

Traditional Jihwa Pareeksha As A Modern Diagnostic Tool- A Review Article

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Abstract

Tongue is told to be the window to organs. Ayurveda focuses on identification of many stages of pathogenesis going inside the body based on the symptoms one shows as *poorva rupa* and *roopa*, hence many types of *rogi pareeksha* are told focusing on that.

Many researches now a days are taking the platform for making tools and apps that tell the health conditions and states of internal organs based on scanning the tongue. There are some interesting researches stating that by a simple Lingual impression analysis (i.e. the impression of the dorsal surface of the tongue is analyzed with its lateral borders) gender determination can be done. [1] Diagnosis in traditional Chinese medicine (TCM) is based on 4 procedures, observation, smelling or listening, inquiry, and palpation. Tongue diagnosis plays an important role in inspection and helps to differentiate between symptoms. The tongue is considered to reflect the physiological and pathological condition of the body, as well as the degree and progression of disease, through the meridians that connect the tongue to the internal organs.

Keywords: *poorva rupa, roopa, rogi pareeksha, traditional Chinese medicine (TCM).*

INTRODUCTION

Ayurveda, is the science that works on the principle of

स्वस्थस्य स्वास्थ्य रक्षणं, आतुरस्य विकारप्रशमनं च ।।

To fulfil this purpose there are instructions of correct regimen to be followed according to the time, day, situation, season which helps the one to remain in a healthy state, but if manifested by any disease then Ayurveda aims at early diagnosis in form of Shatkriya kala, Nidana Panchaka and rogi pareeksha which describes about the stages of dosha vridhhi, prakopa, dosha dushya sammurchana and vyadhi prakopa. These stages can be identified based on the symptoms one shows as *poorva rupa* and *roopa*, hence many types of *rogi pareeksha* are told focusing on that.

Overall, *jihwa pariksha* plays a crucial role in Ayurvedic diagnosis, treatment, and preventive healthcare, helping individuals achieve and maintain optimal health. This presentation is mainly aimed to scout out the importance of *Jihwapareeksha* in *VyadhiVinischaya* or to help in finding out *Vyavacchedakalakshana* of diseases and to explore the advancement of contemporary science in tongue examination to arrive at the proper diagnosis.

“रोगमादौ परीक्षेत ततोऽनन्तरमौषधं । ततः कर्म भिषक् पश्चान्ज्ञानपूर्वं समाचरेत् ।। (च. सू. 20)”

[2] A physician should examine a disease and the patient in detail and then with his knowledge he should decide the line of treatment.

There are many *pareeksha* for proper examination of rogi as *trividha*, *chaturvidha*, *shadhvidha*, *ashtavidha*, *dashvidha*, *dwadash Pareeksha*.

Out of which tongue examination is studied especially under six and eight fold examination. *Rasanendriya* is examined with help of other indriyas as *darshana*, *sparshana* and *prashna* and with help of *anumana pramaana*

Types of *Rogi Pariksha* :

➤ *Dvidha pareeksha* (twofold examination) are *Pratyaksha* (perceptual) And *Anumana* (inferential).

➤ *Trividha Pareeksha* (threefold examination) are *Aptopdesha* (authoritative instruction), *Pratyaksh* (direct observation), *Anuman* (inferential).

The other *Trividha Pareeksha* (threefold examination) are *Darshana* (inspection), *Sparshana* (palpation), *Prashna* (history taking).

- Chaturvidha pareeksha (fourfold examination) includes trividha pramaana mentioned under trividha pareeksha and Yukti (experimental evidence).
- [3]Shadhaividha pareeksha (sixfold examination) includes शब्द परीक्षा Shrotrendriya (organ of hearing), स्पर्श परीक्षा Sparshanendriya (organ of touch), रूप परीक्षा Chakshurindriya (organ of sight), रस परीक्षा Rasanendriya (organ of taste), गन्ध परीक्षा Ghranendriya (organ of smell) and प्रश्न परीक्षा (history taking).
- [4]Ashtavidha Pareeksha (eight fold examination) includes the examination of Nadi (Pulse), Mutra (Urine), Mala (Stool), Jihva (Tongue), Shabda (organ of hearing), Sparsha (Palpation), Drik (inspection), Akriti (whole body examination) as stated:

“रोगाक्रान्त शरीरस्य स्थानान्यष्टौ निरीक्षयेत्। नाडीमूत्रमलजिह्वाम् शब्द स्पर्श दृगाकृति ॥ (योगरत्नाकार)”

- [5]Dashavidha Pareeksha (ten fold examination) instructs to examine these 10 factors as Prakriti (identification of constituents), Vikriti (morbidty of pathologic factors), Sara (exam. of essence of dhatus), Samhanana (exam. of compactness of body organ), Pramana (exam. Of measurement of body & organs), Satmya (homologation/ suitability), Satva (exam. Of mental faculties), Ahara Shakti (exam. of power of digestion), Vyayama Shakti (exam. Of power of exercise) and Vaya (exam. Of age).
- Sushrutokta Dwadasha Pareeksha (twelve fold examination) is the examination process which involves assessment of Ayu, Vyadhi, Ritu, Agni, Vaya, Deha, Bala, Satva, Satmya, Prakriti, Bheshaja, Desha.

METHOD OF EXAMINATION OF TONGUE

Traditional Ayurvedic practice of Jihwapareeksha, involves examining the tongue for diagnostic purposes. The exact guidelines and instructions are not provided but there is importance of adhering to specific conditions for accurate examination. Conducting the examination in the early morning before brushing, avoiding consumption of beverages, and using natural sunlight are recommended for optimal results. Adherence to these guidelines has declined among practitioners, potentially leading to inaccurate diagnoses and diminishing the significance of Jihwapareeksha in clinical practice. It's essential to recognize the importance of following established protocols to ensure the reliability of diagnostic methods, especially in traditional systems of medicine like Ayurveda. By raising awareness about the proper procedures and emphasizing their significance, practitioners can uphold the integrity of Jihwapareeksha and maintain its relevance in clinical settings. Additionally, ongoing education and training can help reinforce the importance of adhering to established methodologies to ensure accurate diagnoses and effective treatment outcomes.

CHARACTERISTICS TO BE EXAMINED IN JIHWA PAREEKSHA :

Jihwapareeksha, or tongue diagnosis, is an important component of Ayurvedic diagnosis. It involves examining the various characteristics of the tongue to assess an individual's health status. Here's a breakdown of the components mentioned:

1. Varna (Colour): The color of the tongue can indicate the balance or imbalance of doshas (biological energies) in the body. For example, a pale or whitish tongue may indicate an imbalance of Kapha dosha, while a reddish tongue may indicate Pitta imbalance, and a dark or bluish tongue may indicate Vata imbalance.
2. Pramana (Measurement): This refers to the size or dimensions of the tongue. A normal-sized tongue without any swelling or deviation from its usual size indicates good health. Changes in size can indicate underlying health issues.
3. Akruithi (Texture or Appearance): The texture and appearance of the tongue's surface can reveal information about the digestive system and overall health. For example, a thick coating on the tongue may indicate poor digestion or toxin accumulation, while a smooth and moist tongue may indicate good digestive function.

4. Chalana (Movement): This refers to the movement of the tongue. Observing how freely the tongue can move within the mouth can provide insights into neurological health, muscular function, and overall vitality.

5. Thala (Surface): Thala refers to the surface of the tongue, including any abnormalities such as ulcers, bumps, or discolorations. These surface features can indicate specific imbalances or disorders in the body.

6. Upalepa (Coatings): Coatings on the tongue can indicate the accumulation of toxins or undigested food particles. The color, thickness, and distribution of coatings provide valuable information about the state of digestion and the presence of ama (toxins) in the body.

By assessing these characteristics of the tongue, Ayurvedic practitioners can gain insights into the individual's constitution (prakriti) and current state of health. Any deviations from the normal characteristics of the tongue can serve as indicators of underlying pathology or imbalance in the body, guiding the practitioner in developing an appropriate treatment plan to restore balance and promote health.

PHYSIOLOGICAL CONDITION OF JIHWAS ACCORDING TO PRAKRITI :

Jihwa In Various Doshas[6] -

‘जिह्वा शीता खरस्पर्शा स्फुटिता मारुतेऽधिके । रक्ता श्यामा भवेत्पित्ते कफे शुभ्राऽतिपिचच्छिला ।।’
योगरत्नाकर प-15

■ Jihwa in vata dosha -

Jihwa seem to be cold, rough or fissured and can also have pale or brown coating when afflicted by vata dosha. Vata prakriti individuals are more likely to have a narrow tongue with tremors.

■ Jihwa in pitta dosha -

Jihwa afflicted by pitta dosha have red papilla, greenish, yellowish or greyish coat specially in middle portion. Physiologically tongue of a pitta prakriti individual is medium, pointed with sharp tip.

■ Jihwa in kapha dosha -

Kapha dosha afflicted jihwa has whitish coat with slimy texture and in kapha prakriti individuals jihwa is thick and bulky.

SOME PATHOLOGICAL FINDINGS IN TONGUE DUE TO SYSTEMIC DISORDERS :

रसनेन्द्रिय विज्ञेयाः प्रमेहादिषु रसविशेषाः [7] |

- Examples of bodily elements like are inferred as -
- The purity and impurity of blood of raktapitta or any other form of bleeding from the body is identified by giving it to dogs or crows in form of food soaked into the blood, if they eat it this denotes the pure blood and they reject it then it shows blood vitiated by some doshas.
- The urine of a diabetic person attracts ants.

EXAMPLES RELATED TO LAKSHANAS OF PARTICULAR DISEASES:

- आस्यमाधुर्य - कफज छर्दि [8]
कफज कास[9]
कफज ग्रहणी[10]
- कटुकास्य - पित्तोदर लक्षण[11]
- अरोचको भवेद्योषैर्जिह्वाहृदय संश्रयैः - अरोचक संप्राप्ति [12]
- अत्यन्त मलावृत्त जिह्वा - कोष्ठ बद्धता, आमाशय शोथ, यकृत शोथ;
- शुष्क मलावृत्त जिह्वा - अतिसार, उदरावरण कला शोथ;
- स्फुटित - अम्लपित्त;
- श्यामवर्ण ग्रन्थि - उदर कृमि;
- V shaped coated - आन्त्रिक ज्वर

AMLAPITTA (HYPERACIDITY) [13]

- Tongue Appearance: Red or pink with yellow coating, burning sensation.
- Dosha Involved: Pitta

ARSHA (PILES) [14]

- Tongue Appearance: Dry, rough surface, darkish discoloration.

- Dosha Involved: Vata-Kapha

MANDAGNI (LOW DIGESTIVE FIRE) [15]

- Tongue Appearance: Coated, pale, slightly swollen.
- Dosha Involved: Kapha

JWARA (FEVER) [16]

- Tongue Appearance: Dry, coated white or yellow, fissured in high fever.
- Dosha Involved: Vata-Pitta

KAMALA (JAUNDICE) [17]

- Tongue Appearance: Yellowish tongue, dry and discolored.
- Dosha Involved: Pitta

PRAMEHA (DIABETES) [18]

- Tongue Appearance: Pale, coated with dryness or excessive saliva.
- Dosha Involved: Kapha

KASA (COUGH) [19]

- Tongue Appearance: Dry, red or pink with cracks, coating in productive cough.
- Dosha Involved: Vata-Kapha

RAKTAPITTA (BLEEDING DISORDERS) [20]

- Tongue Appearance: Bright red or crimson, with cracks.
- Dosha Involved: Pitta

CONCLUSION

Body of all living creatures comes in action only when proper Respiratory System is working on. All micro and macro systems of the body need gaseous exchange to be functional. Respiratory System include body parts which participates in the process of breathing as nose, pharynx, throat, trachea etc. In Ayurveda Respiratory system can be understood by understanding Pranavaha Srotas in which Prana Vayu circulates and breathing goes on. For transport of important nutrition and substances channels are required and these channels are known as Srotas which looks like the same colour of the substance carried by it. The work of Pranavaha Srotas is to carry Prana which keeps the body alive.

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