

An Ayurveda consultation will empower you with a deeper awareness of your strengths and vulnerabilities coupled with the tools to prevent and overcome imbalances. Our goal is achieved if you leave with renewed motivation and wisdom to live a healthier and happier life.

Here are some unique techniques Ayurveda uses.

Tongue Diagnosis

Tongue diagnosis is like seven other techniques including pulse. The whole tongue is analysed to understand the exact nature of digestion, metabolism, affected parts of the body and type of disease. The body map and ten aspects of tongue need to be accurately studied to do this.

Tongue Diagnosis - Body map on tongue and 10 Vital criteria



Criteria	Aspect of life	Healthy sign	Unhealthy signs
01. Alignment	Balance in life	Centrally aligned	Left/right aligned
02. Colour	Immunity, energy	Pinkish red	Gray, red, white
03. Edges	Peripheral, Absorption	Same as tongue body	Thin, eroded, dented
04. Fur	Undigested matter	Very little	Gray, yellow, white
05. Marks	Current imbalances	Absent	Cuts, ulcers, glassy
06. Movement	Low energy, control	Still	Shaky, shivering
07. Shape	Life, philosophy	Oval	Wider/narrow, long/short
08. Surface	Energy supply	Even	Uneven, wrinkled
09. Texture	Vitality, robustness	Visible buds	Dry, burnt, milky
10. Thickness	Accumulation	Translucent	Thin/thick, hot+swollen

A. Use the same light for every tongue. B. Observe the tongue for 15 seconds, 3-5 times. C. Observe how it moves outward and inward, when the client opens and closes mouth. Look for the appearing and disappearing marks while tongue is in movement. D. Take note of all aspects before discussing with your client. E. If possible take a picture as a record.

Right < CLIENT'S TONGUE > Left



- Deep midline** - muscular tension throughout the spine
- Eroded edges** - malabsorption
- Crack** - left shoulder blade is stiff
- Madline curves towards left** - stiff muscles in the left upper back
- very emotional
- Horizontal crack** - tense cervical muscles
- possible migraines
- Rough edge** - chronic tiredness

Pulse Diagnosis

Pulse is analysed in various parts of the body. Radial pulse is the easiest to read. Each still finger tip is used to read dozens of aspects of mind and body, and health and disease.



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