



Ayurvedic Examination

Jivha Pariksha
Tongue Analysis



Lakshmi Ayurveda
Free Downloadable

The methods of Ayurvedic examination provide deep insight into our overall health. During an Ayurvedic assessment, a practitioner will take into consideration the clients medical history, current medical conditions, lifestyle and diet. One of the unique Ayurvedic assessment tools is Jivha Pariksha, tongue analysis.

About Tongue Analysis

Jivha Pariksha provides an Ayurvedic practitioner with insight into the functioning of our bodies. This method of analysis has been practiced for thousands of years and is one of the methods of examination taught to all students of Ayurveda. The surface of the tongue reflects an entire map of our health.

What Should I Look For?

Did you look at your tongue this morning? We suggest developing a habit of assessing your tongue each morning. Ask yourself these questions:

1. Are there cracks on your tongue?
2. If so, where are the cracks located?
3. Is there a coating on your tongue?
4. What color is the coating?
5. Where is the coating located?
6. What is the size of the taste buds?
7. What color is the tongue?

Coating on the Tongue

If there is a thick white coating on your tongue this may indicate AMA, digestive toxins. These toxins accumulate over time due to poor eating habits, improper digestive functioning, stress, emotions and more.

Colour of the Tongue

Signs of imbalance in the body can be represented with color changes of the tongue. A Vata imbalance will show more of a brown color. Pitta will have a slightly red or yellow color and Kapha generally shows a white tongue with a layer of mucus on the surface.

Areas of the Tongue

Ayurveda segments the tongue into three different sections. Each section is related with one of the doshas.

Back 1/3 represents the Vata Dosha.

Middle 1/3 represents the Pitta Dosha.

Tip of the tongue and the top 1/3 represents Kapha Dosha.

How Should my Tongue Look?

A healthy tongue shows a pink color across the entire tongue, no cracks or teeth marks and a thin coating of white mucus on the top.

Daily Tips for Tongue Health

1. Start the morning by looking at your tongue.
2. Make a note on where you see cracks, colour, coating, etc.
3. Gently scrape your tongue before eating or drinking water once a day in the morning.
4. Brush teeth with Ayurvedic toothpaste or powder.
5. Perform oil pulling with either black seed sesame oil or coconut oil.



In combination with other forms of examination, Jivha Pariksha is a great tool to understand the functionality of organs and tissues.

Learn to read the language of your tongue. If you are interested in learning more, you are welcome to contact us to book a consultation.

Disclaimer: Before incorporating any of the information offered in this EBook, we strongly recommend you visit an Ayurvedic Practitioner to properly assess your health history and conditions.

Please note that our claims about tongue analysis have not been approved by the TGA. The information provided is not meant to be used to diagnose or treat anyone and should not be taken without consultation with an Ayurvedic physician. We do not guarantee and assume no legal liability or responsibility for the accuracy, currency or completeness of information contained in these materials.

If you have any questions, please email us at info@lakshmiayurveda.com.au.

With love from the Lakshmi Team.

