



**TITLE: A REVIEW ARTICLE ON HOW DOES TONGUE HELP IN HOMOEOPATHIC PRESCRIPTIONS.**

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**ABSTRACT:** The tongue is a very important organ of the body which represents the different types of physiological activities running in the various organs. The tongue is related with systems like Gastro intestinal tract, lungs, heart, liver, spleen, kidneys etc. in this article, the information will be provided regarding tongue, its examination and how it helps in homoeopathic point of view.

**KEY WORDS:** Tongue, examination, Homoeopathy.

**INTRODUCTION:**

The healthy tongue is free of any discomfort, such as pain, stinging, burning, swelling, excrescences or numbness. It is moist, with a rough surface and has an evenly coloured pink



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

surface overlaying pale red. The appearance of a patient's tongue provides valuable diagnostic information to general medicine, ayurveda, dental and also in Homoeopathy.

### Examples: -

1-Color-A purple or bluish tongue could indicate poor circulation or cardiovascular issues. A pale or white tongue may suggest anemia or a lack of blood circulation.

2-Shape and Size- A swollen tongue might indicate fluid retention or edema. A small or atrophied tongue could be related to malnutrition or neurological issues.

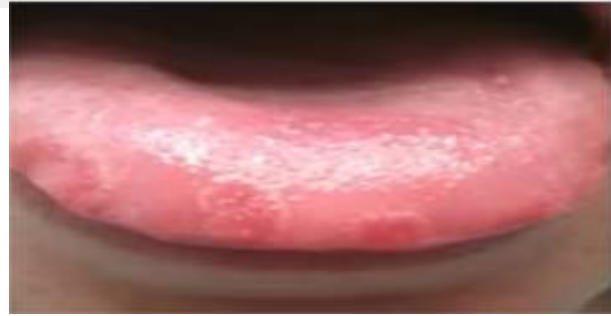
3-Moistness-The moistness of the tongue gives some indication about the state of hydration of the body. Dryness suggestive of diarrhea, heat exhaustion.

4-Ulcers- Herpes simplex- Acute vesicular eruption. <sup>[1]</sup>

In Homeopathy, we do not treat the diseases, but the diseased individual as a whole by a holistic approach. The symptoms are an external expression of the internally deranged vital force. The peculiar signs and symptoms will characterize the individual. Hence, the subjective symptoms as well as objective symptoms are key part in homoeopathic case taking and case processing. Some abnormal signs in the body can be helpful for the differential remedial diagnosis. <sup>[2]</sup> Here the nature of tongue can be taken in to consideration along with other characteristic signs. The examples of peculiar appearance of tongue in some important remedies are as follows:

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1. **Apis mellifica**-Tongue fiery red, swollen, sore and raw with vesicles as if varnished, tongue feels scalded, red, wet, trembling.



2. **Antimonium crudum**-A thick milky white coating on tongue.



3. **Arsenicum album**- Tongue blackish or bluish and cracked.



4. **Belladonna**-Tongue is dark red and dry with stammering speech, strawberry tongue.



## A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

5. **Baptisia tinctoria** -At first tongue is white with red papillae, dry and yellow brown in centre, later dry, cracked, ulcerated.



6. **Causticum**- Paralysis of tongue with indistinct speech.



7. **Nux moschata**-Tongue so dry that it adheres to the soft palate.



8. **Lycopodium**- Ulcers on the tongue.

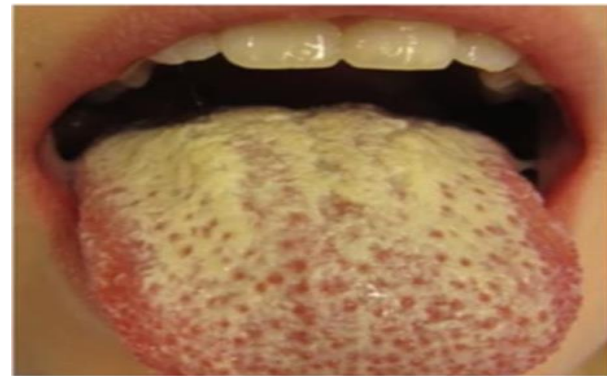




9. **Mercurius solubilis**- Furrow in the middle of the tongue and Inflammation of tongue.



10. **Natrum phos**- Yellow creamy coating of the tongue at the back part of the roof of mouth.



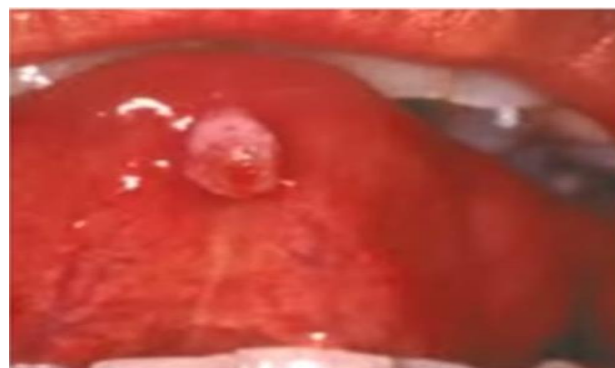
11. **Rhus tox**- Tip has triangular redness and cracked.



12. **Sanicula aqua-** Ringworm on the tongue.



13. **Thuja occ-** A Cyst under the tongue. White painful blisters close to the root of the tongue. Biting of the tongue. [3]



Homoeopathic Repertory is an index to the huge mass of symptoms of the Homoeopathic Materia Medica. The repertory is organized in a practical form indicating the relative gradation of drugs. Repertories not only contain symptoms of proving but also clinical and pathological symptoms found in the Homoeopathic Materia Medica. [4]

There are few repertories which have chapters on tongue having clinical and pathological symptoms. Examples- William boericke repertory, Murphy repertory, Clarke repertory, Phatak repertory, BBCR.

There are few repertories where tongue describe under the chapter on “mouth”. Examples- Kent’s repertory,



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- 1- **Boericke repertory:** - tongue chapter
  - A- COATING-COLOUR- Clean- Anteriorly, coated posteriorly -Nux v.
  - B- COATING-COLOUR -Mapped- With red, insular patches -- Nat. m.
  - C- ERUPTIONS, growths- Furrows lengthwise, in upper part -- Merc.
  - D- ERUPTIONS, growths -Veins, varicose -- Ambra, Ham., Thuja. <sup>[3]</sup>
- 2- **Phatak repertory:** -
  - A- Atrophy- Mur-ac
  - B- Bleeding- Aru-t; Bor; Sec.
  - C- Clean: Menses, during: Sep.
  - D- Dry: as if- Nat-m; Nux-m.
  - E- Ecchymoses- Pho.
  - F- Furrow across: Merc.
  - G- Gray: Chel; Kali-c; Kali-m. <sup>[5]</sup>
- 3- **Kent's repertory:** - Chapter- Mouth
  - A- APHTHAE; Tongue; sensitive and bleeding: Bor.
  - B- ATROPHY; Tongue; Mur-ac.
  - C- COLD; Tongue: morning: Zinc.
  - D- DISCOLORATION- Tongue, crusts: Phos
  - E- DISCOLORATION- Tongue, Bluish-black: Bufo.
  - F- ECCHYMOSES- Tongue: Phos, plb. <sup>[6]</sup>
- 4- **BBCR-** Chapter- Tongue
  - A- Tongue, tearing: Merc.
  - B- Tongue, dry, half of: Bell., Sang.
  - C- Tongue, ranula: Thu.
  - D- Tongue, stiff: Ap., Lyc., Nat-m. <sup>[7]</sup>



## **CONCLUSION:**

The intention behind this article is not to make a prescription just by looking at the tongue, but to show you the importance of appearance of the tongue in differentiating diseases and the indicated remedies. When you get confused between the words given by the patient, just look at the place from where those words come – the tongue.

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