

Index

A

- Abscess 68, 142–144
- Acupuncture 84
- Allergy 110, 212
- Amorphous tongue 190–191
- Arteries 19, 30–31
- Ash-gray coating 70–71, 150–153
 - therapy 150–153
- Asthma 188, 222

B

- Back pain 178–180
 - headache and 250, 264–266
 - lower 156, 178, 198, 216, 222
 - chronic 234–235
 - therapy 234–235
- Black coating 70–71, 150–153, 274–275
 - missing and black coating 178–181
 - therapy 150–153
- Bladder diseases 46
- Blood stagnation 52–53, 72, 94–96, 156, 160
- Bluish-green tongue 94–95
 - therapy 94–95
- Bronchiectasis 144, 210
- Bronchitis 156, 210
- Bronchopneumonia 53, 94, 142

C

- Cerebral hemorrhage 63–64, 128–130, 150, 273
 - hemiplegia and 238–239
- Cholelithiasis 126
- Chondroglossus muscle 16
- Chorda tympani 20–21, 26
- Chronic fatigue syndrome 134
- Cirrhosis of the liver 206–208, 230
- Cluster headache 249
- Coating of tongue 45–46, 67–80
 - changes in 274–275
 - colour 67–71
 - ash-gray or black coating 70–71, 150–153
 - white coating 67–68, 140–145
 - yellow or brownish coating 69, 146–149

- consistency 72–78
 - empty patches on tongue 76–77, 170–175
 - loose versus sticky coating 75
 - missing (absent) coating 78, 176–183
 - moist versus dry coating 73–74
 - thin versus thick coating 72, 154–157
- course of disease and 79–80
- Color of tongue body 48–53
 - dark red tongue 51, 57, 92–93
 - greenish tongue 52, 94–95
 - light, white tongue 49, 56, 86–87
 - normal color 48
 - purple tongue 53, 94–97
 - red tongue 50, 56, 88–91
- Common cold 67, 140
- Conjunctivitis 214
- Consistency of tongue 62–66
 - hard, stiff tongue 63, 126–129
 - restless, protruding tongue 66, 138–139
 - shortened or shrunken tongue 65, 134–137
 - slanting or oblique tongue 64, 130–131
 - trembling tongue 66, 132–133
 - weak, frail tongue 62, 124–125
- Constipation 152, 156
- Course of disease 229–230
 - tongue coating and 79–80
- Creases, multiple 220, 242, 260–262
 - see also* Fissured tongue
- Cruciate muscles 17
- Cystopyelitis 78, 176, 224

D

- Dark red tongue 51, 57, 92–93
 - dark red fissured tongue 110–111, 212

dark red thin and small tongue
108–109
therapy 92–93, 108–111
Depression 126, 222, 224, 237
 headache and 256, 262
Development of tongue 3, 25–26, 40
Diabetes 108
Diagnosis 81
 holistic approach 4, 278
 pulse diagnosis 7
 see also Tongue diagnosis
Diarrhea 256
Diverticulitis 78, 176
Drug addiction 51, 92
Dry coating 73–74, 162–165, 273
 red and dry tongue 188–189
 therapy 162–165
Dry tongue 188–189, 273

E

Edges of the tongue see Margin of the tongue
Einstein, Albert 276–277
Embryology 3, 25–26, 40
Empty patches on tongue 76–77, 170–175
 therapy 170–175
Exhaustion 59, 112, 134, 190

F

Facial nerve 21
Fibromyalgia 190
Fissured tongue 58, 110–111, 198, 272
 dark red fissured tongue
 110–111, 212
 headache and 264
 therapy 110–111
Floor of the mouth 24

G

Gallbladder 206
 diseases 46
Gallstones 126
Genioglossus muscle 16, 18, 25, 273
Glossopharyngeal nerve 21, 26, 37
Granular tongue 60–61, 114–123, 272
 edges of tongue 118–119

headache and 252
 middle of tongue 120–121
 therapy 114–123
 tip of tongue 114, 116–117, 122–123, 254, 260
Greenish tongue 52, 94–95
 therapy 94–95
Gustatory pathways 21–22, 39

H

Hard, stiff tongue 63, 126–129
 therapy 126–129
Headache 198, 226
 cluster headache 249
 migraine 266
 therapy 241–269
 tongue differentiation 241–269
Heart 7–9, 204
 diseases of 46, 51
Heart vessels 8–9, 10
Heidegger, Martin 278
Hemarthrosis 52, 94
Hemiplegia 238–239
Hemorrhoids 200
Hepatitis 90–91, 110, 144, 182, 206
 life-threatening 230–233
 therapy 232–233
Herniated disk 178
Herpes zoster 192
High blood pressure see Hypertension
Holistic approach 4, 278
Hyoglossus muscle 16, 18, 26
Hypermenorrhea 236–237
Hypertension 63, 108, 126, 200, 226, 273
 headache and 258
Hypoglossal nerve 21, 39, 273–274

I

Indigestion 156, 198
Inferior side of tongue 24
Influenza 67, 140
Insomnia 192–196, 204, 218, 224, 236–237
 headache and 244, 252–256, 260, 264
 thin, small tongue 106–108
 wrinkled, rough tongue 54, 98
Intermediate nerve 20, 21, 36

J

Jaundice 230

K

Kidney 8–9

diseases of 46

Kidney vessels 8–9, 12

L

Light, white tongue 49, 56, 86–87, 270

headache and 242

therapy 86–87

Lingual artery 19

Lingual glands 23

Lingual nerve 21, 26

Lingual papillae 14–15, 28

circumvallated papillae 15

conical papillae 15

filiform papillae 15, 274–275

foliate papillae 15

fungiform papillae 15

lentiform papillae 15

see also Granular tongue

Lingual vein 19, 24

Liver 8–9, 206

diseases of 46, 226

cirrhosis 206–208, 230

see also Hepatitis

Liver vessels 8–9, 13

Longitudinal muscle

inferior 16

superior 16

Loose coating 75, 166–167

therapy 166–167

Lower burner 47

Lumbago 250

Lung vessels 8–9

Lungs 8–9, 204

diseases of 46

Lupus erythematosus 62, 124, 190

Lymph nodes 20

M

Mandibular nerve 20, 36

Map tongue 76–77, 170–175, 192

therapy 170–175

Margin of the tongue 206–209

granular papillae 118–119

Metromenorrhagia 236–237

Middle burner 47

Middle of the tongue, granular papillae 120–121

Migraine 266

Missing coating 78, 176–183

missing and black coating 178–181

missing and white coating 182–183

therapy 176–183

with red tongue body 182, 186–187

Moist coating 73–74, 158–161

therapy 158–161

Myoma 237

N

Nausea 214

Nervousness 54, 98, 106, 192, 196, 237

Night sweats 204, 237, 264

O

Obesity 168

Oblique tongue 64, 130–131

therapy 130–131

Old tongue 54, 98–99

P

Pain perception 22

Palpitations 204, 256, 260, 264

Parotid gland 23

Pericardium vessels 8–9

Pharyngeal arches 25–26

Precentral gyrus 274

Prostatic adenoma 152

Prostatitis 262

Pulse diagnosis 7

Purple tongue 53, 94–97, 272

therapy 94–97

wet purple tongue 160

R

Red tongue 50, 56, 88–91, 226, 271

headache and 244, 248, 252–258

missing coating with red tongue

body 182, 186–187

red and dry tongue 188–189

swollen and red tongue 104–105
therapy 88–91
see also Dark red tongue
Restless, protruding tongue 66,
138–139
therapy 138–139
Retarded mental capacity 66, 138
Rhinitis 214
Root of the tongue 216–225

S

Saliva 18, 22, 23–24
decreased production of 273
secretion of 23–24
Salivary glands 23
Scintillating scotoma 248
Shape of tongue body 54–61
fissured tongue 58, 110–111, 198,
272
granular tongue 60–61, 114–123,
272
swollen tongue 56, 102–105, 196,
272
tender, fine tongue 55, 100–101
thin, small tongue 57, 106–107
tongue with tooth marks 59,
102–105, 112–113
wrinkled, rough tongue 54, 98–99
Shapeless tongue 190–191
Shingles 192
Shortened tongue 65, 134–137
therapy 134–137
Shrunken tongue 65, 134–137
swollen and shrunken tongue
136–137
therapy 134–137
Slanting tongue 64, 130–131, 273
therapy 130–131
Spleen 8–9
diseases of 46
Spleen vessels 8–9, 11
Stenocardia 200
Sticky coating 75, 168–169, 216,
222, 226
headache and 246, 250, 256–258
therapy 168–169
Stomach diseases 46
Stroke 70
cerebral hemorrhage 63–64,

128–130, 150, 273
hemiplegia and 238–239
Styloglossus muscle 16–17, 18, 26
Sublingual gland 23, 24
Submandibular gland 23
Swollen tongue 56, 102–105,
112–113, 196, 272
headache and 242, 264
swollen and red tongue 104–105
swollen and shrunken tongue
136–137
therapy 102–105, 112–113

T

Taste buds 21–22
Taste sensation 21–22, 39, 41
Tender, fine tongue 55, 100–101
therapy 100–101
Thick coating 72, 156–157, 216,
224, 275
therapy 156–157
Thin coating 72, 154–155, 222
headache and 244, 256–260
therapy 154–155
thin white coating 184–185
Thin, small tongue 67, 106–107
dark red thin and small tongue
108–109
headache and 262
therapy 106–109
Thrombocytopenia 52, 94
Tip of the tongue 204–205
granular papillae 114, 116–117,
122–123, 254, 260
Tongue
areas of 46
arterial supply 19, 30–31
body of 45–46
changes in 271–274
see also Color of tongue body;
Shape of tongue body
embryological development 3,
25–26, 40
inferior side of 24
internal organ relationships 7–9
lymphatic vessels 20, 33–34
muscles 16–17, 25–26, 29
physiological effect of 18
nerves 20–21, 26, 35–39

Shape of tongue body
normal condition 45, 271
pathological appearances 192–201
significance of 3–4
structures 14, 19, 27
functional correlation 26
tooth marks 56, 59, 102–105,
112–113
therapy 112–113
veins 19, 32
vessel pathway relationships 7–9
see also Coating of tongue; Consistency of tongue

Tongue diagnosis 3–4, 81, 278
anatomical and physiological foundations 14–41
historical aspects 6
systematic procedure 45–46
technique 44

Tonsillitis 218

Tooth marks 56, 59, 102–105,
112–113
headache and 265–268
therapy 112–113

Transverse muscle of the tongue 17,
18

Trembling tongue 66, 132–133
therapy 132–133

U

Ulceration 210

Upper burner 9, 47, 204

V

Vagus nerve 21, 26, 38

Varicose veins 200

Veins 19, 32

Vertical muscle of the tongue 17, 18

Vomiting 214

W

Wart 204

Watery tongue 73, 160–161
purple wet tongue 160
therapy 160–161

Weak, frail tongue 62, 124–125
therapy 124–125

White coating 67–68, 140–145, 226
headache and 244–246, 250,
256–260
missing and white coating
181–183
therapy 140–145
thin white coating 184–185

Wrinkled, rough tongue 54, 98–99
therapy 98–99

Wrisberg nerve 20, 36

Y

Yellow coating 69, 146–149, 274
headache and 262
therapy 146–149

Young tongue 55, 100–101