

# 36 例新型冠状病毒肺炎( COVID - 19) 患者舌象观察\*

肖 玮 安 兴 谢春光 唐健元 黄青松 曾 珠 孙增涛\*\*

( 成都中医药大学附属医院, 四川 成都 610075)

**摘 要:**目的 探究新型冠状病毒肺炎患者的舌象特征。方法 收集 36 例新型冠状病毒肺炎患者的临床资料, 采用数码相机对舌苔摄像, 比较初期、中期、重症期及恢复期, 比较普通型、重型与危重型舌象特征。结果 18 例( 50. 00%) 患者舌象见齿痕, 28 例( 77. 78%) 患者舌苔腻。初期最常见舌象为舌淡红( 33. 33%)、舌红( 33. 33%)、舌苔白( 厚) 腻( 83. 33%)。中期舌象常见舌象为舌淡红( 36. 36%)、舌红( 31. 82%)、舌苔黄( 厚) 腻( 72. 73%)。重症期舌象为舌暗红, 苔黄厚燥或舌红少苔。恢复期常见舌象为舌淡红( 71. 43%)、白( 厚) 腻( 28. 57%)。普通型最常见的舌象为舌淡红( 48. 28%)、苔黄( 厚) 腻( 55. 17%)、白( 厚) 腻( 27. 59%)。重型最常见舌象为舌红( 60. 00%)、苔白( 厚) 腻( 40. 00%) , 危重型舌象为舌暗红, 苔黄厚燥或舌红少或无苔。结论 本病舌象表现多为舌淡红或红, 兼齿痕, 苔白腻为主, 随病程进展, 兼见舌暗红、苔黄( 厚) 腻、黄燥、或少苔。

**关键词:**新型冠状病毒肺炎; 舌象; 中医; 病因病机

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## Observation of the Tongue Manifestation of 36 Cases of COVID - 19

Xiao Wei, An Xing, Xie Chunguang, Tang Jianyuan, Huang Qingsong, Zeng Zhu, Sun Zengtao

( Affiliated Hospital of Chengdu University of Chinese Medicine, Chengdu China, 610075)

**Abstract: Objective** To explore the tongue manifestation of patients with Coronavirus Disease 2019 ( COVID - 19). **Methods** The clinical data of 36 patients with COVID - 19 were collected, and the fur was photographed with a digital camera. The tongue manifestation of normal, severe, critical cases were compared, and that in early, middle, severe and recovery periods were also compared. **Results** 18 cases ( 50. 00%) showed teeth - printed tongue, and 28 cases ( 77. 78%) showed greasy fur. In the early period, the most common tongue manifestation were light red ( 33. 33%), red ( 33. 33%), the fur appeared white ( thick) and greasy ( 83. 33%). In the middle period, the common tongue manifestation were light red ( 36. 36%), red ( 31. 82%), the fur appeared yellow ( thick) and greasy ( 72. 73%). In the severe period, the tongue was dark red, the fur was yellow, thick and dry, or red tongue with little fur. In the recovery period, the common tongue manifestation were light red ( 71. 43%) and white ( thick) and greasy ( 28. 57%). The most common tongue manifestation of normal cases were light red ( 48. 28%), the fur showed yellow ( thick) and greasy ( 55. 17%) and white ( thick) and greasy ( 27. 59%), those of severe cases were red ( 60. 00%), white ( thick) and greasy ( 40. 00%), while critical cases showed dark red tongue and thick yellow and dry fur, or red tongue with little fur. **Conclusion** The tongue manifestation of this disease are mainly light red or red with teeth print, and the fur is mostly white and greasy. With the development of the disease, the dark red tongue, thick yellow and greasy fur, dry yellow fur or even little fur can also be found.

**Keywords:** COVID - 19; tongue manifestation; TCM; etiology and pathogenesis

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\*\* 通讯作者: 孙增涛, 主治医师。E - mail: szt0513@ 163. com