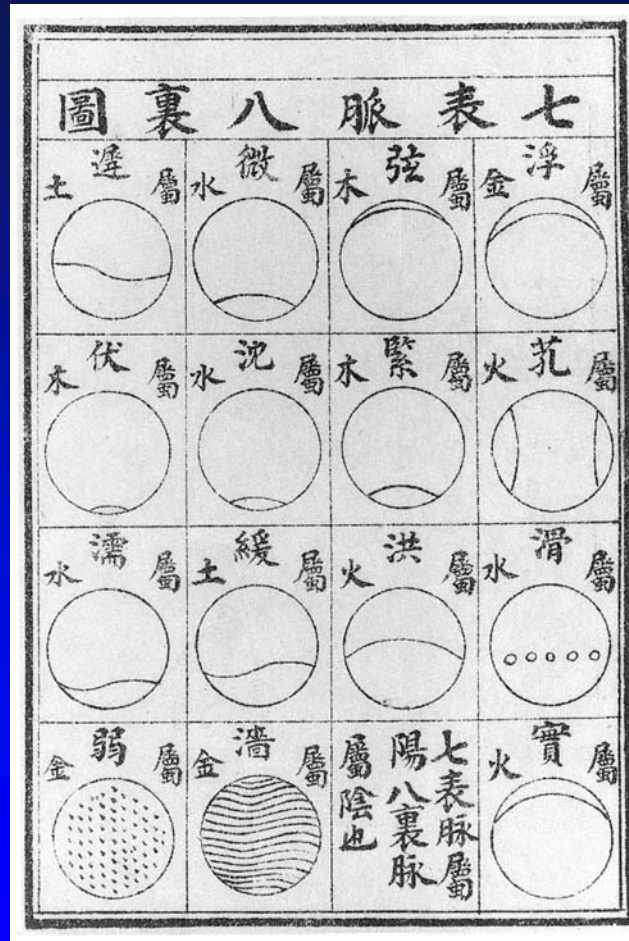


Pulse Diagnosis



1. Introduction and overview
2. Ideal pulse
3. Pulse divisions
4. Practicum
5. Qualities
6. Position of the patient

Basics

- Time
- Posture
- Placement of fingers
- Simple finger techniques

Ultra Basics

- Tubes
- Pump
- Fluid
- Ground substance

Ideal Pulse

- Has Root
- Has Stomach *Qi* (moderation)
- Has Shen: Stability - rate - amplitude
- Other factors
 - Matches Season - local influences play as well
 - Matches Position
 - Evenly distributed between positions

Technique

- Thenar eminence
- Relaxed
- Level of the heart
- Finger tips to the bed of the fingers – find the most sensitive area
- Thumb opposed

Fingers Are a Unit

- Global
- Each Depth
- Each Side
- Each Burner

This is the primary way to assess a region

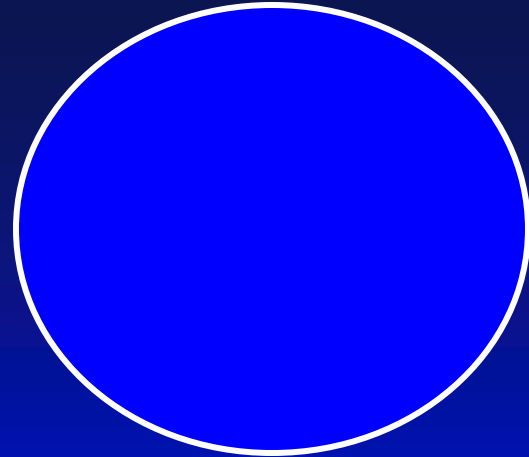
Sectional Views

Fingers Function As Filters

- Three Depths
- Two Sides
- Three Burners

Three Depths

- Qi: nerves
- Blood: vessels
- Organ: organ tissue



Sides

- Left
 - Organs
 - Constitution
 - Prenatal
 - Blood
- Right
 - Digestion
 - Acquired status
 - Postnatal
 - Qi

Organ System

- Left side Feeble

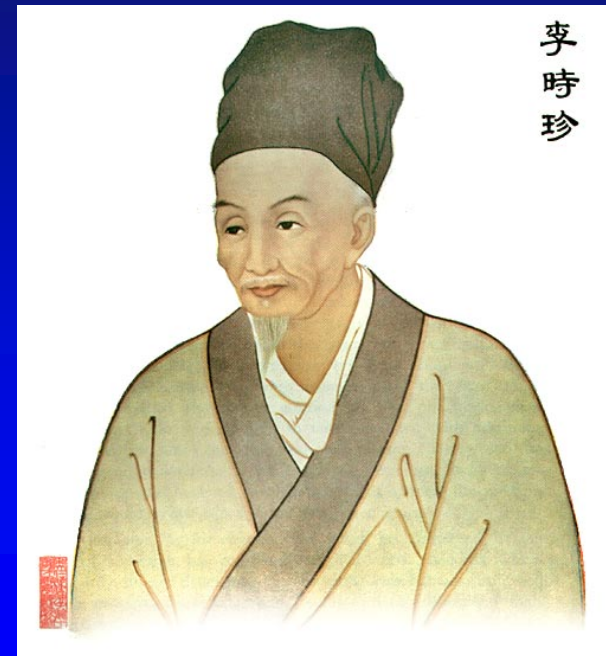
Digestive System

- Right Side uniform - Tight, Feeble

Burners

- If the pulse quality is the same on both sides and is only in the upper middle or lower section – it is an issue related to the whole burner.
- Ie. Slippery in both middle positions: dampness or damp and heat in the middle burner

Pulse Qualities



Three Basic Divisions

	<i>Form</i>		<i>Time</i>		<i>Trait</i>	
<i>Image</i>	Floating	Deep	Slow	Rapid	Weak	Strong

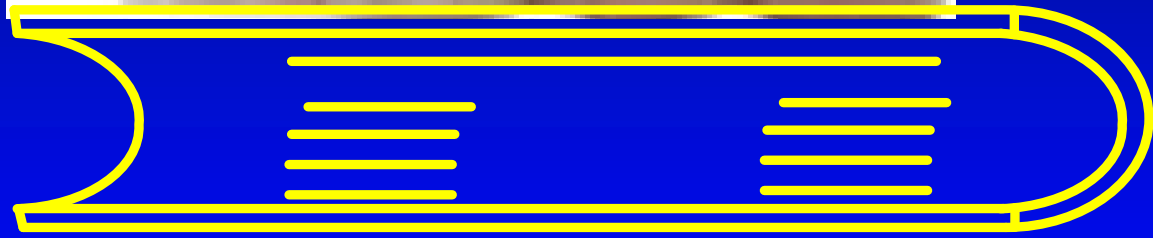
Moderate Pulse (*huan mai*)

- denotes a pulse that is ideal in terms of form, process and trait. That is the shape is even, the rate is moderate and the waves come and go in a relaxed and even fashion. The vessel wall is neither hard nor yielding and the force is moderate.

Floating Pulse (*fu mai*)

- a pulse that is felt superficially with the fingers resting lightly on the skin. The force decreases slightly in the deeper level but the root is still present.

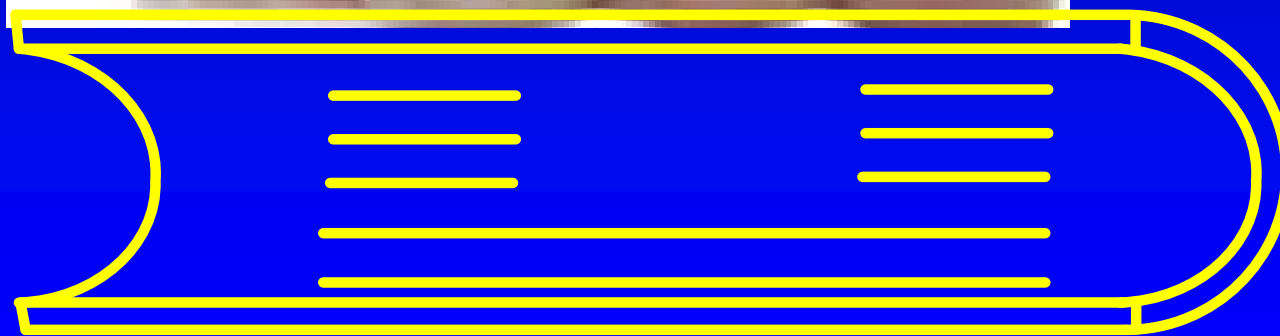
Floating Pulse – Without Root in the Middle Position



Deep Pulse (*chen mai*):

- A pulse that is found when pressing to the organ depth. There is little sensation with light pressure.

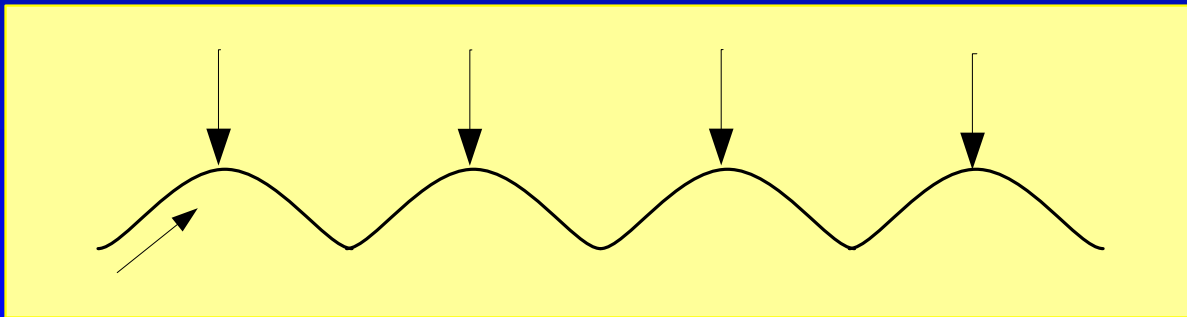
Deep in the Middle Position



Slow Pulse (*chi mai*)

- denotes a pulse that is between 40 and 60 beats per minute.

Beats Per Minute

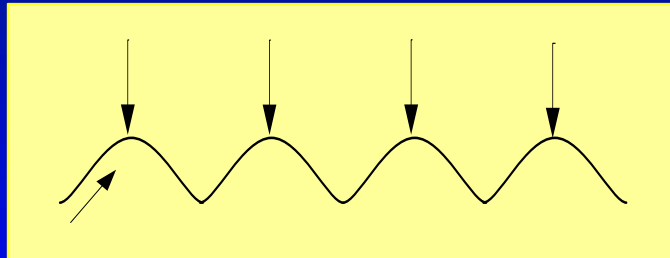


Rate of Arrival

Rapid Pulse (*suo mai*)

- denotes a pulse that is between 90 and 140 beats per minute.

Beats Per Minute



Rate of Arrival

Excess Pulse (*shi mai*)

- denotes a pulse that is felt in all the three positions and depths. It feels full. This impression is generated by the long, large and forceful character of the pulse.
- It has force

Deficient Pulse (*xu mai*)

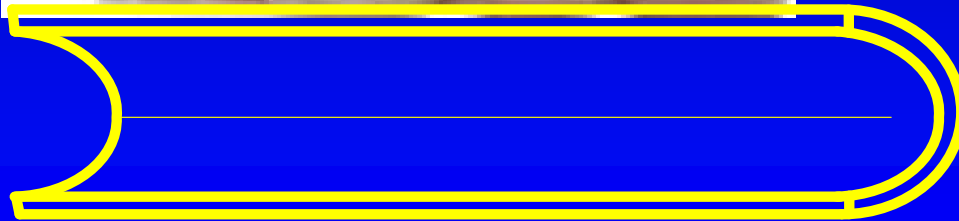
- denotes a pulse shape that is large and soft, without force.
- It lacks force

Big Pulse (*da mai*)

- denotes a pulse that is wide and thick.

Thready Pulse (*shi mai*)

- denotes a pulse that is very thin. It has definition and feels like a fine thread.



Long Pulse (*chong mai*)

- denotes a pulse that is smooth and straight and extends beyond the three positions.



Short Pulse (*duan mai*)

- denotes a pulse that is not felt in all the three positions. It is absent in one or both of the distal and proximal positions.

Short Pulse



Surging Pulse (*hong mai*)

- denotes a pulse that arrives with force and departs without force. Overall, it is large and forceful like a wave. Pulse is broad, large and forceful like roaring wave which come on powerfully and fade away.

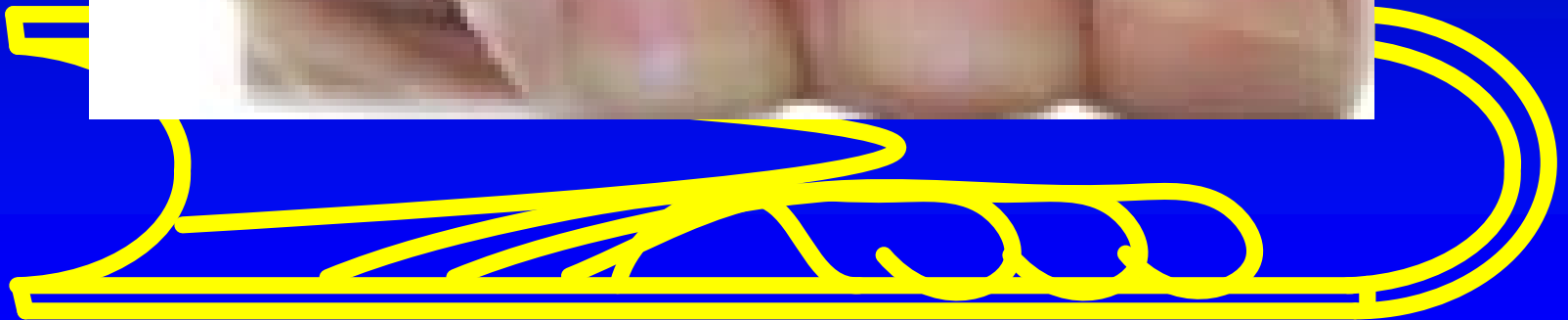
Surging Pulse



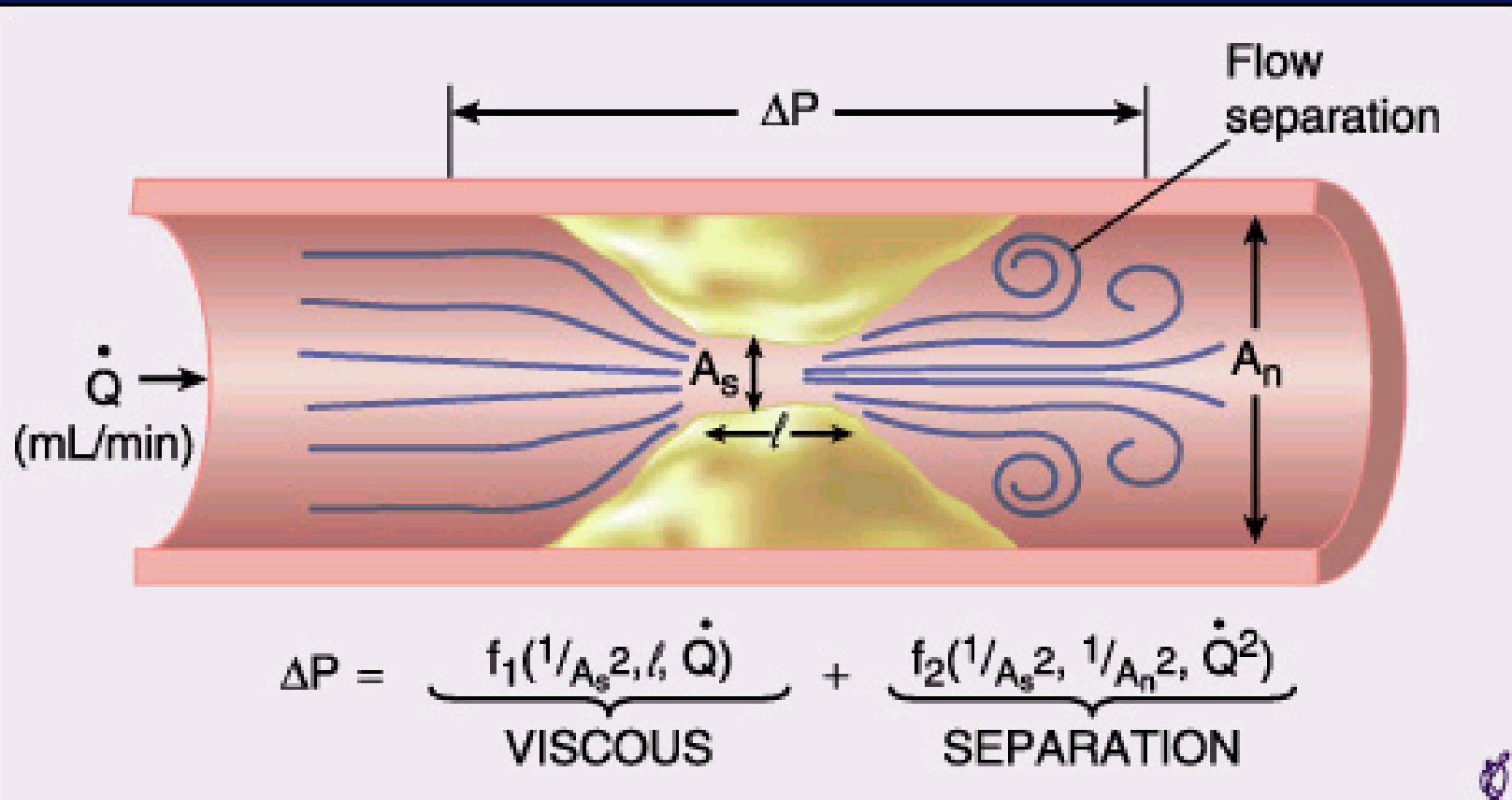
Slippery Pulse (*hua mai*)

- denotes a pulse that slides quickly and smoothly under the fingers. It is one of the most commonly identified pulse images. The fingers must press into the blood stream in order to feel this pulse. It can be palpated superficially and in the depths, but it is most common in the middle of the blood stream.

Slippery Pulse (*hua mai*)



Slippery Pulse (*hua mai*)



Choppy Pulse (*se mai*):

- denotes a pulse that is rough and not smooth. It involves irregular form, process and traits. That is, rhythm, force and shape. The shape of the vessels or the wave can be rough. The amplitude of the waves can change due to uneven force. The uneven rhythm is a “changing rate at rest.”

Location

Strength

Choppy Pulse
(*Se Mai*)

Frequency

Shape

Wiry Pulse (*xuan mai*)

- denotes a pulse that feels tense, long and stable. It can be felt with varying levels of pressure. A wiry pulse passes straight under the fingers and can be highlighted by rolling the fingers along the surface of the vessel. It is much like a violin string, and can be divided into excess (*shi*), deficient (*shu*) and moderate (*bing*), corresponding to thicker or thinner strings.

Hurried Pulse (*cu mai*)

- denotes a pulse that is rapid and irregularly irregular. It is agitated and urgent, like a man running and stumbling.

Knotted Pulse (*jie mai*)

- denotes a pulse that is slow and irregularly irregular. is slow with irregular intermittence. After the missed beating, the pulse continues immediately.

Intermittent Pulse (*dai mai*)

- denotes a pulse that misses a beat at regular intervals, and the more frequent the missed beat, the more serious the pathology.

Soggy Pulse (*ru mai*)

- denotes a pulse that is floating, thready and soft. It feels like a piece of thread floating on water. There is no force and gives way with pressure.

Hollow Pulse (*kong mai*)

- denotes a pulse that is wide and soft vessel when lightly touched, and hollow when seeking. It can truly be said to be vacuous. There is a three dimensional field of hollowness in the center as one presses and seeks. With pressure, the edges of vessel are clearly felt, the center is obscure.

Leather Pulse (*ge mai*)

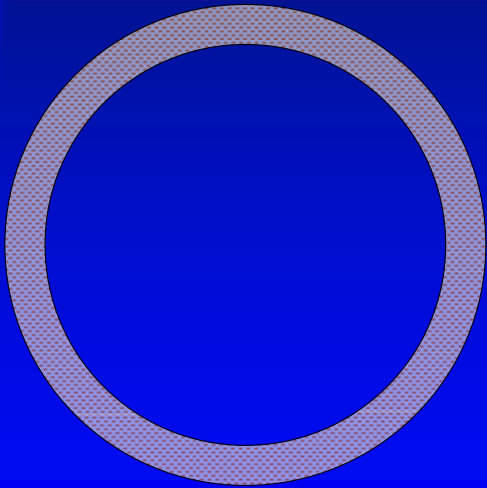
- denotes a pulse that is wide and the vessel wall is thick. It is felt superficial without root, or hollow.

Scattered Pulse (*san mai*):

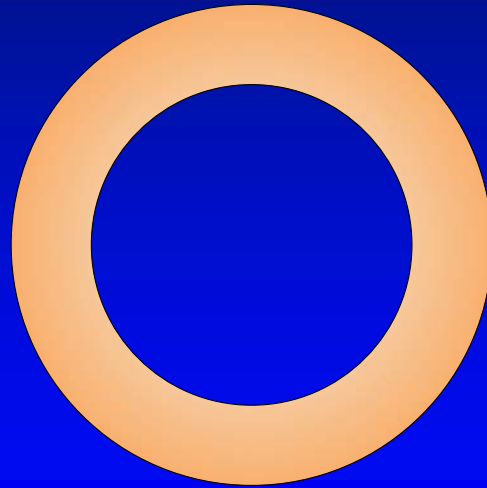
- denotes a pulse that is large, floating and weak. The wall of the vessel is very thin and it spreads like powder in the wind when touched. It lacks force and the form is unclear, the boundary between vessel and the ground substance is vague. The pulse easily disappears when pressing or searching. This causes the rate to be difficult to count if the scattered quality is global.

Vessel Wall

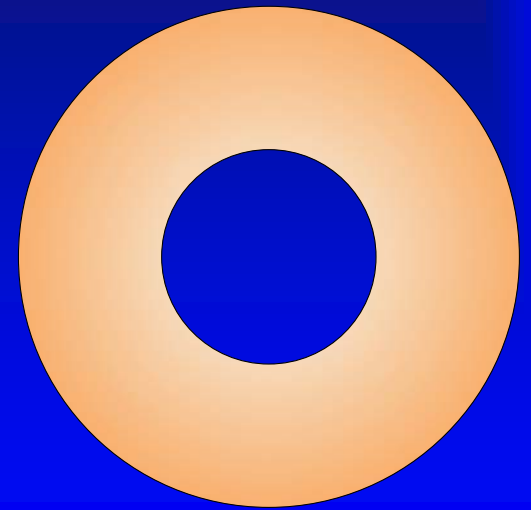
Thin Wall
Scattered Pulse



Normal Wall
Moderate Pulse



Thick Wall
Ropy Drumskin
Pulses



Hidden Pulse (*fu mai*)

- denotes a pulse that cannot be felt with normal palpation such as touching, seeking or pressing. It can only be felt when pressing to the bone, or under the tendon. Pathogens obstruct interior

Firm Pulse (*lao mai*):

- denotes a pulse that is deep, bowstring, and forceful. It is stable and lacks normal variability.

Weak Pulse (*ruo mai*):

- denotes a pulse that is yielding, deep and thin. It can only be felt in deep level be pressing. If more strength is put, the pulse is vague.

Minute Pulse (*wei mai*)

- denotes a vessel that is thin and soft to the point of absence. Hammer calls this pulse feeble-absent.

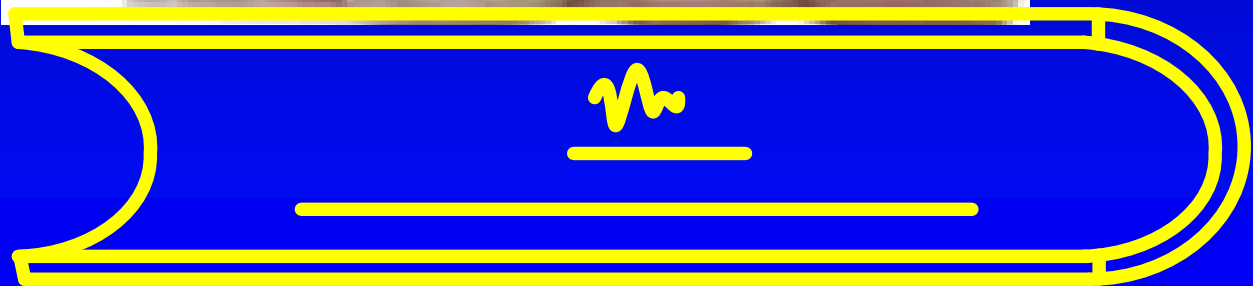
Tight Pulse (*jin mai*)

- Tense
- Force
- Twisted like a rope
- Moves side to side

Moving Pulse (*dong mai*)

- denotes a pulse that is very short and urgent. It can be slippery or have rough vibrations. There is no arrival or departure. It is like a jumping bean. It is most often felt in the left middle positions.

Moving (*dong mai*)



Racing Pulse (*ji mai*)

- denotes a pulse that is over 140 beats per minute. It is an extreme condition.

Interpretation

- Location = structure
- Quality = process
- Method
 - Dominant impressions
 - Detailed and sequential analysis
 - Label
 - Interpret
 - Aggregate (mind map)

Generally:

- Force = deficiency or excess
- Width = blood
- Amplitude = qi and yang
- Hardness = yin deficiency
- Urgency = heat

Pathogens

- Cold = tight, slow
- Wind = floating (ext) changing (int)
- Heat and fire = surging, urgent, rapid
- Damp = slippery, cotton, moist skin
- Dryness = skin
- Summer heat = floating, rapid, slippery

Pulse Diagnosis is a Lifetime Study

