diagnosis 81
- see also* tongue diagnosis
- diarrhea 256
- diverticulitis 78, 176
- drug addiction 52, 92
- dry coating 75, 75, 162–164, 163, 165
- therapy 162–165
- dry tongue 6
- red tongue and 188–189, 189
- therapy 188–189
- E**
- edges of the tongue *see* margins of the tongue
- Einstein, Albert 8–10
- embryology 26–27, 43
- empty patches on the tongue 77, 77, 170–174, 171, 173, 175
- therapy 170–175
- epileptic seizure 67, 138
- exhaustion 60, 112, 134, 190, 216, 232

F

- facial nerve 24
- fibromyalgia 190
- filiform papillae 19
- fissured tongue 6, 59, 59, 110, 111, 212, 213
 - dark red 212–215, 213, 215
 - headache and 264, 265
 - therapy 110–111, 212–215
 - watery 160–161, 161
- floor of the mouth 26
- foliate papillae 19
- fungiform papillae 19, 114

G

- gallbladder diseases 48
- gallstones 126
- genioglossus muscle 20
- glossopharyngeal nerve 23, 24, 38
- granular papillae 114–123, 115, 117, 119, 121, 123
 - therapy 114–123
- granular tongue 6, 61–62, 61–62, 114–115, 115
 - edges of the tongue 118, 119
 - middle of the tongue 120, 121
 - therapy 114–123
 - tip of the tongue 116, 117, 122, 123
- gray coating 262, 263, 266–268, 267, 269
 - see also* ash-gray coating
- greenish tongue 53, 53, 94–95, 95
- gustatory pathways 24, 41

H

- hard, stiff tongue 64, 64, 126–130, 127, 129
 - therapy 126–129
- headache 128, 198, 226
 - cluster headache 248
 - therapy 241–269
 - tongue differentiation 241–269
- heart 13
 - diseases 48, 66, 92
- heart vessel 13, 14, 15
- hemarthrosis 53, 94
- hemiplegia 130, 238–239
- hemorrhoids 200
- hepatitis 59, 90, 110, 144, 182, 206, 226
 - changes during course of disease 230–233, 230–233
- herpes zoster 192
- high blood pressure *see* hypertension
- hyoglossus muscle 20
- hypermenorrhea 236–237
- hypertension 58, 68, 108, 126, 200, 226
 - headache and 258
- hypoglossal nerve 24, 40

I

- indigestion 156, 166, 198
- influenza 68, 140
- insomnia 128, 192, 194, 196, 204, 218, 224
 - headache and 244, 252, 254, 256, 260, 264, 268
- thin, small tongue 58, 106, 108
 - wrinkled, rough tongue 55, 98
- intermediate nerve 23, 37
- intestinal diseases 48
- irritability 192, 198, 258

J

jaundice 230

margins of the tongue 206–211, 207, 209,

211, 224–225, 225

granular papillae 118, 119

metromenorrhagie 236–237

migraine 266

missing (absent) coating 78, 78, 176, 177

and black coating 178–181, 179, 181

and white coating 182–183, 183

headache and 244, 245

therapy 176–183, 186–187

with red tongue body 186–187, 187

moist coating 74, 74, 158, 159

therapy 158–159

muscles 20–21, 27, 30

physiological effect of 21–22

myoma 236

L

lentiform papillae 19

light, white tongue 50, 50, 86, 87

therapy 86–87

lingual glands 25

lingual papillae 19, 28, 29

granular papillae 114–123

liver diseases 48, 208, 226

cirrhosis 206, 208, 230

liver vessel 14, 18

longitudinal muscle

inferior 21

superior 20

loose coating 76, 76, 166, 167

therapy 166–167

lumbago 250

lung diseases 48

lung vessel 14

lupus erythematosus 63, 124, 190

lymphatic vessels 23, 34–35

N

nausea 214

nerves 23–24, 27, 36–40

nervousness 192, 196, 236, 268

thin, small tongue 58, 106

wrinkled, rough tongue 55, 98

night sweats 204, 236, 264

nycturia 208

O

obesity 168

oblique tongue 65, 65, 130, 131

therapy 130–131

old tongue 55, 55

M

mandibular nerve 23, 37

“map” tongue 77, 77, 170–174, 171, 173,

175, 192, 193

therapy 170–175

P

pain

- hypochondriac 208
 - knee 262
 - perception of 24
 - stomach 266
 - see also* back pain
- palpitations 106, 204, 256, 260, 264

papillae *see* lingual papillae

parotid gland 25

pericardium vessel 13, 14

premature ejaculation 268

prescription 84

prostatic adenoma 152

prostatitis 262

protruding tongue 67, 138

 therapy 138–139

purple tongue 54, 54, 94–97, 95, 97, 160,
 161

R

- red tongue 51, 51, 88–90, 89, 91, 226, 227
 changes during course of disease
 hepatitis 230–232, 230–232
 lower back pain 234–235, 235
 myoma 236, 237
 dark red tongue 52, 52, 92, 93, 108,
 109, 212–215, 213, 215
 dry tongue and 188–189, 189
 headache and 244, 245, 248, 249,
 252–254, 253, 255, 258, 259
 missing coating and 186–187, 187
 red tip 194–196, 195, 197, 224–225,
 225
 headache and 244, 245, 252–256,
 253, 255, 257, 260, 261, 264, 265
 therapy 88–91, 92–93, 108–109,
 186–189, 198–199, 224–227

- white coating and 198–199, 199
restless, protruding tongue 67, 138
 therapy 138–139
restlessness 204
retarded mental capacity 67, 138
rhinitis 214
root of the tongue 216–219, 217, 219,
 224–225, 225

S

saliva 24

 secretion of 25

salivary glands 25

shape of tongue 55–62

 fissured tongue 59, 59, 110–111, 111,
 212, 213

 granular tongue 6, 61–62, 61–62,
 114–123, 115, 117, 119, 121, 123
 swollen tongue 57, 57, 102–105, 103,
 105, 196–197, 197

 tender, fine tongue 56, 56, 100–101,
 101

 thin, small tongue 58, 58, 106–109,
 107, 109

 tooth marks 60, 60, 112–113, 113, 236,
 237

 wrinkled, rough tongue 55, 55, 98–99,
 99

 shapeless tongue 190, 191

 therapy 190–191

 shingles 192

 shortened tongue 66, 66, 134–136, 135,
 137

 therapy 134–137

 shrunken tongue 66, 66, 134–136, 135,
 137

 therapy 134–137

 slanting tongue 7, 65, 65, 130, 131
 therapy 130–131

spleen, diseases of 48
spleen vessel 13, 14, 16
stenocardia 156, 200
steroids 188
sticky coating 76, 76, 168, 169, 216, 217,
 222–226, 223, 225, 227
headache and 246, 247, 250, 251,
 256–258, 257, 259, 262, 263, 266,
 267
 therapy 168–169, 216–217, 222–227
stomach diseases 48, 79
stroke 64, 65, 71, 128, 130, 238–239
styloglossus muscle 20
sublingual gland 25
submandibular gland 25
swollen tongue 57, 57, 102–105, 103, 105,
 196, 197, 236, 237
headache and 242–244, 243, 245, 252,
 253, 264, 265
therapy 102–105, 196–197

T

taste buds 24
taste sensation 24, 41–42
tender, fine tongue 56, 56, 100, 101
 therapy 100–101
thick coating 8, 73, 73, 156, 157, 216, 217,
 224, 225
 headache and 258, 259
 therapy 156–157, 216–217, 224–225
thin coating 73, 73, 154, 155, 222, 223
 therapy 154–155, 184–185, 222–223
 white coating 184–185, 185, 198–199,
 199
 headache and 244, 245, 256, 257,
 260, 261
thin, small tongue 58, 58, 106, 107
 dark red 108–109, 109

headache and 262, 263
 therapy 106–109
three burners 48, 49
thrombocytopenia 53, 94
tip of the tongue 204–205, 205
 granular papillae 116, 117, 122, 123
 red 194–196, 195, 197, 224–225, 225
 headache and 244, 245, 252–256,
 253, 255, 257, 260, 261, 264, 265

tongue
 areas of 48, 49
 changes in 5–8, 47–48
 embryonic development 26–27, 43
 inferior side of 26
 internal organ relationships 12–14, 48
 normal appearance 5, 47, 47
 significance of 4–5
 structures 19–24, 28
 arterial supply 22, 32
 functional correlation 27
 lingual papillae 19
 lymphatic vessels 23, 34–35
 muscles 20–21, 27, 30
 nerves 23–24, 27, 36–40
 veins 22, 33
 three burners and 48, 49
 vessel pathway relationships 12–14
 see also coating of tongue; color of
 tongue; consistency of tongue;
 shape of tongue
tongue diagnosis 8–10, 81
anatomical and physiological founda-
 tions 21–27
historical aspects 12
modern research 5–8
technique 46, 47–48
tonsillitis 218
tooth marks 57, 57, 60, 60, 102–104, 103,
 105, 112, 113, 236, 237
headache and 266–268, 267, 269
therapy 112–113

Traditional Chinese Medicine 3
transverse muscle of the tongue 21
trembling tongue 67, 132
 therapy 132–133

U
ulceration 210

V
vagus nerve 23, 24, 39
varicose veins 200
veins 22, 33
vertical muscle of the tongue 21
vomiting 214, 266

W
wart 204
weak, frail tongue 63, 63, 124, 125
 therapy 124–125
white coating 68–69, 68–69, 140–145,
 141, 143, 145, 226, 227
and missing coating 182–183, 183
headache and 244–247, 245, 247, 250,
 251, 256–261, 257, 259, 261
therapy 140–145, 182–185, 198–199,
 226–227
thin, white coating 184–185, 185,
 198–199, 199
wrinkled, rough tongue 55, 55, 98, 99
 therapy 98–99
Wrisberg nerve 23, 37

Y

yellow coating 7, 70, 70, 146–149, 147,
 149, 218–219, 219, 238–239, 239
headache and 252, 253, 262, 263
therapy 146–149, 218–219
young tongue 56, 56, 100, 101
 therapy 100–101