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殷氏現代舌診

Yin's Modern Tongue Diagnosis

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概述

Overview

何為現代舌診，殷氏現代舌診全像圖，殷氏現代舌診學派的特徵。

What is modern tongue diagnosis?

The holographic chart of Yin's modern tongue diagnosis and the characteristics of Yin's modern tongue diagnosis school.

1, 現代舌診是在傳統舌診的基礎上，結合全息生物學理論、現代醫學及近現代一家的有關舌診全息的論述及殷鴻春醫生的有關發現而形成的融診斷與治療於一體的新學科。

中醫學千古一脈流傳至今，形成了獨特的理論與診治體系。經過近千禧年的發展，毋庸置疑，舌診已成為與脈診並駕齊驅的中醫學專診法。近三十年來由於全息生物學的發展，全息舌診漸漸發展成熟，尤其是殷氏現代舌診的出現，不僅完善了全息舌診的內容，發展出獨家全息圖，完善了舌中線理論，並將八綱辨證發展成十綱辨證，發展出完整的憑舌用藥與用針體系，在世界範圍內培訓弟子千名，現代舌診是將舌診與中藥針灸的實際療效直接聯繫起來的隱藏了數千年的一把鑰匙。

2, 中國古人雖然沒有現在這樣的全像圖，但在清朝時，已經出現了舌全息的雛形，如清代梁玉瑜在《舌鑑辨正》一書中講：「舌根主腎、命門、大腸（應小腸、膀胱）；舌中左主胃，右舌中左主胃，右舌中左主。主脾，舌前面中間屬肺，舌尖主心、心包絡、小腸、膀胱（應大腸、命門）；舌左主肝，右主膽（舌尖統應上焦，舌中應中焦，舌根應下焦）。

《筆花醫鏡》曰：「凡病俱現於舌，能辨其色，症自顯然。舌尖主心，舌中主脾胃，舌邊主肝膽，舌根主腎。」《舌胎統志》雲：「舌尖以候上焦心肺，舌中央以異狀分胃與二腸，舌根以腎異性兩性外發，舌旁異母副性。梁玉瑜的這個

1. Yin's Modern tongue diagnosis is a new discipline that integrates both diagnosis and treatment. It builds upon the foundation of traditional tongue diagnosis, incorporating theories from holographic biology, modern medicine, insights from contemporary physicians on holographic tongue diagnosis, and the relevant discoveries of Dr. Yin Hongchun.

Traditional Chinese medicine has been passed down through the ages, forming a unique theoretical and diagnostic system. After nearly a thousand years of development, there is no doubt that tongue diagnosis has become a distinctive diagnostic method in Chinese medicine, standing shoulder to shoulder with pulse diagnosis. Over the past three decades, with advancements in holographic biology, the concept of holographic tongue diagnosis has gradually matured. The emergence of Yin's Modern Tongue Diagnosis not only refines the content of holographic tongue diagnosis but also develops an exclusive holographic chart, perfects the midline theory of the tongue, expands the Eight-Principle Pattern Differentiation into Ten-Principle Pattern Differentiation, and establishes a comprehensive system for prescribing herbs and applying acupuncture based on tongue observations. With over a thousand disciples worldwide, a distinctively modern school of tongue diagnosis has formed, advancing traditional Chinese medicine diagnostics, theory, and clinical efficacy significantly. Modern tongue diagnosis is a key that has been hidden for thousands of years, which directly links tongue diagnosis to practical application of Chinese herbal medicine and acupuncture.

2. Although ancient Chinese people did not have holographic charts like the ones we have today, the prototype of tongue holography had already appeared during the Qing Dynasty. For example, Liang Yuyu of the Qing Dynasty stated in his book "Corrections and Elucidations on the Tongue Mirror."

The root of the tongue corresponds to the kidneys, the gate of vitality, and the large intestine (should correspond to the small intestine and bladder); the left middle part of the tongue corresponds to the stomach, the right middle part to the spleen; the front middle part of the tongue corresponds to the lungs; the tip of the tongue corresponds to the heart, pericardium, small intestine, and bladder (should correspond to the large intestine and the gate of vitality); the left side of the tongue corresponds to the liver, and the right side to the gallbladder (the tip of the tongue generally corresponds

舌診圖及《筆花醫鏡》和《舌胎統志》的描述已經具備了一些全像舌診的影子。

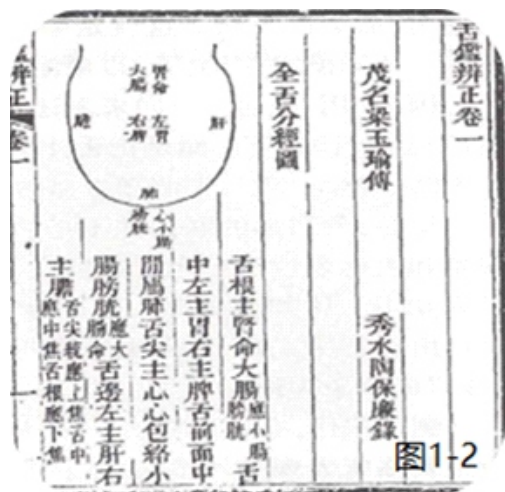


圖1-2

3, 殷氏現代舌診經過三十年發展探索, 明確了人體與舌象對應的全息圖。經過反覆的思考, 並驗之於臨床, 我發現人體在舌上的對應方式是一個昂頭前視俯臥的胎兒。頭及肩、手在舌尖及尖部兩側邊緣, 四肢呈屈曲狀在舌的邊緣, 肘膝關節相鄰, 臀部髖關節及腳在舌後根兩側邊緣, 整個軀體呈俯臥狀, 自舌尖依次而下至舌根為肺、心、胃、肝、腎、膀胱、直腸等。看圖 IP6033089 即圖 1-1。

Yin's Modern Tongue Diagnosis Hologram
殷氏現代舌診全息圖
IP6033089



圖 1-1

現代舌診不僅明確了人體舌象全像圖, 也釐清了頭頸部腺體與舌象的對應關係。透過舌中線的劃分, 總結了舌中原理, 明確了氣機升降與舌

to the upper energizer, the middle part to the middle energizer, and the root to the lower energizer).

The following diagram is Liang Yuyu's chart of tongue regions corresponding to meridians (Figure 1-2).

The Mirror of Flowers in Medicine states:

All diseases are reflected in the tongue. If one can distinguish its colors, the symptoms will become clear. The tip of the tongue corresponds to the heart, the middle part to the spleen and stomach, the sides to the liver and gallbladder, and the root to the kidneys.

A General Account of Tongue Coating says:

The tip of the tongue reflects the condition of the heart and lungs in the upper energizer; the center of the tongue reflects the spleen, stomach, and the two intestines; the root of the tongue reflects the source of the kidneys and the two lower orifices; the left side of the tongue reflects the liver and gallbladder, and the right side reflects the spleen and lungs; the edges of the tongue reflect the triple energizer, the membrane source, and pathogenic factors in both flanks.

Liang Yuyu's tongue diagnosis chart, along with the descriptions in *The Mirror of Flowers in Medicine* and *A General Account of Tongue Coating*, already contained some elements of holographic tongue diagnosis.

3. After thirty years of development and exploration, Yin's modern tongue diagnosis has clarified the holographic chart corresponding to the human body and tongue manifestations. Through repeated reflection and clinical verification, I discovered that the human body's correspondence on the tongue resembles an infant lying prone with its head raised and looking forward. The head, shoulders, and hands correspond to the tip and the edges on both sides of the tip of the tongue. The limbs are flexed and correspond to the edges of the tongue, with the elbows and knees adjacent to each other. The hips, hip joints, and feet correspond to the edges on both sides of the root of the tongue. The entire body is in a prone position, with the lungs, heart, stomach, liver, kidneys, bladder, rectum, etc., corresponding sequentially from the tip to the root of the tongue. Please refer to image IP6033089, i.e., Figure 1-1.

Modern tongue diagnosis has not only clarified the holographic chart of the manifestation of the human body on the tongue, but also clarified the correspondence between the glands of the head and neck and manifestations on the tongue. By dividing the midline of the tongue, the principles of the tongue midline have been summarized, the relationship between the rise and fall of qi and tongue manifestations has been clarified, and the Eight Principles Syndrome Differentiation in traditional Chinese medicine has been expanded into the Ten Principles Syndrome Differentiation, making TCM theory visualizable through tongue manifestations.

4. After decades of development, modern tongue diagnosis is used by thousands of medical practitioners distributed around the world, forming an important academic school within Chinese medicine. This school has the following characteristics:

Modern tongue diagnosis is an original system that integrates diagnosis and treatment. It was developed over thirty years of dedicated research, building on the traditional tongue diagnosis, combining

象表現，並將中醫的八綱辨證拓展為十綱辨證，將中醫理論透過舌象變為可視化。

4，現代舌診透過數十年的發展，數以千計的分佈於世界各地的醫療人員在使用現代舌診，形成了中醫學派中一個重要的學術流派。本學派主要有以下特色：

現代舌診經過三十年潛心研究發展，在傳統中醫舌診體系基礎上，結合全息生物學理論及現代醫學而建構的融診斷和治療於一體的原創現代舌診療技術。作為以可視化精準診斷和精確治療無縫銜接為特點的一門獨具特色的診療體系，它打破了中醫長於繼承而短於創新的禁錮，樹立了一個根於傳統開創新知的中醫理論和實踐創新典範，堪稱中醫學現代發展進程中一個不容忽視的標桿。

現代舌診首創舌中線理論，利用舌中線的變化來分析病證，認為舌中線的平移、潛騰（凹凸）、歪斜、側凸、斷裂等都具有中醫/西醫病理診斷意義。現代舌診也開創了利用專利保護中醫診斷學知識產權的先例，具有專利的殷氏舌診系列舌圖是迄今為止最為完善的全息舌診圖譜，該舌象全息定位診斷系統糾正了既往舌診體系的諸多錯誤，使舌診定位更加精確，客觀可靠。

現代舌診提出的十綱辨證是對中醫學診斷體系的另一個重要貢獻。認為陰陽、表裡、寒熱、虛實和（氣機）升降，每一綱都有其明確的舌象表現，特別是新增的氣機升降兩綱，不僅具有堅實的理論基礎，更有可靠的臨床依據。升降二綱所舍括的具體舌象規律的總結，使困於說理卻難以把握的人體氣機躍然舌上，一目了然。這些創新是對既有中醫舌診體系的重要補充與顯著提高，具有里程碑式的意義。

根據現代舌診，氣機之運行，氣血之虛實，臟腑之寒熱，三焦之暢阻，六經之傳變，奇經之隱顯，九宮之秘藏，腺體之結聚，無不昭然於舌上，根據舌象的不同變化，可以做到精準辨證與辨病，然後可憑舌用藥，憑舌用藥，然後憑舌用

it with holographic biological theory and modern medicine. It is characterized by seamless integration of precise visual diagnosis and treatment, breaking the stereotype that Chinese medicine is long on inheritance but short on innovation. It sets an example of innovation in Chinese medicine theory and practice, rooted in tradition yet creating new knowledge, and can be regarded as a benchmark that cannot be ignored in the modern development of Chinese medicine.

The system introduces a theory of the tongue midline, utilizing changes in the midline to analyze diseases and syndromes. It posits that deviations such as lateral shifts, depressions or elevations (concavities and convexities), tilting, lateral bulging, and breaks in the midline hold diagnostic significance in both traditional Chinese medicine and Western medicine pathology. Additionally, Modern Tongue Diagnosis set a precedent by using patents to protect intellectual property in TCM diagnostics. The patented Yin's Tongue Diagnosis series of tongue charts represent the most comprehensive holographic tongue mapping system to date. This holographic positioning diagnostic system for tongue manifestations corrects many errors in previous tongue diagnosis systems, making tongue diagnosis positioning more accurate, objective, and reliable.

The Ten-Principle Syndrome Differentiation proposed by modern tongue diagnosis represents another significant contribution to the diagnostic system of traditional Chinese medicine. It asserts that each principle—yin and yang, exterior and interior, cold and heat, deficiency and excess, as well as the ascent and descent of qi—has distinct manifestations on the tongue. Particularly, the newly added two principles of qi ascent and descent are not only grounded in solid theoretical foundations but also supported by reliable clinical evidence. The summarized patterns of specific tongue manifestations related to these two principles make the elusive concept of qi dynamics in the human body, which has long been challenging to grasp theoretically, vividly and clearly observable on the tongue. These innovations serve as an important supplement and a notable enhancement to the existing tongue diagnosis system in TCM, marking a milestone in its development.

According to modern tongue diagnosis, the movement of qi, deficiency and excess of qi and blood, cold and heat of the zang-fu organs, smoothness or obstruction of the triple energizer, transmission and transformation among the six meridians, hidden and visible aspects of the extraordinary meridians, secrets stored in the nine palaces, and the accumulation or aggregation in the glands—all of these are clearly reflected on the tongue. Based on the different changes in tongue manifestations, precise syndrome differentiation and disease identification can be achieved, enabling the prescription of herbs and application of acupuncture directly guided by the tongue.

Building on in-depth research into classical texts, modern tongue diagnosis has also summarized and proposed multiple acupuncture techniques along with their corresponding tongue signs. For instance, the "guiding fire back to its origin" needling method and its applicable tongue manifestations, as well as the "longitudinal and horizontal needling" technique at

藥，然後即可憑舌用藥，然後即可憑舌用藥。

現代舌診在深入研究古代文獻的基礎上，也總結提出了多種針法及其舌象指徵，如“引火歸元”的針刺方法及適用舌象，期門“縱橫針法”及其適用舌象，均可驗之臨床，取事半功倍之效。再如，針對裂紋舌的「見縫插針」針法，可用於治療督脈真氣外散，其振奮督脈陽氣的效果往往立竿見影。

現代舌診將用藥與用針與舌象直接結合，拋開對繁雜的疾病症狀的辨析，以“唯舌無症”的理念和技術，憑舌用藥，憑舌用針，為準確用藥用針打開了一個便捷法門，具有入門快，容易上醫手的特點，可以建立信心中學習者快速成長，建立信心。

現代舌診始終稟持一切以臨床為本的理念，絕不固步自封，而是以舌診為中心和紐帶，將舌診擴展為一個開放的中醫診療體系，兼容並蓄，汲取古今醫家之精華，使之不斷充實和發展，為現代中醫診療體系的進步而不懈努力。

後面的章節我們將分九個部分來詳述現代舌診的核心原理及臨床運用，包括憑舌用藥等內容。

作者簡介：

殷鴻春，1988年本科畢業於山東中醫學院中醫系。2001年來英國從事中醫臨床工作前在青島市中醫醫院工作。2006年在倫敦成立自己的中醫診所並擔任主診醫師。創立現代舌診學派並傳授逾千名弟子。現擔任國際現代舌診學會會長，世界中聯常務理事，北京中醫藥大學中醫臨床特聘專家，英國中醫師學會顧問及學術委員會副主席，倫敦國王學院整合中醫藥中心專家顧問組成員等職。著有《Modern Tongue Diagnostics in Chinese Medicine》、《殷氏現代舌診原理與圖譜》、《殷氏辨舌用藥心法》。

Author information:

Dr Hongchun Yin Graduated from Shandong University of TCM in 1988. He was a TCM doctor who worked at Qingdao Hospital of TCM before coming to the UK in 2001. In 2006, he established his Chinese Medicine clinic in London. He created the Modern Tongue Diagnostics (MTD) system and has over a thousand students. Currently, he serves as the president of the International Association of MTD and, executive board member of WFTCM. Adviser of FTCMP. Adviser for CICM of KCL. He has published three books: “Modern Tongue Diagnostics in Chinese Medicine”, “Principles and Atlas of Yin’s MTD”, “Yin’s Tongue Diagnostics based herbal methodology”.

Qimen (LR14) and its corresponding tongue signs, have been clinically validated to yield twice the result with half the effort. Another example is the "inserting needles along cracks" method for fissured tongues, which can be used to treat the dissipation of true qi from the Du Mai. Its effect in revitalizing the yang qi of the Du Mai is often immediately evident.

Modern tongue diagnosis directly integrates herbal prescriptions and acupuncture with tongue manifestations, bypassing the need to analyze complex disease symptoms. With the concept and technique of "relying solely on the tongue, disregarding symptoms," it opens a convenient gateway for accurate herbal and acupuncture treatments. Characterized by quick mastery and ease of application, this approach helps learners of traditional Chinese medicine rapidly develop their skills and build confidence.

Modern tongue diagnosis consistently adheres to the principle of being clinically oriented, never becoming complacent or stagnant. Instead, it centers around tongue diagnosis as a core and connecting thread, expanding it into an open diagnostic and therapeutic system within traditional Chinese medicine. It embraces an inclusive approach, drawing on the essence of medical wisdom from both ancient and modern practitioners, thereby continuously enriching and advancing the field. Unwavering efforts are made to contribute to the progress of the modern TCM diagnostic and therapeutic system.

In the following nine installments, we will elaborate on the core principles and clinical applications of modern tongue diagnosis, including content on prescribing herbal medications based on the tongue.