

Overall Tongue Health

Name : Atharva Shinde

Gender : Male

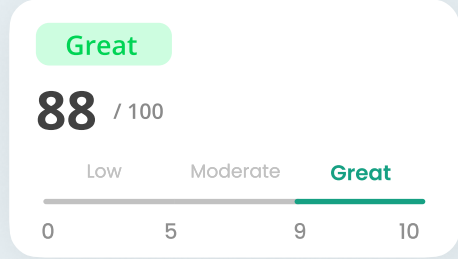
Date of assessment : 12/03/2026

Age : 24



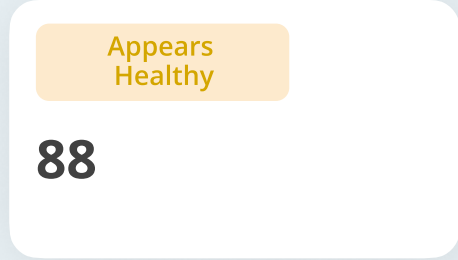
Tongue Score

This represents the overall health of your tongue, calculated from visible indicators such as tongue color, coating thickness, surface texture, moisture level, and other tongue health markers that may reflect digestive balance, hydration status, and overall wellness.



Tongue Health

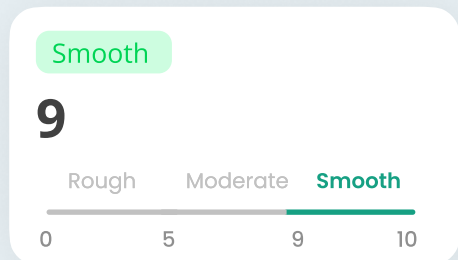
The total number of hair strands in a specific area of scalp, used to measure hair density and used to detect thinning and hair loss



Tongue Health Breakdown

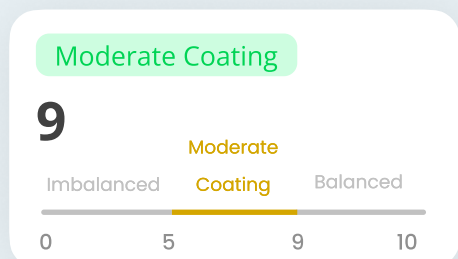
Tongue Surface Texture

The smoothness or roughness of the tongue surface, which can indicate hydration, nutrition, and overall oral health.



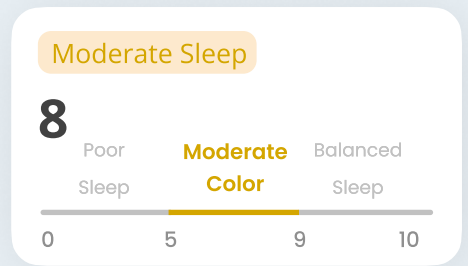
Tongue Coating

The thickness and distribution of the tongue coating, which can indicate digestive health and immune function.



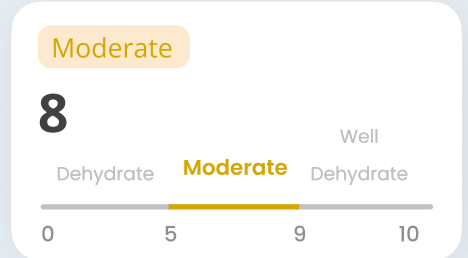
Sleep Indicator

The tongue tip color and texture can indicate sleep quality and rest patterns.



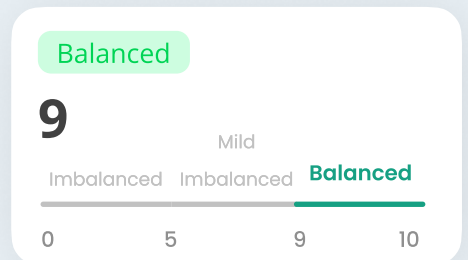
Hydration Level

The moisture level of the tongue surface, directly reflecting overall body hydration.



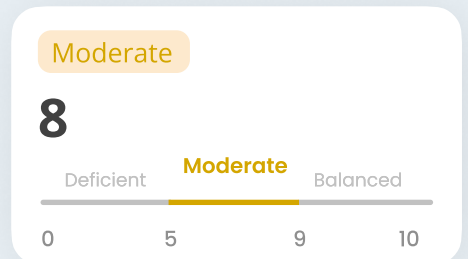
Digestive Indicator

The coating pattern at the center of the tongue can reflect the state of the digestive system.



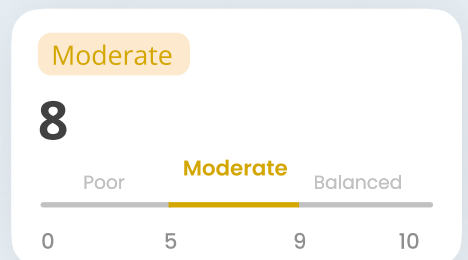
Nutritional Deficiency

Tongue color and surface patterns can reveal signs of nutritional deficiencies such as vitamin or mineral imbalances.



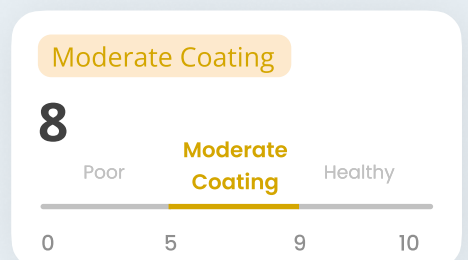
Diet Balance

The overall tongue color can suggest how well your diet supports your body's nutritional needs.



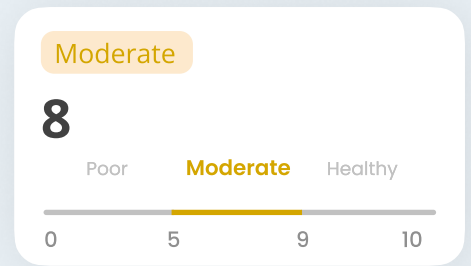
Gut Wellness Trend

Coating evenness and distribution patterns on the tongue can be early indicators of gut microbiome health.



Lifestyle Pattern

Tongue appearance such as color tone, coating patterns, and texture variations may reflect lifestyle habits including sleep quality, hydration levels, stress exposure, and dietary balance.



Analysis Based On

Tongue analysis is derived from traditional observational diagnostic systems such as Traditional Chinese Medicine (TCM) and Ayurveda, where the tongue has long been considered an important indicator of internal health. In modern health assessment, visual characteristics of the tongue—such as color, coating, texture, and moisture—are evaluated as potential markers of hydration, digestive status, and oral health. Using computer vision and image analysis, AI systems can examine these visual features to identify patterns and provide general wellness insights.

Confidence Score : 0.85

Disclaimer

This assessment is only indicative and not necessarily a direct representation of your risk. This report is not diagnostic. If you have any concerns, then please seek guidance from a medical professional who may conduct a physical examination and conduct further diagnostic test as required.

[Contact Us](#)



G-1, Ground Floor, Lodha Supremus No 1 Near New Passport Office, Wagle Estate,
Road Number 22, Thane - 400604, Maharashtra



contact@watchyourhealth.com