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Ayurvedic Tongue Diagnosis

Areas Covered with Tongue Diagnosis
Organ health Vata, Pitta or Kapha imbalances
Presence of toxins and where they are accumulating
Tension and emotions held in the spine, shoulders, or organs
Thyroid disorder
Anemia
Malabsorption of nutrients
Parasitic infection
Inflammation in the body

Ayurvedic Tongue Analysis: What does your tongue say about ...

Traditional Ayurvedic Tongue Reading. In Ayurveda, one of the primary investigative tools of practitioners for determining the state of one's health is tongue diagnosis or evaluation of the tongue. The tongue is the beginning of

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the digestive tract, which lumbers on for another 30 feet or so. Since we cannot see much beyond the mouth without some invasive diagnostics, a quick look at the tongue can tell much about the health of your inner digestive lining and its function.

DIY Ayurvedic Tongue Diagnosis | John Douillard's LifeSpa ...

Ayurvedic Tongue Diagnosis is a book that is about much more than Ayurvedic tongue diagnosis. It is one of the best books ever written on the relationship of Ayurvedic medicine to modern nutrition... I strongly recommend this book for both lay people and trained healers as a way to increase their depth of understanding and knowledge.

Ayurvedic Tongue Diagnosis: Kacera, Walter Shantree ...

Read your tongue yourself: Ayurvedic tongue diagnosis Internal organs health Vata, Pitta or Kapha state or imbalance. Presence of toxins and needs of detox.

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Tension and emotions held in spine, shoulder or organs. Anemia and circulations. Malabsorption of nutrients
Inflammation of organs and body ...

Read your tongue yourself: Ayurvedic tongue diagnosis ...

Tongue diagnosis - Shape. Vata individuals have 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 visamagni. Cracked edges depressed at the back of the tongue showing low ojas.

Ayurveda Tongue Diagnosis | Jihva Pariksha

Watch All 9 Videos on the Art of Ayurvedic Tongue Diagnosis.
Introduction to Clinical Analysis of the Tongue - In this video, you will learn why tongue analysis is so important and what the tongue reveals. It will also teach you about the anatomy of the tongue and

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how to start analyzing it clinically.

Art of Ayurvedic Tongue Diagnosis - Ayurvedic Diet & Recipes

Your tongue tells a story about your body and your health. In this video, you will learn why tongue analysis is important, what it reveals, the anatomy of th...

Art of Ayurveda Tongue Diagnosis 1 of 9: Introduction to ...

The ancient art of tongue diagnosis, as this book defines it, is the science of the shape, shadings and markings of the tongue, which describe the current state of an individual`s health, as well as their inherited constitution. The potential of tongue diagnosis is that it gives a non-invasive way to measure the tissue integrity of the body ...

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A dehydrated tongue is symptomatic of a decrease in the rasa dhatu (plasma),

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while a pale tongue indicates a decrease in the rakta dhatu (red blood cells). The front one-third of the tongue relates to the lungs, heart, chest, and neck.

Tongue and Corresponding Organ Locations

In Ayurveda, facial diagnosis is a common practice and powerful diagnostic tool, as is reading the tongue, nails, and pulse. Often this is done as a complementary practice to confirm ideas and findings, but also can reveal hidden secrets that may not have been completely clear.

Ayurvedic Facial Diagnosis: What are the lines on your ...

Ayurveda also has an in-depth system of tongue diagnosis that shows the tongue corresponding to organ-sites, as also the face, nails etc.

Comparing TCM and Ayurveda | World Vitae

Ayurveda considers the tongue a map of

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your body. Every feature of the tongue represents an aspect of the constitution or of imbalance. Any excess coating conveys an accumulation of waste products (ama) and a disruption in healthy processes of digestion, assimilation or elimination.

Ayurvedic Diagnosis- Tongue diagnosis | Ayurherbs Ayurveda ...

Ayurvedic Tongue Diagnosis by Walter Shantree Kacera, Paperback | Barnes & Noble® Ayurvedic Tongue Diagnosis is a book that is about much more than Ayurvedic tongue diagnosis. It is one of the best books ever written on the Our Stores Are OpenBook AnnexMembershipEducatorsGift CardsStores & EventsHelp

Ayurvedic Tongue Diagnosis by Walter Shantree Kacera ...

Tongue diagnosis is a vital diagnostic Ayurvedic tool for assessing the current health of a patient and providing a basis for prognosis It also informs about the

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underlying challenges of the patient's constitution.

Ayurvedic Tongue Diagnosis Correspondence Course • The ...

The tongue according to Ayurveda is a strong diagnostic tool for looking at one's systemic health. It is a very accurate view into the inner health of an individual.

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Ayurvedic Tongue Diagnosis is a book that is about much more than Ayurvedic tongue diagnosis. It is one of the best books ever written on the relationship of Ayurvedic medicine to modern nutrition... I strongly recommend this book for both lay people and trained healers as a way to increase their depth of understanding and knowledge.

Ayurvedic Tongue Diagnosis - Kindle edition by Kacera ...

This is a thorough overview on Ayurveda

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with specifics about tongue diagnosis. The author ends with recommendations about nutrition and self care. The author is an advocate for live foods and presents some interesting perspectives on consuming a raw food diet that is even appropriate for persons who are vata predominant.

Ayurvedic Tongue Diagnosis by Walter Kacera

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