



NEW TONGUE TERMINOLOGY FOR THE PAN CANADIAN EXAM

NEW TONGUE BODY TERMS:

TONGUE SHAPE:

Enlarged (Pang/Da): fat, swollen, large and distended compared to a normal tongue and fills the mouth opening. = **Large**

Thin (Bao): thin due to vacuity general of blood or yin. = **Thin**

Skinny (Shou): more severe than thin. More damage to the yin, blood and fluids

Deviated (Wai Xie): wind stroke or imminent wind strong = **Deviated**

Soft-Tender (Nen): smooth, delicate and possibly swollen. Always indicates deficiency

Shrunken (Juan Suo): vacuity due to yin or dual vacuity of yin and qi. This is atrophy of the lingual muscle and epithelium due to malnutrition. = **Short**

TONGUE COLOR:

Pale (Dan): qi and blood vacuity or yang vacuity

Red (Hong): excess or deficiency heat

Crimson (Jiang): heat in the blood level

Purplish Blue (Qing Zi): blood stasis due to cold

Maculae (Ban): prickles

Fissured (Lie): cracks

NEW TONGUE COAT TERMS:

Thick (Hou)*: disease is in the interior, evil has entered the viscera and bowels. Relatively severe disease. Evil is relatively deep = **Thick**

Thin (Bo)*: normal form of tongue fur. Onset of beginning of disease. Evil still in the exterior and mild disease, evil is shallow = **Thin**

Moist (Run): indicates that fluids have not been damaged and disease is relatively mild. Too moist reflects the tongue Glossy: governs damp or cold; general water retention due to yang vacuity = **Moist**

Dry (Zao): consumption damage of the fluids. Due to heat, yin, blood or body fluids vacuity. Also yang vacuity causing the inability to transform humor and moisten. Generally pale white tongue body with dry mouth no thirst and other yang vacuity pattern signs. = **Dry**

Rough (Cu Cao): one step on from dry where the tongue so dry that it looks rough, feels dry even prickly to the touch. See on exterior pathogenic heat that has invaded into the interior and damaged the fluids. Also damp conditions where the damp traps the fluids and so fluids can't rise up to great the tongue coat.

Slimy/Greasy (Ni): thicker and appears as a layer of mucus covering the tongue and no longer has it's normal grainy appearance, this is slimy. Generally seen with damp, phlegm food accumulation = **Slippery/Greasy**

Peeling (Bo): qi and yin vacuity. Flower peeling is extensive peeling of the fur in undefined pieces due to insufficient Stomach Yin. = **Geographic or Peeled in Patches**

Grimy (Gou): like a slimy tongue coat except the mucus layer looks dirty. Damp and phlegm but also stomach qi vacuity.

Prickled (Mang Ci): excess heat = **Prickles**



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