

ROLE OF JIVHA PARIKSHAN BY TRIVIDHA PARIKSHA TO ASSESS IMBALANCE
OF DOSHA AND STATUS OF AGNI - A REVIEW ARTICLE

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ABSTRACT

Background: *Jivha parikshan* by *Trividha pariksha* i.e., *Darshan Pariksha* (by inspection), *sparshan* and *prashnan pariksha* helps to determine imbalance of *dosha* and status of *agni*. Presence of disease in our system indicates an imbalance in our *doshas* and *agnidushti*. Various features of the tongue such as colour, size and shape are considered to assess imbalance of *dosha*. As *jivha* acts as mirror of digestive system it reflects the status of *agni*. *Sama jivha* (coating over tongue) on *darshan pariksha* indicates *ama* production in the body which is ultimately indicator of *agnimandya*. So, *jivha parikshan* is important to know the imbalance of *doshas*, status of *agni* and diagnosis of disease. Thus, the examination of the tongue becomes an important starting point in the clinical examination of patient. It often gives a physician an insight into the status of *agni* and prognosis of diseases.

KEYWORDS: *Trividha Pariksha*, imbalance of *dosha*, status of *agni*, *Jivha parikshan*.

INTRODUCTION

Jivha parikshan helps to assess imbalance of *dosha* and status of *agni*. Imbalance of *dosha* and *agni dushti* are the main part of pathophysiology of various diseases.^[1] *Jivha parikshan* helps to assess imbalance of *dosha* by the *trividha pariksha* that are *darshan*, *sparshan* and *prashnan pariksha*.^[2] *Darshan pariksha* helps to assess colour, shape etc. of *jivha*. *Sparshan pariksha* helps to assess texture of tongue. Whereas *prashnan pariksha* helps to assess taste of mouth. E.g., black colour, *khara sparsha* of *jivha* and *kashayasyata* found in *vata dosha* aggravation. As tongue acts as mirror of digestive system as well as other diseases, on *darshan pariksha Saam jivha* (Coated) indicates presence of *ama* (undigested food) in the digestive system. Due to *agnimandya*, *ama* comes from undigested, unabsorbed or unassimilated food.^[3] Coating in the middle part of the tongue indicates the presence of *ama* (toxins) in the stomach and in the small intestine. Coating in posterior part of the tongue indicates presence of *ama* (toxins) in the large intestine.^[4] Thick coating points to the progression of disease. *Tridoshaj* and *dvidoshaj* diseases have bad prognostic value as compared to *ekdoshaj* diseases. So *Jivha pariksha* has diagnostic and prognostic values as well,^[5] Thus, *Jivha Parikshan* by *trividha pariksha* can provide significant information to assess imbalance of *dosha* and diagnosis of disease as well as tongue coating in the early stage is useful to diagnose an impairment of digestive fire and an early intervention may prevent the further development of *Ama*. Hence, here an attempt is made to understand the Clinical Significance of tongue examination i.e. *Jivha Parikshan* in diagnosis of various

diseases.

Aim – To study the role of *Jivha Parikshan* by *Trividha Pariksha* to assess imbalance of *dosha* and status of *Agni*.

Objective - To study the importance of *Jivha Parikshan* by *Trividha pariksha* to assess imbalance of *Dosha* and status of *Agni*.

MATERIAL AND METHOD

For this study various *Ayurvedic Samhitas*, modern textbooks, published articles and information from internet are used.

Healthy Tongue

In ayurvedic text it is mentioned by acharyas that a tongue should be of sufficient length and breadth, smooth, thin and with normal colour.^[6] Some modern text books has also mentioned about healthy Tongue they stated that healthy tongue should look like a children tongue, which should be symmetric and evenly pink, supple, free of cracks and not quiver. It should be slightly moist. It is neither too thick nor too thin, and oval in shape. When the tongue is protruding, it's naturally straight instead of curving to at least of one side. It should remain still, not trembling, flaccid, and flat-tipped or stiff. It should have a skinny, transparent coating, colouring the tongue pink. All the taste buds are flat, orderly and free from strawberry-looking bumps, deep cuts, lines, cracks and patches. It should not have foam, hair, fur, be too dry or too wet or have a foul odour or taste; a healthy tongue should have some coating.^[7]

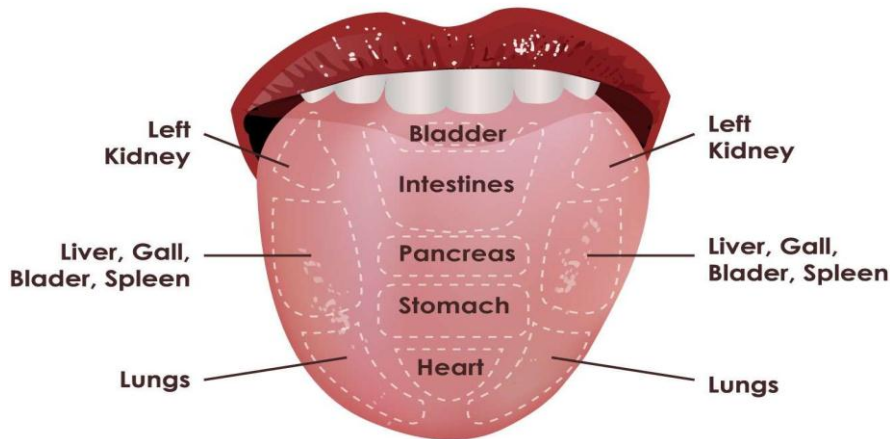
Things to be followed during Jivha Parikshan

In Ayurvedic literature the time of examination of tongue is not specifically mentioned but time of other *parikshas* such as *Mala Pariksha*, *Mutra Pariksha*, *Nadi Pariksha* is specifically mentioned i.e., in the early morning hours.^[8] By taking this reference one can decide the exact time of *jivha pariksha* (Tongue examination) and it should be done in morning hours as intake of food and oral drugs prior to tongue examination interferes with the diagnosis.

Examination of tongue can be done in sitting or supine position. When the patient is protruding the tongue, one should ensure that it is not overstretched. Tongue examination should be carried out in daylight.^[9]

Reflex Zones on the Tongue

Various paths like Chinese medicine, Greek medicine consider that various regions of tongue relate to different internal organs of the body.

TONGUE REFLEXOLOGY CHART**Darshan pariksha**

Tongue features according to *Dosha*^[10]

Sr. No.	Dosha	Features by Yogratanakar
1.	Vata	dry
2.	Pitta	Blackish red colour
3.	Kapha	White, greasy
4.	Tridoshaj	Black, ulceration, fissure, dry
5.	Dwandaj	Mixed features

Tongue Coating^[11]

The conventional way for tongue diagnosis. If the tongue has any kind of coating thereon, this is often a really a clear indication of *ama* (toxic build-up) within the system and poor *agni* (overall digestion). The most common area where coating is usually found is on the rear of the tongue, revealing that the toxic build-up is within the colon area. If a coating on a special area of the tongue, then that may indicate toxic build-up within the corresponding organ. If the entire tongue is coated, this indicates systemic toxins, meaning the toxins are in the bloodstream and invading the entire body.^[10] If a coat propagates from thick to thin and from yellow to white, indicate beneficial sign and vice versa. Bad breath shows

low *Agni* (digestive ability) or toxic accumulation.

Colour and texture of Tongue Coating^[12]

Sr. No.	Colour of Tongue Coating	Texture of Tongue Coating	Dosha
1.	grey, black, or brown	dry	Vata
2.	orange, reddish, yellow, or green	greasy	Pitta
3.	thick, whitish or transparent (clear) coating	wet	Kapha
4.	thick white	greasy coat	Kapha mixed with ama
5.	Pale yellow		Kapha combined with pitta

Tongue helps to diagnose how harmonized the *dosha* is or whether it is out of balance. Divide the tongue into three parts, the inner region near throat is *vata*, the

middle is *pitta*, and the outer tip is *kapha*. Excessive tongue coating in any of these specific areas shows an imbalance of that *dosha*.

Tongue Colour and *dosha*^[12]

Sr. No.	Dosha	Tongue colour
1.	Vata	pale tongue reflects poor nutrient metabolism because of low nutrient absorption or blood deficiency A purple-blue tongue reflects stagnation of circulating Vyana Vayu from cold
2.	Pitta	red, reflecting high Pitta in absorbed nutrient or blood orange tongue (especially sides) is due to high Pitta A purple-red (in extreme causes black-red) is expected to high Pitta condensing absorbed nutrient and blood resulting in viscous and sluggish circulation
3.	Kapha	pale tongue because of the cold that restricts circulation

Tongue appearance and *dosha*^[12]

Sr. No.	Dosha	appearance	Reflects qualities of dosha
1.	Vata	small, short, thin, dry, cracked, and trembling Indentations, sunken concave spots, scalloped and teeth mark indicating mal-absorption and low agni due to the erratic digestive power of vishamagni difficult to extend tongue multiple small cracks all over the tongue is a clear indicator of a strong, chronic Vata	dry, rough, mobile, light, and deficient
2.	Pitta	long, narrow, pointed, inflamed, ulcerated, red small projections, swollen, and red edges extend tongue with force	sharp, penetrating, liquid, and hot
3.	Kapha	large, swollen, thick, soft, wet, and wet edges	unctuous, fluid, soft, slimy, smooth, and cold

Teeth Marks Around the Perimeter of the Tongue^[11]

Unfortunately, it is quite common to see indentation marks along the outside perimeter of the tongue. This is a classic indication that there is malabsorption in the body of essential nutrients. Malabsorption is a lack of ability for your body to absorb specific nutrients and has a wide range of causes. Some of these include poor

digestion, inflammation in the GI tract, excessive toxins in the colon, intake of allergenic foods, chronic loose stools, or parasitical infection. Once this issue is removed, the teeth marks should disappear. In certain cases, however, these marks are due to a swollen tongue, revealing inflammation in the system.

Sparshan pariksha^[10]

Sr. No.	Dosha	Findings on sparshan
1.	Healthy tongue (samadosha)	Soft, pliable, with no induration and masses
2.	Vata	Rough, cold, fissured
3.	Pitta	Hot
3.	Tridosha	Sakantak tongue (very much rough on touch)

Prashnan pariksha^[13]

Sr. No.	Dosha	Taste	Sensation
1.	Vata	Kashayasyata	Loss of sensation or taste
2.	Pitta	Katukasyata	Burning sensation
3.	Kapha	Mukhamadhurya m	Heaviness

DISCUSSION AND CONCLUSION

Jivha parikshan is easy and important in clinical examination to understand the overall health. The reflex zone of tongue reflects abnormality in specific organs. *Darshan pariksha* helps to analyse the various features of tongue like coating, colour of coating, colour etc. *Sparshan pariksha* helps to analyze the texture of tongue whereas *prashnan pariksha* help to analyse the taste and sensation of tongue. These features help to assess the imbalance of *doshas* and status of *agni*. As imbalance in *doshas* and *agnidushti* are main part of pathogenesis of diseases, it also helps to understand the pathology of disease, differential diagnosis and to diagnose disease. By the proper knowledge of imbalance of *dosha* it also helps to plan regime of treatment and to understand prognosis. Knowledge of status of *agni* helps to plan *pathyapathya*, proper regime of diet.

So, there are the most common attributes to look by *trividha pariksha* to know about imbalance in *dosha* and *agni* status. One can make tongue examination a part of daily routine upon awakening each morning. For the most accurate diagnosis, it is best to do this before brushing the teeth or scraping the tongue. The tongue may change day-to-day depending on our food choices, emotions, and overall health. To avoid the variations in diagnosis various Tongue diagnosis systems are developed. With this background we can go for the

computer aided TDSs with the provision of necessary software. This will be of immense help in the diagnosis and ultimate treatment.

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