

A Pulse Diagnosis Manual

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PULSYNERGY

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Author's Foreword

Since *Rational Pulse Diagnosis* was first published 10 years ago, it has become available to anyone who has an interest in Chinese medicine. In addition, teaching seminars and workshops popularized this book and the methods contained within. As a result, students who had been studying Chinese Medicine for a long time but had not yet become aware of the essential points of Pulse Diagnosis, or, those who had been suffering from an illness but had not yet found help, or a cure, came to attend class.

Regardless of the purposes of those who came to learn, once they entered the realm of study involved in this Pulse Diagnosis program, they were all usually confronted with its exceptional clinical effectiveness. Generally speaking, the study of Pulse Diagnosis has remained an unpenetrable element for students of Chinese Medicine in these modern times.

This Pulse Diagnosis method is extremely precise, and relatively easy to learn and use. It not only can guide one in the precise application and dosage of herbal medicine, but also can indicate the development of pathological changes of an illness in advance.

For those who really want to learn and are willing to thoroughly practice, its essence may be understood after just a few months of study. In practical application, the operation of this method will become very smooth and the hands may move as the mind wishes.

This author has also especially engaged the help of Dr. Marcus Brinkman to translate this book into English as well as supplement the current rendition with introductions and explanations more suitable for the understanding of its English readers. Dr. Marcus Brinkman has apprenticed in my clinic for over six years and has thus devoted a great deal of energy to investigate, research and practice my method of Pulse Diagnosis since we were first acquainted at Taipei's Cultural Medicine Hospital in 1986.

It is my hope that through this English edition the principles and essence of pulse diagnosis may be transferred to those who are involved in the course of its study.

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Introduction

The following manuscript has been derived from my published thesis entitled, "*Practical Pulse Diagnosis*". Its contents are the results of clinical research in coordination with extensive traditional Chinese medical research. Those results have led to some distinctive modifications of the standard methods currently being practiced in China.

As a practitioner of Chinese Medicine I realize that the vast majority of those practicing Chinese Medicine mainly rely on symptoms reported to them by their patients or inspection of the tongue or reports that include a patient's every imaginable historical fact. Rarely is the pulse given serious attention.

Traditionally, pulse diagnosis has been revered by Chinese medical scholars as Chinese Medicine's cardinal diagnostic practice. However, in my own experience, it seems to be standard procedure for the majority of teachers and teaching institutions of Chinese medicine, to guide their students to consider the pulse only when it can back up what has already been established via alternative diagnostic techniques. This being the case, why does one bother at all to palpate the radial pulse. It can only be surmised that the greater percentage of Chinese Doctors realize that there is great potential in examining the pulses, but may be unable to effectively utilize it.

This pulse diagnosis system allays the unclarity and establishes clearly the missing links that have for so long been indiscernible due to a long historical tangle of written and oral transmissions. Classical medical texts are extremely complicated, and to the same degree, wordy. An over abundance of theory and literary method remain. Thus, not only do pursuit of key principles involve considerable time and energy but may also limit a persons own thinking process to recitation, and consequently, may risk limiting one's judgmental abilities.

Furthermore a patient's manifesting symptoms infrequently correspond to the ideal standards set forth in modern/traditional text and as a result, a misdiagnosis can easily occur if one should base diagnostic conclusions on them.

Legitimate Pulse Diagnosis allows one to adapt to the dynamics of a changing symptomatic picture. It can supply one with clear, precise and living information.

Dr. Jimmy Wei-Yen Chang

Preface

This book is based on the published Chinese manuscript "Practical Pulse Diagnosis." This current English edition comes eleven years after my initial introduction to its author. It has been appended with additional data received during lectures, workshops, clinical apprenticeships and conversations with its author Dr. Zhang Wei-Yian.

The pulse locations, the pulse organ correspondences, and the pulse theories presented in this book are not entirely similar to the modern standardized version. This may challenge the readers' previous impressions if they have been modeled according to the standard renditions, or, are of another school of thought. The author of this book urges those readers in particular to proceed through this book with an open mind. Once the concepts of this pulse system have been comprehended they may then be freely appended to one's current methodology. The author also encourages readers to feel free to compare the diagnostic methods they are currently using with this method.

A final point also needs to be expressed. Contrary to popular belief, comprehension, and competency in pulse diagnosis does not require an especially long period of study. When the correct information is available and accessible, it is possible to immediately apply the correct principles to one's pulse diagnosis practice and begin to apply them clinically. If one is genuinely intent on making a clinical breakthrough, the utilization of the principles expressed in this book may bring to light the missing links that have rendered pulse diagnosis a dying art.

Marcus Brinkman, Taiwan, R.O.C., 1997.

Pulsynergy...

THE STUDY OF PULSYNERGY

The interplay of Heaven and Earth is reflected in the circumstances of Human and at once acts as the template by which Human is able to discern their influences. This book seeks to elucidate pulse diagnosis in the wider context of the diagnostic process. Reading the pulse, then, is looking through the window of the pulse to see the interplay of the macrocosmic forces in the microcosm of individual health.

The pulse diagnosis system described in the following chapters of this book was transmitted to me by Dr. Zhang Wei Yian of Taipei, Taiwan. I first became acquainted with Dr. Zhang in 1986 at Taipei's Chinese Cultural Medicine Hospital, during a six month internship there. As an intern at this institution I was free to wander in and out of the Internal Medicine (nei ke), Traumatic Injury (wai ke), and Gynecology (fu ke) wards, silently observing and asking questions when time permitted. The pace was fast and the volume large. The hospital was designed to meet the surrounding community's medical needs on an out-patient basis. The doctor's role was mainly to diagnose, write herbal prescriptions or issue orders for other types of therapy. For the most part these doctors were graduates of the eight year medical school located in the central region of the island, in Taichong.

After several months of internship at the Chinese Cultural Medicine hospital I began to focus my time in the Internal Medicine department. Internal Medicine was host to a wide cross-section of patient disorders. In addition there was opportunity to sit with several doctors during each visit and hence the prospect of observing a variety of diagnostic and treatment styles. For the most part however, I found diagnostic and treatment protocols to vary little. Most preferred a reliable, straight forward balance of *Four Examinations (si zhen)*. Perhaps these circumstances led me to frequent the office of Zhang Wei Yian. Dr. Zhang preferred to rely most heavily upon his pulse diagnostic skills. Unlike the other doctors in the ward, Dr. Zhang centered questioning, tongue and other palpatory exams around his pulse inspection. Although his diagnostic preciseness called immediate attention to his skill, he claimed most important was in determining therapeutic direction. If the energetic bearing of a disease was not clear Zhang believed the pulses could offer valuable clarity in that regard. He claimed his method was therefore also excellent in regard to fine tuning herbal and acupuncture prescriptions. Unknown to me at that time was Dr. Zhang's budding reputation within Taiwan's Chinese medical community. His unique method of decoding and comprehending the pulse is now known throughout Taiwan.

Dr. Zhang's approach to pulse diagnosis was unfamiliar to me. I had some background in a popular Five Phase pulse inspection method, as well as some modern/traditional methods, before moving to Taipei, but for the most part I was unaccustomed with the terminology used by Zhang. He placed great emphasis upon discerning what he termed the "Hook" pulse. This pulse is considered a configuration which exist when the three warmers are functioning in harmony and is therefore considered a basis by which both healthy Organ Qi and Organ relationships could be

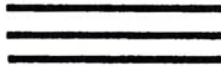
determined. This, I learned later, was remarkably similar to the so-called "seasonal pulses" spoken of in the Nei Jing. Other terms like "Pulse in a Pulse", in describing vascular stenosis (obstruction due to cold) and "Reverse Hook" in describing various Kidney Water / Heart Fire imbalances were common to his vocabulary. Moreover, there appeared to be a distinct conceptual difference in his approach to pulse inspection. "Discerning imbalance is simply a matter of understanding balance", Dr. Zhang would remind me. "How can one possibly understand unhealthy Qi if there is no conception of healthy Qi"?

I watched, listened and learned what I could during my initial apprenticeship with Dr. Zhang but only succeeded in picking up pieces of what appeared to be a complete and very effective clinical approach to pulse inspection. Dr. Zhang sensed my willingness to learn his system but encouraged me to continue using the modern traditional approach. I took his advice to heart but foolishly imagined this path would be somewhat clearer and easier to grasp. Modern text which covered the subject provided fairly clear physical descriptions and associated pathological indications, however it was much more difficult to find a consensus of agreement among experienced TCM doctors when it came to identifying any one particular pulse. The diversity of opinions surrounding the actual physical identification of pulses was an obstacle in making real progress. I also began to see that in clinical circumstances pulse diagnosis was often discarded or overlooked if it did not align with the larger diagnostic picture. These observations were part of a somewhat idealistic perception of Chinese medicine, however the student in me sought to find a system of pulse inspection which measured up to its mythical reputation. Later, in my travels to Hong Kong, Singapore, Mainland China and Taiwan I found very few who were actually skilled in the clinical use of pulse diagnosis. Dr. Zhang of Taiwan was an exception to that rule.

Shortly before my internship was to end at the Chinese Cultural hospital, Dr. Zhang offered to teach me his pulse diagnosis system. I quickly accepted his offer. This invitation began the start of a lengthy, seven year apprenticeship which continued at his Chinese medical center (*Jian Tai Zhong Yi Yian Jiu Zhong Xin*). During the day I often sat with Dr. Zhang in his lively Taipei clinic. It was not uncommon for him to see in excess of one hundred patients a day. In the evening I attended his Pulse/Herbal and Pulse/Acupuncture classes. This schedule allowed me to begin putting the pieces of this fascinating pulse system together. During the years to come I began to slowly organize my clinical notes in a fashion which would help me later transmit Zhang's pulse theory and system. His original pulse manual was published in Taiwan as "*Shi Yong Mai Zhen Fa Wei*" (Practical Pulse Diagnosis). The original Chinese version of this book was meant to accompany classroom and clinical training hours. The core chapters included a section which introduces twenty two traditional pulse images and is followed with three perspectives of pulse examination. It begins by discussing traditional pulse images in light of their various historical interpretations. These classical interpretations are arranged in order to call attention to the diversity of opinions and descriptions concerning common traditional pulse images. In this manner, Dr. Zhang begins to re-assemble these literary complexities into a common language. Practical Pulse Diagnosis goes on to include three categories of pulse images

which closely correlate to the Heavenly Stems and Earthly Branch system common to Chinese medical theory and practice. In short, this system represents a synergy of Five Phase, Six Qi and Yin/Yang perspectives. These three perspectives form the core of Dr. Zhang's pulse diagnosis system and are the basis for this English translation, entitled "Pulsynergy". The remainder of this chapter outlines the theoretical underpinning of Pulsynergy.

In the wider context, the structure and function of Pulsynergy may be understood through examining the triad common to traditional Chinese thought, the triad of Heaven, Human and Earth. Viewed as three contextual layers within a larger whole, we may understand Heaven, Human and Earth as either a unified whole or as three separate parts. Pulsynergy utilizes this principle as both its theoretical and clinical basis. The language of Pulsynergy is designed to implement this principle in developing a recognizable vocabulary in regard to pulse diagnosis. *Heaven's Six Qi, Earth's Five Phases, and Human's dialectical Yin/Yang perspective* act as a translational framework for pulse images which appear upon the radial vessel. This language allows pulse data to be directly linked with the categories of pathogenesis students are most familiar with i.e. Six Qi, Five Phase, and Yin/Yang, and allows one to move between these theoretical models, thus providing a wider window of pulse recognition and corresponding therapeutic strategies. In adhering to this common language Pulsynergy alleviates the confusion associated with identifying so-called traditional pulse images, where certain verification is often nebulous. Nonetheless, Pulsynergy does not diverge from the modern traditional pulse system(s); on the contrary, it is the link most often missing during transmission of pulse lore to students. In providing that link, students and practitioners may come to understand why pulse diagnosis is usually revered as the pinnacle of Traditional Chinese medical diagnostics.



In facilitating the study of Pulsynergy one may begin by examining the three-tiered structure (above) commonly known as the trigram. Inspection of the trigram elicits a retinal image which the brain can interpret in two ways. The three lines may be interpreted as either three separate parts or as a unified whole. Faced with the problem of whole or part, the brain cannot settle on either and continues to fluctuate between the two. The basic tension is one between part and whole. Of this process the Yi Jing (Book of Changes) comments.

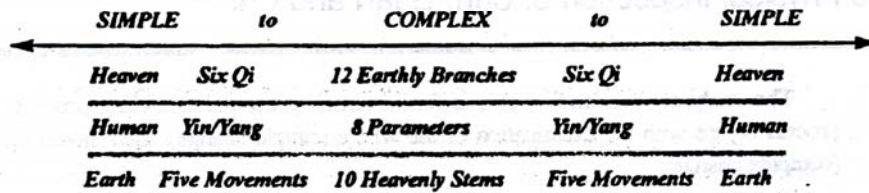
"waxing and waning, appearance and dis-appearance of all situations and phenomena: mutually separating and uniting, sometimes substantial and sometimes insubstantial"

This passage is indicative of movement which initiates a basic tension and resulting motion within the universe. Universal tension is seen to potentiate atmospheric diversity and phasal movement. Further energetic potential results from the interaction of atmospheric and phasal Qi(s). The Yi Jing makes further reference to these circumstances in the following excerpt.

"from big to small and small back to big, from simple to complex, complex to simple, from stillness to movement, movement back to stillness, from the center to the eight directions and eight directions back to center"

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The intrinsic energetic tendency of Heaven, Human and Earth is seen to flux between small and big, simple and complex, stillness and movement etc. This flux from simple to complex may be traced in the diagram on the following page.

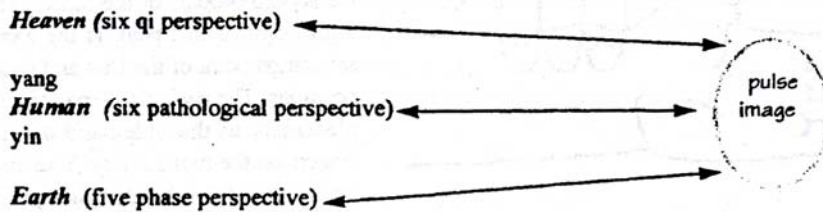


SIMPLE AND COMPLEX CHANGE contextual shifts

It is important to lay the foundation for understanding pulse images as data which may be examined according to one of three various perspectives. Each perspective exists as an organizational system by which pulse images may be examined. A single pulse image may therefore be defined from three contextual viewpoints. From Heaven's view we may understand a pulse's atmospheric significance. From Earth's view we may understand a pulse's elemental or phasal significance. And, from between Heaven and Earth, the Human view provides understanding of the two forms, Yin and Yang. (see fig.1) This Yin and Yang perspective allows transit between Heaven and Earth, atmospheric and elemental, complex and simple, or unification and separation. It is also considered a method by which to bridge partial pulse configurations into whole pulse configuration or breakdown whole pulse configurations in order to analyze its partial components. In accordance with the "theory of change" this notion is clarified as follows:

Movement creates a line from a point. The line has two extremes, the two forms (yin and yang). Movement between the two forms is by simple change and complex change. Simple change moves from complex to simple while complex change moves from simple to complex."

In this pulse inspection paradigm one seeks to individually utilize simple and complex principles as well as locate a zone of commonality existing between the two. As pertains to pulse diagnosis, this realization is extremely relevant. It reflects a level of thought process which transcends a correspondence approach. When complex change and simple change constructs operate simultaneously, identification of pulse anomalies unknown within the linear correspondence approach may be known. This process is not unlike viewing stereo-grams. Proper viewing of stereo-grams requires a slight degree of eye crossing, in which neither focused nor peripheral vision predominates. Rather a fusion of two produces a three-dimensional image. Puls synergy is a tactile expression of this process.



Locating the Windows of the Pulse

The Physical Inspection of Cun, Guan and Chi

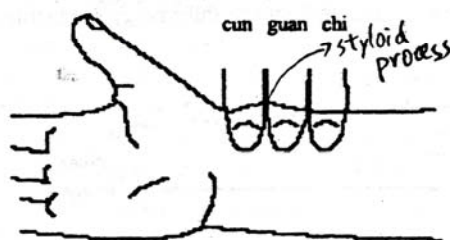
The study of parts and wholes is fundamental to the pulse reading process. This process begins with the examination of the whole (simple change), then moves to parts (complex change).

It is advisable that initiates spend a good deal of time simply acquainting the fingers with the radial vessel without preconceived notions of specific locations and/or palpation methods. In this way, sensitivity of the hands and fingers may increase naturally, while familiarity with the anatomical features of the wrist and hand proceeds. During this procedure, there is a natural tendency to begin with the larger picture and then gradually minimize. This is to say, familiarity with the wrist's superficial features (outside) normally precedes familiarity with the internal features (inside). A shift from the visible towards the invisible transpires. In theory, reduction of this nature is known as "complex change". Complex change is a process of change which is seen to be moving towards greater complexity. When this process is reversed, change is seen to be moving towards greater simplicity such that a process known as "simple change" is said to operate. In clinical terms, simple change accounts for inspection which starts with the smaller, less visible components and proceeds to the larger, more visible components. Therein, this dichotomy of simple and complex is indicative of a dialectical thought process which large and small, visible and invisible, etc., are ultimately relative conditions. A situation's contextual focus may shift as one wishes. The interplay of simple and complex change is a cognitive process which operates in the human mind. The fingers palpate the Cun, Guan and Chi in search of Heaven's and Earth's influences.

SIMPLE INSPECTION: *wholes*

Traditional Chinese Medicine considers the radial segment of the Hand (Tai Yin) Lung meridian as the "great gathering place of Qi." The lungs are said to communicate with all the meridian pathways and therefore resonate pathological changes occurring in the body. Traditional and modern medical sources specify precise locations upon the radial vessel for palpation. They are the Cun, Guan and Chi positions.

The position of the three fingers.



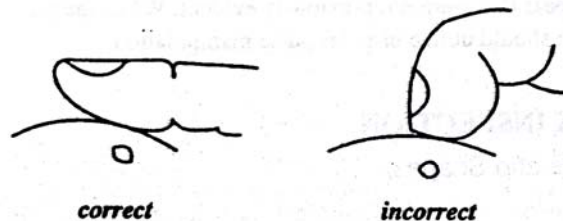
Finding the Cun, Guan, Chi positions requires one to first locate the styloid process of the radius. The high point of this peak is the exact separation point of the Cun and Guan positions. The peak also separates the placement of the index and middle fingers on the radial artery. Your ring finger should then lie alongside your

middle finger in order to locate the Chi position. This is the most accurate method of locating the three pulse positions, Cun Guan and Chi. An alternate method of locating the pulse is to place the index finger directly over the third wrist crease, and place the middle and ring fingers alongside.

Palpating the Cun, Guan and Chi

The pad of the index finger should lie flatly upon the radial artery. Then the middle and ring fingers should lie respectively upon the Guan and Chi positions. The middle finger should pull back slightly in order to create a straight line along the outermost tips of the fingers. The three positions should first be evenly palpated by the center of the finger pads. Most consider the fingertips to be more sensitive, however, its range of sensitivity is less than the pads due to the narrow width and generally more callused exterior.

Correct and Incorrect Finger Positions



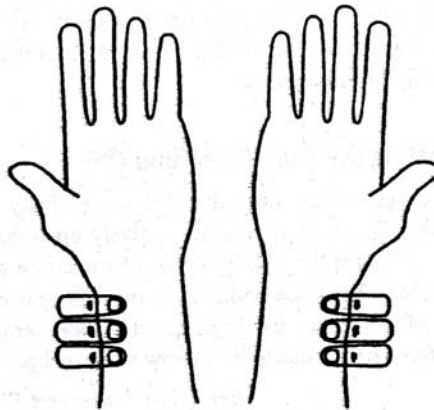
Use of the fingertips to palpate the pulse may lessen ability to understand the finer pathological changes of the pulse. The thumb should be placed at acupuncture point triple warmer 4 [Yang Chi] for support, thereby allowing one to more freely apply pressure upon the vessel. Use the left hand to palpate the patient's right wrist and vice-versa. Do not use the same hand to palpate both wrists of the patient. The fingers should strive to determine the quality of pulsation as well as the shape and feel of the vessel itself. This fashion of evaluating both physical and energetic aspects of the vessel is often an overlooked step during pulse diagnosis

Lifting, Pressing and Searching:

Palpate from the side of the patient. At first touch, the pressure should be very light, then apply heavier pressure but try to avoid direct contact with the tendons and bones surrounding the vessel. The finger pads should apply from light to heavy pressure while searching the vessel. Most distinct upon light palpation is the floating aspect of the pulse and most distinct upon heavy pressure is the deep aspect of the pulse. The pulse's center is located between light and heavy pressure, feel for it with the fingerpads. In order to distinguish the distinct shapes of each pulse position, Lifting, Pressing and Searching manipulations should be employed. By Lifting - it is meant to rest the fingers on the vessel very lightly, by Pressing - it is meant to feel the vessel with proper pressing force and by Searching - it is meant to vary the pressure or move the fingers in a searching manner. Finger palpation includes the use of two or three finger manipulations.

Bi-Polar Palpation:

This stage of pulse inspection may precede individual, two and three finger manipulations of either left or right radial vessels. Bi-polar palpation is particularly useful when a clinician is unable to immediately perceive any distinct irregularities of the pulse after its initial inspection. When the attention is equally divided among six distinct areas the similarities and dissimilarities may be simultaneously weighed. At this time barely visible pulse anomalies appear that were not previously evident. When the pulse's pathological status is unclear, one should utilize bi-polar pulse manipulation.



COMPLEX INSPECTION

Parts (Jumps and Shapes)

As the fingers examine the Cun, Guan, and Chi attention is primarily focused among two aspects of the vessel; *Jump* and *Shape*. Jump refers specifically to the pulsation aspect of the vessel and accounts for qualities such as rate, strength and flow. Shape primarily accounts for structural aspects such as resistance to pressure, topography, width, and depth.

TABLE OF JUMPS AND SHAPES

JUMPS		
	Yin	Yang
Strength:	weak	strong
Rate:	slow	fast
Quality:	stagnating	flowing
← not enough • slightly • too • extremely →		
SHAPES		
	Yin	Yang
Width:	thin	thick
Depth:	deep	floating
Resistance:	soft	hard (firm)
Topography:	concave	convex
← not enough • slightly • too • extremely →		

Each *Jump* and *Shape* is representative of an isolated dimension within an entire pulse configuration. Their role is pivotal in discerning finer resolution within the larger pathological picture. Just as individual symptoms combine to form complex patterns of disease, individual pulse parts combine to form complex pulse configurations. This order of pulse inspection becomes increasingly refined with practice. Appending adjectives such as: *slightly, extremely, not enough* and *too* function to communicate a wider range of degree in regard to resolution.

BRIDGING PART AND WHOLE, SIMPLE AND COMPLEX

It is crucial to understand the interrelationship of parts and wholes as employed in pulse diagnosis. The whole forms the context for the understanding of parts, while the parts are the constituent elements of that same context. This happens at several levels. Initially, the whole pulse configuration is identified. Then its parts: shapes and jumps are examined. At this point the shapes and jumps become wholes and in their own right become the object of further examination of their parts. The whole configuration forms the context in which the parts are identified. The contemporary theorem "*dialectical synthesis*" speaks of this process as follows:

"the correct method is to proceed from the wholistic conception, giving serious attention to the parts and even more serious attention to the whole, forming a dialectical synthesis of the two. The parts and the whole are related by the unity of opposites."

In regard to pulse inspection, when palpating the pulse at any particular position (cun, guan or chi) one must first try to ascertain the energetic significance of the larger pulse picture (whole pulse configuration). The larger pulse picture acts as a contextual backdrop in examining its individual parts. The parts exist by virtue of the existence of the whole. Understanding whole pulse configurations is the diagnostic aim, but the first task is to identify and to differentiate between the various whole pulse configurations. Attention to identifying the distinguishing parts is secondary.

Expressed in traditional terms as "*yin yang hu gen*," this idea is suggestive of a continuum of divisions which result by virtue of the existence of One. Its literal translation is "*yin and yang are rooted in one another*", noted here to point out the shifting significance of jumps and shapes in relation to the whole. Jumps and shapes are not fixed pathological indicators, their pathological bearing may shift in relation to their surroundings. This phenomenon may be demonstrated by thinking of the dialectical script encoded upon jumps and shapes in similar fashion as letters of the alphabet. For example, the pronunciation of a single letter, such as "P" changes with the addition of another letter, such as "PR" or "PH." The pathological bearing of a shape (or jump) will similarly vary in accordance to its surroundings.

HEAVEN, QI and EARTH

According to Chinese medical theory, everything in the universe is composed of and defined by its Qi. All the various matter which combines to create the human body is therefore defined in relation to its Qi, as are the specific functions associated with each variety of human matter. In discerning disease, the Chinese physician therefore sees signs and symptoms as information relevant to the body's Qi. During inspection of the pulse, we

seek to examine the body's Qi in regard to the traditional images of Heaven and Earth. In a macro-cosmic context, Heaven and Earth is symbolic respectively of Qi separation and Qi unification. In a micro-cosmic context, the interaction of separated and unified states of Qi give birth to a range of energetic tendencies such as Fire, Damp, Cold, Dryness, Wind and so on. Each is descriptive of a specific variety of Qi and therefore represents a specific pulse image.

Generally speaking, pulse images may be grouped within three categories, *Heaven, Human and Earth*. The pulses of Heaven depict images of assaultive atmospheric Qi. They are referred to as "*the Six Qi pulses*". The pulses which belong to the Human category interpret pulse data in alignment with a dialectical, Yin/Yang perspective. They are referred to as "*the Six Pathological pulses*". The pulses of Earth align to images depictive of healthy phasal and elemental Qi. They are referred to as "*the Five Organ pulses*".

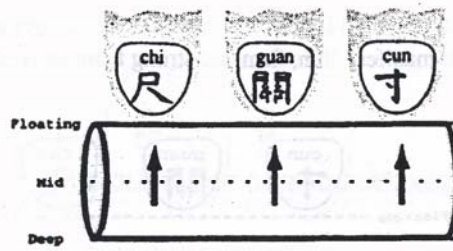
The above three pulse categories contain a wide range of pulse images. These pulse images provide three separate perspectives by which to examine emanations of the body's Qi. One perspective provides an assaultive Qi context. The next provides a healthy Qi context and the last perspective, a relative context in which the movement of either healthy Qi or assaultive Qi may be discerned. Most obviously these three distinct categories exist as structures by which to organize pulse data, however they are also seen to operate as an interlocking web of relationships. In this regard, Pulsynergy may be simply described as two groups of fixed perspectives, one of balance and one of imbalance. The third component may be viewed as a measurement perspective. It is capable of measuring the relationship between fixed perspectives as well as the parameters of the perspectives themselves. This third perspective utilizes the language of Yin and Yang in the measurement of pulse wholes and parts. This perspective allows us to either build or break down pulse images. Ultimately, any pulse configuration, be it of Heaven or of Earth, may be broken down into its respective Yin and Yang components. This is a practice which should occur each time the pulse is palpated.

We may begin our exploration of Pulsynergy by investigating the manner in which Yin/Yang components combine in forming whole pulse configurations.

YIN AND YANG

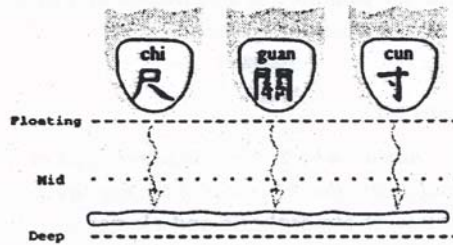
By systematically integrating jumps and shapes into larger yin and yang configurations we may begin to understand the relation of parts and wholes. When all yang shape and jump components combine, the resulting pulse configuration belongs to pure yang. Whereas a pure yin construction results when all yin components combine. The following elucidates this line of reasoning.

As one palpates the radial vessel of a pure Yang pulse configuration, a feeling of pressured resistance combined with a sense of vigorous activity encased within the vessel meets the finger. Its jump is strong and fast throughout the three levels. Its shape is thick and convex, floating and firm. Excess heat is normally associated with its presence.



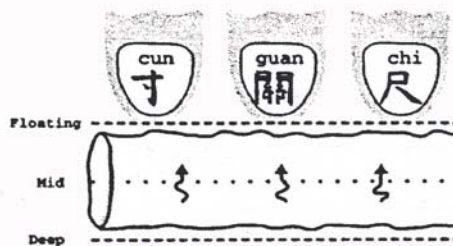
Pure yang

Conversely, a pure Yin pulse seems to evade tactile perception, to the extent that it may disappear even as contact is being maintained. Its shape is thin and deep, its jump is often weak, slow and stagnating. It may only reveal itself after repeated attempts at palpation at various levels of the radial vessel. Deficiency cold is associated with its presence.



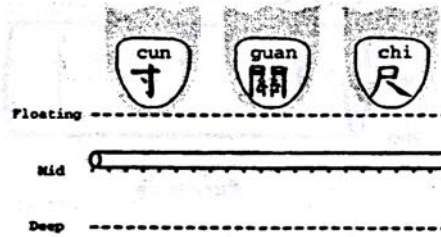
Pure yin

In accordance to an eight parameters discernment, the pure Yang pulse suggest circumstances of Excess Heat. Whereas, pure Yin is suggestive of Deficiency Cold. Once the major diametrical outlines of pure Yin and pure Yang have been laid, complex Yin and Yang configurations are more easily identified. The pathological factors of Heat and Excess may incite the appearance of a pure Yang pulse. However, when pathological factors of Heat and Deficiency are present, its pulse configuration is thick as in the pure Yang pulse, but it is also soft, weak and slow. It may appear in either deep or floating positions and its contours can be either concave or convex. Its perimeters are often not well defined.



Yang/Yin

Likewise when Excess Cold is reflected in the pulse, shapes and jumps belonging to both Yin and Yang will manifest; thin, firm and strong features predominate.



Yin/Yang

Finally, whole pulse configurations must be weighed in light of a patient's apparent disease manifestations. In this way a whole pulse configuration becomes a partial disease configuration, and hence, its significance becomes apparent in light of the whole disease

configuration, just as the pathological significance of a partial configuration may be known in relation to its whole pulse configuration.

From Micro to Macro

The Nei Jing teaches, "human who is born between heaven and earth cannot elude growth, aging, illness and death; the influences of the five transformations and the six qi". The intermingling natures of atmospheric and elemental influences are capable of producing an extensive range of pathological variables.

Exercising one's ability to integrate, isolate and therefore synthesize whole and partial pulse configurations allows fluency in the language of pulse diagnosis. It is a code which can be deciphered in relation to both Five Phase and Six Qi perspectives. It speaks of ongoing mutual promoting and mutual restraining dynamics. Comprehension of disease patterns by way of pulse reading hinges on one's ability to identify non-pathological or Original Pulse Configurations. That stage of puls synergy is initiated in Perspective One.

WHOLE PULSE CONFIGURATIONS

Heaven Six Qi

<i>Pulse:</i>	<i>Qi:</i>
Jue Yin	Wind
Shao Yin	Summer Heat
Yang Ming	Dry
Tai Yang	Cold
Tai Yin	Damp
Shao Yang	Fire

Human Yin/Yang

<i>Pulse:</i>	<i>Energetics:</i>
Expanding	Excess Heat
Shrinking	Deficient Cold
Dispersing	Deficient Heat
Constricting	Excess Cold
Flowing	Excess Heat Phlegm
Stagnating	Deficient Cold Stagnation

EARTH Five Phases

<i>Pulse:</i>	<i>Organ Phase:</i>
Hooked	Heart/Fire
Even	Spleen/Earth
Buoyant	Lung/Metal
Sunken	Kidney/Water
Wiry	Liver/Wood

Movements on Earth - Perspective I

The Five Phases' Metal, Water, Wood, Fire, and Earth, are "movements on earth."

Theory of the Five Organ Pulses: Wu Zang Mai

Feng Shui (geomancy) brings to mind the manner in which Chinese culture has traditionally interpreted its spatial and phasal environment.

Methods include those which evaluate the lay of the land in relation to their causal and effectual influences. Mountains, canyons, plains, lakes, rivers, oceans, barren and bountiful vegetation, each are material expressions of heaven and earth's creative and destructive influences, each are energetic expressions of a particular nature of Qi.

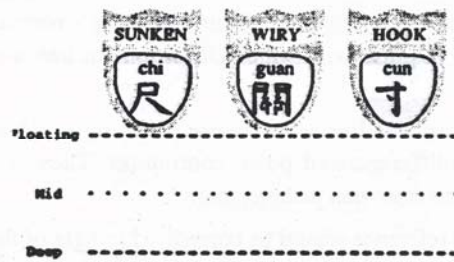
During pulse inspection, the radial vessel's terrain, from Cun to Chi, is inspected in similar fashion to Feng Shui's inspection of the earth's terrain. Both practices are trained to interpret their environment by means of Six Qi, Five Phase, and Yin/Yang systems of correspondences.

Original Five Pulses

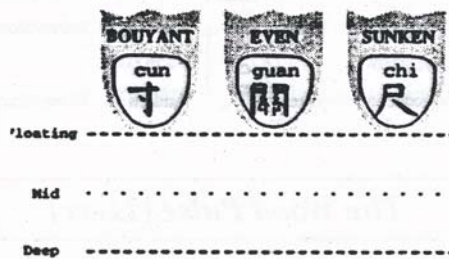
The Five Organ Pulses are considered to be the body's Original Pulses. They are representative of the exemplary physiological functioning of the body's organs. When there is health, their pulses appear with measured balance, when there is disease they are subject to distortion of shape and jump. A pulse clinician should seek to become exceptionally adept at ascertaining deviations of these Five Organ Pulses. From this perspective of pulse diagnosis, it is not always a matter of what is there, but also what is not there.

Names

Cun, Guan and Chi pulsation and contour manifestations are initially deciphered according to a Five Phase interpretation. The fingertips evaluate the symmetry of a pulse in much the same manner the eyes evaluate a landscape. The names of the Five Organ Pulses convey images which are expressive of those tactile evaluations. They are; Hook, Even, Buoyant, Sunken, and Wiry. (see "Pulse Positions")



Left Pulses



Right pulses

Of Fire, Earth, Metal, Water and Wood:

In effect, jump and shape impressions that appear in each position are gauged in accordance to the qualities inherent to its particular corresponding Five Element Qi.

For instance, the left Cun corresponds to Fire, hence, its shape should rise slightly upward (Hook), designating a healthy state of the Heart's Fire Qi. And Earth, representative of the middle, should display a moderately balanced shape, indicative of its central equilibrium (Even). Metal's dryness lacking Yin substrate transmits its floating quality to the vessel (Buoyant). Water seeks the lower depths (Sunken). And, Wood, designative of extended growth and development, conveys its shape of extended straightness upon the vessel (Wiry). When each pulse position exists in accordance to its unique elemental nature, the pulses from Cun to Chi should resemble a sine wave.

Because pulse inspection occurs inside of a relatively minute expanse of time it is not unlike diagnosis based on inspection of a single photograph. The time allotment at each pulse sitting allows only a brief pulse exposure. Comprehension of these pulse exposures requires fore-knowledge of a pulse's ideal configuration. A clinician may then take note of irregularities and commence to define them within a dialectical framework, thence, confirming the presence of restraining and/or promoting influences that are occurring over time.

Reference points

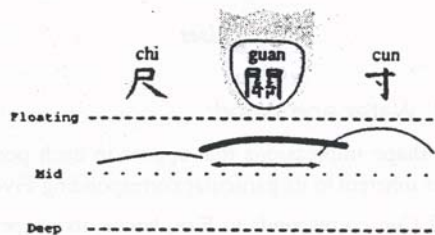
If restraining or promoting influences disturb an organ's normal Qi composition, its corresponding Five Organ pulse will exhibit distortions in line with the nature of that influence.

In effect, the Five Organ Pulses are reference points by which a pulse clinician may navigate within the undifferentiated pulse continuum. They serve to direct one in distinguishing pathological from non pathological.

These five points of reference should be considered in light of their overall combined symmetry as well as their individual elemental qualities. The following is an analysis of the elemental view.

Fire	Heart/Small Intestine	Hook	CUN 寸	Booyant	Lung/Large Intestine	Metal
Wood	Liver/Gall Bladder	Wiry	GUAN 關	Even	Spleen/Stomach	Earth
Houtian Qi	Water	Kidney/Reproduction	Sunken	CHI 尺	Kidney/Excretion	Water Xiantian Qi

The Wood Pulse (Liver)



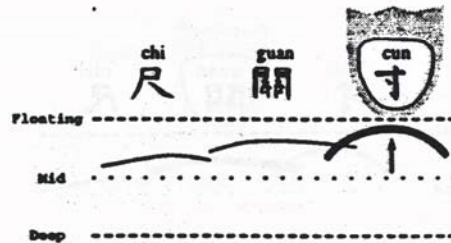
Left guan, The WIRY Pulse

The Wood Pulse is significant of the Liver's normal functioning (prospering). This pulse refers to the Five Phase's "Earth Meets Wood And Prospers." Thus, if the Liver's Qi is balanced then the Stomach Qi will be strong. "The healthy Wood Pulse is slightly Wiry and appears at the left guan.

This pulse often appears in the young, especially during growth periods, and in people with constitutionally thin body types. If the Wood Pulse appears, the clinician should inspect it with regard to its thickness, depth and strength in order to discern its irregularities and pathological transformations.

Wiry is also often used to denote the feeling of touching a guitar or violin string. Wiry refers to the length and the straightness of the pulse. It should be moderately pliable, and moderately thick. Straight is indicative of the regularity of shape that occurs along the palpable length of the vessel within one, two or three of the pulse positions, as contrasted to a pulse that feels as if only the tip of the rising pulse wave (jump) is being perceived.

The Fire Pulse (Heart)

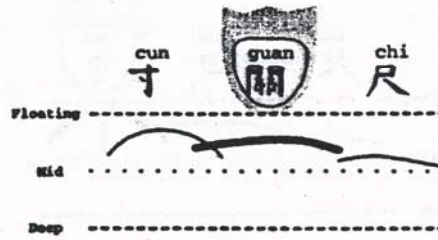


Left cun, the HOOKED pulse

The Fire (Hooked) Pulse indicates the Qi of the Heart is strong and prosperous. As the vessel proceeds from Chi to Cun positions, the shape of the Cun position is relatively surfaced and floating compared to that of the Chi position, hence, the vessel appears to slightly rise as one's fingers follow its contour from Cun to Chi. Hence the name "Hooked" is also associated with its appearance.

This pulse appears most noticeably in people whose bodies are short and strong. If the Heart's Qi is balanced then the Lungs will also be healthy. Because of its relation to the lungs, both the left and right sided vessels should display the Hooked characteristic. The Hooked Pulse should be inspected with regard to the relative elevation that occurs between the high and low points. In healthy individuals the Hooked Pulse's highest point of elevation [peak] is in the Cun position. If, however, the Hooked Pulse's highest peak appears in the Chi position it is referred to as Reverse Fire Pulse or Reverse Hook Pulse.

The Earth Pulse (Spleen)

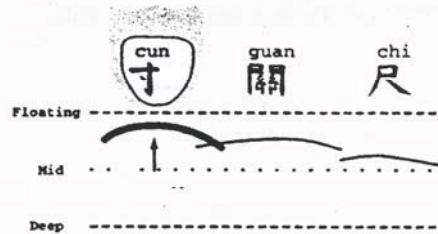


Right guan, the EVEN pulse

Earth's Even Pulse is representative of the Spleen. This pulse is termed "Even" because Earth is representative of the center, therefore its appearance at the right Guan should depict no irregular qualities.

Earth embodies the attributes of all of the other elements, thus it is buoyant, deep, wiry, and hook but only moderately so. It has a quality of smoothness as if its jump is moving forward, slightly rolling, soft, gentle, even and steady, not excessive and not lacking.

The Metal Pulse (Lung)



Right cun, the BUOYANT pulse

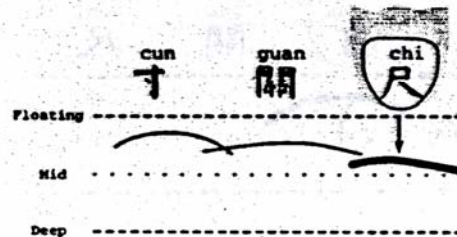
Metal's Buoyant Pulse appears at the right Cun position and is designative of the Lung. Its jump is discernible upon light pressure, however it is softer than the Fire Pulse, but, not to the degree that it disperses upon pressure. On the contrary, it is strong, but not quite as strong as the Hooked Pulse. Its quality is "Buoyant".

Metal's buoyancy tends to press up against the fingers throughout floating, mid and deep levels of the vessel. If Metal suffers with Dryness then the Metal pulse loses its root and only the floating level may be discerned.

The Lung corresponds to Tai Yin, of Earth and hence corresponds to Dampness. The Lung also corresponds to Metal, and is associated with Dryness. Simply put, the mingling of its two natures (Dryness and Dampness) act as Tai Yin's internal balance. Dryness, manifest as the floating [superficial] aspect of the pulse and Dampness manifest as its Deep aspect. Therefore the Metal (Buoyant) Lung Pulse is distinct at the right Cun position at both deep and floating levels.

The Water Pulse (Kidney)

Water's Sunken Pulse is representative of the Kidney, appearing at the right and left Chi positions. Normally, a little deeper than its neighboring Cun and Guan positions, the Water pulse should appear with a strong jump in its Deep position. The jump should have strength but shouldn't be too thin, too hard or too soft. If the Kidney's pulse varies too extremely from its designated pattern, then it may indicate that the Jing of the Kidney is not being appropriately preserved.



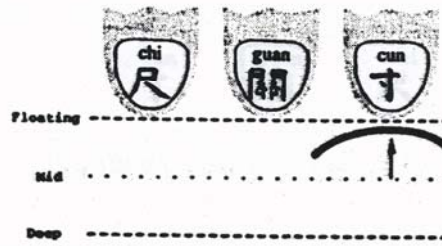
*Left and Right chi,
the SUNKEN pulses*

Symmetry Differentiation

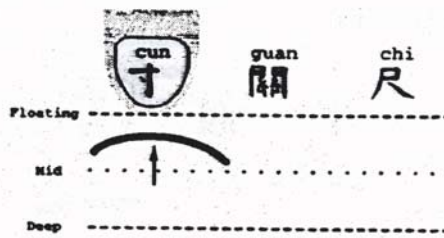
Thus far, each pulse position has been mapped according to their distinctive Shape and Jump characteristics. Detection of their subtle differences however, may be a perplexing task for laymen. One may simplify this phase of pulse inspection by examining the Hook pulse.

As previously stated, the Hook Pulse is indicative of the overall symmetry of Cun, Guan and Chi pulse positions. When the Hook pulse is not of excessive or deficient proportions, its hook contour peaks in the left Cun position and smoothly descends along the Guan and Chi positions. The Hook Pulse should be evident on both left and right wrist. A healthy Hook pulse indicates all three positions are maintaining a relatively balanced degree of energetic alignment, and thus the body's Central Nervous System (Fire) and Hormonal Systems (Water) are correspondingly in balance.

Close inspection of the right and left side radial pulses in accordance to the Five Organ Pulse classifications reveals a parallelism between the two sides.



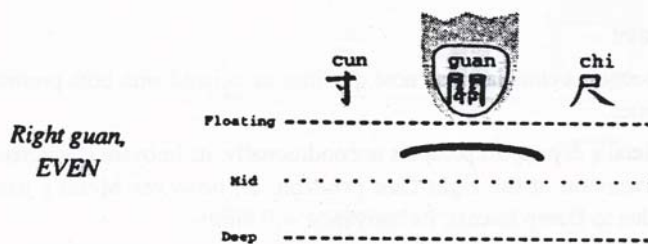
Left cun, HOOK



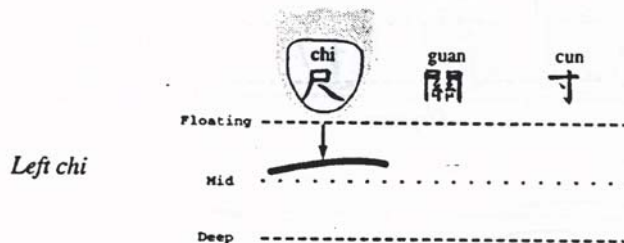
Right cun, BUOYANT

In the Cun position, the Hook and Buoyant pulses both have rising contours.

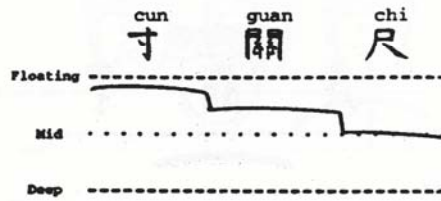
In regard to the middle Guan positions, the left Guan should be slightly Wiry, and the right Guan Even. Neither should rise quite as high as the Cun position pulses. Slightly Wiry suggest a slight degree of elevation above a straight line, whereas, Even depicts a moderately proportioned convex configuration. In actuality there is little difference between the two.



Finally, both left and right Chi positions are Deep and Strong (Sunken), both quite notably descend in elevation relative to the Cun pulse.



Under ideal non-pathological circumstances the three positions should also smoothly cohere. Sharp elevations or descents of the vessel from position to position are indicative of disharmony.

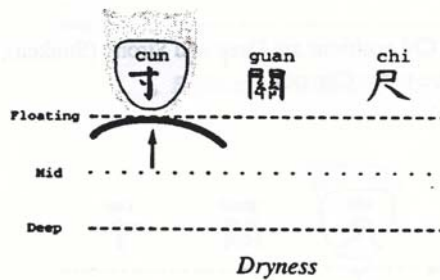


Abnormal pulse example

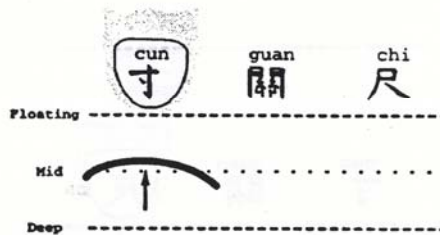
Promotion and Restraint

During pulse inspection a clinician may note qualities associated with both promoting and restraining influences.

For instance, if Metal's dry aspect prospers unconditionally, its buoyant character will become extremely dominant at the right Cun position. If, however Metal's natural Dryness is restrained due to Damp Excess, its buoyancy will diminish.

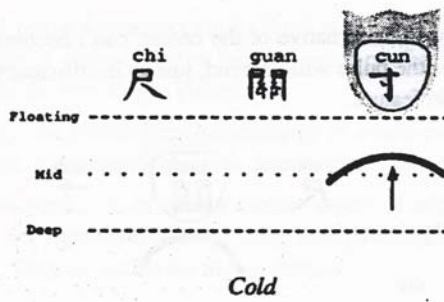
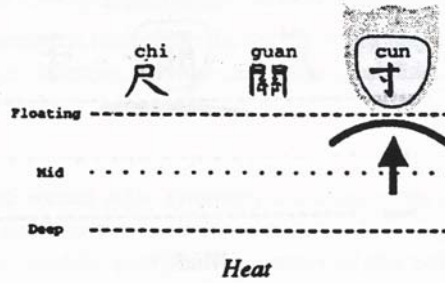


Dryness

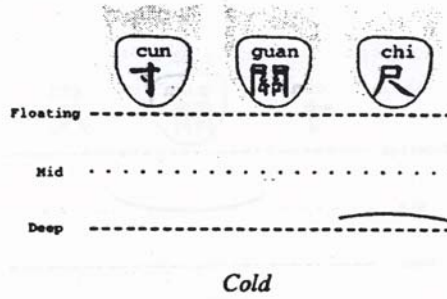


Dampness

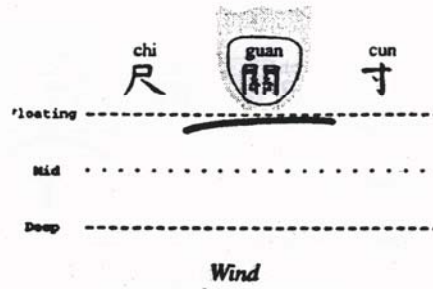
Similarly, the left Cun Hook pulse may often appear with added vigor and elevation if Heart Fire prospers unrelentingly. However Water may restrain Fire and the Hook may distort as a result.



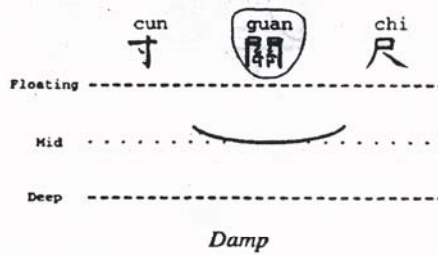
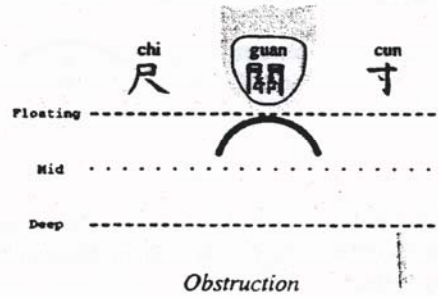
In addition, the Chi position is often felt to be bottomless when Kidney Yang is not efficient and Water brims over; or conversely its Jump floats to the surface when Kidney re is not stabilized by Water.



The Liver's slightly Wiry Pulse often appears exceedingly Wiry when the Liver circulates without regulation; or constricts if its circulation is impeded, indicating obstruction.



Only the Even Pulse, designative of the center, can't become more Even. If Earth's Dampness is excessive the pulse will descend, just as insufficiency of Damp will result in a floating Deficient Yin feature.



Based on a clinician's diagnostic conclusions, the process of restoring equilibrium may proceed. If the Cun position pulse is not Hook it should be restored, if the Left Guan's Wiry pulse is convex or concave, its slight Wiry quality must be restored. Each position should be similarly considered.

Through this method of pulse inspection, utilization of the Five Phase's promoting and restraining responses will become increasingly clear. Recognition of both promotion and restraint is dependent upon one's ability to identify partial shape and jump pulse configurations which have upset the original balanced symmetry of the Five Organ Pulses.

Once this perspective is understood the Six Qi Pulses may be additionally appended, thereby expanding the parameters of one's diagnostic capabilities.

CONCLUSION:

Misalignment of normal pulse symmetry occurring along the length of Cun, Guan and Chi should be confirmed in accordance with the Five Organ Pulses. Lacking this order of inspection, healthy energetic symmetry of the pulses may be misread as pathological.

In addition, partial pulse deviations (individual jump and shape deviations) become clearly apparent when a patient's entire (whole) pulse configuration is contrasted to the original symmetry of the Five Organ Pulses.

Correspondingly, the pathological significance of whole pulse configurations should be considered in light of a patient's apparent disease manifestations.

Perspective Two goes on to introduce another aspect of original pulse manifestations. They however are not representative of healthy, non-pathological features, they are Six pathological pulses. They are called the Six Qi Pulses.

Movements of Heaven - Perspective II

The Six Qi: Wind, Cold, Summer Heat, Damp, Dry and Fire represent the Qi of Heaven. They are the "movements of heaven".

THE SIX QI PULSES: Liu Qi Mai

The Su-Wen (Huang Di's Internal Classic-Plain Questions) states: "Mankind lives in accordance with the Qi of heaven and earth." If these six atmospheric Qi are inclined towards prospering (victory) then they are also the origin of disease. When the four season's six Qi surpass their medium, they may directly assault man and disease may result. If atmospheric influences are able to gather in excess, then one's Qi is insufficient. Or, put in another way, if the body's Upright Qi retreats then a decline in one's resistance will result; the opportunity may then be seized by one or combinations of the Six Qi to penetrate. These influences will then be reflected on the pulse according to their inherent nature.

While the Five Organ Pulses may direct one in identifying ideal pulse symmetry according to a Five Phase perspective, the Six Qi Pulses assist in identifying abnormal pulse symmetry, due to the influences of six kinds of atmospheric qi (Liu Qi).

THEORY of the SIX QI PULSES

As in the geomantic branch of Feng Shui, identification of earthly disharmonies must proceed from both endogenous and exogenous perspectives. Endogenous inspection is carried out according to a Five Phase perspective, while the exogenous examines the pathological effects of Six Qi influences. The word "exogenous" in this sense is not meant to imply the presence of exterior disease manifestations. Exogenous implies another order of potentially assaultive influences. Those influences may manifest either as interior or exterior disease manifestations.

The reciprocal utilization of both Six Qi and Five Phase perspectives bridges the gap between Heaven and Earth. The Five Organ Pulses observe the body's endogenous homeostasis while the Six Qi Pulses identify distortions of that homeostasis due to exogenous influences.

NAMES

The Six Qi Pulses are classified within three Yang and three Yin divisions. The three Yin are Tai-Yin, Shao-Yin, and Jue-Yin. The three Yang are Tai-Yang, Yang-Ming, and Shao-Yang. They in turn represent the atmospheric factors of Wind, Cold, Summer Heat, Damp, Dryness and Fire. These atmospheric factors are often referred to as the Six Excesses.

Five Phase Interpretation (Non-Pathological Pulse)

Configuration	Organ	Phase
<u>HOOKED</u>	<u>HEART</u>	<u>FIRE</u>
Even	Spleen	Earth
Buoyant	Lung	Metal
Sunken	Kidney	Water
Wiry	Liver	Wind

Six Qi Pulse Interpretation (Pathological Pulse)

Configuration	Meridian	Qi
<u>HOOKED</u>	<u>SHAO YIN</u>	<u>SUMMER HEAT</u>
Deep	Tai Yin	Damp
Short	Yang Ming	Dry (contraction)
Big/Long	Tai Yang	Cold
Big/Floating	Shao Yang	Fire
Wiry	Jue Yin	Wind

Contextual Focus

Because both Heaven and Earth contain elements of Wind, Cold, Heat, Damp and Dryness, it is not unusual that the Six Qi Pulse and Five Organ Pulse categories include some pulses which share palpably similar appearances, and thus share common names.

Moreover, because Wind, Cold, Heat, Damp and Dryness may be descriptive of both harmonious and disharmonious manifestations, it is up to the pulse clinician to determine whether there are signs of vacuity, repletion or balance.

The Five Organ Pulses are suggestive of non-pathological features, whereas the Six Qi are suggestive of pathological features.

The Wiry pulse of Wind, and the Hook pulse of Fire belong to both categories. It is therefore necessary to shift one's contextual focus in order to differentiate their particular diagnostic applications.

The slightly Wiry pulse is the naturally occurring energetic configuration of the left Guan position, thus significant of the Liver's normal state of functioning. Likewise, an exceedingly Wiry pulse is significant of a Wind pathology when viewed from a Six Qi perspective.

From a Five Organ point of view one may seek to detect evidence of what is abnormal through understanding what is normal. Therefore, if it is discovered through Five Organ discernments that the left Guan pulse is abnormally Wiry, a shift to the Six Qi perspective may ensue, in which case pernicious Wind may be diagnosed.



Five Organ Perspective



Six Qi Perspective

The same reasoning applies to the Hook Pulse. When its contours exceed the designated standards of normalcy and its Hook rises to a relatively exaggerated degree, it may then be considered a manifestation of the Six Qi (Shao Yin).



Five Organ Perspective



Six Qi Perspective

A Six Qi Pulse is likely to appear in that pulse position which is of similar nature. When this occurs, it is said that an atmospheric Qi is residing in its original home. Unlike the Five Organ Pulses, the Six Qi Pulses are not designative of fixed sites. They may appear in other positions as well. This precept applies to all but one of the Six Qi Pulses. The Tai Yang pulse appears only at its home (left Cun or right Chi).

Hollow Organs (Fu)

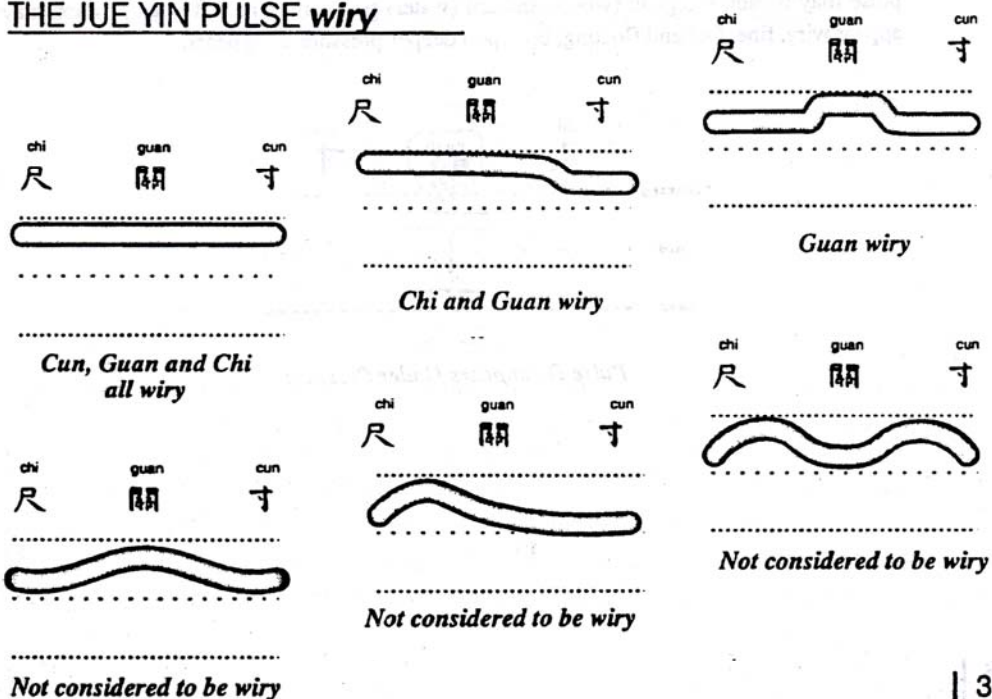
In addition, the Six Qi perspective is often indicative of abnormalities of the Yang or Hollow organs. The Tai-Yang Pulse may be indicative of Small Intestine involvement. The Yang-Ming Pulse corresponds to both Stomach and Large Intestine. The Shao Yang Pulse indicates a Gall Bladder involvement. The Triple Heater should be discerned in regard to its three corresponding regions, as well as the internal mechanics it is suggestive of. Therefore, one may discern its functional state according to the Five Phase energetic theory or individually inspecting the function of each Heater (Cun, Guan and Chi). The Pericardium should be discerned in regard to its association with the Heart. Hollow Organ involvements are discussed in greater detail in the following section.

Application:

As a pulse clinician initially inspects the pulses, both the individual positions and their overall symmetry should be evaluated as has been stated in Perspective I. Following this, shift perspectives and reinspect each position for the presence of one or more of the Six Qi Pulse manifestations.

The following is an analysis of the Six Qi Pulses and some common deviations of their appearance. These categories are not meant to represent the entire spectrum of Six Qi deviations. They are however adequate in conveying the underlying rationale of application.

THE JUE YIN PULSE *wiry*



Jue Yin is wind. Jue Yin arrives as the season of spring relinquishes and the Yang of summer prevails. It's Qi produces a wiry pulse. Hence, a child developing on into adulthood should possess a slightly Wiry pulse.

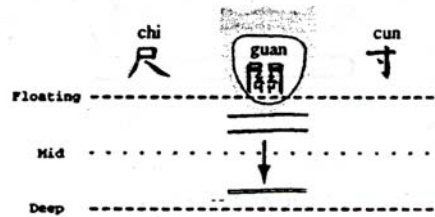
Jue Yin's Wind nature is light and airy, so it often injures the upper body regions like the face, skin, sweat glands, lungs, muscles and/or tendons.

The pathological traits of wind are characterized by movement and change. Symptoms such as spasms, tremors, twitching, cramping of the limbs, apoplexy or sequela of apoplexy are considered characteristic of Wind stroke.

Wind is the initiator of many diseases. Its atmospheric Qi is present in all four seasons. According to the Nei-Jing, the liver is the store room of wind and wood. The origination of wind in the body's interior is often due to the loss of the liver's harmonious functioning. The liver corresponds to yin, but its province is towards movement and spreading and thus its function is associated with yang. Circumstances leading to deficiency of yin or over abundance of yang are factors that may both result in internally generated wind. The following are some commonly seen clinical sketches.

Yin Deficiency Wind

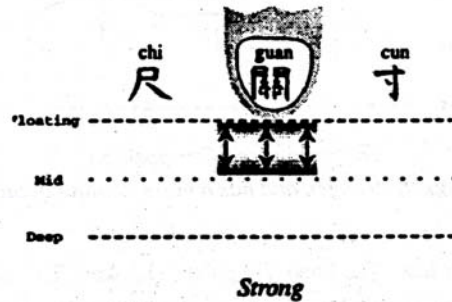
Yin deficiency conditions are often brought on by excessive sweating, vomiting, diarrhea, bleeding or wasting diseases. Blood insufficiencies lead to withering of the tendons and flesh. Correspondingly, if yin does not nourish yang and water does not nourish wood, in due course, heat rises and disturbs, in which case,....the wind [Wiry] pulse may inhabit the guan (wood) and chi (water) positions. The left guan position may appear wiry, fine, fast and floating, but upon deeper pressure disappears.



Pulse Disappears Under Pressure

Heat Excess

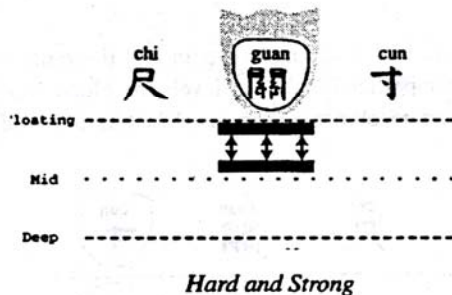
When dryness and heat factors are in a state of repletion, wood and fire mutually incite, and endogenous wind is evoked to rise. If these circumstances have come on quickly and are acutely severe, then the pulse will appear, wiry, thick, floating and fast, but upon deeper pressure its strength is maintained.



Wind Stroke

Exogenous wind is sometime capable of initiating endogenous wind patterns, as is the case when wind cold atmospheric conditions initiate the occurrence of stroke.

If the Wiry pulse is also hard it indicates a perilous condition of wind. Wind stroke syndromes that appear with wiry, big, and hard pulses indicate an advanced stage of severity. In addition, the degree of hardness accompanying a pulse of this nature is of greater significance than the strength and/or thickness and thinness of the pulse.



If there is evidence of high blood pressure accompanying stroke then the pulses will be hard. If after suffering a stroke the pulses are still hard then one's blood pressure may still be high. However, if the pulses are soft it is not likely that there is high blood pressure. A soft pulse particularly at the left Cun is indicative of a blood clot related stroke, in which the patient's prognosis is better than when the pulses are hard.

In the treatment of blood clot related stroke, some doctors use Di Tan Tang. The herbal ingredients Niu Huang, Xiong Dan, and She Xiang, may also be employed.

THE SHAO YIN PULSE *hooked*



*The jump of the Cun position
is bigger, stronger, and has a more floating quality*

Shao Yin is summer heat. The Shao Yin pulse is hooked. This heat consist of opening up and emitting out. Heat rises to the skin level, the pores open up and sweat is released. The following are some commonly seen clinical sketches.

Heart and Kidney

Excessive perspiration of the hands and feet is designative of both kidney and heart fire. Methods to clear both heart and kidney fire should be used during treatment. Formulas such as Liu Wei Di Huang Wan and Zhi Bai Di Huang Wan may be employed.

Blood

If there are hot ulcers with swelling and pain and the pulse is hooked, and rapid, appearing strong at both superficial and deep levels the blood should be treated not the heart. Methods to clear heat, resolve toxins and cool the blood should be used.



Strong, fast, and Hook characteristics

Purulent Pus

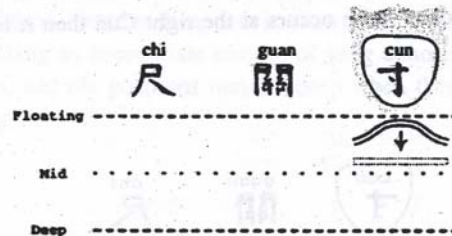
When the pulse is hooked and rapid the disease may involve inflammation and the consequent formation of purulent pus in the body. However the possibility of hyperthyroidism should first be ruled out before treatment is begun. The formulae Xian Fang Huo Ming Shi can be useful in that situation.

Over Consumption of Yin Essence

The Hook Pulse may be indicative of heart blood insufficiency; insufficient yin in combination with a relative yang excess generating fire. These patterns belong to deficiency fire and are due to an over consumption of yin essence. Over exertion, excess loss of jing and blood, or agitation of the yang qi can all be causative factors leading to flaming up of deficiency fire.

Insufficient Heart Blood

Insufficient heart blood pulses occur in the left cun position as hooked, floating and thin, however upon deeper pressure the middle is strengthless.

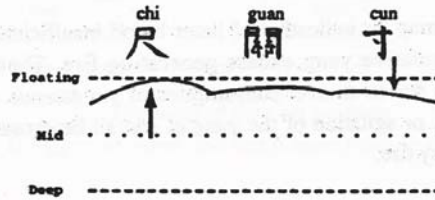


Insufficient Heart Blood Pulse

This pulse may be brought on by excessive use of the intellectual processes. In such cases the patient may experience a slight loss of brain power. The formulas Yang Xin Tang and Tian Wan Bu Xin Tang can be employed when this pulse occurs.

Heart Yang Vacuity

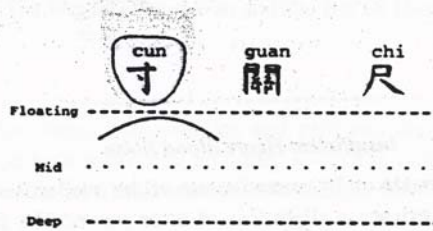
In the case of heart yang vacuity, the hook pulse will change to a shrinking pulse and a reversed hooked pulse may appear. The reversed hooked pulse also indicates a decrease in the intellectual functions such as; loss of concentration, and inability to make decisions. Formulas to tonify the heart should be used in combination with tonification of the yang. The decoction Shi Chuen Da Bu Wan is helpful in those cases.



The reversed Hook Pulse

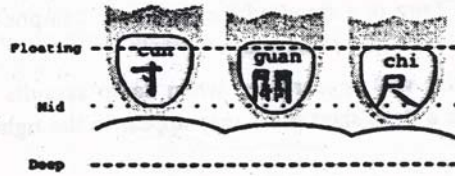
Fire Restrains Metal

If an exceedingly hooked pulse occurs at the right Cun then it indicates restraint of metal by fire.



Metal Restrained by Fire

THE TAI YIN PULSE *deep*

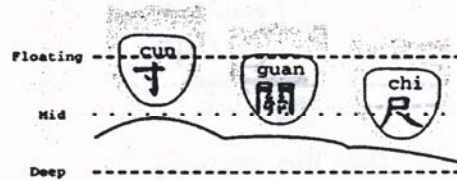


Tai Yin

Tai Yin is dampness. Tai Yin's pulse is deep. When Tai Yin's Qi arrives it assaults through dampness. It's nature is heavy, turbid and sluggish, and is quite troublesome and hard to cure. Hence, it can easily assault the Yang Qi and cause stagnation. The following are some commonly seen clinical sketches.

Exterior Dampness

Exterior dampness occurs most often due to exposure to damp conditions over extended periods of time. Exterior dampness is often due to a kind of dampness that exist in environments lacking an appropriate amount of yang atmospheric influence. Both left and right cun, guan, and chi positions may be deep when there is exterior atmospheric dampness assaulting.



Exterior Damp Assault

Interior Dampness

Over consumption of cold or damp natured food such as alcohol and/or a rich, greasy diet that inhibits the middle warmer's transporting function may cause the inhibition of the yang qi and interior dampness may result.

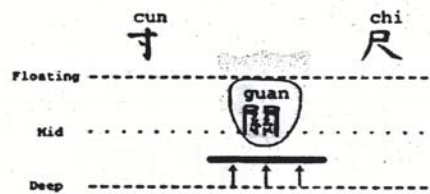
Du Huo Ji Sheng Tang is a standard formulae for dampness related disorders especially when there is soreness of the waist.

The right guan pulse will appear deep when damp assaults the stomach and/or intestines, in which case a deep short pulse may appear in the right cun while the right guan remains very deep.



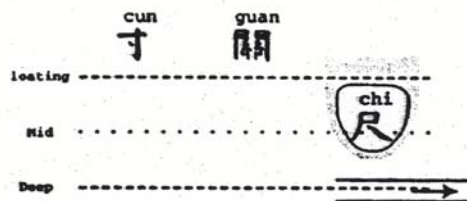
Deep Right Guan

A deep, wiry and strong pulse may appear when there has been consumption of rancid or spoiled food.



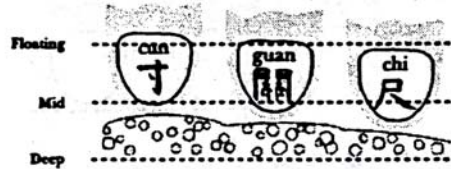
Deep, Wiry, and Strong

In the case of Gout, the Chi position pulse may appear Wiry, deep and long. Fang Ji Huang Qi Tang may be helpful in its treatment.



Deep Wiry and Long Pulse

When dampness has accumulated in the joints, the patient may often experience increased pain during periods of rain. The sinking nature of dampness may penetrate to the lower warmer and cause such symptoms as swollen feet, heaviness of the legs, pain of the tendons, bones and joints or soreness of the back and waist. If the pulses appear deep and disperse upon increased pressure, it is significant of depression of the Yang Qi's warming and nurturing nature.



Deep and Dispersing

Dampness in the Meridians

Regular exercise may help increase the blood flow to those areas that are easily effected by dampness. In treatment of dampness with herbal medications the clinician should consider their influence upon both the meridian and the organ. If a herb enters the kidney, then the kidney meridian will also receive its influence, etc. This principle should be kept in mind especially when treating damp related joints problems.

When treating joint pain of a damp nature inspect the right guan, if it is deep and soft, treatment aimed at expelling dampness should proceed.

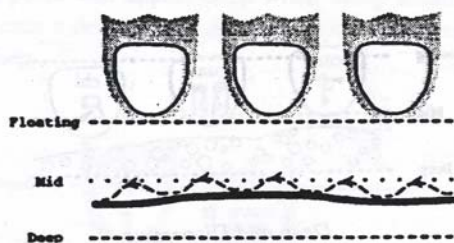


Deep and Soft Pulse

After treatment to rid dampness has taken effect, the right Guan's deep and indistinct feeling will return to normal.

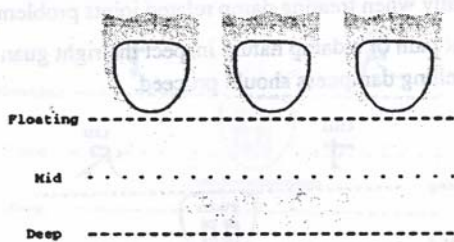
Constitutional Dampness

If dampness is prevalent over extended periods of time then a person's constitution may be altered. Dampness frequently combines with other atmospheric factors, so, if one who is normally susceptible to the influence of dampness is assaulted by heat, then the middle burner may generate phlegm, which is then able to circulate above and below. In this case its pulse is strong and Flowing.



Strong and Flowing Pulse

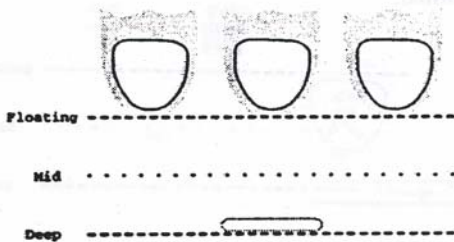
If one tends toward a weak constitution, then the middle warmer may be unable to transport the fluids of the stomach and as a result, dampness may obstruct the middle warmer. As such the right guan pulse will appear deep and strengthless. Symptoms of diarrhea, poor digestion, nausea, vomiting and a pale complexion most often accompany this pulse.



deep and strengthless pulse

Cold and Damp

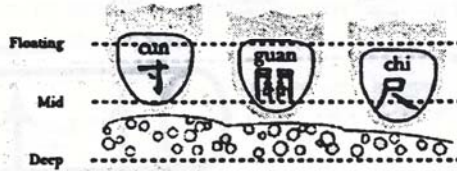
A deep, thin and weak pulse is indicative of cold and damp.



deep, thin and weak pulse

Dampness and Deficiency Heat

A deep and dispersing pulse is indicative of dampness and deficiency heat due to stagnation. Treatment should include circulating the blood as well as ridding dampness.



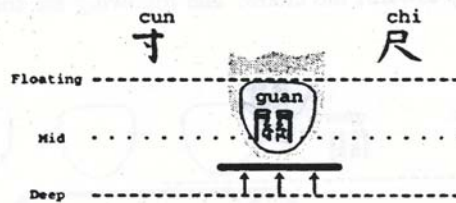
DEEP AND DISPERSING PULSE

deep and dispersing

Er Zhu Tang is very good for treating dampness especially when the pulses are deep and soft.

Excess Heat and Dampness

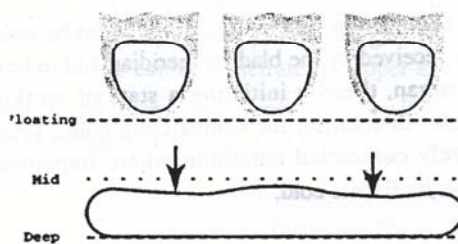
A deep, wiry and strong pulse is indicative of Excess heat and dampness.



deep, wiry, and strong

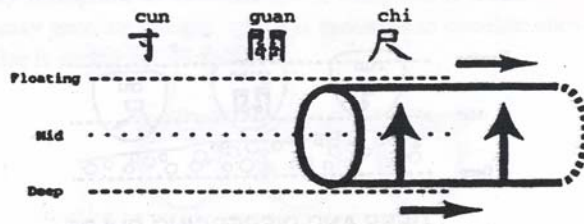
Dampness and Wind

If dampness and wind combine, its pulse is deep, however at mid level a strengthless wiry pulse appears.



Strengthless and Wiry Pulse

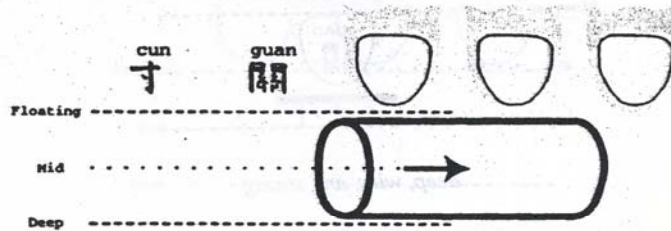
THE TAI YANG PULSE *big & long*



This Pulse Exceeds the Chi Position

Tai Yang is cold. Tai Yang's pulse is big, long, hard and forceful. Long exceeds the chi position by several inches.

The Tai Yang pulse only appears in the right chi and left cun positions. It is by virtue of its location that it may be described as long. Hence, its length continues up toward the wrist crease, and surpasses the usual border of its position, (during small intestine involvements). In the case of the right chi position, its length exceeds its usual boundary, continuing up towards the elbow. The following are some commonly seen clinical pulses.



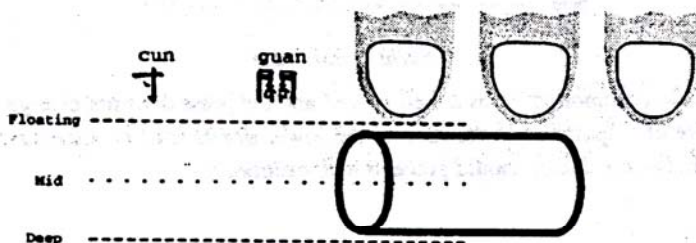
Right Chi Position

Cold

Tai Yang corresponds to winter, in due course, Yang Qi can be seriously injured by its influence. Tai Yang cold is received by the bladder meridian and induces a deficient yang cold condition upon the organ, thereby initiating a state of weakness which allows pathogenic factors to invade. In contrast, the Constricting pulse, (Perspective Three) is indicative of an excessively contracted condition where impairment of function is occurring due to a state of acute Excess cold.

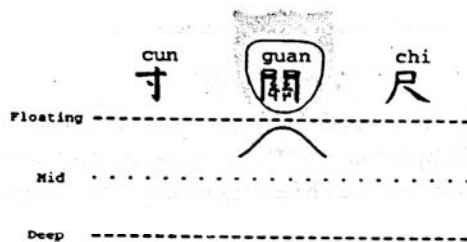
If the Tai Yang pulse appears in the left cun it signifies cold and weakness of the small intestine, and indicates an accompanying pathogen has entered.

Symptoms such as gas, indigestion, enteritis, diarrhea, and blood in the stool may be seen with this pulse. Its treatment typically involves ridding the pathogenic heat that has resulted due to its weakened state, in addition to mildly nourishing the Kidney.



Left Cun Pulse

THE YANG MING PULSE *short*

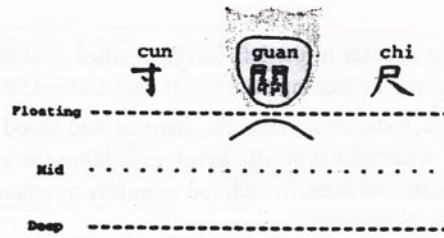


Strong, Fast, and Short

Obstruction (Dryness)

Yang Ming is dryness. Yang Ming's pulse is short. The short pulse does not connect smoothly with the upper and the lower pulse positions and the feeling under the three fingers rises like a camel's hump, thereby, indicating that the function of the body's vital energy is not smooth and cannot penetrate the upper and lower regions.

Yang Ming is metal, and corresponds to contraction,.. if the Yang Ming pulse appears in the right guan it designates obstruction of the middle warmer, weak digestion and food stagnation.



Right Guan Pulse

If digestion promoting herbs are employed and the pulse does not change, then it may be indicative of a spasm or obstruction of the lower intestine or in some cases, cancer of the stomach. So, the doctor should proceed with caution.

Five Phase

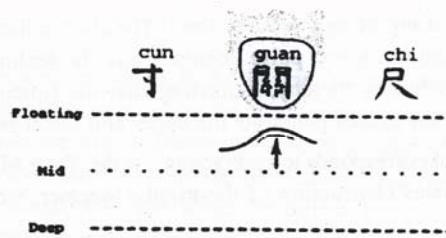


Left Guan Pulse

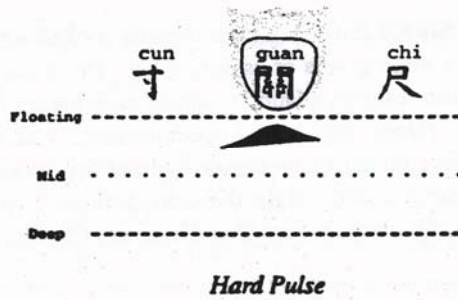
The *Su Wen* mentions, "If the clear qi is used in excess, then dryness may result," (clear qi; air that is inspired by the lungs). This situation may most likely generate a liver disease pathology in line with the Five Phase's restraining cycle, Metal restrains Wood.

Dryness

Dryness is indicated when the short pulse is floating, while a short pulse that is hard denotes stagnation.

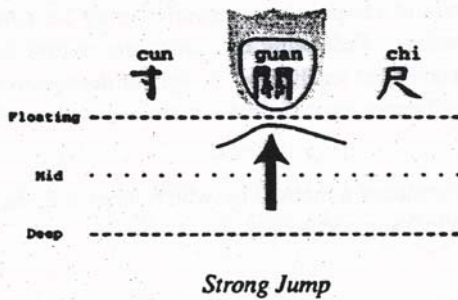


Floating and Short Pulse



Fire

When the short pulse is jumping with strength it signifies interior fire.



THE SHAO YANG PULSE *big, strong & long*



Shao Yang Pulse

Shao Yang is corrupt fire. Shao Yang's pulse is big and floating. Big refers to its thickness and strength. floating refers to its Qi in the upper and exterior regions. This pulse often appears wiry, thus signifying that the liver and gall bladder fires are very prosperous. The Shao Yang Pulse may appear at any position.

This fire is different than the beneficial fire of the vital gate (Ming Men Huo) or heart fire (Juen Huo). Shao Yang fire is pernicious fire.

SIX QI CONCLUSION:

Simply put, the Six Qi Pulses are traditionally looked upon as evidence of the influences(s) of one or more genera of assaulting Qi. Or, in another context viewed as "transformations", which result in relation to innate disturbances of the body's elemental and/or phasal balance. Hence, the fingers inspect the radial vessel for signs indicative of abnormalities of the Five Phasal Qi by one or more of Six Perverse Qi. Evidence of a disturbance may be noted as one weighs the individual jump and shape characteristics particular to the healthy Qi sought at each Cun, Guan, and Chi location.

The information presented in this section is by no means inclusive of every possible pathological scenario, which may result due to the presence of one or more of the Six Qi; Wind, Fire, Damp, Dryness, Cold and Heat. Rather, it is meant to provide a basis by which multiple jump and shape characteristics may be synthesized into larger recognizable configurations. Following this rationale, minute components of a pulse configuration may take on added significance in light of the presenting disease process. A pulse's pathological significance must thus be determined on a case by case basis.

The next section introduces a method by which jump and shape aggregates may be viewed in relation to a Yin/Yang perspective.

"Yin/Yang is the mother of transformation. In heaven, Yin/Yang is the vastly spacious universe. In humans, it is the regulation of daily matters. On earth, it is birth, aging, disease, and death. Nothing of the world escapes the changes of Yin and Yang".

FORMULAS:

- Di Tan Tang (Scour Phlegm Decoction).
- Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia)
- Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, and Rehmannia Pill)
- Xian Fang Huo Ming Shi (Miraculous Decoction For Local Infection)
- Yang Xin Tang (Nourish The Heart Decoction)
- Tian Wan Bu Xin Tang (Emperor Of Heaven's Special Pill To Tonify The Heart)
- Shi Quan Da Bu Wan (Grand Tonifying Decoction)
- Fang Ji Huang Qi Tang (Stephania and Astragalus Decoction variation)
- Er Zhu Tang (Atractylodes and Arisaema Decoction)
- Du Huo Ji Sheng Tang (Decoction of Angelicae Pubescentis and Loranthi)

Movements in Heaven and on Earth - Perspective III

The reciprocally combined movements of Heaven and Earth bestow all things within this world the capacity to endlessly multiply. They, in turn, are all dependent on the transformations of Yin and Yang.

THE SIX PATHOLOGICAL PULSES: Liu Bing Mai

The Six Pathological Pulse perspective is an extension of the dialectical inspection (introduced in Bridging Part and Whole), hence, this perspective identifies whole pulse configurations in accordance to a Yin and Yang framework. The Yin and Yang perspective acts as a kind of net which encompasses both Five Organ and Six Qi evaluations. Its perspective has no boundaries, it contains both Heavenly and Earthly influences.

While Five Organ and Six Qi perspectives identify whole pulse configurations, the Six Pathological inspection is capable of identifying the whole, its parts and the spaces in between. Accordingly, through the Six Pathological Pulses it is possible to understand the pathological significance of any other whole pulse manifestation (Six Qi or Five Phase).

Moreover, the pathological significance of partial shapes and jumps may be understood. This may be accomplished once a clinician is able to both isolate and integrate pulse data that arises when all three pulse perspectives are unified as one (Puls synergy).

Application:

The Five Organ Pulses are depictive of the natural alignment of Cun, Guan and Chi pulse positions in regard to their ideal or non-pathological states. They evaluate the radial vessel's symmetry from a traditional Wu Xing perspective. Hence, five energetic configurations are identified.

The Six Qi Pulses speak of an additional order of pulse alignments which are depictive of aberrant pathological influences. They evaluate the radial vessel in regard to six traditionally recognized factors of disease.

Like the Six Qi and Five Organ perspectives, this Six Pathological perspective also seeks to recognize whole pulse configurations. This is accomplished by identifying the major divisions of Yin and Yang. In this way it is possible to understand pulsation and contour manifestations within a dialectical framework. The four divisions of 1. Hot/Excess, 2. Hot/Deficient, 3. Cold/Excess and 4. Cold/Deficient are the cardinal discernments.

The degree of resolution obtained through the Yin/Yang (Six Pathological Pulses) perspective depends on whether a clinician wishes to identify a larger homogeneous collection of shapes and jumps or a single isolated shape and/or jump.

Although the Six Pathological Pulses are considered as whole pulse configurations they are most often utilized in differentiating the part. This is possible because the Yin/Yang perspective is all inclusive. It is able to dialectically account for any variety of pulsation and contour manifestation. Therefore it acts to define inconstant pulsation and contour variables that occur within the whole. For instance, if upon inspection of the left Guan, a strong, hard and Wiry pulse is noted, the term Wiry serves to represent the whole pulse configuration while the terms strong and hard are indicative of the part identification. They are the variables that convey a change in the recognized whole pulse configuration. The Wiry Pulse is a Jue Yin manifestation and is indicative of a pernicious Wind pathology. Strong and hard must be identified via a Yin/Yang perspective because they are only parts of the whole. The combination of terms strong and hard fall short of providing enough detail by which any whole pulse configuration may be identified, but when they are considered in light of their appearance with a Wiry pulse at the left Guan position they are additionally expressive of further pathological considerations. A strong pulse component is often associated with Heat, while hard is usually associated with Stagnation. As such, Wind, Heat and Stagnation all appear to be present. Further inspection of the Wiry pulse's relative width would be further validating. For instance a thick, hard and strong pulse may be indicative of pure Heat Excess while thin, hard and strong may be suggestive of Cold Excess.

Learning to understand the logic of combining individual shape and jump components may be developed by seeking to understand the dialectical logic of the Six Pathological Pulses. Once their basic parameters are understood one's attention may be shifted towards understanding any combination of palpable shape and contour appearing at the radial vessel.

THE SIX PATHOLOGICAL PULSES: Appearance, Diagnosis, Treatment

Appearance is the first heading within this section. Its contents are descriptive of the palpable sensation associated with each of the Six Pathological Pulses.

Following Appearance is *Shape and Jump Summary*. This category briefly summarizes all of the Shape and Jump components that coalesce to form each of the Six Pathological Pulses.

Following the three levels are *Nature* and *Image*. Nature attempts to give the clinician a broad view of a pulse's energetic demeanor, while Image is meant to provide associative links with naturally occurring earthly phenomenon in order to enhance one's intuitive understanding of the pulse.

Finally, the categories *Diagnosis* and *Treatment* are addressed. Their contents have been established according to traditional Chinese medical theory. In addition, as this book desires to be as comprehensive as possible, in certain cases, bio- medical descriptions and analysis have been included, especially when they may be aligned in accordance to the principles of Chinese medicine.

THE EXPANDING PULSE 大

Jump and Shape Summary: thick, floating, deep, hard, strong and fast.

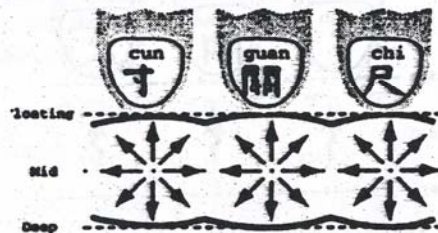
Floating: Forceful

Middle: Firm

Deep: Struggling To Emerge.

Nature: Expansion

Image: Raging Fire



*The vessel is thick and big.
Its jump is extremely strong and hits the
fingers with strength.*

TACTILE APPEARANCE: This pulse has an abundant and full feel, as if the vessel is expanding with each pulsation. It is firm and thick; thus, it is apparent upon very light touch. Upon heavier pressure its Jump increases in strength. Its strength is equally apparent at both surface and deep levels. This pulse may be found on the left and right radial vessels, but clinically it does not often manifest bilaterally.

DIAGNOSIS: Expanding indicates a state of excess heat of both the exterior and interior; excitation of Qi and Blood. This pulse is representative of Qi in a state of expansion. Fire Qi is abundant.

Clinically this pulse often appears in patients with hypertension before the onset of cerebrovascular stroke, before the blood vessels of the brain burst. Similarly the Expanding Pulse appears in patients who have previously suffered from a stroke and resulting paralysis and who are continuing to experience high blood pressure. This pulse may thus indicate another stroke may soon follow. If the Expanding pulse appears in the vessel of a Qi Gung practitioner, it may not be demonstrative of abnormality.

TREATMENT: Traditional treatment is to let blood at several appropriate acupuncture loci in order to temporarily relieve the acute repletion. This should be followed with treatment that addresses the root cause of the illness.

THE DISPERSING PULSE

Jump and Shape Summary: thick, soft, slow, weak, could be deep or floating, stagnating.

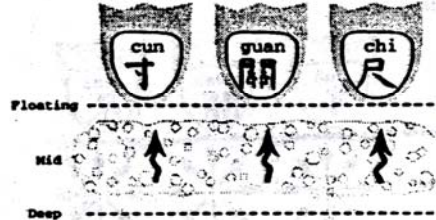
Floating: Vacuous (or perhaps slightly floating)

Middle: Vacuous.

Deep: Vacuous.

Nature: Disseminating

Image: Smoldering Fire



*The vessel is thick, soft and strengthless.
Its jump is weak, and does not press
up against the fingers.*

TACTILE APPEARANCE: The Dispersing Pulse is soft and disperses upon the slightest amount of pressure. It is wide and vacuous. Upon pressure it is difficult to perceive the perimeter. Its circumference is not clearly delineated. Often this pulse is palpable only upon deep pressure. It may appear on both the right and left radial vessels, usually only in one position, as opposed to all three positions simultaneously. The sensation of this feature is similar to that which is encountered upon palpation of the large blood vessels that are located on the back of the hand: a big but vacant feeling.

DIAGNOSIS: This pulse is indicative of a vacuity heat pattern brought on by conditions of lingering blood stasis or conditions of excess damp stasis, which may over extended periods of time give rise to vacuity heat patterns. If suitable treatment is not presented then this condition will become increasingly caustic.

When the Dispersing Pulse appears in one individual position then a chronic inflammation may be diagnosed at its site, as in a case of upper respiratory infectious bronchitis, during which time the right Cun is often deep and dispersed, deep indicating dampness and dispersed indicative of heat deficiency. Quite frequently lower warmer genital and urinary system infections may exhibit a Dispersing Pulse at the left Chi position. In addition this pulse may appear due to stasis of Qi and Blood caused by bone fractures, artificial abortions, removal of the uterus, sterilization, and insertion of I.U.D.'s.

In the case of bone fractures, the Dispersing Pulse will not appear until the initial inflammation has subsided that has resulted from the trauma. It is normally the Chi positions that will reflect this kind of circumstance. Western medically speaking, putrid diarrhea and blood residuals, such as elevated amounts of cholesterol and tryglycerides may accompany this feature. This pulse may also be suggestive of a blood circulation system that is slow, obstructed and weak. It may also appear in cases of a poorly functioning (slow) metabolism.

TREATMENT: The Dispersing Pulse should be treated by clearing heat, moving and breaking blood stasis, in addition to freeing the flow of the meridians. In this way, swelling, heat, and pain can be effectively dealt with. Due to this pulse's lack of strength, it is often mistakenly tonified. Following this line of rationale during treatment the existing condition may deteriorate out of control.

THE CONSTRICTING PULSE

Jump and Shape Summary: thin floating or deep, hard or soft, strong or weak.

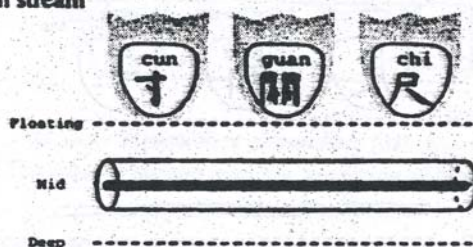
Floating: Can be any shape

Middle: Fine and tight.

Deep: Vacuous.

Nature: Contracting

Image: Frozen stream



*Within the vessel, one can
feel another thin, wiry, hard, and strong pulse*

TACTILE APPEARANCE: Upon palpation this pulse is felt as a fine firm string of smaller diameter than the vessel itself, and in some cases as a fine string that is contained within the interior of another larger vessel (A Pulse Within A Pulse). The Constricting Pulse may occur in one individual position on either the left or right sides. In order to obtain this pulse one should place one's fingers upon the vessel and lightly apply pressure, then roll the fingers to and fro across its width, searching with the fingertips, alternating between light and heavy pressure throughout the three levels of the vessel. This pulse may also give the impression of two vessels existing side by side, one being fine and contracted in contrast to another larger one. Generally speaking, two varieties of the Constricted Pulse most often appear as 1) a hard Constricted Pulse, designative of a more severely contracted state, or 2) a softer Constricted Pulse, designative of less severity.

DIAGNOSIS: This pulse is indicative of a cold excess pattern and signifies the decline of an organs function. The nervous system and internal secretion functions are suppressed. The pulse is analogous to the eventual decline of life as winter approaches. The appearance of this feature may indicate a serious state of disharmony. This pulse most often manifests at the left Cun position thereby indicating a constricted state of the Heart's blood vessels.

TREATMENT: The Constricted pulse indicates that Cold has entered deeply, and the entire body or a particular region is extremely contracted. Often, the treatment principle is to warm and dissipate cold by using pungent warm herbs to open the exterior,

thereby releasing the cold pathogen. If this pulse appears at the left Cun then it is suggestive of a cold pathogen assaulting the heart, if the condition is long standing, it can then manifest as pain in the chest, or in more serious cases stabbing heart pain, indicating a Heart obstruction disease [Ischemic disorder]. In such cases, when the Constricting Pulse is manifesting the doctor should be ready to take decisive and immediate measures in the treatment of patients with such acute symptoms.

THE SHRINKING PULSE

Jump and Shape Summary: Thin, more often deep, soft, weak slow, stagnating

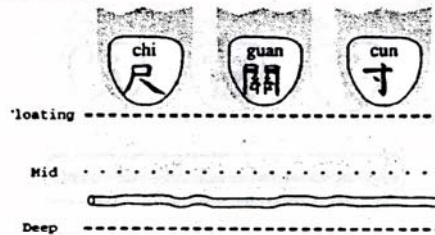
Floating: Unnoticeable

Middle: Fine and frail, faint pulsing

Deep: Cessation of pulsing

Nature: Gentle decline

Image: A dying stream



*The vessel is deep and thin, soft and weak.
It does not press up against the fingers.*

TACTILE APPEARANCE: The Shrinking Pulse appears fine, like a silk thread beneath the finger. Its jump is without strength, and upon increased pressure it ceases. Unlike the Expanding Pulse, its jump is imperceptible upon light palpation. The Shrinking Pulse may appear on the radial vessels of both wrists, at any particular position.

DIAGNOSIS: This pulse is indicative of an endogenous cold deficiency condition, with decreased physiological functioning of the organs. Evidence of this pulse on the right radial vessel suggest a decline in function of the Spleen (digestive system) and Lung (respiration) or a deficit of Qi in those organs. If this pulse appears on the left vessel it is then indicative of a weakened function of the blood circulation system or a blood insufficiency. Likewise, appearance of the Shrinking pulse in positions of both left and right wrist simultaneously is indicative of both Blood and Qi insufficiencies and may also represent one's lowered resistance to exogenous atmospheric influences. Furthermore this pulse may represent an inherent weakness of one's prenatal Qi or indicative of Qi and Blood depletion due to major surgery. This pulse may also appear on the wrist of patients who have endured long periods of time in a state of convalescence.

TREATMENT: In principle this pulse should not be treated by acupuncture in order to avoid further injury of Qi and Blood. Correct treatment involves the use of warm supplementation and restoring the correct upright qi so that normal functioning may be restored, in addition to long periods of convalescence (recuperation period) thus providing the patient with sufficient Qi and Blood, enabling one to resist existing disease pathogens, seeking to re-establish one's health.

THE FLOWING PULSE

Jump and Shape Summary: thick, floating and deep, more often hard, strong, fast, flowing

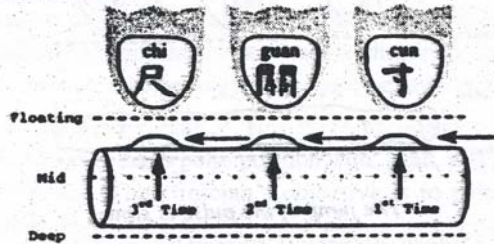
Floating: Calm (wave sensations)

Middle: Gushing

Deep: Rooted

Nature: Moving

Image: A Gushing Stream



*The wave sensation is abounding, fast, and strong.
The wave is slower than the sensation of blood flow,
and is not easy to feel.*

TACTILE APPEARANCE: With pressure the three fingers can sense this pulse flowing forth from the Chi to the Cun positions, similar to the idea of a wave transiting along the length of the three positions. It feels smooth and fast and hits the fingers with strength, this flowing however should not be mistaken for the sensation of blood flowing through the vessel. The secret of feeling this feature involves placing the three fingers upon the radial vessel so that the middle finger is lifted up off of the vessel, allowing this pulse's distinctive sensation to be more easily discerned as it rolls up (waves up) the vessel from Chi to Cun.

DIAGNOSIS: The Flowing Pulse represents a condition of phlegm heat and an abundance of both Qi and blood. Its nature is excess heat with an added element of phlegm. However, a slight sensation of Flowing may often appear on the wrists of healthy persons as well. Due to the difficulty involved in discerning a Flowing Pulse, strict attention should be given those pulses that exhibit excessive characteristics. This pulse most often appears on the wrist of patients suffering from epilepsy, dementia, and other brain related disorders, considered to be Shen disorders. Shen is the character in Chinese that is used in expressions concerning the nervous system, and also in a related sense, the mind.

TREATMENT: The Flowing Pulse represents phlegm heat, therefore one is required to use therapies that clear the heat and transform phlegm.

THE STAGNATING PULSE

Jump and Shape Summary: Thin or thick, floating or deep, hard or soft, weak, stagnating.

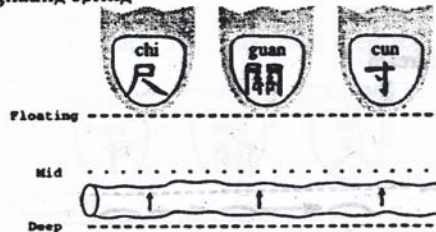
Floating: Shrinking, dispersing or constriction

Middle: Faint Pulsing

Deep: Cessation of Jump

Nature: Stagnating

Image: A stagnating spring



*The jump of the pulse is slow
(about 50-60/min), strengthless, and does
not press up against the fingers.*

TACTILE APPEARANCE: The three fingers are unable to feel the pulsation going forth; stagnation prevents its flow. During palpation, one may sense the pulsation rise up vertically but with no strength or forward movement. This pulse is slow, usually between 40-50 beats per second, and like the Flowing Pulse its emphasis is on the quality of the pulsation [jump of the pulse] rather than its depth and shape. This pulse most often appears on the left radial vessel, however, it may appear on the right as well, generally in one position.

DIAGNOSIS: This pulse indicates stasis of Qi and Blood, and often appears in conjunction with the Shrinking and Dispersing Pulses, both of which are also significant of insolvent coursing of Qi and Blood.

TREATMENT: If this pulse appears on the right, then Qi should be moved and normalized. If, however, this pulse appears on the left, then Blood should be quickened and stasis broken.

NOTE: The Flowing Pulse and the Stagnating Pulse are more easily discerned in terms of Jump [pulsation] rather than Shape. These two pulses often combine with other types of pulses.

Promotion and Restraint - Five Phases

This section serves to supplement Perspective One. It discusses both theoretical and practical applications of the Five Organ Pulses.

Chinese medicine is holistic in nature. Regardless of whether the subject of concern is treatment or diagnosis, the principle of holism is applied consistently. The body's organs share distant and/or intimate relationships that cannot be disjoined. If one organ receives a pathogenic influence, a number of other organs may also be involved.

In Perspective I, the Five Organ Pulses were explored with respect to their relationships to the Five Phases. Each pulse position, cun, guan, and chi, corresponds to a specific energetic influence. The clinician's objective is to palpably identify these energetic influences from the vessel's pulsation and contour configurations. In a balanced state of health there is an energetic symmetry that exists between each of the pulse positions. When there are abnormal Jump and Shape configurations distorting that symmetry, observations may be made in order to distinguish the nature of the imbalance.

Promotion And Restraint

Using the Five Phase model, an organ system may be acted upon through promoting and/or restraining influences. Either of these influences may lead to abnormal pathological circumstances, which in turn produce asymmetrical manifestations of the Five Organ Pulses. Mutual Promotion concerns the idea of mutual reproduction, engenderment, growth and development. Mutual Restraint concerns the idea of overpowering, restraint, and overcoming. Within the relationships of mutual promotion, any one of the phases may contain aspects of both "the promoted" and "the promoting". These terms are used to metaphorically describe the mother and son relationships. Similarly, within the relationship of mutual restraint, any one of the phases may contain aspects of both "the restrained" and "the restraining." They may also be referred to as "the overpowered" and "the overpowering."

Principles of Mutual Restraint and Mutual Promotion

Wood < restrains < Earth

Earth < restrains < Water

Water < restrains < Fire

Fire < restrains < Metal

Metal < restrains < Wood

Fire > promotes > Earth

Earth > promotes > Metal

Metal > promotes > Water

Water > promotes > Wood

Wood > promotes > Fire

Pulse Diagnosis And Five Phases

This section examines Pulse Diagnosis with a particular focus upon the Five Phase perspective. However, within that context there is consistent utilization of the Six Pathological Pulse perspective as well as the Six Qi Pulse perspective. This format further exemplifies the unyielding bond of the three perspectives. Occasional references pertaining to biomedical relationships are also cited, particularly when they may be aligned with the logic of the Five Phases.

WOOD

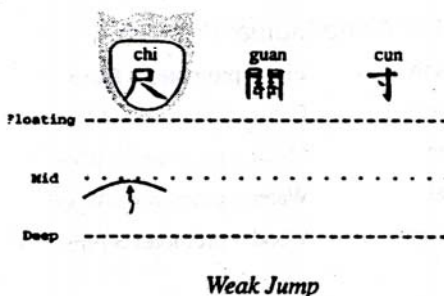
Wood's pulse (liver) may be palpated at the left guan position. Its normal pulse is slightly Wiry. Its vessel should be tenderly pliable, thus it should not be too hard nor too soft.

When discussing Wood (left guan) it is necessary to also speak of the elements which are most intimately in contact with it. The three; Fire (cun), Wood (guan), and Water (chi) are inseparably related by the promoting and restraining alliances they share.

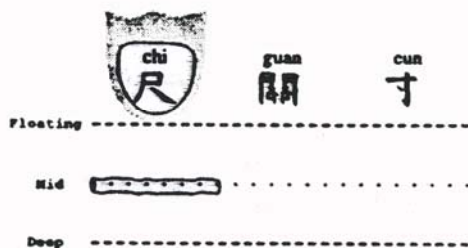
From a biomedical standpoint, Water is representative of the kidney's adrenal cortex secretion (steroid). Water is involved in liver's (Wood) glucose dissemination and metabolism in the body (blood sugar regulatory function). This process is responsible for the creation of Fire, the body's kinetic energy. The Fire of this scenario is not particularly connotative of heart Fire, but is designative of the resulting energy release that fuels the body, as a whole. If Wood doesn't promote Fire then fatigue will result. Liver diseases are likewise usually characterized by symptoms of fatigue. Correspondingly, the body's metabolic processes along with its physical power is dependent upon the Liver (Wood)'s ability to promote Fire.

WATER PROMOTES WOOD

The Kidney's normal pulse is deep and strong. It corresponds to the sexual/reproductive and urine secretion functions. The vessel at the chi position should appear to smoothly descend from the guan position. (The Hook configuration should be recalled). The left chi pulse should be deep, but it should also have a strong jump. If there isn't a strong jump it is a sign of kidney depletion.



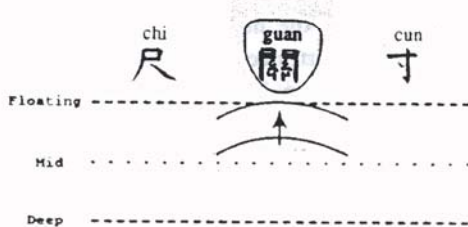
Kidney depletion may occur if one's lifestyle has been subject to prolonged periods of exhaustion and/or over-indulgences. Shen Kuei is the term ordinarily used by Chinese doctors to indicate depletion of the Kidney Qi, especially with respect to the Kidney's decline of Yang Qi. Depletion of the Yang Qi is often associated with the aging process. Gui Fu Di Huang Wan * may be prescribed when there are signs of Kidney Yang decline. The term Shen Kuei may also include depletion of Kidney Yin. When Kidney Yin doesn't nourish Wood (Liver) then Wood in turn won't nourish Fire. Treatment should begin by nourishing Kidney Yin (Water). A Shrinking pulse appearing in the left chi is significant of insufficiency of Yang Qi.



Shrinking pulse

* Six Ingredient Pill with Rehmannia with the addition of ingredients Rou Gui and Fu Zi becomes Gui Fu Di Huang Wan or Ba Wei Di Huang Wan (Eight Ingredient Pill with Rehmannia)

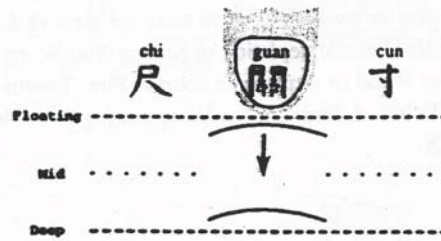
A floating shape in the left guan indicates Kidney Water is not nourishing Wood.



Floating

Liver Yin deficiency results when Kidney Water does not nourish Wood. This plight may be treated with Liu Wei Di Huang Wan (Six Ingredient Pill with Rehmannia) or Zhi Bai Di Huang Wan (Anemarrhena Phellodendron and Rehmannia Pill).

The floating shape suggest moderate pressure applied towards the middle of the vessel imparts a feeling of emptiness. Middle empty pulses may indicate the bodies nutritive aspect (esp. vitamins and proteins) has been consumed to the point of depletion. Supplementation should ensue.



Empty Middle

When Excess Cold is present in the body or during periods of cold atmospheric weather conditions, a Constricting Pulse or a Pulse Within a Pulse may appear.



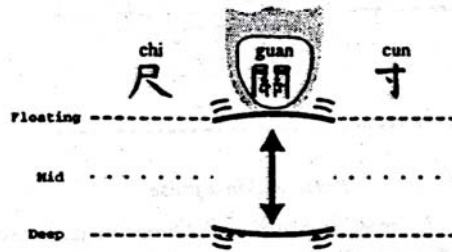
Pulse within a pulse

The mai zhong mai (pulse within a pulse) is indicative of Water's Cold constricting nature. Validating symptoms of a Cold pathogen such as cold extremities, poor circulation, a feeling of emptiness in the head (dull mental reactions), low blood pressure, diarrhea, abdominal discomfort, decreased resistance to disease, inability to ovulate in women and impotent sperm in men, may accompany these pulses. Treatment should be directed towards promoting Fire.

Promotion of Fire may be initiated by nourishing Wood. However, solely nourishing Wood is not wholly sufficient, the Water element should also be nourished. When this is accomplished the Liver's Qi will be sufficient enough to promote Fire. The Chinese herbal formulae, Gui Fu Di Huang Wan is appropriate to accomplish this aim. The formula acts to supplement the Kidney, which in turn, supplements the Liver, resulting in an increase of the body's energy. Increased energy will improve the state of the spirit and thereby alleviate the fear of cold.

WOOD PROMOTES FIRE

Pulses significant of Liver's (Wood) over-promotion of Fire are the Expanding pulse and the Shao Yang pulse in the left guan position, both are considered to be pathogenic Fire indicators.



Expanding (Shao Yang) Pulse

The principle of treatment in such circumstances involves the use of Yin nourishing agents like Gui Ban (Plastrum Testudinis) and Bie Jia (Carapax Amydae Siniensis). Both of which are often used to treat symptoms related to high blood pressure. This is illustrative of an adverse Five Phase promotion phenomena.

METAL RESTRAINS WOOD

It is metal's constricting nature that should be emphasized in order to gain a clear understanding of its role within the Five Phase theory. Energetic structures, or Qi structures such as meridians must maintain a specific field of density. Metal provides cohesion of Qi. Qi must be contained, but there are no physical borders providing this necessity, as blood is contained by the blood vessels. It is metal's constricting nature that governs uniform density of the Qi. If Metal's constriction is lacking, Qi will disperse and the vacuous, Dispersing pulse will appear. If its constriction is excessive then the Short pulse or Pulse Within A Pulse may appear, signifying obstruction. When Metal is excessively prosperous it may cause injury to the Liver (Wood), in which case three kinds of pulses may appear.

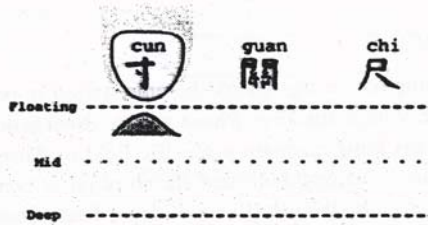
1. *The Pulse Within A Pulse (representative of cold's constricting nature).*



Pulse within a pulse

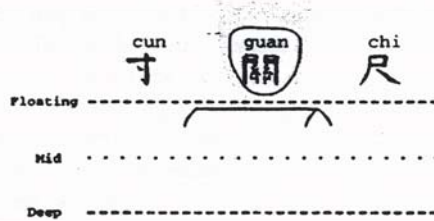
The *pulse within a pulse* may be perceived in terms of its constricted state and thus significant of metal's influence. Similarly it may be perceived in relation to its acute obstructive state due to those constrictive factors, in which case an acute degenerative state of cold may be surmised. (See Perspective One)

2. *The Short and hard pulse (significant of obstruction due to excessive constriction of Metal).*



Short and hard

3. *The thin (Constricting) floating pulse that disperses upon deeper palpation.*

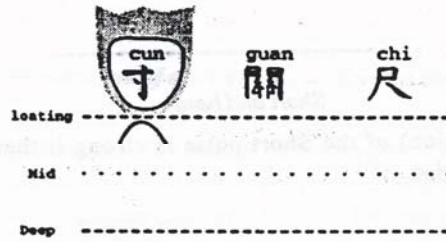


Central constriction, two sides vacuous

Traditionally this pulse is referred to as Zhong Yang Jin Liang Pang Xu, (central constriction two sides vacuous). At the surface it appears thin, in the shape of a blade, but upon deeper palpation is soft and dispersing. It is significant of obstruction, but not to the extent of a pulse within a pulse.

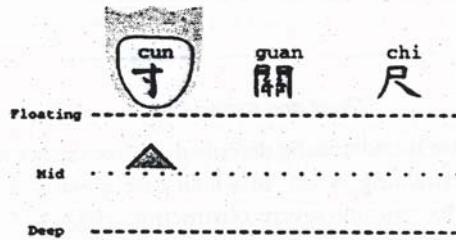
This pulse's soft and dispersive interior is due to deficiency Heat. Its constricted feature reflects stagnation of Qi and Blood. It should be noted that the floating quality of Yin deficient pulses reveal emptiness upon pressure; whereas the constricting pulse maintains a quality of firmness upon pressure. The *Zhong Yang Jin Liang Pang Xu* pulse is inclusive of both qualities.

The Short pulse is often seen in cases of Lung contraction of exterior pathogenic influences when cold and flu symptoms manifest.



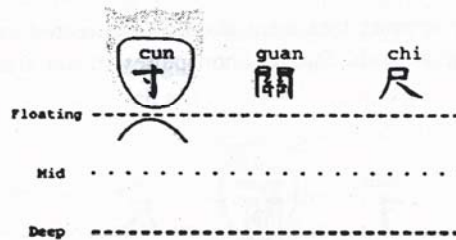
Short pulse

The Short pulse will also appear in cases of hemorrhoids, in which case the Short pulse normally rises to a point and is harder and deeper.



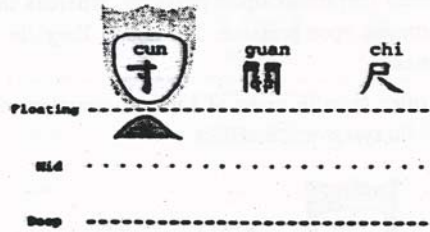
Hemorrhoid

When there are symptoms resembling those of a Cold or Flu, the Short pulse will appear with a floating quality.



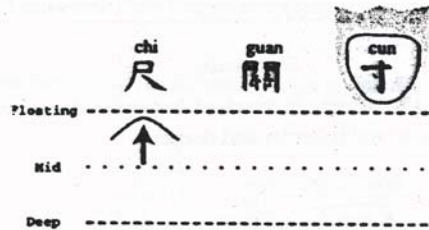
Short and floating

The Short pulse is reckoned to be of a more serious nature when there is a quality of hardness accompanying it, indicating a condition of advanced obstruction.



Short and hard

If the jump (pulsation) of the Short pulse is strong it then indicates Fire in combination with obstruction.

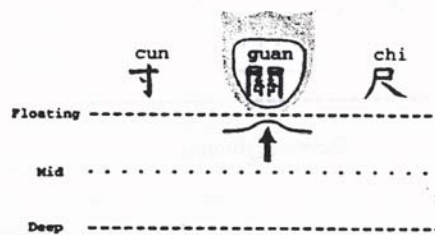


Short and strong Cun

The Liver's death pulse is traditionally described as "like the blade of a knife". This is also a result of Metal restraining Wood. In which case metal's constricting nature is harshly excessive, thereby causing severe obstruction of Qi and Blood. Factors that contribute to metal's excessive constricting restraint upon Wood are; anger, depression, and holding in of emotions. Dietary factors may also contribute to the promotion of the short pulse.

The Short pulse will appear when there is a bile duct blockage. In this case, greasy and fatty foods are not being digested due to blockage of the bile.

When a Short pulse appears treatment should be directed towards regulating, penetrating and dispersing methods. Strong, Short pulses should also include treatment methods to clear Heat.



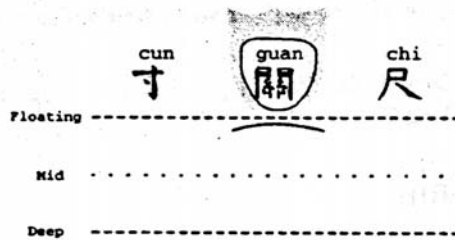
Short and strong Guan

It should be noted that pathological pulses that appear as a result of metal's constricting influence may occasionally occur on a temporary basis in acute conditions, as when there is a sudden temperature change due to extreme cold. If, however, the Pulse In A Pulse appears in the left cun it is representative of a long period of constriction. The three pulses of this category all indicate Qi of an excessive constricting nature acting upon the vasculature. Further testing may validate the presence of cirrhosis of the liver or hardening of the arteries.

EARTH

"all things of the world are of earth's creation, Earth is the mother of all things"

Tradition maintains that Earth's Qi presides above and below. Accordingly, the presence of Wei Qi (Stomach Qi) should be observable upon palpation of any of the pulses. Cun, guan and chi should all reflect the presence of earth's balanced ebullience. A fine line exists between prosperity and excess. Pulse features that appear to neither recede or exceed indicate that Wei Qi is present and healthy. Earth is also the element that is designative of the center. Traditional physicians referred to the earth's Qi as Wei Qi (stomach Qi). Upon inspection of a pulse, a Chinese doctor may note the presence or absence of Wei (stomach) Qi. If Wei Qi is detected during pulse inspection it is a sign of a healthy state of the Earth Qi. The earth's normal pulse is balanced in all respects, not too deep, not too floating, not too thin, and not too thick.

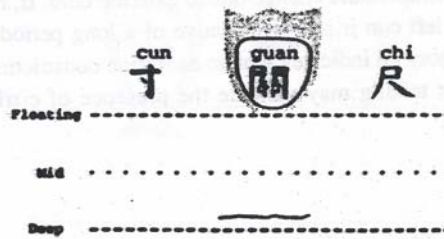


Normal Earth pulse

Earth's Qi can manifest at any of the positions and is relevant in indicating the absence of pernicious influences and a state of good health. Wei Qi (stomach Qi) is also used to refer to the Yuan Qi (original Qi), in which case it is denotive of the body's deepest vitality. If earth's Stomach and Spleen are not functioning properly then its central influence will have a marked effect on the Qi and Blood of the other organs. Therefore, when treating disease, the Stomach and Spleen organs are often the first to be considered. Many old school Chinese doctors insist on first treating the Spleen and Stomach before carrying out any further treatment procedure. This is particularly so as concerns chronic deficiency diseases.

Chinese herbal medicine considers the formulae (Si Jun Zi Tang) Four Gentlemen Decoction its most conventional formulae for benefitting the Spleen and Stomach. It should be thought of when there are symptoms designating an Earth insufficiency in combination with deep and weak pulses of the right guan. With the addition of Ban Xia and Chen Pi, Four Gentlemen Decoction becomes Six Gentlemen Decoction (Liu Jun Si

Tang) and is suitable in cases when dampness and deficiency are predominant features of the spleen and stomach, in which case the pulse will be too deep.

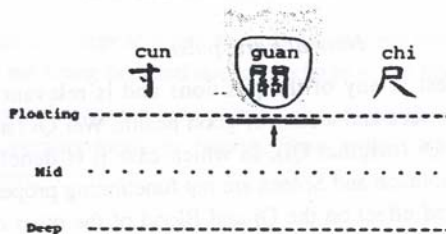


Deep and weak

In addition, (Gui Pi Tang) Restore The Spleen Decoction is suggested when there are symptoms of a Spleen Qi deficiency in regard to its control over the Blood. Often this formulae is used when emotions perversely effect the spirit which in turn disturbs the digestion, in which case the pulses of both the right guan and left guan (Liver) should be inspected. Gui Pi Tang (Restore the Spleen Decoction), Four Gentlemen Decoction and Ren Shen Yang Rong Tang (Decoction of Ginseng for Nourishing Vital Energy) may be used in combination, when treating patients of weak constitution and when there are signs of weakened resistance to disease. Gui Qi Jian Zhong Tang (Gui Qi Strengthen the Middle Decoction) is indicated for post-disease fatigue, anemia, poor resistance or virus related, rotting of the flesh manifestations. In short, it strengthens the resistance and can be combined with Gui Pi Tang or Si Juen Zi Tang when the right cun and guan pulses are both of a vacuous variety.

* Gui Qi Jian Zhong Tang is Gui Zhi Tang (Cinnamon Twig Decoction) with the addition of Huang Qi and Dang Gui.

WOOD RESTRAINS EARTH



Pulse within a pulse

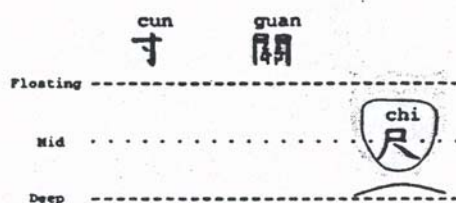
If the right guan is Wiry and strong it is significant of excessive prosperity of the liver. Nervousness may induce excessive secretion of stomach acid in which case a pressure ulcer may appear. A strong Wiry pulse in the right guan position may be seen with either a pressure ulcer or a digestive ulcer. A digestive ulcer may occur in relation to an alteration in the condition of the digestive fluids, perhaps dietarily associated, whereas a stress ulcer normally occurs when the emotions lose their balance. These two factors are often mutually promoting. Emotional factors such as nervousness and anger may effect the

igestive processes. The left guan will often exhibit a floating shape upon the wrist of oversensitive, nervous or quick tempered patients.

When Liver's Qi is disturbing the Stomach and intestines it is referred to as Wood restrains Earth. Normalization of this situation requires treatment directed towards correcting the defect of the Wood element.

EARTH RESTRAINS WATER

This scenario involves the water/fluid aspect of the body in terms of (H-2o) balance. This should be contrasted with the hormone aspect of the Kidney that is also often referred to when discussing Kidney Water. Earth is not as likely to influence the Kidney's reproductive (Water) aspect. It is the body's water balance in relation to metabolism of fluids that should be expressed in regard to Earth restrains Water. The body depends on the Three Heaters, Lung, Spleen and Kidney functions to balance Water. Metal promotes Water. However, when Earth is excessively prosperous it may assault Metal, Metal is then unable to promote Water. This is an example of Dampness restraining Water which may then result in edema. So, If there is no indication of a Kidney abnormality and the pulses are deep then it may be assumed that the Spleen of Earth is the perpetrator. When both the left and right chi pulses appear deep, it is significant of excessive dampness of the spleen, (Earth restrains Water).



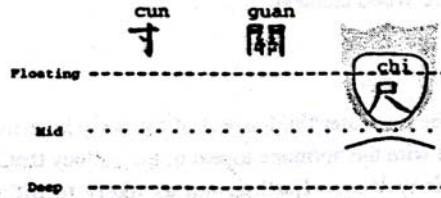
Left/Right chi too deep

Herbs that act to dry-up dampness or diuretically eliminate water are used in Chinese medicine to supplement the Spleen. Western medicine normally uses methods to inhibit the Kidneys from absorbing water or significantly induce the increase of urine output. One drawback to this method is that the edema will return as the drug is discontinued. Furthermore, there may be injury caused to the Kidneys. The Chinese Medical approach aims to expel water without harming the Kidney or injuring the Qi. One simple recipe used for this purpose is....

1 liang of White Fu-Ling, Da-Zao (30 pieces), 1 liang Lung Yian-Rou, added to rice congee.

Wu Ling San (Five Ingredients Powder with Poria) is the most conventional formulae for expelling Spleen dampness with associated symptoms of edema. In combination with Ban Xia Xie Xin Tang, it is efficacious for the treatment of vomiting and morning sickness. Obesity is a symptom significant of excessive dampness and its subsequent impairment of the Kidney's normal elimination of water. Excess dampness will cause the elimination of water to be hampered, hence, excess water is stored within the body tissue. Inability to eliminate water will create further dampness. This may cause a condition of chronic Kidney impairment that results in chronic Kidney deficiency. Under these

circumstances, because of the Kidney's inability to balance the body's water it may also be unable to eliminate metabolic waste. So, when there is edema in combination with very deep, right chi pulse then the Spleen should be treated. If Earth is deficient then it is unable to restrain Water, so the Earth pulse is deep. When Earth is strong its pulse will not be deep.

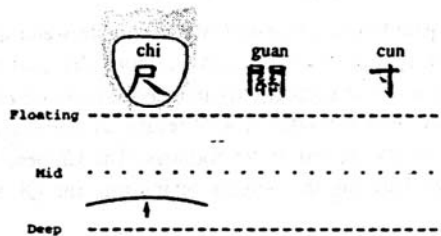


Earth restraining water

If there is edema supplement the Spleen. When the Spleen is not functioning properly it doesn't control the balance of Water, as a result too much dampness hampers the Kidney's balance.

FIRE PROMOTES EARTH

Clinically speaking, "Fire promotes Earth" refers to Kidney Fire (adrenal cortex), not Heart Fire. So supplementation of the Kidney may treat digestive system disorders, in those circumstances. The release of hormonal secretions (of Fire significance) excreted by the kidney, promotes Earth. So if the left chi is abnormally weak then the intestines and Stomach may be disordered. Earth's (Spleen) dampness may become excessive and the intestines elimination may lose its smoothness and efficiency. If there are symptoms belonging to the Spleen in combination with a deep and weak Kidney pulses in the left chi or if there is diarrhea and treatment has been without adequate results then check to see if the left chi pulse is of a deficient variety.



Left chi weak

In the elderly the left chi pulse will become weak as production of the kidney's hormones declines with age, Earth, in turn loses control of Water (urine). Kidney Fire naturally declines with advancing age, often with subsequent Spleen involvement. Hence, Kidney Yang supplementation methods may be applied, resulting in the elimination of Spleen signs and symptoms. Illustrative of this scenario is the case of a middle aged woman who came for treatment complaining of diarrhea. Palpation of the right cun revealed a strong short pulse. Shao Yao Tang (Peony Decoction) and Ge Gen, Huang Lian, Huang Jin Tang (Kudzu, Coptis, and Scutellaria decoction) were prescribed to

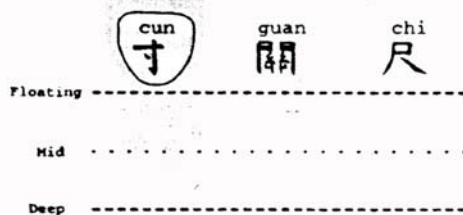
specifically address the presence of Damp Heat obstructing the intestines. After experiencing two days relief she returned complaining of the same problem. The same formulae was used with some small alterations in amounts per part. She returned again with no further relief of symptoms. This time however it was taken note of during pulse inspection that the left chi was too deep. Si Shen Wan (Pill of Four Miraculous Drugs) was then prescribed. This formulae is composed of Bu Gu Zhi, Rou Dou Kou, Wu Zhu Yu and Wu Wei Zi each of which is applicable based on its propensity to Supplement Kidney and Spleen Yang. Her symptoms began subsiding the next day after taking the formulae. This particular case of Kidney Yang Insufficiency demonstrated no symptoms of early morning diarrhea as is commonly seen under these circumstances. So in elderly patients where there has been a natural decline of Kidney Yang, the Earth element will also be influenced.

In patient's who exhibit symptoms of digestive system weakness, as in children who lack appetites, are frequently sick, and have sparse bowel movements, it may be indicative that the Kidneys have not yet developed fully and therefore is a Kidney Yang deficiency. If Earth is not engendered, in turn, Metal Qi will not prosper. In effect the body's Jing, Qi, and Shen do not flourish. The left chi should be observed in regard to its deepness, or lack of strength when there are pathological manifestations of the Spleen and Stomach.

EARTH PROMOTES METAL

Metal is significant of Qi. Theoretically speaking Qi courses the meridians. When the coursing of the Qi is strong and full there is spirit. Insufficiency of Qi causes lack of energy in the body, thus, the vitality of the spirit may be depressed. If the Qi is full then the spirit (vitality) will also be full. If the body's Qi is not full then its resistance cannot be strong. To determine the strength of the body's Yuan Qi palpate the right cun pulse.

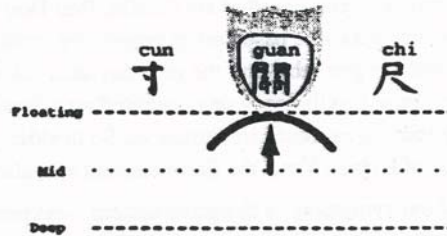
The right cun belongs to Metal, when the Qi of Metal is strong its Qi will cohere, not disperse. Similarly, if the right cun pulse is soft, weak and dispersing it is significant of Metal's Qi dispersion.



Soft weak and dispersing

The coursing, and spreading of Qi throughout the body is to a large degree dependent on the constricting influence of Metal. Unlike the blood which has actual physical barriers to contain it, Qi depends on metal's energetic cohesiveness for containment. When the appropriate amount of cohesion is provided the Qi may be disseminated throughout the body. In a healthy organism metal's influence maintains the correct amount of energetic control over the meridians. Extreme prosperity of metal's Qi causes excessive cohesion and leads to constriction and stagnation of the meridian Qi. However, if metal's cohesion is not enough then there will be dispersion of Qi. If the right cun pulse is strengthless it may be supplemented by treating the Spleen.

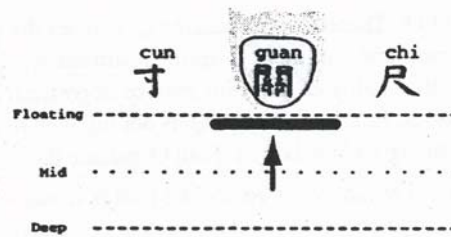
Ginseng, Huang Qi and Gan Cao all supplement the Qi. Their yellow color, and sweet flavor direct their effect upon the spleen. In combination with their warm natures they supplement Earth. If Earth is supplemented Metal will be promoted. Caution should be exercised when supplementing Earth to promote Metal. If the right guan pulse protrudes upward or the jump is strong then there is stomach Fire or inflammation.



Convex and strong

When there is Stomach Fire, if Earth is supplemented further, aggravation will result.

Furthermore, if there are symptoms of fatigue and an accompanying thick strong wiry pulse in the right guan, suggestive of Liver restraining Earth, supplementing will exacerbate the problem.



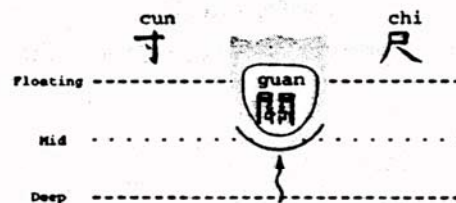
Thick strong and wiry

* The physical attributes of the Gu Pulse (Drum Pulse) are similar to what is traditionally referred to as the Hong Pulse (Full Pulse). The Gu pulsation is perceived to rise with strength, creating a feeling of strong support beneath the fingers. As the vessel begins to contract there is a sudden withdrawal of strength and thus feels to collapse. This creates the sensation of a force dropping downward. The jump is felt to more forcefully contract than expand. Or, both expansion and contraction are felt to be equally present. This same sensation may be noted upon the wrist of persons who have just completed a physically exhausting activity (winded). It is representative of a condition of low blood volume due to insufficient heart blood output. A weak and enlarged heart may cause this to result. Therefore the vessel reflects a sensation of emptiness, while the heart's chambers are full of blood which leads to stagnation and congestion, which in turn may lead to congestive heart failure.

A case in point is exemplified by a patient that suffered with Stomach pain and fatigue. His complexion was suggestive of a condition resultive of poor dietary habits. Based on inspection of his complexion and questioning, his condition was considered due to poor dietary habits. Huang Qi Jian Zhong Tang (Huang Qi Strengthen the Middle Decoction), a very tonifying formulae, applicable for severe Qi deficiencies, was inaccurately prescribed. Further exacerbation of symptoms were noted after consuming the formulae for three days. His pulses were then re-inspected. It was quickly noted that a strong Wiry pulse occupied the right guan position. The prescription was changed to 60% Wu Bei San, 20% Qing Feng Di Lian Tang*, 2% Huang Lian, and 18% Mai Men Dong Tang to address stomach inflammation. His symptoms quickly subsided.

* Qing Feng Di Lian Tang - see case study appendix

Supplementation of Earth in order to promote Metal should proceed when the Spleen is already in a weakened state. Therefore, if the right guan is deep, weak and/or the vessel appears concave then Earth may be supplemented in order to promote Metal.

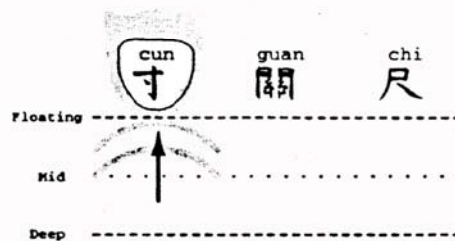


Deep weak and concave

* These examples which indicate supplementation of Metal thru Earth should be carried out only after accurate assessment of the right guan (Earth Pulse). This may preclude some common clinical errors.

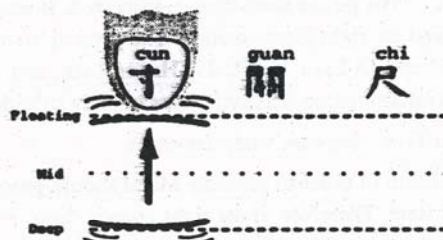
FIRE RESTRAINS METAL

If the right cun is floating and strong, Yin moistening decoctions like Qing Fei Tang (Clear the Lungs Decoction), Bai Hu Gu Jin Tang (Lily Bulb Decoction to Preserve the Metal), Mai Men Dong Tang (Ophiopogonis Decoction), or the herb Da Ching Ye by itself is enough to treat common respiratory passage inflammations.



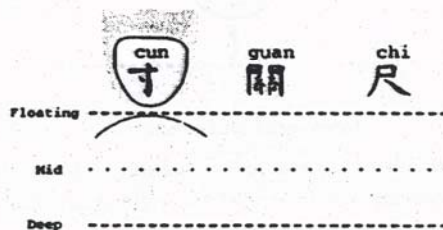
Floating and strong pulse

When Fire restrains Metal, infectious afflictions of the respiratory passage may be seen. The right cun will vary according to the nature of the Fire restraining it. If there is excess Fire restraining Metal the big and floating pulse and/or Expanding pulse will appear. The pulse strongly presses up against the fingers and is accompanied by such symptoms as redness of the face and eyes, swollen nasal and respiratory passages, cough and phlegm. Its pulse belongs to Shao Yang.



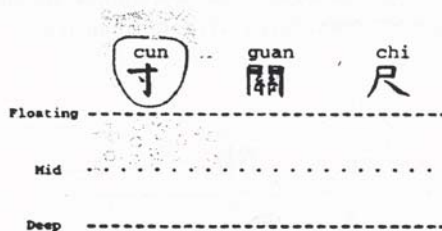
Shao Yang pulse

When Yin deficiency Fire restrains Metal its pulse will appear floating and thin, and disperses upon deeper pressure.



Floating, thin and dispersing

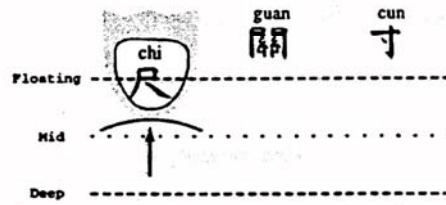
This is Kidney Yin depletion. Tuberculosis patients often display this pulse. Respiratory passage inflammation with these pulse features indicates the body's inability to resist invasion of pernicious Qi.



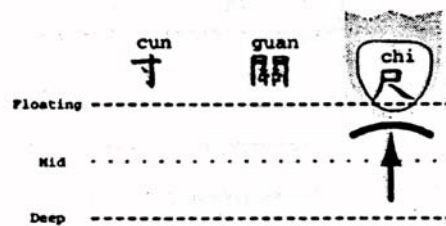
Dispersing pulse

Chronic symptoms of coughing and other respiratory afflictions are often marked by the Dispersing pulse. Phlegm stagnation can also result in Fire restraining Metal. Under these circumstances, the dispersing pulse reflects Metal not promoting Water. If there is an affliction of the urine excretion system in addition to soreness of the throat determine if Fire is assaulting.

Inflammation of the Kidney will produce an increase in strength of the right chi pulse but the left chi may remain normal.



Left chi normal



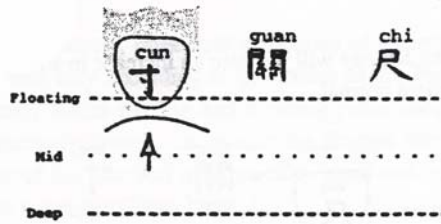
Right Chi too strong

When dealing with this kind of Fire there are two ways to treat it. Fire may be directly extinguished with Bitter Cold herbs, but they are also very drying in nature so they may increasingly aggravate Fire. The addition of herbs used to reduce the Fire of the Kidney may also be used, then Fire won't restrain Metal. If there is Fire don't use tonifying herbs like Ginseng, however Wu Wei Zi And Mai Dong are considered protectors of the lung (Metal).

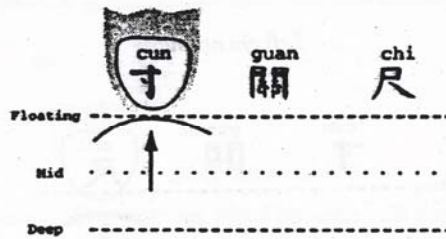
VIRAL VERSUS BACTERIAL INFECTIONS

Viral Flu symptoms may include fever, sore throat with redness but no swelling, tonsils that do not swell, aching of the body and joints, fatigue, sneezing, throat that doesn't feel hot upon touch, and dry cough that begins as soreness of the throat subsides. The right cun pulse usually appears weak in spite of symptoms which appear very strong. This is significant of the body's inability to resist the virus during contraction of viral flus. It would appear that the body's resisting mechanisms are being overpowered.

In contrast, bacterial symptoms may appear as swelling of the throat and tonsils, secretion of pus, hot feeling upon palpation of the region inferior to the chin and throat area and productive cough with yellow/green phlegm. Ching Feng Di Lian Tang* is very efficacious for this kind of Flu. These signs and symptoms will be reflected in a strong right cun pulse. Infectious germ contractions engage the body's resisting (Wei) Qi, resulting in a vigorous defense. The pulse responds to the strength of the entering pathogen.



Viral-related flu

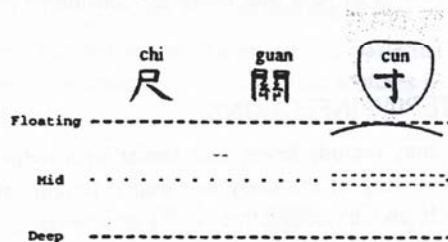


Germ-related flu

During contraction of infectious germ related Flus the right cun pulse is very strong.

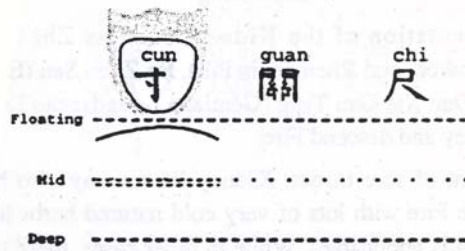
WATER RESTRAINS FIRE

If cold (Water) is overbearing and restrains Heart Fire, a Pulse Within A Pulse may appear. The Pulse Within in a Pulse (Mai Zhong Mai) may occur in any position. It is normally indicative of Water restraining Fire. Most serious is when Water restrains the Heart Fire of the left cun.



Pulse within a pulse

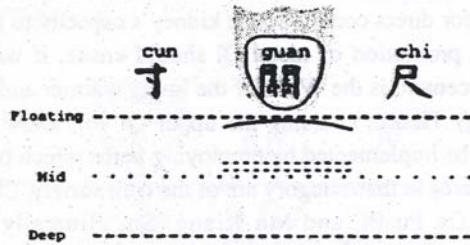
There are two pulse configurations indicative of Deficiency Cold. The Shrinking pulse and pulses that have a weak jump. The thinner a pulse shape, the more serious the illness. But thinness is not necessarily an associated aspect of cold. Pulse components that are thick with weak jumps can also be significant of cold. In the case, of a pulse within a pulse, thinner and tighter characteristics are significant of a more serious condition.



Pulse within a pulse

Since the function of every organ includes the aspect of Fire, the term Water restrains Fire has a very wide application.

When Water restrains Fire, Fire's development is suppressed. For instance, the Liver's Fire (non pathological Fire) is a result of adequate nourishment imparted via Kidney (Water), which in turn provides the body with its functional inertia.

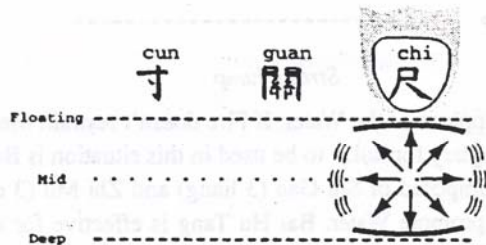


Constricting

During assault by cold the left guan may appear Constricting (pulse within a pulse)

The Constricting (pulse within a pulse) pulse indicates a condition of excessive contraction. In which case, Liver cancer or Liver cirrhosis may be existing. In turn, Liver and Kidney blood sugar will decline, causing energy reduction and the appearance of a pulse within a pulse or a Shrinking Pulse. In the instance where there is pernicious Fire, Water can be of service. For example, if a (Shao Yin) Hook pulse appears or a (Shao Yang) Big and Floating pulse appears, then supplementation of Kidney Water is beneficial during treatment. Accordingly, whenever there is a shrinking pulse or pulse within a pulse it is okay to supplement.

The Expanding pulse will appear in the chi position when there is a urine secretion system inflammation or reproductive system inflammation



Expanding

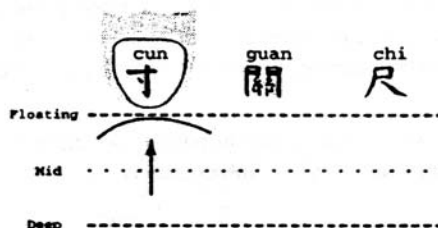
Cooling supplementation of the Kidney, such as Zhi Buo Di Huang Wan (Anemarrhena, Phellodendron, and Rhemannia Pill), Ba Zhen San (Eight Herb Powder for Rectification), or Lung Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver) can cool the Kidney and descend Fire.

During the treatment of sore throat, Kidney Water may also be supplemented. In some cases, covering the Fire with lots of very cold natured herbs like San Huang Tang (Three Yellow Decoction is applicable). While in other cases, these two methods may be combined for faster results.

METAL PROMOTES WATER

When Metal is prosperous then Water will prosper and the whole body will benefit. "Qi Xing Zhi Sui Xing" is a Chinese medical saying that translates as "water will flow when the Qi is coursed." This is based on the idea that when puncturing a receptacle containing fluids, if two holes are made the fluids will flow out more easily. Western medicine normally calls for direct control of the kidney's capacity to absorb water. While Chinese medicine holds promotion of metal Qi should ensue, if water is to flow. The water referred to in this scenario is the Water of the lower warmer and the Metal is that of the Upper Warmer (lung). Hence, coursing the upper Qi will allow the lower water to flow. This principle may be implemented by employing herbs which both expel water and course Qi. Many of the herbs in that category are of the fruit variety. Chen Pi, Ju Zi Pi, Zhi Ke, Zhi Shi, Qing Pi, Da Fu Pi, and Mu Xiang. So, clinically speaking Kidney supplementation should also include a few Qi coursing herbs for better affect.

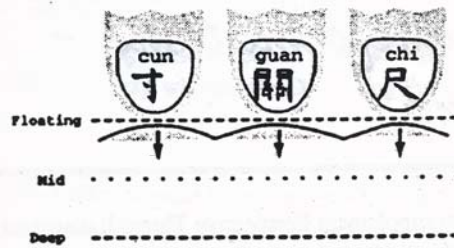
As part of the respiratory processes that occur in the human body there are various chemical transformations that occur. The creation of glucose $C_6H_{12}O_6+2$ and its waste by-product H_2O+CO_2 are significant biomedical relationships pertaining to Metal promotes Water. When Metal (lung) is functioning normally there will be an abundant source of jin/ye. Hence, when Fire restrains Metal, fluids will not be created and dryness will result. If the right cun's jump is strong, fluids are not being created and there will be dryness or Fire.



Strong jump

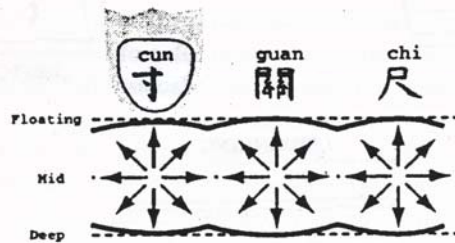
To extinguish Fire, supplement the Water. If Fire doesn't restrain Metal then Metal will promote Water. An exemplary formulae to be used in this situation is Bai Hu Tang (White Tiger Decoction). It is composed of Shi Gao (3 liang) and Zhi Mu (3 chien). It cools the Fire so Metal is able to promote Water. Bai Hu Tang is effective for severe coughs that have resulted following Flu or Cold. If all of the pulses are Expanding then Bai Hu Tang

is also called for.



***Floating
But Disperses Under Pressure***

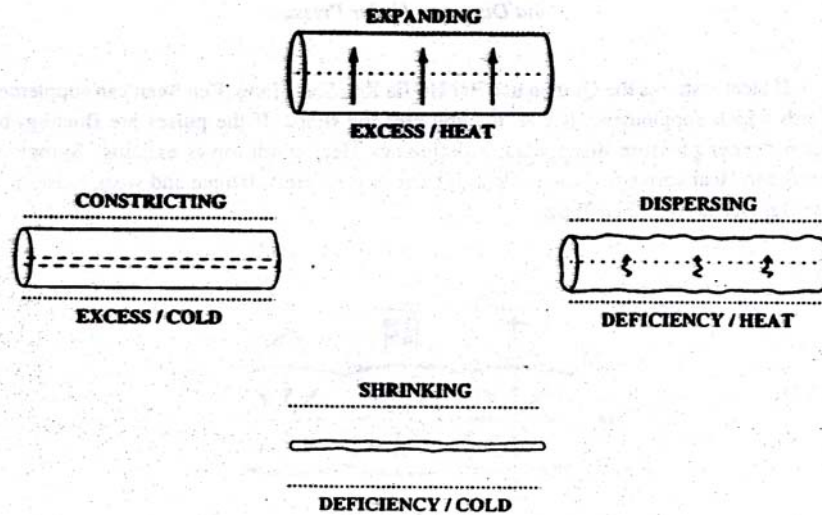
If Heat restrains the Qi then use Bai Hu Jia Ren Shen Tang. Ren Shen can supplement Earth which supplements Metal, thereby creating fluids. If the pulses are floating, but upon deeper pressure disappears, a deficiency Heat condition is existing. Symptoms similar to Heat stroke may be evident. If there is great Heat, fatigue and weak pulses then use Bai Hu Jia Ren Shen Tang.



Expanding pulses

Primary Transformations - Yin and Yang

This section serves to supplement Perspective Three. It discusses both theoretical and practical applications of the Six Pathological Pulses. The four primary pulses are:



HEAT (Yang) EXCESS (Yang) = EXPANDING

The Expanding Pulse is a pulse configuration which results from the effects of pathological Heat. Hence, as one palpates the radial vessel a feeling of vigorous pressure meets the fingers. Its jump is strong and fast throughout the three levels. Its shape is thick and convex.

Dispersion is a state that also implies a condition of Heat, but not the Heat/Excess suggestive of Expansion. The Dispersing Pulse is significant of Qi dispersion and is frequently associated with chronic conditions and low grade Heat manifestations.

Dispersion is a quality that is associated with Heat and Deficiency (Vacuous, Empty); both Yang and Yin phenomenon are responsible for the appearance of the Dispersing Pulse. Accordingly the vessel of a Dispersing pulse does not press up against the fingers, nor does it resist against downward pressure. It collapses under pressure. Its shape is thick, but its perimeters are not well defined. Its jump is often slow and weak. Whereas the Expanding pulse is well defined, while its jump is strong and fast.

HEAT (Yang) + DEFICIENCY(Yin) = DISPERSING

Clinically, the Expanding Pulse is seen in cases where there are signs and symptoms of extreme Heat (Yang Excess), whereas the Dispersing Pulse occurs in connection with a variety of lower grade Heat conditions related to stagnating fluids such as Blood, and Phlegm.

Dispersing Pulses often appear upon the wrists of patients who have suffered with systemic inflammatory conditions of either exterior or interior nature. Such cases are usually accompanied with increases of blood circulation and production. There is normally production of various phlegm bi-products that are often not efficiently eliminated by the body. Expanding pulses may occur during the acute phase of such circumstances but later transform to Dispersing, as the acute inflammation subsides. Occurrence of the Expanding Pulse designative of Great Heat, may indicate that injury has rendered a site of assault temporarily or permanently dysfunctional. Or, under less traumatic circumstances, inflammation may leave behind deposits of blood and fluid that are not adequately reabsorbed by the surrounding tissue and thus may stagnate and congeal. This kind of stagnation is capable of developing into a chronic inflammatory condition, thereby initiating the appearance of a Dispersing Pulse.

Subjugation to traumatic injuries may also cause the Dispersing Pulse to appear. For instance, broken bones and forceful blows that cause internal hemorrhaging are often responsible for unabsorbed residuals after the initial engorgement of blood and fluids at the site of injury. Improper treatment of such conditions may also promote the occurrence of a Dispersing Pulse. An often overlooked facet of therapy in the treatment of Hot disorders is the insufficient use of blood circulating agents/modalities during the treatment of inflammatory condition that has resulted from traumatic injury or internally derived pathogenic influences. If the development of a Dispersing Pulse is noted, it may indicate that the acute Heat Excess has been dealt with but the stagnation of Qi and Blood remain, promoting a condition of low grade heat.

Since the Dispersing pulse does not appear with such vigorous character as the Expanding pulse, some clinicians may see fit to use tonification methods such as moxabustion or tonifying herbal preparations. If tonification is proceeded with, then it may propel a deficient heat situation towards an acute excess condition. In another instance, the use of very cold natured agents are often used in the treatment of hot diseases. This kind of therapy may cool the Heat, but its extremely Cold nature may influence a state of more severe stagnation, and thus the Dispersing Pulse may appear.

* As a side note, a large percentage of Bitter Cold herbal agents are also drying in nature, and may cause further depletion of the Yin (Jin/ye). Wherefore, inflammation may possibly be further aggravated.

The possible transformations that any one pathogenic state may be subject to depends on the resistive forces operating within the human host, as well as the strength of the pathogenic influence. Clinical intervention is another factor that may determine the energetic bearing of a disease. As concerns the Dispersing Pulse, clinically it may often transform in the direction of the Constricting Pulse. This is especially so when there has been a long period of chronicity accompanying its appearance. This shift implies further obstruction and greater loss of function.

Shrinking, is indicative of Degeneration. Constricting, is indicative of Contraction. These two features suggest a phenomena of less volume than the Expanding and Dispersing features. While the Expanding Pulse jumps forward to meet the fingers upon light contact, the Shrinking Pulse seems to evade tactile perception, to the extent that it tends to disappear even as contact is being maintained. Its Shape is thin and deep, while its Jump is often weak and slow. It may only reveal itself after repeated attempts at palpation, at various levels of the radial vessel.

The Constricting Pulse is so named due to its palpably thin and resisting character. It is also referred to as a *Pulse Within A Pulse*, due to it's characteristic sensation of two vessels occupying the same position. That peculiarity is usually noted during pulse inspection, when a thinner, tighter vessel appears within the confines of another pulse shape. The thinner, tighter vessel signifies a contracted state of Qi and Blood, hence Cold. The bigger vessel could appear as any one of a variety of other pulse shapes. For instance, a Constricting feature may appear within an Expanding feature, thus indicating dual pathogenic influences of Excess Heat and Excess Cold. If this feature were to occur in the right Cun position (of Lung significance) the patient may be exhibiting symptoms of an acute bronchial inflammation and fever, (Excess Heat), while experiencing a sensation of tightness of the chest, congestion and difficulty breathing (indicating the constriction of Qi and Blood in and around the vessels that communicate with the respiratory function). Treatment inclusive of both warming and expanding the Cold contraction along with methods to clear the Heat should be considered.

COLD (Yin) + EXCESS (Yang) = CONSTRICTING

Shrinking and Constricting Pulses are both designators of Cold, but it is the contracting nature of the Constricting Pulse that signifies Excess Cold, one Yang and one Yin phenomenon. The degenerating nature of the Shrinking Pulse denotes Deficient Cold; the coupleing of two Yins.

Clinically, the Constricting Pulse, often occurs prior to the appearance of the Shrinking Pulse. This is due to the acute nature of the Constricting Pulse. It occurs in conditions, where due to the contracting nature of Cold, blockage or constriction is evident. It should be noted that Cold is a pathology usually indicative of stagnation, whereas Excess, indicates the additional circumstance of acuteness. In the case of an Excess Cold condition, when the Constricting Pulse is evident, vascular stenosis is most likely occurring, and has progressed to a serious stage.

COLD (Yin) + DEFICIENCY (Yin) = SHRINKING

Traveling along a continuum, towards the direction of Shrinking, a more severe state of degeneration may occur after a long period of vascular stenosis. This results in a greater degree of organic deterioration and consequent loss of function. This condition is emblematic of Cold/Deficiency, and denotes a chronic condition. In terms of treatment, the Shrinking Pulse requires therapy which will slowly and gently strengthen the function of the organ. Hence, slightly warming and tonifying agents should be principally utilized. However, when the Constricting Pulse is observed, the use of therapies directed towards circulating the stagnation, expanding the contracted and warming the cold should be

employed. From an herbalist point of view, expanding the contracted implies the use of Warm and Acrid herbal agents such as Ma-Huang (Ephedra), Gui Zhi (Cinnamon) etc.

A further note regarding continuums: It is not always the Constricting Pulse that precedes the development of the Shrinking Pulse. It is also possible that a Dispersing Pulse may develop following the occurrence of a Constricting Pulse. Constricting, designative of a contracted state and therefore stagnation in the vessel, may, over time, evolve towards a condition of Heat. This particular situation is similar to the Western medical description of cirrhosis or sclerosis.

However, the Dispersing Pulse may also occur during the process of tissue death while heat is still being produced during the inflammatory stage. The combining factors of dying tissue and resulting obstruction, as in a case resulting from a severe ischemic disorder (arterial obstruction) will also produce the Pulse within a Pulse. During these circumstances, the Constricting Pulse may occur within the vacuous feature of a Dispersing Pulse. As one may assume this pulse is significant of stagnation and the demise of vascular tissue at an advanced stage, this pulse is therefore indicative of Cold Excess, in combination with Deficiency Heat.

The pathological factors that can lead to such a condition, and the Pulses that may have transpired before this stage of disorder have come into existence, are dependent on a wide range of variables. Pathological sequences may only be estimated in regard to factors relevant to the patient in question. The patient history is of great significance in this stage of the diagnostic process. Factors such as constitution, diet, trauma related injury, etc. may each initiate a change of pathological direction. Their influence should be considered on a case by case basis.

It would be easier for a clinician to comprehend the pulse continuum if the sequence of pathological fluctuations transpired at a faster rate. However, at any particular point in time it appears we are dealing with fixed properties. If one is able to develop a sense of what may have come before, and what will occur next, under any given pathological circumstances, one's diagnostic skills will improve dramatically, as will one's ability to apply preventive medicine.

Sound pulse diagnosis should operate from the point of view that no two pulses are exactly alike. The variations in question however are not only points that lie along the line of a continuum, but are also overlapping combinations of pulse configurations. These over-lappings render the continuum multiple possibilities of direction.

The Expanding, Shrinking, Dispersing and Constricting Pulses are descriptive of a general range of shapes and jumps that may be observed during pulse inspection. In terms of exercising one's ability to recognize these features it may be helpful to begin by utilizing the following method. By combining aspects of Shape and Jump it is possible to devise four combinations. They are;

- 1) Thick and Strong.
- 2) Thick and Weak.
- 3) Thin and Strong.
- 4) Thin and Weak.

Recognition of these features is the first step towards identification of the first four Yin and Yang parameters. The two remaining pulses are Flowing and Stagnant. These last two pulses are actually sub-categories of the Expanding, Shrinking, Dispersing and Constricting Pulses.

FLOWING and STAGNATING

The Stagnant and Flowing Pulses classify the Jump of the pulse and describe the relative manner in which the Qi and Blood are coursing. In the case of a Dispersing pulse manifestation, it may be observed that the Jump of the pulse appears subdued and slow as if the pulsation is lacking thrust, as if the blood is having difficulty passing through the vessel. Under those circumstances it would also be considered a Stagnating Pulse. This same attribute may also be evidenced during palpation of Constricting and Shrinking Pulses, both of which are indicative of stagnation of Qi and Blood.

Flowing depicts circumstances in which the coursing of Qi and Blood in the vessels is extreme. Its palpable sensation is that of great volumes of fluid quickly gushing through the vessel and great elasticity of the vessel as it is pulsing. Its rise and fall is extensive and its Jump may be fast. Flowing often appears with pulses which exhibit greater volumes of Qi and Blood, such as the Expanding Pulse.

INTERIOR and EXTERIOR DISCERNMENTS:

Clinically speaking, there are many considerations that contribute to a disease Interior-ness or Exterior-ness. Discernments of Exterior contracted Wind pathologies should be monitored at the right Cun (Lung position). The Lung is the organ that is most easily effected by Exterior Atmospheric Influences and it is the Lung that rules the exterior of the body, as well as the body's Wei Qi (Protective Qi). Occasionally the right Guan position may be researched in regard to Exterior symptom complexes. This is due to its relation to the Yuan Qi (Original Qi), and is especially warranted when the patient is faced with chronic weak resistance type disorders. Interior and Exterior may be deduced according to the degree of chronicity of a disease, and/or degree of organic assault that has been received. In that regard, Interior and Exterior discernments should be perceived in Five Phase and Six Qi contexts. Based on this particular point (Exterior and Interior Discernments), this pulse diagnosis system departs from the Traditional/Modern notion that pulse depth is the most significant factor regarding Interior and Exterior discernments. The following is an Eight Parameters explanation of the Six Pathological Pulses with an emphasis on Interior and Exterior parameters.

Exterior Syndrome Features			
Exterior	Cold	Deficiency	Right Cun: Fine and weak. Pulse has no strength, is fine like a string, and is soft. (Shrinking)
		Excess	Right Cun: Upon pressing rotation, the center of the vessel feels fine, firm and strong, like a steel string. (Constricting)
	Hot	Deficiency	Right Cun: Soft, Strengthless, lacks the quality of fineness and disperses upon pressure. (Dispersing)
		Excess	Right Cun: Upon light touch, this pulse hits the finger with strength. Abundant and hard qualities. (Expanding)

Interior Syndrome Features			
Interior	Cold	Deficiency	This pulse is fine and weak, deep, soft and often stops in response to light pressure. It may appear in any position. (Shrinking)
		Excess	This pulse is fine and hard, but the diameter of the vessel is normal. Only upon rolling palpation of the middle position does the strong wire-like pulse appear. (Constriction or pulse within a pulse)
	Hot	Deficiency	In the center of the vessel or upon deep pressure, one feels the sensation of the vessel collapsing, called dispersion.
		Excess	Deep pressure reveals a big, abundant and strong pulse.

The following case illustrates the use of pulse inspection according to an Exterior syndrome pattern: Four children, three of who were brothers and sister of the same family, (observed in succession, on the same day), all suffered from Flu symptoms. Each experienced coughing, runny nose, headache, desire to sleep, and lack of appetite. Upon inspection of two of the children's Right Cun positions, a fine Constricting pulse appeared, thus indicating a condition of outside penetration of wind cold. However, palpation of the Right Cun positions of the other two children revealed strong floating pulses, indicative of Exteriorly Lodged Wind Heat. The first two children were prescribed Small Blue Dragon Decoction [Shao Ching Lung Tang], whereas the later two were prescribed Powder of Ledebouriellae for Dispersing the Superfices [Fang Feng Tung Sen San], in addition to, Powder of Lonicerae and Forsythiae [Yin Chiao San]. By the following day all four children's symptoms had begun to yield and by the third day there were no abnormal pulse features.

The Six Zi and Five Phases - Six Combined Meridians

The following 12 paragraphs have been translated from the original Chinese manuscript compiled by Dr. Zhang Wei Yen. They are useful in researching the internal relationships that exist between the Six Paired Meridians of The Five Phase's and the Six Combined Meridians of Tai Yang, Yang Ming etc. It should be noted that the Six Combined Meridians are not of Shan Han Lun significance as concerns their pathological associations. Their correspondence is that of the [Nei-Jing, Su-Wen]; Internal Classic Plain Questions.

The translation has been left in its original literal style, for the sake of providing the reader an accurate rendition.

I. HAND TAI YIN LUNG MERIDIAN: The lung is linked to metal...metal represents dryness...its nature is dryness...its pulse is floating...moreover, dryness is intimately tied to heat...its pulse is floating with strength...tai yin is damp and is linked to earth...its pulse is deep...therefore, the lung qi's normal pulse is strong in both superficial and deep positions.

II. HAND YANG MING LARGE INTESTINE MERIDIAN: The large intestine is linked to metal...metal represents dryness...its pulse is floating and strong...yang ming is dry...it is linked to metal...its nature is contracting...its pulse is short...therefore, if the right cun and guan positions manifest a short and strong pulse, it is indicative of a large intestine and stomach disorder.

III. FOOT YANG MING STOMACH MERIDIAN: The stomach is linked to earth...earth represents damp...its pulse is deep...yang ming represents dry...its nature is dryness...its pulse is floating...therefore, the stomach's normal pulse is strong at both superficial and deep positions.

IV. FOOT TAI YIN SPLEEN MERIDIAN: The spleen is linked to earth...earth's nature is damp...its pulse is deep...tai yin also belongs to dampness and earth.. its pulse is deep...if its pulse is too deep and lacks strength then there is spleen dampness excess...spleen yang is not transporting.

V. HAND SHAO YIN HEART MERIDIAN: Heart is linked to ministerial fire...its qi correspondence is summer heat...shao yin represents fire...its pulse is hooked with strength...the left cun pulse rises higher than the left chi.

VI. HAND TAI YANG SMALL INTESTINE MERIDIAN: The small intestine is linked to fire...tai yang is cold.. its pulse is big and long...if at the left cun appears a big and long pulse...then it is significant of a small intestine pathology...this is vacuity of the upright qi in conjunction with an excess pernicious influence...upright qi is cold, pernicious influence is hot.

VII. FOOT TAI YANG BLADDER MERIDIAN: The bladder is linked to water...water's nature is cold... cold and damp mutually cohabit...tai yang is cold...its pulse is big and long...if a big and long pulse appears at the right chi then it is a bladder disorder...this is vacuity of the upright qi, and an excess pernicious influence...upright qi is cold and the pernicious influence is hot.

VIII. FOOT SHAO YIN KIDNEY MERIDIAN: The kidney is linked to water...water's nature is cold...its pulse is also deep...but still responds with strength...shao yin is linked to fire...its pulse is hooked...therefore the kidney's nature is cold and hot...the left chi pulse is deep and strong.

IX. HAND JUE YIN PERICARDIUM MERIDIAN: The pericardium is linked to fire...jue yin is wind...wind and fire mutually agitate...its pulse is wiry, and extremely strong...its appearance at the left cun indicates pericardium fire flames up.[prosperous]

X. HAND SHAO YANG THREE WARMERS MERIDIAN: The three warmers link to fire...shao yang is ministerial fire...its pulse is big and floating...regardless of where it appears it is pernicious fire.

XI. FOOT SHAO YANG GALL BLADDER MERIDIAN: Gall bladder is linked to wood...its surplus creates fire.. fire's nature is to blaze up...shao yang is ministerial fire ..its pulse is big and floating...regardless of what position this pulse manifests, it is pernicious fire.

XII. FOOT JUE YIN LIVER MERIDIAN: Liver is linked to wood...its surplus creates fire... fire's nature is to blaze up...its pulse hits the fingers with strength...jue yin is wind...its pulse is wiry with strength...if wood is surplus then it creates fire...wind and fire mutually agitate...its pulse then will appear as wiry and big.

Correspondences between pulse positions and organ systems...

The Right Cun Corresponds To The Lung

It represents the pathological changes that occur in the entire respiratory system. It's healthy pulse is strong at both deep and floating positions. A floating, short pulse at this positions indicates a disorder of the Large Intestine.

The Right Guan Corresponds To The Spleen And Also The Digestive System

It's healthy contour is even. A slightly deep pulse represents pathogenic dampness of Tai-Yin spleen, whereas the short pulse corresponds to obstruction of Yang Ming stomach.

The Right Chi Corresponds To One's Post Natal (Xiantian) Kidney Qi

It represents reproductive and voiding functions. It's healthy pulse is often slightly deep and strong. It corresponds to the Three Warmers water balance and transport functions. If a big and long pulse appears here it is significant of the Tai-Yang bladder and its urine excretion system.

The Left Cun Corresponds To The Heart

It represents the blood circulation system. It's healthy pulse is slightly hook and slightly floating with strength. The Heart is mutually related to the Small Intestine. If a big and long Tai-Yang pulse appears here then it is significant of a small intestine disorder.

The Left Guan Corresponds To The Liver

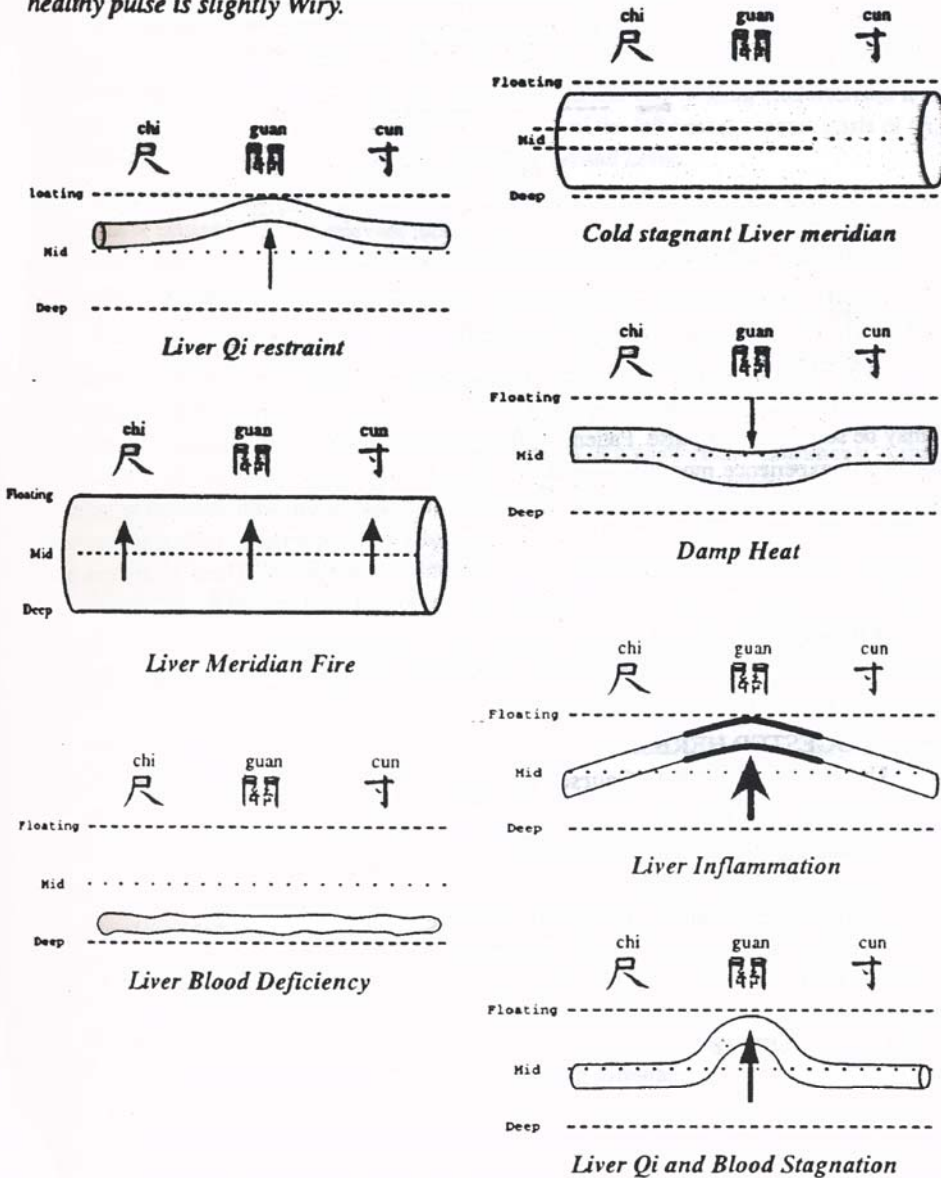
it represents digestion and metabolism. It's balanced pulse is slightly Wiry. The Liver is mutually linked to the gal bladder. If a wiry, big and floating pulse of strength manifests this is representative of small intestine fire of gall bladder fire.

The Left Chi Corresponds To The Post Natal (Houtain) Kidney Qi

It represents the reproductive system, as well as growth and development. It's balanced pulse is slightly deep and strong. If a big and long pulse appears then this is the Tai-Yang Bladder Pulse and it corresponds to the urine excretion system.

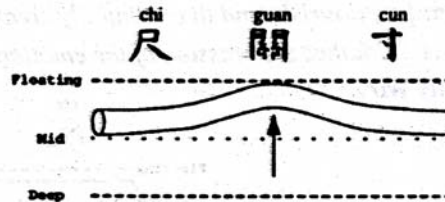
Liver, the Wood (Wiry) Pulse

When spring's wood is born it issues forth Qi. The Liver is in charge of kinetic energy and is emblematic of the bodies energy storage room. The Liver's nature is to prosper, flourish, and to continually create. It strives for order and evenness. It loathes suppression of the emotions. The Liver's healthy pulse is slightly Wiry.



THE FIRST LIVER DEVIATION:

Left Radial Pulses (Cun Guan Chi): Wiry but not wide of diameter (thin). They hit the fingers with strength at middle pulse level. The left Guan position is slightly floating. The vessel itself is strong and firm, not soft and pliable.



QI: Jue Yin (Wind).

ORGANS: Kidney (Water), Liver (Wood) and Heart (Fire).

JUMP and SHAPE: strong, floating, hard. (Deficiency Heat) Jue Yin [Wind] in Water [Kidney], Wood [Liver], and Fire [Heart].

CLINICAL SIGNIFICANCE: This pulse indicates the Liver's Qi is not circulating as it should. It's Qi is restrained (not coursing smoothly). Disorders of the nervous system may be seen with this pulse. Patient's with this pulse are often easily upset, hot tempered, and may experience mood swings. Liver related symptoms like painful distention of the sides, with chest and back or right upper abdominal distension, with aversion to touch or contact may occur. There may be a sensation of chest oppression, rashes, unregulated menses, and/or painful menses with small amounts of dark blood. These symptoms may result with emotional disorders disrupting the free flow of the Liver's Qi.

TREATMENT PRINCIPLE: Adjust, course and normalize Liver Qi stasis, then the patient's impression of pent-up emotions can be resolved and Qi and Blood can return to a state of equilibrium.

SUGGESTED HERBS:

Use Herbs That Act To Course The Liver

- Chai Hu, Radix Bupleuri
- Xiang Fu, Rhizoma Cyperi Rotundi
- Yu Jin, Tuber Curcuma
- Qing Pi, Pericarpium Citri Reticulatae Viride
- Chuan Lian Zi, Fructus Meliae Toosendan
- Yuan Hu, Rhizoma Corydalis Yanhusuo

Case Study:

This patient was a 27 year old single woman. Her complexion was dark and slightly red with dark red lips. She was normally introverted and usually seemed to be preoccupied with worry concerning her personal affairs. Her increasing state of depression had notably worsened due to her inability to sleep at night, thus exacerbating her depression during the day. Besides insomnia, she reported a feeling of tightness in her chest, stiff neck, stiffness of body movement, desire to sigh, poor appetite, abdominal distention, chest stuffiness, menstrual blood decrease, menses that occurred only once every two to three months but with slight continuous menstrual bleeding.

PULSE CONFIGURATION: Her right Guan was Deep and weak, while the left Guan was Wiry, thin, floating, and strong. The firmness and strength of the vessel indicates the added feature of heat, but due to its thinness and floating characteristic it is suggestive of Yin Deficiency Heat. The Wiry aspect of the left vessel suggest stasis of Qi, particularly in the regions related to the Kidney, Heart and Liver.

Note: The clinical pictures contained within this case studies section are for the sole purpose of presenting other relevant factors that may occur along with a Pulse Deviation. Therefore, follow ups concerning a patient's recovery time and pathological progressions have not been included.

QI: Jue Yin (Wind)

ORGANS: Liver (Wood), Spleen (Earth)

JUMP and SHAPE: The thinness and floating aspect of the Wiry pulse denotes its deficiency heat feature. Its strength is significant of its degree of Heat. **Comment:** A thin featured pulse, if floating with little underlying strength appears, a greater loss of Yin is indicated.

TONGUE: red with pale yellow coat.

BP: 89/60 – PR.96

TREATMENT PRINCIPLE: This is an example of depressed liver Qi that leads to flaming up of deficient fire. Suitable treatment should be to clear the liver and resolve the depression, in conjunction with fortifying the spleen and harmonizing the stomach.

RECOMMENDED FORMULAE: Bupleurum and Peony Decoction, Jia Wei Shao Yao San-variation

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points: P-6 ~ H-7 ~ GB-20 ~ GB-41 ~ Anmian #1 ~ Anmian #2 ~ Liv-2.

Secondary Points: LI-11 ~ GB-34 ~ Sp-9 ~ Sp-6 ~ Liv-8 ~ Liv- 14 ~ K-3 ~ K-10.

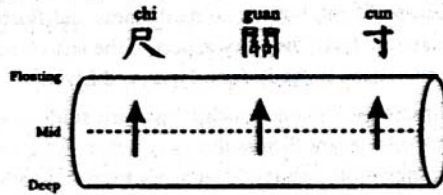
Needling Method: Needle with strong to moderate reducing stimulation. Needle three to five points each time and retain the needles for ten minutes. Treat once every three days.

Variations: If gynecological symptoms are predominant add acupuncture points K-3 ~ K-10 ~ K-7 and needle with moderate to mild tonifying stimulation.

Rationale: GB-41 is the Transporting Point of the Gall Bladder, Liv-2 is the Gushing Point of the Liver and Liv-8 is the Foot Jue-Yin Uniting Point, these points used in combination can clear the liver, drain the fire and supplement renal water. K-3 is the Kidney Source Point, K-10 is the Kidney Uniting Point, and also is the Water Point, used to tonify kidney water. These points are needed in order to clear the liver, purge the fire, tonify the kidney, nourish the liver yin and regulate liver fire. Then the unstable emotions can be regulated and the irregular menses can be returned to normal.

THE SECOND LIVER DEVIATION:

Expanding, Wiry, hard, upon palpation the vessel feels thick, abundant and strong.



Liver Meridian Fire

QI: Jue Yin (Wind) Shao Yang (Fire)

ORGANS: Liver (Wood)

JUMP and SHAPE: strong, thick, floating, and hard. (Heat Excess)

CLINICAL SIGNIFICANCE: This pulse indicates Liver Channel Excess Fire. Symptoms such as high blood pressure, bleeding in the upper regions of the stomach, acute conjunctivitis, vertigo, headache, tinnitus, deafness, hot temper, mood swings, redness of the eyes, costal pain, dry mouth, dark yellow urine, and constipation may be seen. (Rising Liver Yang Exuberance)

(IF THIS DEVIATION IS SEEN:) Wiry, Floating, Expanding, long, and hits the fingers with strength, accompanied by a severe headache, vertigo, darkness under the eyes, face hot and mouth dry, feeling of heaviness of head and lightness of feet. This is a Shao Yang Ministerial Fire Pulse. (see Six Qi Pulse Section.) Liver and Gallbladder Fires have combined as one, like a blazing prairie fire.

TREATMENT PRINCIPLE: This is a suitable situation for draining the fire and nourishing the yin (Emergency treatment). If excessive inappropriate therapy occurs, then this hot situation can ignite out of control. When fire and wind mingle, then fire can rise to the head and escape laterally into the meridians. As a result, symptoms such as delirium, unconsciousness, coma, convulsions, hemiplegia, numbness of the extremities, and spasms may be seen, these maladies often cause permanent damage, therefore, its prognosis is not good. Early diagnosis however, can tell you in advance of a disease's future pathological course. Early treatment will prevent further development of this pattern. (Treatment of disease before the onset of symptoms is the highest level of medical intervention.) If a doctor lacks comprehension of the pulses then the most opportune time to treat a disease may be lost.

SUGGESTED HERBS:

Use Herbs That Act To Clear Liver Heat

- Huang Qin, Radix Gentianae Scabrae
- Lung Dan Cao, Radix Scutellariae Baicalensis
- Xia Ku Cao, Prunella Vulgaris
- Zhi Zi, Fructus Gardenia Jasminoidis
- Chai Hu, Radix Bupleuri
- Yin Chen, Herba Artemisiae Capillaris

Use Herbs That Act To Calm The Liver

- Ju Hua, Flos Chrysanthemi
- Gou Teng, Uncariae Cum Uncis
- Shi Jue Ming, Conchae Haliotidis
- Lung Gu, Os Draconis
- Mu Li, Concha Ostreae

Use Herbs That Act To Extinguish Endogenous Wind

- Jiang Can, Bombyx Batryticatus
- Di Lung, Lumbricus
- Quan Xie, Buthus Martensi
- Wu Gong, Scolopendra Subspinipes
- Ling Yang Jiao, Cornu Antelopis
- Xi Niu Jiao, Cornu Rhinoceri
- Niu Huang, Calculus Bovis
- Xiong Dan, Fel Ursi

CASE STUDY:

A tall, strong, overweight, 55 year old male, reported several weeks of headache and dizziness prior to his first visit, in combination with numbness and aching of his right side. Ordinarily this patient's diet consisted of liberal amounts of alcoholic beverages and spicy food. Having had a quarrel while dining he developed symptoms of extreme heat in the head region, a splitting headache, redness of face and ears, and tinnitus. He also suffered from occasional facial spasms, dry mouth with bitter taste, constipation, and dark yellow urine.

PULSE CONFIGURATION: The right radial vessel appeared normal and soft, however the left vessel, in all three positions, was hard, thick and hit the fingers with strength. (Expanding)

QI: Shao Yang (Fire)

ORGANS: Liver/Gall Bladder (Wood) ~ Heart (Fire) ~ Kidney (Water).

JUMP and SHAPE: hard, thick, and strong. (Heat Excess)

Tongue proper: dark red. Moss: thick yellow and greasy.

BP:180/95

PR:105

TREATMENT PRINCIPLE: This case is indicative of liver channel excess fire in combination with endogenous liver wind stirring. Treatment should be to smooth and clear

the liver, drain the fire, thereby reducing blood pressure and subdue endogenous wind.

RECOMMENDED FORMULAE: Rhinoceros and Antelope Horn Counteract Toxin Decoction variation (Ling Xi Bai Du San).

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points: GB-20 ~ M-HN-9 ~ LI-11 ~ S-36 ~ Liv-3 ~ GB-41 ~ Liv-2 ~ GB-43 ~ GV-20 ~ 12 Jing pts. (finger and toe tips)

Secondary Points: Kid-3 ~ GB-34 ~ Sp-9 ~ B-18 ~ B-17 ~ K-1 ~ K-3 ~ K-5 ~ K-4.

Needling Method: Needle with strong to moderate stimulation. Needle at least ten points each time and needle every other day.

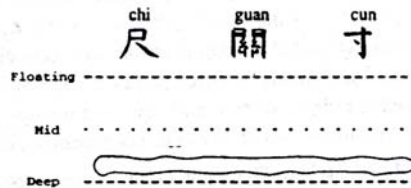
Variations: When symptoms of head and neck pain are accompanying then add acupuncture points TB-17 and GV-14 in combination with Cupping Therapy. During acute situations bleed the Jing Points.

Rationale: This method will calm exuberant liver yang, subdue endogenous wind and reduce blood pressure. GB- 20 is the Point of Intersection of the Yang Linking and Triple Burner channels on the Gall Bladder channel, it is used to clear wood fire. LI 11 and S-36 of Yang Ming, are used to discharge Yang evil. Yang Ming channels are said to be significant of more Blood and more Qi. Liv-3 ~ Liv-2 and GB-34 discharge fire caused by Yin insufficiency of the liver and kidney. Points on the Kidney meridian should be needled with mild to moderate tonifying stimulation in order to nourish kidney water and abate liver fire.

Cupping Therapy: Use points on the shoulder and back in the area of the Hand and Foot Tai Yang Meridian intersecting points; bleed and cup points GV-14 ~ B-54 and LI-11.

THE THIRD LIVER DEVIATION:

The pulse of the left wrist are slightly deep, Wiry, and Fine with no strength (Shrinking Pulse)



Liver Blood Deficiency

QI: Jue Yin (Wind)

ORGANS: Kidney (Water), Liver (Wood), Heart (Fire)

JUMP and SHAPE: weak, deep and fine. (Deficiency Cold)

CLINICAL SIGNIFICANCE: This pulse is representative of liver blood insufficiency. Symptoms such as anemia, unadjusted menses, dry eyes, poor eyesight, numbness of the extremities, vertigo, tinnitus, dry and withered fingernails, light colored menstrual blood and mood swings may be seen.

TREATMENT PRINCIPLE: Tonify liver blood and circulate liver qi.

SUGGESTED HERBS:

Use Supplement Liver Blood Herbs

- Dang Gui, Radix Angelicae Sinensis
- Shou Di, Radix Rehmanniae Glutinosae
- Bai Shao, Radix Paeoniae Lactiflorae
- He Shou Wu, Radix Polygoni Multiflori
- E Jiao, Gelatinum Asisni
- Ji Xue Teng, Radix et Caulis Jixueteng

CASE STUDY:

This patient was a 25 year old married woman. Her face and lips were pale white. She was ordinarily lacking in strength and presented symptoms such as cold hands and feet, poor appetite, poor digestion, dizziness, tinnitus, and irritability. Her menses occurred once every three to four months, blood was scant in amount and appeared pale in color. She was also unable to become impregnated after three years of marriage.

PULSE CONFIGURATION: Both right and left radial vessels displayed Deep, Wiry, thin and strengthless aspects.

TONGUE: Pale white with no moss. BP:78/50 PR:70

TREATMENT PRINCIPLE: Qi and blood are both in a state of deficiency. Course and nourish the blood, fortify the liver.

RECOMMENDED FORMULAE Precious Eight Decoction (Ba Zhen Tang)

ACUPUNCTURE TREATMENT METHOD Commonly Used Points: S-36 - CV-4 - Sp-6 - CV-12 - B-20 - CV-6.

Secondary Points: Sp-8 - Sp-7 - Sp-9 - M-CA-18 Zigong - GV-4 - Bao Hu (extra point).

Needling Method: Treat every three days with mild to moderate reinforcing needle stimulation and moxibustion.

Variations: Moxibustion applied to GV-4 - B-23 and Liv-5 strengthen the Liver and Kidney.

Rationale: CV-4 corresponds to the Conception and Penetrating Vessels but it is also a Meeting Point of the Leg Three Yin. Sp-6 adjust and tonifies insufficiencies of the Leg Three Yin Meridians. S-36 - CV-12 and B-20 are used to strengthen and supplement the qi of Middle Earth. Sp-8 - Sp-7 and Zigong regulate and tonify the body's Sea of Blood, enhancing the possibility of pregnancy.

ADDENDUM: Chronic deficiency of blood and yin may give rise to heat. Hence, a strong, fine, Wiry Pulse may appear at the left wrist, in the floating position, however, upon heavier pressure disappears. This style pulse will often appear along with complaints such as heat in the five hearts, dry mouth, parched throat, night sweats, and wei syndrome.

TREATMENT PRINCIPLE: Nourish the blood and yin, thereby softening the liver, Do not use bitter, cold, fire reducing herbs.

SUGGESTED HERBS:

Use Nourish Liver Yin Herbs

- Gou Ji Zi, Fructus Lycii Chinensis
- Shan Yu Rou, Fructus Corni
- Nu Zhen Zi, Fructus Ligustri Lucidi
- Xuan Shen, Radix Scrophulariae Ningpoensis
- Sheng Di, Radix Rehmanniae Glutinosae
- Shou Di, Radix Rehmanniae Glutinosae Conquatae

CASE STUDY:

This patient was a 31 year old woman. She was thin and her complexion was reddish in appearance. Her disposition presented as frenetic. She was inclined towards intent enthusiasm and thoroughness in her work. Prior to her examination she had been working overtime at her job. She lacked a sufficient amount of sleep and was physically depleted. In addition, other symptoms such as; mood swings, dry mouth with bitter taste, bad breath, vertigo, dizziness, a feeling of faintness, poor appetite, and leukorrhea were noted.

PULSE CONFIGURATION: Left Guan position distinctly thin, floating, and with strength.

QI: There are no obvious atmospheric Qi manifestations. So the vessel is read according to its positions and partial pulse aspects.

ORGANS: Liver and Gall Bladder (Wood)

JUMP and SHAPE: Strong, thin, and floating. The strength of this pulse is indicative of heat, the floating aspect of dryness and its thinness of deficiency.

TONGUE: red and dry with yellow moss.

B.P. 105/70, **P.R.** 105

TREATMENT PRINCIPLE: This is liver and gall bladder insufficiency, with deficient heat being internally generated. The liver is lacking proper nourishment. Treatment is to nourish the liver yin and blood, thereby softening the liver.

RECOMMENDED FORMULAE: Lycium Fruit, Chrysanthemum and Rehmannia Pill – Qi Ju Di Huang Tang.

THE FOURTH LIVER DEVIATION:

The left Guan and Chi vessel's are fine, and strong. This pulse is also referred to as Constricting or A Pulse Within a Pulse.



Cold and stagnant Liver meridian

QI:

ORGANS: Liver (Wood), Kidney (Water).

JUMP and SHAPE: Strong and fine. (Excess Cold)

CLINICAL SIGNIFICANCE: This Pulse represents cold stagnation in the Liver Meridian. Symptoms such testicular contraction, hernia, contracted muscles, lower abdominal pain, or swollen and hard testes. This pulse may be seen with craving of warmth, and fear of cold. (Indicates lower abdomen is in Excess Cold state).

TREATMENT PRINCIPLE: Warm the liver and dissipate cold, rid internally abundant yin cold pernicious influence.

SUGGESTED HERBS:

Use Herbs That Act To Warm The Liver And Dissipate The Cold

- Wu Zhu Yu, Fructus Evodiae
- Rou Gui, Cortex Cinnamomi Cassiae
- Xiao Hui Xiang, Fructus Foeniculi
- Gan Jiang, Rhizoma Zingiberis
- Li Zhi He, Semen Litchi
- Xian Ling Pi, Herba Epimedii
- Ju He, Pericarpium Reticulatae.

CASE STUDY:

This patient was a 55 year old overweight woman. Her face and lips were slightly dark, and lusterless. This patient reported having sudden spasmodic left lower abdominal pain that spread through the vaginal area, thus, prior to coming in for an examination she had visited every major hospital in the vicinity. However, each hospital reported no abnormal pathological findings.

PULSE CONFIGURATION: Her left Guan and Chi were deep, Wiry, long, and Constricted with strength, (a Pulse Within a Pulse appeared). The left Cun was normal.

TONGUE: slightly purple and dark.

B.P.: normal.

QI: Jue Yin (Wind)

ORGANS: Liver (Wood), Kidney (Water).

JUMP and SHAPE: strong, thin, deep (Excess Cold).

TREATMENT PRINCIPLE: This pulse represents assault of the liver meridian by extreme chill, hence, influencing a hyper-contracted condition of the lower warmer, thereby inducing painful stagnation of qi and blood. This pattern is traditionally referred to as "hanging yin syndrome." The appropriate treatment is to warm the liver and dissipate the cold, enliven the blood and promote menstruation.

FORMULAE RECOMMENDATION: Decoction For Warming The Liver ~ Nuan Gan Jian,

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points: CV-4 ~ CV-3 ~ Sp-6 ~ GB-34 ~ Liv-3 ~ LI-4 ~ GV-26.

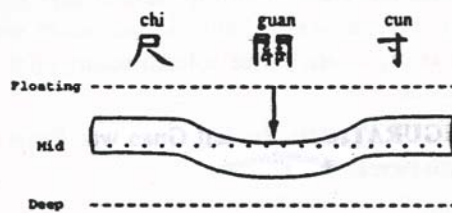
Secondary Points: Sp-12 ~ Sp-13 ~ LI-2 ~ Liv-14 ~ Sp-10 ~ K-10 ~ Liv-8 ~ LI-11.

Needling Method: Choose several of the commonly used points and needle with strong to mild reinforcing stimulus on alternating days in combination with indirect moxibustion. GB-34 ~ Liv-3 ~ LI-4 and GV-26 should be used with strong to moderate reducing stimulation in order to soothe and resolve spasms of the liver meridian. Indirect moxa on a slice of fresh ginger or with the use of a moxa stick should be applied to the Secondary Points.

Rationale: CV-4 and CV-3 are points of the Conception Vessel and Meeting points of the Leg Three Yin. Sp-12 and Sp-13 are meeting points of Leg Tai Yin and Jue Yin. The remaining Secondary Points are all selected points along the pathway of the meridian and may be tonified with moxabustion in order to disperse the cold, contracted, painful state of the Liver meridian. Liv-3 and LI-4 are the Four Junctures and in conjunction with GV-26 can relax the contractures of the muscles and tendons and stop the pain.

THE FIFTH LIVER DEVIATION:

The Left Guan position is Deep, and Dispersing, lacking strength.



Liver/Gall Bladder

QI: Tai Yin (Dampness)

ORGAN: Liver and Gall Bladder (Wood)

JUMP and SHAPE: weak, deep and soft. (Hepatocystic dampheat)

CLINICAL SIGNIFICANCE: Deep represents Dampness, Dispersing represents Asthenic Fever or Deficiency Heat. This is a Liver and Gall Bladder damp heat pattern. If the Pulse is Deep and strong, then it is indicative of dampness and excess heat occurring, belonging to the category of Acute. Symptoms such as jaundice, Liver and Gall Bladder inflammation, gall stones, costal pain, scanty reddish urine, nausea and vomiting, distention of abdomen upon eating, tiredness and lack of vitality may accompany this syndrome.

TREATMENT PRINCIPLE: Clear heat and penetrate dampness, move the gall bladder, and reduce the yellow (jaundice).

SUGGESTED HERBS:

Use herbs that act to clear heat and promote movement of the gall bladder

- Yin Chen, *Herbae Artemesiae Capillaris*
- Shan Zhi Zi, *Fructus Gardeniae Jasminoides*
- Da Huang, *Rhizoma Rhei*
- Chuan Lian Zi, *Fructus Meliae Toosendan*
- Yu Jin, *Curcumae Tuber*
- Huang Qin, *Radix Scutellariae*
- Huang Lian, *Rhizoma Coptidis*
- Ban Lan Gen, *Radix Isatidis seu Baphicanthus*
- Da Qing Ye, *Folium Daqingye*
- Qing Jiao, *Radix Gentianae Macrophyllae*.

Use Herbs that act to promote movement of Dampness

- Fu Ling, *Poria Cocos*
- Zhu Ling, *Polyporus Umbellatus*
- Ze Xie, *Rhizoma Alismatis*
- Che Qian Zi, *Semen Plantaginis*
- Mao Gen, *Rhizoma Imperatae*.
- Shui Ding Xiang, *Flos Caryophylli*

CASE STUDY:

This patient was a 45 year old overweight woman. Her complexion appeared normal. Prior to examination she had been feverish for several days with nausea and vomiting. The right side of her abdomen was painful and her mouth was dry and bitter. Other symptoms presented as dry stools, coffee colored scanty urine, and yellowness of the sclera portion of her eyes.

PULSE CONFIGURATION: Her left Guan was Deep and concave and upon deeper pressure strength increased.

QI: Tai Yin (Damp)

ORGANS: Liver (Wood)

JUMP and SHAPE: strong, deep and thick. (Damp Heat) Tongue: thick, yellow, greasy moss B.P. 135/109 P.R. 109

TREATMENT PRINCIPLE: This is Liver/Gall Bladder damp heat, blockage of the gall bladder. The appropriate treatment is to clear the heat and unrestrain the gall bladder.

FORMULAE RECOMMENDATION: CAPILLARIS DECOCTION and CHING FENG DI LIAN DECOCTION (Yin Chen Hao Tang) (Ching Feng Di Lian Tang) ~ variations

Comment: CHING FENG DI LIAN TANG was composed by Dr. Zhang Wei Yen and has proved itself to be clinically effective for the treatment of virtually any style inflammation regardless of its location or nature. Its composition is as follows:

- Da Qing Ye, Folium Daqingye
- Feng Wei Cao, Herba Pteridis Multifidae
- Di Ding, Herba Violae cum Radice (or)
- Pu Gong Ying, Herba Taraxaci Mongolici cum Radice
- Lian Qiao, Fructus Forsythiae Suspensae

ACUPUNCTURE TREATMENT METHOD Commonly Used Points: M-LE-23
Dannangxue ~ P-6 ~ Liv-3 ~ GB- 34 ~ GB-39 ~ GB-41 ~ B-19 ~ B-17 ~ B-18.

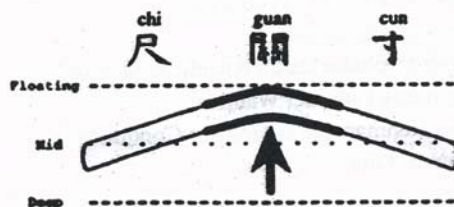
Secondary Points: S-36 ~ GB-24 ~ Liv-14 ~ Liv-13 ~ GB-40 ~ GV-9.

Needling Method: Use strong, stimulating, reducing method with continuous stimulus after insertion or apply Electro- acupuncture. It is contraindicated to use deep needling on the chest and thoracic areas.

Rationale: GB-34 is the Uniting point of Leg Shao Yang meridian. M-LE-23 is a point that has been empirically recognized to be useful in bile duct disorders. GB-24 is the Alarm Point of the Gall Bladder. These three points used in combination are helpful in coursing and freeing the gall bladder. GB-41 is the Transporting Point of the Gall Bladder Meridian and GB-40 is the Source Point of the Gall Bladder Meridian. This prescription in its entirety can stimulate movement of the gall bladder, discharge biliary stones and reduce the yellow. GV-9 is also an important point for the treatment of jaundice.

THE SIXTH LIVER DEVIATION:

The left Guan position is thick, Wiry, Floating and strong. It hits the fingers in the superficial position and is fast



Liver inflammation

QI: Shao Yang (Wind and Fire)

ORGANS: Liver (Wood)

JUMP and SHAPE: strong, thick, floating and fast. (Expanding) (Excess Heat)

CLINICAL SIGNIFICANCE: This style pulse is indicative of the Liver in a state of unrestricted exuberance. This condition occurs if the Liver is subjugated to inflammation, regardless of whether it is due to viral infections or chemical toxicity. Symptoms often present as lack of strength, fatigue, food and drink lacks taste, bitter and dry mouth, occasionally the patient will be symptomless and often the right radial pulse remains normal.

TREATMENT PRINCIPLE: Clear the liver and neutralize the toxins, support the righteous qi and rid the unrighteous. Complete reliance on cold and bitter herbs will accelerate the decomposition of the Liver.

SUGGESTED HERBS:

Use Herbs That Act To Clear The Liver And Neutralize Toxins

- Ban Lan Gen, Radix Isatidis seu Baphicanthi
- Da Qing Ye, Folium Daqingye
- Hu Zhang Gen, Hu Zhang Gen
- Pu Gong Ying, Herba Taraxaci cum Radice
- Bai Jiang Cao, Herba Baijiang Cao
- Feng Wei Cao, Herba Pteridid Multifidae
- Qi Ceng Ta, Qi Ceng Ta
- Huang Shui Jia, Huang Shui Jia
- Ban Zhi Lian, Herba Scutellariae Barbatae
- Bai Hua Shi Shi Cao, Herba Oldenlandiae Diffusae.
- Lung Kuei, Lung Kuei

Use Herbs That Act To Supplement And Nurture The Correct Qi.

- Dang Shen, Radix Codonopsis Pilosulae
- Huang Qi, Radix Astragali
- Gan Cao, Radix Uralensis Glycyrrhizae
- Bai Zhu, Rhizoma Atractylodis
- Dang Gui, Macrocephalae Radix Angelicae Sinensis
- Chuan Xiong, Radix Ligustici Wallichii
- Shou Di, Radix Rehmanniae Glutinosae Conquatae
- E Jiao, Gelatinum Asini.

CASE STUDY:

This patient was a 46 year old man. His facial complexion was dark yellow and lusterless, and skin of the body was slightly yellow. A few days before coming to my clinic for an examination he suddenly began feeling fatigued. He also complained of lack of appetite, nausea, abdominal distention, dry mouth with bitter taste. His stools were dry and urine dark yellow. Before coming to my clinic he had been diagnosed as having Viral Hepatitis and had already spent three weeks in the hospital without any improvement. A blood analysis revealed; SGOT: 120, - SGPT: 350.

PULSE CONFIGURATION: His left Guan was Wiry, floating, thick and strong.

QI: Shao Yang (Fire and Wind)

ORGANS: Liver (Wood)

JUMP and SHAPE: strong, thick, and floating. (Excess Heat)

TREATMENT PRINCIPLE: This is Damp Heat stasis binding the liver and Gall Bladder, however signs of Heat are more pronounced than signs of Dampness. The appropriate treatment is to clear the liver and drain the fire.

RECOMMENDED FORMUALE: Capillaris Decoction and White Tiger Dragon Phoenix Decoction ~ Yin Chen Gao Tang and Bai Hu Lung Feng Tang

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points: B-18 ~ B-19 ~ Sp-6 ~ Liv-8 ~ GB- 34 ~ N-LE-14.

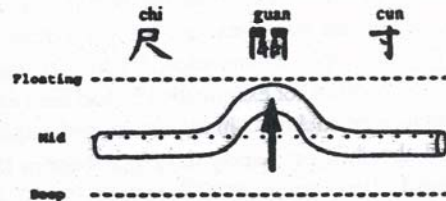
Secondary Points: Liv.1 ~ Liv-3 ~ Liv-2 ~ GB-41 ~ Liv-14 ~ Liv-13 ~ S-36 ~ B-20 ~ B-17.

Needling Method: Needle with moderate to strong reducing stimulation and retain the needles for twenty minutes. After stimulation of GB-34 and N-LE-14 there should be a warm sensation of Qi flushing up to the middle of the chest. Liv- 14, Liv-13 should both be needled with shallow insertions and strong reducing stimulation. N-LE-14 should also be warmed each day with moxabustion.

Rationale: B-18 ~ B-19 ~ Sp-6 and Sp-9 all are able to drain the heat of the gall bladder and liver. S-36 and B-20 are used to tonify the spleen, fortify the middle and transform dampness. B-17 moves blood and transforms congealed blood. N-LE-14 is a special point for treating Hepatitis. Liv-2 and Liv-3 are used to clear and drain liver heat.

THE SEVENTH LIVER DEVIATION:

If the shape of the left Guan is like that of a Bean or a Pea it is referred to as a **SHORT** Pulse. It hits the fingers with strength and is hard.



Liver Qi and Blood stagnation

QI: Yang Ming (Contracting)

ORGANS: Liver (Wood)

JUMP and SHAPE: strong and hard. (Excess Heat)

CLINICAL SIGNIFICANCE: The Short pulse is considered of Yang Ming significance, and belongs to Metal. If this pulse appears at the left Guan it is indicative of Metal overcoming Wood and hence Metal's contracting nature is in a state of hypertonicity. This pulse suggest the vitality of the Liver has reached it's furthest boundary, and indicates a condition of famine. Usually this pulse appears during the aftermath of a Liver illness. Diseases such as cirrhosis of the Liver may be seen with this Pulse. The prognosis is not good. Symptoms often seen accompanying this pulse are fatigue, distention of the abdomen, poor digestion, ascites, jaundice, feces and urine not flowing smoothly, dark red Liver spots along the edge of the hand, minute spider veins on the back and chest, fingernails lacking in color and pain and swelling in the area of Liver.

TREATMENT PRINCIPLE: Course the liver and normalize the qi, quicken the blood and transform the stagnation, clear the heat and resolve the toxins.

SUGGESTED HERBS:

Use Herbs That Act To Course The Liver And Enliven The Blood

- Chai Hu, Radix Bupleuri
- Yu Jin, Tuber Curcumae
- Yuan Hu, Rhizoma Corydalis Yanhusuo
- Hong Hua, Flos Carthami Tinctorii
- Tao Ren, Semen Persica
- Dan Shen, Rhizoma Sparganii
- San Qi, Radix Psuedoginseng
- Xiang Fu, Rhizoma Cyperi Rotundi
- Gui Wei, Tail of Dang Gui
- Chi Shao, Radix Paeoniae Rubra

Use Herbs That Clear Heat And Resolve Toxins. (See suggested herbs for The Liver's Sixth Pulse.)

CASE STUDY:

This patient was a 60 year old man. His complexion was dark yellow, lacking luster and his eyes were sunken and dark. This patient came to me in a state of pain with distention of the abdomen and the area below the costal ribs. He had no appetite. Ordinarily his alcohol consumption was in excess. He had a three year history of acute and chronic hepatitis. Generally, upon examination, his liver function was abnormal. A few days prior to coming to my office for examination he had been extremely fatigued. He also complained of a sensation of stickiness in his mouth, and a spider vein appeared on his neck. This patient had already spent twenty days in a Western Medical Hospital, but his condition only worsened. Blood report: SGOT: 150, SGPT: 80, CCF: +++, TTT: 12, White Albumin: 2.3, Protein: 4.5, r- GTP: 85, Fetal protein: 650. The hospital report diagnosed his condition as Liver Cirrhosis.

PULSE CONFIGURATION: His left Guan pulse was Short and hard with strength.

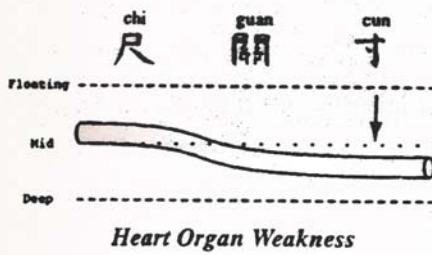
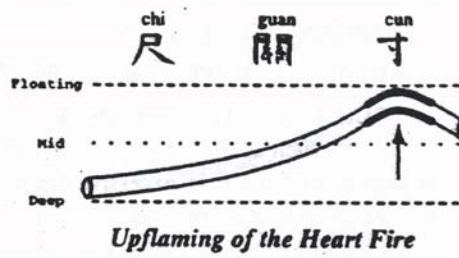
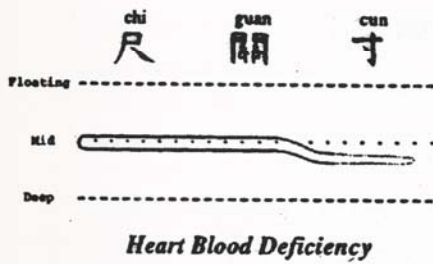
TREATMENT PRINCIPLE: This is stagnation and blockage of the liver qi and liver blood. Vitality is gradually diminishing. Suitable treatment is to course the liver and regulate the qi, transform the stasis and quicken the blood, in addition to tonifying and strengthening the normal qi.

RECOMMENDED FORMULAE: Decoction for removing blood stasis in the chest and Huang Jin powder for antiphlogosis ~ Xue Fu Zhu Tu Tang and Huang Jun Bai Du San variations.

* Acupuncture for this section is the same as for the Sixth Deviation.

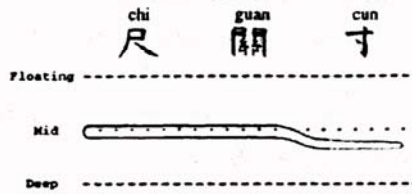
Heart, the Fire (Hook) Pulse

The Heart is the Monarch (Minister). It is emblematic of the fire of summer and of vigorous pathogenic fires. Its Qi is expanding, and abundant. The Heart rules Heat. The body and it's organs are wholly dependent upon its Qi. Its healthy pulse is slightly Hook.



THE FIRST HEART DEVIATION:

The left Cun is weak, deep, and fine. (Shrinking)



Heart Blood Deficiency

QI:

ORGAN: Heart (Fire)

JUMP and SHAPE: weak, and fine (Deficiency Cold).

CLINICAL SIGNIFICANCE: This pulse indicates a heart blood deficiency. Conditions such as neurasthenia and anemia may appear. Accompanying symptoms such as palpitations, insomnia, excessive dreaming and forgetfulness may be present. Emotions such as fear and doubt may also be seen.

TREATMENT PRINCIPLE: Nourish heart blood, supplement heart yin, and quiet the spirit.

SUGGESTED HERBS:

Use Herbs That Act To Nourish and Supplement The Heart Blood.

- Dang Gui, Radix Angelicae Sinensis
- Shou Di, Radix Rehmanniae Glutinosae Conquatae
- Bai Shao, Radix Paeoniae Lactiflorae
- Lung Yan Rou, Arillus Euphoriae Longanae
- E Jiao, Gelatinum Asini
- Nu Zhen Zi, Fructus Ligustri Lucidi.
- Ji Xue Teng, Radix et Caulis
- Zi He Che, Placenta Homidus

CASE STUDY:

This patient was a 35 year old woman. Both her face and lips were pale. Her menses typically occurred for a duration of 10 to 15 days each month. She also often experienced heart palpitations, fright, accelerated heart beat, irritability, restlessness, insomnia, decline of mental focus, weakness, tiredness and lazy speech. Her appetite had recently declined as her sense of taste had noticeably diminished.

TONGUE: white moss.

PULSE CONFIGURATION: Left Cun weak, deep, and fine. (Shrinking).

QI:

ORGAN: Heart (Fire)

SHAPE AND JUMP: Shrinking (Deficiency Cold)

TREATMENT PRINCIPLE: This is a blood and qi chronic depletion pattern, therefore blood is not nourishing the heart. The appropriate treatment is to nourish the blood and calm the spirit.

FORMULAE RECOMMENDATION: Nourish The Heart Decocotion ~ Yang Xin Tang - variation

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points: P-6 ~ HT-7 ~ S-36 ~ B-18 ~ B-21 ~ P-7.

Secondary Points GB-20 ~ GV-20 ~ CV-12 ~ GV-4 ~ CV-6 ~ CV-4 ~ B-17.

Needling Method: Needle with moderate to mild reinforcing stimulation and use alternating point selections with an emphasis on moxabustion.

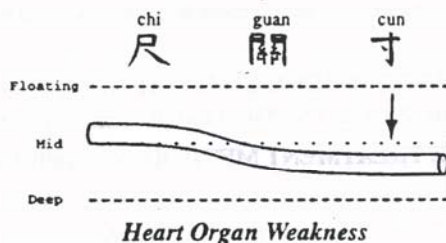
Variations: With unregulated menses, supplement with points Sp-7 ~ Sp-10 ~ Sp-6 ~ Liv-5 and GB-34.

Rationale: P-6 can open the yang linking channel and is useful in all Heart disorders. In combination H-7 and P-7 are able to quiet the spirit. Warm tonification of B-18 ~ B-21 ~ CV-6 ~ CV-4 and B-17 will tonify the Qi, nourish the blood and quiet the spirit.

THE SECOND HEART DEVIATION:

The left Cun's floating and deep positions are both without strength and upon heavy pressure disperse. The Chi position rises higher than the Cun. This is referred to as an **INVERSED HOOK** pulse. This pulse often occurs in conjunction with the Intermittent pulse, or the Uneven Pulse thus the Heart rate may fluctuate.

Note: The Intermittent Pulse is a traditional pulse that demonstrates an irregular pulse rhythm.



QI: Shao-Yin

ORGAN: Heart (Fire), Kidney (Water)

JUMP and SHAPE: Left Cun: weak, and soft and deep (Deficiency Cold)

CLINICAL SIGNIFICANCE: This pulse indicates heart weakness. The heart's regulation is not in order. Often its qi is weak. Symptoms such as palpitations, shortness of breath, spontaneous sweats, and a feeling of pressure in the chest may appear with this pulse. In addition, physical movement may aggravate these symptoms.

TREATMENT PRINCIPLE: Strongly supplement heart qi, thereby preventing Ministerial Fire from dissipating.

SUGGESTED HERBS:

Use Herbs That Act To Supplement The Heart Qi

- Huang Qi, Radix Astragali
- Dang Shen, Radix Codonopsis Pilosulae
- Zhi Gan Cao, Honeyed Radix Glycyrrhizae Uralensis
- Fu Zi, Radix Aconite Carmichaeli Praeparata
- Huang Jing, Rhizoma Polygonati
- Yu Zhu, Rhizoma Polygonati Officinalis.

CASE STUDY:

The patient was a man of 35. He appeared thin and weak. His lips and facial complexion were pale. His voice was weak, and he was dull spirited. He easily contracted flus and colds. In addition, he stated that he felt his heart rate had recently accelerated, or occasionally as if his heart had stopped. Symptoms such as panting, and dizziness were also reported.

PULSE CONFIGURATION: His left radial vessel displayed an Inversed Hook Pulse.

QI:

ORGANS: Heart (Fire), Kidney (Water)

SHAPE AND JUMP: Shrinking (Cold Deficiency)

TREATMENT PRINCIPLE: This case represents an extreme insufficiency of heart qi. The appropriate treatment is to supplement and tonify qi and blood, nourish the heart and quiet the spirit.

FORMULAE RECOMMENDATION: Honeyed Licorice Decoction and Supplement Heart Elixir (Zhi Gan Cao Tang) and (Bu Xin Dan) -variations

ACUPUNCTURE TREATMENT METHOD Commonly Used Points: P-6 ~ P-5 ~ HT-8 ~ P-4.

Secondary Points: S-36 ~ CV-12 ~ HT-7 ~ CV-6 ~ CV-4 ~ P-7.

Needling Method: It is not suitable in this case to use too strong a stimulation method. Apply Even Reinforcement and Even Reduction needling. When blood and qi are weak and deficient it is appropriate to use greater amounts of moxabustion.

Rational: H-8 is a Gushing Point and it calms Shao Yin, in combination with P-6 and P-5 it can strengthen the heart, settle the spirit and can stabilize a rapid heart beat. CV-12 and S-36 warm, supplement and strengthen the middle Qi. CV-4 and CV-6 are used to supplement the genuine source Qi in addition to strengthening and nourishing the life fire.

THE THIRD HEART DEVIATION:

The center of the left Cun position is Wiry, fine, firm, and appears with strength. This is a Constricted Pulse or a Pulse within A Pulse.



QI:

ORGAN: Heart (Fire)

JUMP and SHAPE: strong, fine, and hard (Constricting, Excess Cold)

CLINICAL SIGNIFICANCE: This indicates an insufficiency of yang in the upper burning space. The heart blood is congealed and the vessels are blocked, often there is gripping pain in the Heart region indicating Heart muscle obstruction. Clinically, this acute Heart pain may spread to the shoulders and back and along the Hand Shao Yin Meridian into the left upper arm, spreading towards the Chi position. In serious conditions the lips and fingernails become purple (cyanotic), and the hands and feet are ice cold. The fine, tight pulse represents a big cold pathogenic influence. Thus the heart fire is damaged by cold, this is a famine pulse. (Life and Death Lie Between Dusk and Dawn.) In this situation, even the doctor may be unaware of its severity due to the patient's (often) lack of conspicuous manifesting symptoms. If there are pre-existing conditions with factors such as a sudden temperature change (too cold), too much smoking, overeating, and/or excessive drinking, then symptoms can strike fiercely and suddenly. Consequently, emergency treatment may not be enough or in time. The left Cun position can forewarn of these circumstances, hence this condition may be acted upon in time.

TREATMENT PRINCIPLE: This pulse may indicate a critical condition, therefore early treatment should include pungent, dissipating methods compounded with blood enlivening, and stasis transforming methods.

SUGGESTED HERBS:

Use Herbs That Act To Perfuse (Spread) Qi And Free the Yang

- Xie Bai, Bulbus Allii Macrostemii
- Gui Zhi, Ramulus Cinnamomi Cassiae
- Fu Zi, Radix Aconiti Carmichaeli Praeparata
- Gan Jiang, Rhizoma Zingiberis Officinalis
- Chang Pu, Rhizoma Acori Graminei.

Use Blood Enlivening And Stasis Transforming Herbs

- Chuan Xiong, Radix Ligustici Wallichii
- Hong Hua, Flos Carthami Tinctorii
- Tao Ren, Semen Persicae
- Yu Jin, Tuber Curcumae
- Yuan Hu, Rhizoma Corydalis Yanhusuo
- Dan Shen, Radix Salviae Miltiorrhizae
- Gui Wei, Tail of Dang Gui
- Chi Shao, Radix Paeoniae Rubra
- Pu Huang, Pollen Typhae
- Wu Ling Zhi, Excrementum Troglodyteris seu Pteromi
- Shui Zhi, Hirudo seu Whitmaniae.

CASE STUDY:

The patient was man of 60. He was over weight, tall, strong and of reddish complexion. In recent years he had experienced a feeling that he likened to the pressure of a large stone in his chest area, thereby giving rise to asthmatic symptoms. He could not breathe well while lying down and thus was required to sit in an upright position in order to catch his breath. During periods of fatigue the pressure in his chest became more pronounced and was accompanied with a sensation of stabbing pain.

PULSE CONFIGURATION: With light rolling palpation the pulse of the left Cun was perceived as fine, and firm.

TREATMENT PRINCIPLE: This is cold water assailing the heart fire, resulting in stasis and blockage of the heart vessels. The appropriate treatment is to diffuse cold, free the channel blockage, quicken the blood and boost the qi.

FORMULAE RECOMMENDATION: Powder For Regulating Liver and Spleen and Decoction For Removing Blood Stasis In The Chest ~ (Si Ni Tang) and (Xue Fu Zhu Yu Tang) ~ variations.

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points P-6 ~ P-5 ~ P-4 ~ H-8.

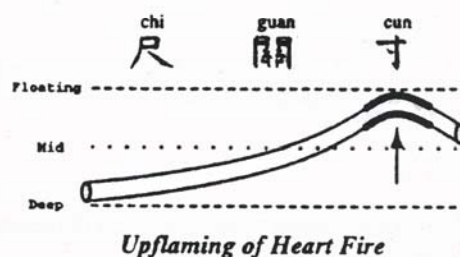
Secondary Points: CV-12 ~ S-36 ~ CV-4 ~ B-17 ~ CV-22 ~ LI-4

Needling Method: Needle with moderate to mild reinforcing stimulation. It is also suitable to apply moxa wool to the shaft of the needle head or use a moxa stick to warm the area.

Rationale: H-8 is the Gushing Point of the Hand Shao-Yin Channel (Heart) and is useful in the treatment of patient's with heart disorders. P-6 ~ P-5 and P-4 are all points on the Pericardium Meridian that function to strengthen the heart. Cv-12 and S-36 are major reinforcers of the original yang when used with the application of indirect moxa. Cv-4 and Cv- 6 are both used to cultivate and supplement the genuine yuan qi and nourish kidney fire. Cv-22 facilitates and normalizes the movement of the lung qi. Ht-8 and B-17 also strengthens the heart in addition to quickening the blood, transforming the blood stasis, and coursing the blood vessels.

THE FOURTH HEART DEVIATION:

The left Cun position is extremely vigorous. With both light and heavy pressure strength can be discerned. The Cun position is much stronger than the Chi (Hook).



QI: Shao Yin (Fire)

ORGAN: Heart (Fire)

JUMP and SHAPE: strong, and fast (Expanding - Excess Heat)

CLINICAL SIGNIFICANCE: This Hook Pulse is exemplary of heart fire flaming up. The body of the tongue may have ulcers, or may be red tipped, and it's sides ulcered or abscessed. Symptoms such as restlessness, insomnia, and thirst with a desire to drink may also be seen.

TREATMENT PRINCIPLE: Within the category of the Six Qi Pulses, the Hook Pulse belongs to Shao Yin. Shao Yin corresponds to the Heart and the Kidney meridian. Therefore, this pulse also corresponds to Kidney Fire and it's pathological state of Excess. Hence, methods to clear the Heart and drain Kidney fire herbs are often utilized to treat this condition. With these principles in mind this condition may be alleviated in a short time.

SUGGESTED HERBS:

Use Herbs That Act To Clear The Heart And Drain Kidney Fire

- Zhi Zi, Fructus Gardeniae Jasminoidis
- Huang Lian, Rhizoma Coptidis
- Huang Qin, Radix Scutellariae Baicalensis
- Huang Bo, Cortex Phellodendri
- Lian Chiao, Fructus Forsythiae Suspensae
- Zhi Mu, Radix Anemarrhenae Asphodeloidis
- Zhu Ye, Herba Lophatheir Gracilis
- Mu Tong, Caulis Mutong
- Yuan Shen, Radix Scrophulariae Ningpoensis
- Ze Xie, Rhizoma Alismatis
- Sheng Di, Radix Scrophulariae Ningpoensis
- Dan Pi, Cortex Moutan Radicis.

CASE STUDY:

This patient was a 32 year old man. He was thinly structured, but did not appear weak. His face was red, and lips dark. He presented with symptoms such as ulcers in the mouth cavity, and sides of the tongue. He complained of pain, thirst and dryness of the mouth. His urine was dark yellow and scanty in amount.

PULSE CONFIGURATION: Left Cun, Hook Pulse, extremely strong and slightly fast. Tongue: Red and dry with bright yellow moss.

Qi: Shao Yin (Fire)

ORGAN: Heart (Fire)

JUMP and SHAPE: strong, thick, floating, and fast (Expanding, Excess Heat)

TREATMENT PRINCIPLE: This is heart fire flaming upward, unified with kidney fire. Treatment should be to clear the heart, reduce the fire, promote downbearing of heart fire, cool the heart and drain the kidney fire.

FORMULAE RECOMMENDATION: Forsythia and Rhubarb Decoction and Zhi Buo Di Huang Decoction - (Liang Ge San) and - (Zhi Buo Di Huang Wan)

ACUPUNCTURE TREATMENT METHOD Commonly Used Points: LI-4 ~ P-7 ~ P-6 ~ P-8 ~ P-4 ~ LI-11 ~ TB-17 ~ S-6..

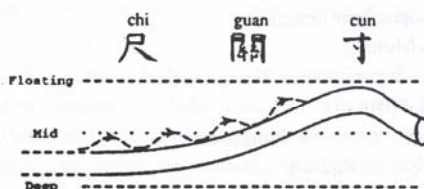
Secondary Points: Liv-3 ~ K-5 ~ K-7 ~ L-11 ~ LI-1 ~ B-54.

Needling Method: Needle with moderate to strong reducing stimulation. Use a fast pricking needle and bleed points B-54 ~ LI-1 and L-11.

RATIONALE: LI-4 is used for wind heat in the upper burner and is a Source Point of the Yang Ming. TW-17 and S-6 are able to clear heat congestion within their approximate vicinities. P-8 ~ P-7 and P-6 Purge Fire of the Hand Shao Yin. P-4 is the Gushing Point of the Liver Meridian. K-5 is an Accumulating Point of Foot Shao Yin. This prescription in its entirety acts to clear heart fire, nourish water and promote downbearing of fire.

THE FIFTH HEART DEVIATION:

The left Cun position pulse hits the fingers excitedly (floating) and its jump is fast. However upon deeper pressure at mid-level the pulse is Flowing and strong.



Phlegm Fire disturbs the heart

Qi: Shao Yin (Fire)

ORGAN: Heart (Fire)

JUMP and SHAPE: strong, floating, thick, and flowing. (Phlegm Fire)

CLINICAL SIGNIFICANCE: Flowing represents Phlegm Fire. This is Phlegm Fire Harassing the Heart. It is associated with disorders such as muteness, epilepsy, and schizophrenia, in addition to mental illness and symptoms such as absent mindedness, inappropriate laughing and crying, constant fidgeting, hazy mindedness, vomiting of phlegm and saliva, and fainting with loss of consciousness. Phlegm fire is intense and abundant, masking the heart's portals, thus exacerbating internal harassment of heart spirit.

TREATMENT PRINCIPLE: Settle the Heart, Cleanse the Phlegm, Drain Fire and Open the Portals.

SUGGESTED HERBS:

Use Herbs That Act To Clear Hot Phlegm

- Bei Mu, Bulbus Fritillariae
- Tian Zhu Huang, Silicea Bambusae Concretio
- Dan Xing, Pulvis Arisaemae cum Felle Bovis
- Zhu Li, Succus Bambusae
- Niu Huang, Calculus Bovis
- Xiong Dan, Fel Ursi
- Zhen Zhu, Magarita
- Xi Jiao, Cornu Rhinoceri
- Ling Yang Jiao, Cornu Antelopis
- Ma Bo, Fructificatio Lasiosphaerae
- Hou Zao, Calculus Macacae Mulattae

Use Aromatic Substances That Open The Portals

- Yu Jin, Tuber Curcumae
- Chang Pu, Rhizoma Acori Graminei
- She Xiang, Secretio Moschus Moschiferi
- Su He Xiang, Styrax Liquidis
- Bing Pian, Borneol
- Bo He Nao, Herba Menthae
- Tan Xiang, Lignum Santali Albi.

CASE STUDY:

The patient was a 27 year old woman. Her facial complexion was normal, however she suffered with epilepsy since she was a young girl. Although her symptoms were under control due to her intake of western pharmaceuticals she experienced occasional seizures which usually lasted for only a few seconds. However, occasionally her seizures were serious and she required emergency medical care. Sedative injections were normally required to subdue her seizures.

PULSE CONFIGURATION: Her left pulses were Flowing and Strong.

TONGUE: Red with yellow greasy moss.

TREATMENT PRINCIPLE: This is obstruction of the heart's portals. Phlegm fire is harassing the Heart. Treatments should include methods to clear heat, transform phlegm, quiet the heart and open the heart portals.

FORMULAE RECOMMENDATION: Big Blood Clearing Decoction • (Da Ching Xue Tang) ~variation.

ACUPUNCTURE TREATMENT METHOD: Commonly Used Points GV-14 ~ GB-20 ~ P-5 ~ TW-6 ~ P-8 ~ S-40 ~ LI-11 ~ LI-4 ~ CV-24 ~ GV-20.

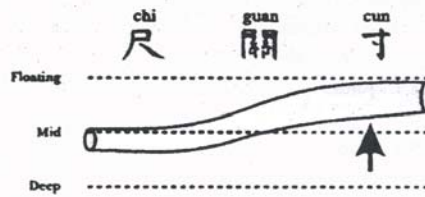
Secondary Points: N-HN-54 ~ M-HN-3 ~ GV-26 ~ M-HN-9 ~ S-6 ~ TW-5 ~ Liv-3 ~ GB-41 ~ CV-23.

Needling Method: Use an alternating selection of points at each treatment and use moderate to strong reducing needle stimulation. Ten sessions constitutes one course of treatment. GV-20 should be warmed with moxa every other day.

Rationale: GV-14 is where the Yang of the entire body meets. GB-20 is the Point of Intersection of the Yang Linking and Triple Warmer meridians on the Gall Bladder meridian, stimulation of these two points can help to drain upper warmer fire depression. GV-26 ~ M-HN-3 ~ M-HN-9 ~ S-6 and TW-5 all are useful in dissipating wind and draining fire within their approximate vicinities. GB-41 can dissipate wind and resolve the tetany (relax spasms). During acute episodes use GV-26 and P-6 with strong needling stimulation, often these points needled in combination have an immediate effect.

THE SIXTH HEART DEVIATION:

The left Cun is floating. Wiry, long and strong. Big and strong pulses belong to the category of Tai Yang when they appear in the left Cun or right Chi positions, designative of a weakened state of the Small Intestine. Pathological excesses may then inhabit and give rise to inflammation.



Small Intestine Fire

QI: Tai Yang (Cold)

ORGANS: Small Intestine (Fire)

JUMP and SHAPE: The Shape and Jump aspects of this pulse do not vary significantly.

CLINICAL SIGNIFICANCE: This Pulse represents excess fire of the small intestine. Symptoms such as wringing pain of the lower abdomen, feeling of fullness, borborygmus, (releasing gas eases discomfort), diarrhea and/or constipation, or occasional tenesmus may be noted.

TREATMENT PRINCIPLE: Suppress the Fire, Normalize the Qi and Stop the Pain.

SUGGESTED HERBS:

Use Herbs That Act To Normalize The Qi

- Mu Xiang, Radix Saussureae seu Vladimiriae
- Chen Pi, Pericarpium Citri Reticulatae
- Zhi Shi, Fructus Citri seu Ponciri
- Yuan Pu, Yuan Pu
- Wu Yao, Radix Linderæ Strychnifoliae
- Chuan Lian Zi, Fructus Meliae Toosendan
- Yuan Hu, Rhizoma Corydalis Yanhusuo.

Use Herbs That Act To Suppress Fire

- Huang Qin, Radix Scutellariae Baicalensis
- Huang Lian, Rhizoma Coptidis
- Da Huang, Rhizoma Rhei.

CASE STUDY:

A 23 year old woman with a medical history of chronic diarrhea reported two days of severe abdominal pain, and unbearable tenesmus. After defecation, her pain decreased, however shortly afterwards, the pain returned along with the desire to defecate. She also reported scanty urine, and a dry mouth with bitter taste.

PULSE CONFIGURATION The left Cun position pulse was big and long. The right Cun was normal. Tai Yang in the left Cun is indicative of a Small Intestine disorder. Tongue: bitter taste, with thick greasy moss.

TREATMENT PRINCIPLE: This is dirty heat gathered in the small intestine. The pure and the turbid are not being separated. The treatment method should be to clear the heat, rid the dampness, free the accumulation, and break the stagnation.

FORMULAE RECOMMENDATION: Peony Decocotion ~ (Shao Yao Tang) ~ variation.

ACUPUNCTURE TREATMENT

Commonly Used Points: S-37 ~ S-39 ~ S-36 ~ S-25 ~ CV-12 ~ CV-4.

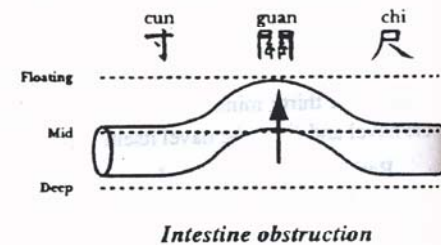
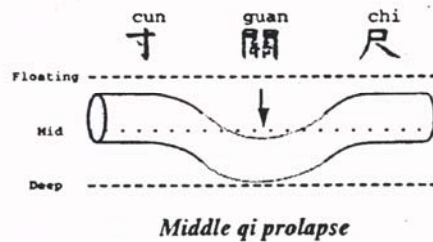
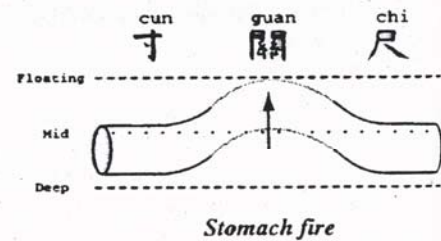
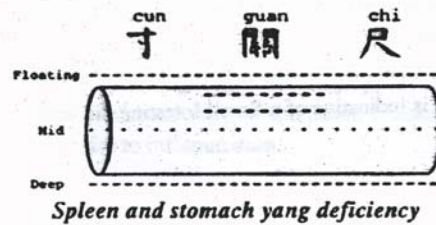
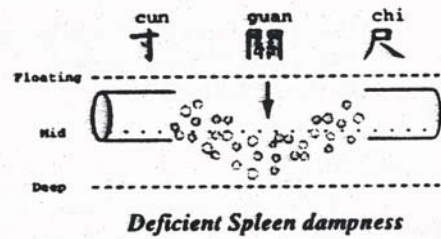
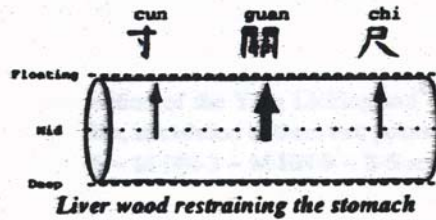
Secondary Points: CV-10 ~ P-6 ~ B-27 ~ LI-4 ~ LI-10.

Needling Method: Needle with moderate to strong reducing stimulation and retain the needles for thirty minutes. In addition Cupping therapy can be applied to points lateral to the navel and upon the navel itself.

Rationale: ST-37 is the Lower Uniting Point of the Large Intestine. S-39 is the Lower Uniting Point of the Small Intestine. S-25 is the Alarm Point of the Large Intestine. These points used in combination course the large and small intestine, ridding the accumulations and draining the heat, it also treats tenesmus. B-27 and LI-10 can also help rid dirty accumulations. S-36 ~ CV-12 and S-25 secure the stomach qi.

Spleen, the Earth (Even) Pulse

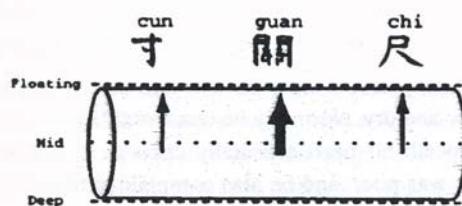
The Spleen is the Middle Palace. The Spleen embodies the Qi of the four seasons and therefore is balanced and steady.



The Spleen governs the digestive, and transportative functions, nourishment of the Jing Qi (essence qi of the kidney related to sexual activity and reproduction) and is a source of nutrition for growth and development. The Spleen benefits the Blood and muscles, and is a source of the body's Hou-tian Qi (Post Natal Qi, received via intake of food and air). The Spleen embodies the Qi of the Four Seasons, and therefore is balanced and steady. The shape of its pulse is slightly Flowing, soft and gentle. Its Jump is even and steady, not too much and not too little. From the pulses of the right wrist, the Wei Qi (protective Qi) can be perceived, while the left pulses are significant of the Blood Qi. The Spleen's healthy pulse is Even.

THE FIRST SPLEEN DEVIATION

The right Guan upon heavy pressure is Wiry and strong. This is the pulse of Wood. The three positions are Wiry, thick and abundant.



Liver wood restraining the stomach

QI: Jue Yin (Wind)

ORGAN: Spleen (Earth)

JUMP and SHAPE: strong, thick, and hard. The strength and thickness of this pulse is indicative of Excess Heat.

CLINICAL SIGNIFICANCE: This is, "Liver Wood Invading the Stomach", this syndrome appears with conditions such as intestinal ulcers and chronic stomach/intestinal inflammation. Common symptom manifestations are lack of appetite, stomach acidity, nausea and vomiting, abdominal pain upon empty stomach and decrease of pain after eating. This conditions results due to the loss of the Stomach's transforming functions.

TREATMENT PRINCIPLE: Harmonize the liver and normalize the spleen, clear the heat and drain the fire. Warm and supplementing herbs are contraindicated.

SUGGESTED HERBS:

Use Herbs That Act To Course The Liver Qi

- Chai Hu, Radix Bupleuri
- Xiang Fu, Rhizoma Cyperi Rotundi
- Yu Jin, Tuber Curcumae
- Qing Pi, Pericarpium Citri Reticulata Viride
- Chuan Lian Zi, Fructus Meliae Toosendan
- Yuan Hu, Rhizoma Corydalis Yanhusuo.

Use Herbs That Act To Fortify The Spleen And Harmonize Stomach

- Dang Shen, Radix Codonopsis Pilusolae
- Bai Zhu, Rhizoma Atractylodis Macrocephalae
- Fu Ling, Sclerotium Poriae Cocos
- Xing Ren, Semen Pruni Armeniacae
- Chao Yi Ren, Ren Semen Coicis Lachryma-jobi
- Mu Xiang, Radix Saussureae seu Vladiriaea.

Use Herbs That Act To Restrict Digestive Acid

- Wu Zei Gu, Os Sepiae seu Sepiellae
- Bei Mu, Bulbus Fritillariae
- Lung Gu, Os Dragonis
- Mu Li, Concha Ostreae.

CASE STUDY:

This patient was a 35 year old man. He was thin but did not appear weak. His facial complexion was yellow and dry. Normally he was irritable and bad tempered. He reported a sensation of pain beneath his heart especially upon an empty stomach but after eating felt better. His appetite was poor, and he also complained of a sour taste in his mouth, in addition he occasionally vomited a sour liquid. Other symptoms were fatigue, lack of strength, poor complexion, weight loss, feces hard dry, and a bitter and dry mouth.

PULSE CONFIGURATION: His right Guan was thick, Wiry and strong. His left Cun, Guan and Chi were normal. Tongue: dry with yellow dry moss.

TREATMENT PRINCIPLE: This is liver wood invading the stomach, disharmony of the spleen and stomach. The treatment method should be to course the liver, resolve the depressed qi, clear the heat and drain the fire.

RECOMMENDED FORMULAE: Free Wanderer Powder and Powder Of Fritillarie and Sepiellae ~ Xiao Yao San and Wu Bei San variations

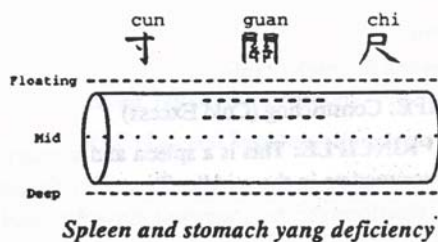
ACUPUNCTURE TREATMENT: Commonly Used Points: CV-13 ~ CV-12 ~ S-21 ~ S-25 ~ Sp-4 ~ S-36. Secondary Points: GB-34 ~ Liv-3 ~ LI-4 ~ Liv-2 ~ B-17.

Needling Method: Needle with moderate to strong reducing stimulation and retain the needles for thirty minutes. It is contraindicated to use moxabustion.

Rationale: CV-13 ~ CV-12 ~ S-21 and S-25 are points used to affect the Qi in their approximate vicinity. In addition they can also resolve spasms of the stomach, decrease secretion of stomach acid and stop stomach pain. Liv-3 and LI-4 are used to dissipate obstruction of the stomach and liver. GB-34 and Liv-2 are used to course the liver and resolve spasms. B-17 is used to move blood stagnations, dissipate stasis and stop pain.

THE SECOND SPLEEN DEVIATION

The right Guan's center is fine and slightly firm. This pulse is also called Constricting or a Pulse Within a Pulse



QI:

ORGAN: Spleen and Stomach (Earth)

JUMP and SHAPE: strong, thin and hard. (Constricting, Repletion Cold)

CLINICAL SIGNIFICANCE: This is deficiency of spleen/stomach yang pattern. Clinically, it may manifest with signs of Cold such as; abdominal pain that responds positively to warmth and touch, thin watery saliva, stomach qi inversion (rising up instead of sinking down), with such symptoms as; vomiting, poor appetite, and abdominal distention after eating. This condition may lead to chronic diarrhea, and fatigue. It is due to pathogen cold congealing in the middle burner causing weakness of spleen yang, thus, nourishment derived from grain and water cannot be transported.

TREATMENT PRINCIPLE: Warm and supplement the spleen and stomach.

SUGGESTED HERBS:

Use Herbs That Warm and Move The Spleen Yang

- Gan Jiang, Rhizoma Zingiberis Officinalis
- Fu Zi, Radix Aconiti Carmichaeli Praeparata
- Yi Zhi, Fructus Alpiniae Oxyphyllae
- Dou Kou, Semen Alpiniae Katsumadi
- Sha Ren, Fructus seu Semen Amomi
- Gao Liang Jiang, Rhizoma Alpiniae Officinarum
- Mu Xiang, Radix Saussureae seu Vladimiriae
- Huang Qi, Radix Astragali
- Ren Shen, Radix Ginseng.

CASE STUDY:

A woman of 37 with a whitish, lusterless facial complexion, and lips grayish in color complained of poor digestion that resulted in abdominal distention and a feeling of fullness after eating. Three days prior to her visit she had experienced twisting abdominal pain that was brought on by her prior consumption of ice cold beverages. Warm abdominal compresses relieved her pain. Occasionally, she experienced nausea with no appetite and lack of taste. Her lower abdomen was often distended. She complained of watery diarrhea, cold hands and feet, and a feeling of weakness.

PULSE CONFIGURATION: Her right Guan was deep and upon pressure a Pulse Within A Pulse appeared.

TONGUE: pale with thick, white moss.

QI: Tai Yin (Damp)

ORGAN: Spleen and Stomach (Earth)

JUMP and SHAPE: Constricting (Cold Excess)

TREATMENT PRINCIPLE: This is a spleen and stomach cold deficiency pattern, water and dampness accumulate in the middle. Treatment should be to warm the middle and fortify the spleen, transform the dampness and move the water.

RECOMMENDED FORMULAE: *Calm The Middle Powder* and *Five Poria Powder (An Zhong San)* and *(Wu Ling San)* -variations.

ACUPUNCTURE TREATMENT: Commonly Used Points: Sp-6 ~ P-6 ~ S-36 ~ CV-12 ~ CV-10 ~ CV-11 ~ S-25.

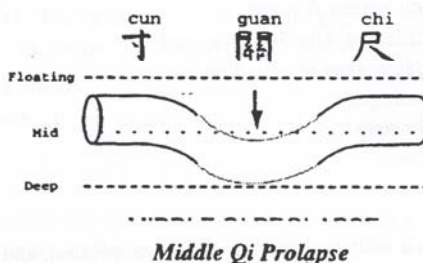
Secondary Points: CV-14 ~ B-21 ~ B-20 ~ B-17 ~ LI-4 ~ CV-6 ~ CV-4.

Needling Method: Needle with moderate to mild reinforcing stimulation and apply indirect moxabustion on ginger slices or use moxa stick.

Rationale: Sp-4 and P-6 used in combination function to treat abdominal disorders. Applying moxa to the local abdominal points is effective in warming the intestine and stomach qi thereby deleting the pain. B-17 is able to dissipate blood stasis. B-20 and B1-21 are used to warm and supplement the middle earth qi. Applying Moxa to CV-6 and CV-4 are used to supplement fire and promote earth, thereby strengthening the spleen and stomach's ability to transform and transport.

THE THIRD SPLEEN DEVIATION

The right Guan is deep, weak and concave. The Guan position is the deepest of the three, and when the vessel is palpated its jump does not press up against the fingers.



QI: Tai Yin (Damp)

ORGAN: Spleen and Stomach (Earth)

JUMP and SHAPE: weak, deep and stagnating (Shrinking). The weakness of this pulse is indicative of Cold Deficiency while the stagnating jump is significant of Qi that is not coursing sufficiently.

CLINICAL SIGNIFICANCE: This pulse indicates falling center qi (prolapsing). The stomach and intestinal functions are not in order. Chronic intestinal inflammation, rectal prolapse, difficulty in controlling the flow of urine, stomach prolapse, and uterine prolapse may appear. Symptoms such as shortness of breath, lazy speech, uneven breath, and swollen, painful lower abdomen may be seen. If this condition is serious, chronic diarrhea, and/or kidney and uterine prolapse may occur. Extreme deficiency of spleen qi results in the clear yang qi not rising, but contrarily sinking downward.

TREATMENT PRINCIPLE: Lift and Supplement the center qi.

SUGGESTED HERBS:

Use Herbs That Act To Fortify The Spleen And Nourish The Qi

- Huang Qi, Radix Astragali
- Ren Shen, Radix Ginseng
- Dang Shen, Radix Salviae Miltiorrhizae
- Bai Zhu, Radix Atractylodis Macrocephalae
- Mu Xiang, Radix Saussureae seu Vladimiriae.

Use Herbs That Act To Raise The Center Qi

- Chai Hu, Radix Bupleuri
- Sheng Ma, Rhizoma Cimicifugae
- Jie Geng, Radix Platycodi Grandiflori.

CASE STUDY:

A thin and weak 23 year old woman came for treatment. Her face and lips were white. She usually felt tired, and disliked physical activity. When she arrived for her initial examination she was tired and had little strength. Her hands and feet were cold and pale in appearance. For three months prior to our meeting she had diarrhea every day. Her appetite had recently decreased and she experienced abdominal distention after eating with nausea and vomiting. Her menstrual blood was pale in color and profuse in amount. Other symptoms were spontaneous sweats, fear of wind and cold, chest oppression and panting.

PULSE CONFIGURATION: Her right Cun position was Deep and without strength. The right Guan was deeper and upon heavy pressure was extremely weak and did not rise up against the fingers.

TONGUE: Her tongue proper was white and thin with thin moss.

QI: Tai Yin (Damp)

ORGAN: Spleen (Earth)

JUMP and SHAPE: weak, deep, and stagnating. (Shrinking, Cold Deficiency)

TREATMENT PRINCIPLE: The center qi is falling. A major deficiency of original qi is manifesting. Treatment should be to lift and supplement the middle qi.

RECOMMENDED FORMULAES: [Qi Supplementing Qi Boosting Decoction].
(Bu Zhong Yi Qi Tang) - variation

ACUPUNCTURE TREATMENT Commonly Used Points: CV-12 ~ CV-10 ~ CV-11 ~ S-36 ~ GV-4 ~ B-23.

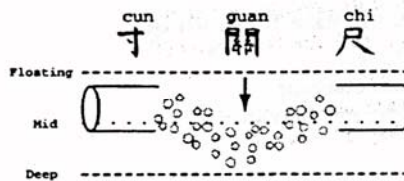
Secondary Points: CV-6 ~ GV-4 ~ B-21 ~ B-20 ~ S-20 ~ S-21.

Needling Methods: Apply moderate to strong reduction stimulation, however if the patient is weak then it is suitable to needle with moderate to weak tonifying stimulation and combine that with indirect moxa.

Rationale: CV-12 ~ CV-10 and CV-11 should first be needled then afterwards moxaed, in doing so, most important is to invigorate the middle qi, fortify the spleen and harmonize the stomach. Warming supplementation of CV-6 ~ CV-4 ~ GV-4 and B-23 also supplements fire, promotes earth, cultivates the original and fortifies the middle.

THE FOURTH SPLEEN DEVIATION

The right Guan is deep, soft and Dispersing.



Deficient spleen dampness

QI: Tai Yin (Damp)

ORGAN: Spleen

JUMP and SHAPE: deep, thick, soft and stagnating (Dispersing - Deficiency Heat)

CLINICAL SIGNIFICANCE: This is spleen deficiency with damp impendance. With this syndrome, chronic stomach and intestinal inflammation, with accompanying symptoms of diarrhea and edema may appear. Often, a sensation of heavy headedness or a feeling of the head being wrapped is reported. The mouth may be sticky with thick moss. A poor appetite, abdominal distention, nausea, vomiting, and diarrhea may occur. In women, clear and dilute leukorrhea that is plentiful in amount may appear. This syndrome is usually due to a spleen deficiency, thus the spleen is not transporting fluids efficiently and dampness is causing a blockage in the middle burner.

TREATMENT PRINCIPLE: First, move the dampness and dry the spleen, as a result, the middle palace will be able to transport water.

HERBS:**Use Herbs That Act To Strengthen The Spleen And Supplement The Qi**

- Dang Shen, Radix Codonopsis Pilosulae
- Tu Chao Bai Zhu, Earth Fried Rhizoma Atracty. Mac.
- Fu Ling, Sclerotium Poriae Cocos
- Shan Yao, Radix Dioscoreae Oppositae
- Yi Ren, Semen Coicis Lachryma-jobi.

Use Herbs That Act To Dry Dampness

- Cang Zhu, Rhizoma Atractylodis
- Hou Po, Cortex Magnoliae Officinalis
- Cao Guo, Fructus Amomi Tsao-ko
- Ban Xia, Rhizoma Pinelliae Ternatae.

Use Herbs That Act To Transform Dampness

- Huo Xiang, Herba Agastaches seu Pogostemi
- Pei Lan, Herba Eupatorii Fortunei
- Sha Ren, Fructus seu Semen Amomi
- Dou Kou, Semen Alpiniae Katsumadai.

Use Herbs That Act To Drain The Dampness

- Fu Ling, Sclerotium Poriae Cocos
- Zhu Ling, Sclerotium Polypori Umbellati
- Ze Xie, Rhizoma Alismatis Plantago-aquiticae.
- Che Qian Zi, Semen Plantaginis

CASE STUDY:

This patient was an overweight 45 year old man. His face, hands and feet appeared slightly swollen. His complexion was whitish yellow. Without restriction he ate greasy and cold natured food, however prior to his first examination he felt as though he was losing his appetite. The inside of his mouth had a thick sticky sensation and after eating he would suffer from abdominal distention. Other symptoms were a feeling of oppression in the chest and abdominal pain, occasional watery diarrhea, nausea and an unpleasant sensation of heaviness of the four limbs. He complained of a swollen, painful sensation of his head. He was fatigued and weak.

PULSE CONFIGURATION: His pulses were deep, however his right Guan was the deepest. The right Guan was concave, soft, Dispersed and without strength.

TONGUE: swollen with folds on the side and white thick greasy moss.

TREATMENT PRINCIPLE: This is turbid dampness internally accumulating. The yang qi of the Spleen is not moving. Rid dampness and strengthen the spleen.

RECOMMENDED FORMULAE: [Cyperus Regulate The Stomach Decoction]
Xiang Sha Ping Wei San - variation

ACUPUNCTURE TREATMENT Commonly Used Points: CV-12 ~ CV-11 ~ Sp-4 ~ P-6 ~ S-36 ~ B-20 ~ B-21 ~ Sp-9,

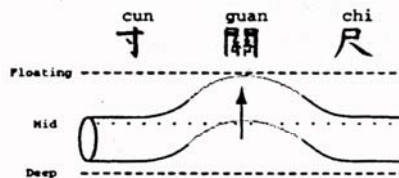
Secondary Points: CV-14 ~ S-40 ~ CV-8 ~ S-25 ~ S-44 ~ S-43 ~ Sp-2.

Needling Method: Apply moderate to mild reinforcing stimulation and apply moxa to CV-8 ~ CV-14 ~ B-20 and B-21.

Rationale: P-6 is the Meeting Point of the Yin Linking Channel on the Pericardium channel. Combined with Sp-4 these Strategic points of the Yin Linking and Penetrating channels are significant in treating diseases of the Heart and Stomach. In combination with S-36 these points are able to treat loss of adjustment of the stomach and intestinal function. CV-14 and S-40 transform phlegm and rid dampness. Sp-9 strengthens the stomach and moves water and should be treated with both Acupuncture and Moxabustion so as to dry up the dampness. Sp-2 is the Gushing Point of the Spleen Meridian and S-44 is the Gushing Point of the Stomach used in combination these points are used to rid Damp Heat. CV-11 in combination with S-43 is able to circulate the stagnation and move the spleen (stimulate the transportation and transformation functions of the spleen).

THE FIFTH SPLEEN DEVIATION

The right Guan position pulse strongly presses up against the fingers Its shape is Short (like a bean). Both floating and deep positions are strong.



Stomach fire

QI: Yang Ming (Contracting)

ORGAN: Stomach (Earth)

JUMP and SHAPE: strong, thick, and convex. The strength of this pulse is indicative of the degree of Repletion Heat manifesting.

CLINICAL SIGNIFICANCE: This is intense stomach fire. Symptoms generally accompanying this syndrome are; tooth decay, acute stomach inflammation, food poisoning with intestinal inflammation and diarrhea, excessive thirst with desire to drink, foul breath, rotting of lips and teeth, bleeding and painful gums, constipation, diarrhea with abdominal pain, stabbing pains in abdomen and a burning sensation in the stomach region. People with this syndrome may like to eat hot spicy foods. Hence, heat changes to fire, fire rises, burns and dries the fluids.

TREATMENT PRINCIPLE: Suppress fire and break the obstruction.

SUGGESTED HERBS:

Use Herbs That Act To Clear The Heat And Drain The Fire

- Sheng Shi Gao , Raw Gypsum
- Zhi Mu, Radix Anemarrhenae Asphodeloidis
- Zhi Zi, Fructus Gardeniae Jasminoidis
- Huang Lian, Rhizoma Coptidis
- Zhu Ye, Herba Lophatheri Gracilis.

CASE STUDY:

This patient was a man of 35. He appeared healthy. His facial complexion and lips were both reddish. However, he habitually consumed strong alcoholic spirits and hot spicy food or fatty, greasy, strong tasting foods. He complained of bleeding of the gums, tongue ulcers, bad breath and recent lack of appetite due to excessive worry. In addition, he reported such symptoms as abdominal distention, constipation, retention of urine, dry bitter mouth, and red painful eyes.

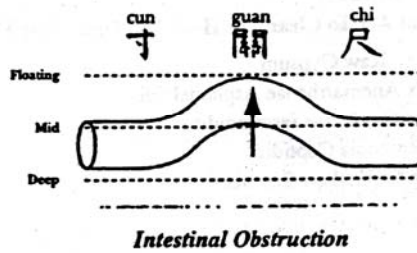
PULSE CONFIGURATION: His right Guan was protruding and hit the fingers with strength (Short).

TONGUE: His tongue proper was red with thick yellow moss.

TREATMENT PRINCIPLE: This is stomach heat damaging the yin, fire excess is intense. Treatment should be to clear the heat and nourish the stomach.

RECOMMENDED FORMULAE: [Sweet Dew Decoction] (Gan Lu Yin) -variation

THE SIXTH SPLEEN DEVIATION



QI: Yang Ming (Contracting)

ORGAN: Stomach (Earth)

JUMP and SHAPE: Hard and convex. Jump loses strength at mid-level. The hardness of this Short pulse indicates obstruction while its weak jump indicates the lack of pernicious heat.

CLINICAL SIGNIFICANCE: Digestate stagnating in the center may cause this pulse to appear. This condition is seen with digestive disorders such as, poor appetite, abdominal distention, sensation of stomach fullness, regurgitation of sour and rotten digest, lack of thirst, constipation, and foul odored feces. These symptoms indicate food accumulation and obstruction. The middle burner qi function is obstructed, and the accumulation is turning to heat.

TREATMENT PRINCIPLE: promote dispersion of digestive accumulation, in due course the spleen/stomach qi can be returned to normal. The Short Pulse will then return to a balanced, Earth (Even) Pulse when these treatment principles are applied.

SUGGESTED HERBS:

Use Herbs That Act To Fortify The Stomach And Disperse Digestate Accumulation

Meat Accumulation Digestives

- Shan Zha, Fructus Crataegi.

Flour Accumulation Digestives

- Chao Mai Ya, Fried Fructus Hordei Vulgaris Germ.
- Chao Shen Qu, Fried Massa Fermentata

Use Herbs That Act To Digest Food Accumulations and Increase the Appetite

- Chao Ji Nei Jin, Fried Endithelium Comeum Gigeriae

Use Herbs That Circulate The QI and Increase The Appetite

- Sha Ren, Fructus seu Semen Amomi
- Mu Xiang, Radix Saussureae seu Vladimiriae

CASE STUDY:

Upon initial examination of this 27 year old man, his facial complexion appeared dark yellow, and his lips were of a darker shade than normal. His usual appetite for food and drink was quite excessive. Upon initial examination he suffered with digestive disorders, with symptoms such as abdominal pain, lack of appetite, abdominal and chest oppression and pain which reacted to pressure. He also complained of regurgitation of sour tasting gastric juice and a sensation of a bitter and dry mouth. His stools were sticky, dry and unformed.

PULSE CONFIGURATION: His right Guan was Short and protruding (convex). Although it was hard and strong the rise and fall of the pulse was not significantly big.

TREATMENT PRINCIPLE: Due to digestate accumulation stagnating in the center, there is hindrance and obstruction of the middle burner's transforming function. Treatment should be to digest the accumulated matter, lead out the stagnation, harmonize the stomach and clear the heat.

RECOMMENDED FORMULAE: [Pill Of Aucklandiae and Areca] ~ (Mu Xiang Bing Lan Wan) - variation

ACUPUNCTURE TREATMENT Commonly Used Points: S-36 ~ P-6 ~ Sp-4 ~ S-40 ~ S-44 ~ S-43 ~ LI-2.

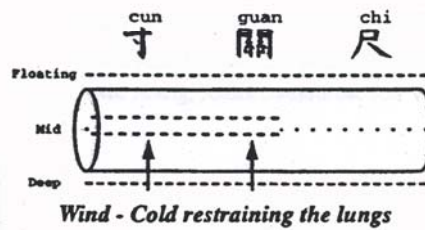
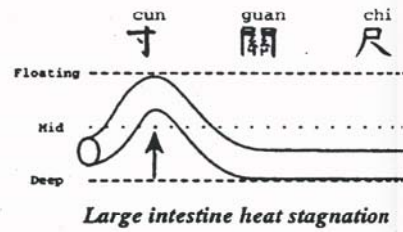
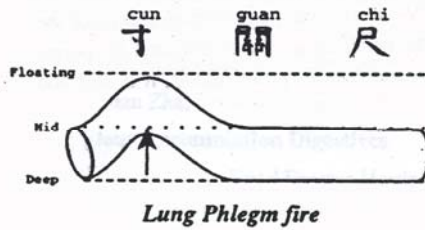
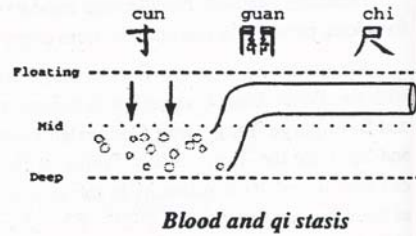
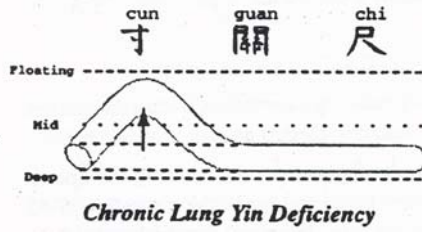
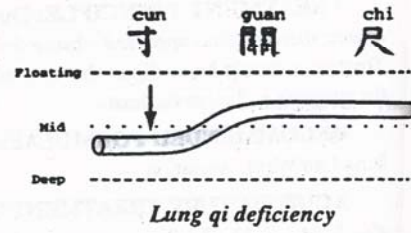
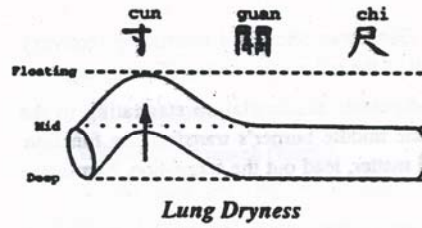
Secondary Points: CV-11 ~ S-25 ~ CV-12 ~ S-40 ~ CV-13 ~ S-41 ~ Sp-5

Needling Method: Needle with mild to strong reducing stimulation. Retain the needles for a long period and manipulate them every few minutes. Electro-acup. is also suitable.

Rationale: Sp-4 is the Connecting Point on the Spleen Meridian joining the Spleen with the Penetrating Channel, it functions to move blood and break the stagnation. S-43 and S-44 purge Yang Ming Congealed Heat and can free abdominal accumulations. S-41 and Sp-5 are the Transversing Points of the Spleen and Stomach meridians, as such they can free stored accumulations in the stomach and intestines. LI- 2 has the same functions as the previous two points. S-25 ~ CV-12 and CV-13 are local points which influence the qi and blood of their approximate vicinities. Deep needling is contra-indicated for points of the abdomen. When the Fire of summer retreats, autumn's pulse relents, it is soft and gentle.

Lung - the Metal (Buoyant) Pulse

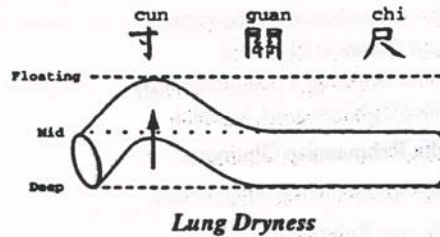
The Lung is the Heart's rectifier and its assistant. Its corresponding season is autumn, its element is Metal, and its tendency is contraction.



The Lung corresponds to Hand Tai-Yin. Its nature is Dry. The Lung's healthy pulse is Buoyant.

THE FIRST LUNG DEVIATION

The right Cun upon light pressure appears excessively buoyant, (floating) with strength, however upon heavier touch reveals less strength. This pulse may appear when fluids are lacking.



QI: Yang Ming (Contraction/Dryness)

ORGANS: Lung (Metal)

JUMP and SHAPE: strong, floating, and convex (Short). Note: A strong Short pulse when floating at the superficial level indicates deficiency heat in combination with stagnation.

CLINICAL SIGNIFICANCE: This pulse is of Yang Ming significance and is referred to as a Short pulse. Yang Ming represents Dryness, therefore this pulse indicates Dryness of the Lung. Symptoms that are associated with the initial stage of a Flu or a Cold are often seen with this pulse. They include; sore throat, dry cough, no phlegm, or little phlegm that's hard to cough up, and dry sinuses. If the cough is serious then chest pain may also occur. Cold shivering may occur in conjunction with fear of cold and an elevated body temperature. This is wind fire, dryness, assaulting meta.l. The jin/ye fluids have been scorched.

TREATMENT PRINCIPLE: Clear the Lungs and Moisten the Dryness. Definitely do not solely rely on Bitter (Cold) Dry Herbs!

SUGGESTED HERBS:

Use Herbs That Act To Clear The Lungs And Moisten Dryness

At onset use:

- Mi Sang Ye, Honeyed Folium Mori Albae
- Mi Pi Pa Ye, Honeyed Folium Eriobotryae Japonicae
- Xing Ren, Semen Pruni Armeniacae
- Tao Ren, Semen Persicae.

In Case Of Chronic Cough With Dry Lungs

- Zhi Mu, Radix Aemarrhenae Asphodeloidis
- Sha Shen, Radix Glehniae Littoralis
- Tian Dong, Tuber Asparagi Cochinchinensis
- Mai Dong, Tuber Ophiopogonis Japonici
- Sheng Di, Radix Rehmanniae Glutinosae
- Yuan Hu, Radix Scrophulariae Ningpoensis
- Shou Di, Glutinosae Rehmanniae.

CASE STUDY:

This patient was a thin 25 year old male. He appeared weak, with a pale white complexion and complained of a dry cough and itchy throat that had persisted for at least 10 days. His symptoms were generally aggravated by such things as smoke, air conditioning or any other strange smells in the environment thus eliciting continuous coughing and extreme pain of the chest.

PULSE CONFIGURATION: His right Cun was floating and hit the fingers with strength.

QI: Yang Ming (Contraction/Dryness)

ORGANS: Lung (Metal)

JUMP and SHAPE: strong and floating (Excess Heat)

TONGUE: Red and dry with thin yellow moss.

TREATMENT PRINCIPLE: This is dry fire assaulting metal. Fluids are lacking. An exterior infectious flu condition is producing cough. Treatment should include; clearing the lungs and reducing fire in combination with promoting the production of fluids.

FORMULAE RECOMMENDATION: Decoction For Clearing Dryness and Treating Lung Disorders ~ Ching Zao Jiu Fei Tang (variation.)

ACUPUNCTURE TREATMENT: Commonly Used Points: LI-4 ~ L-7 ~ L-10 ~ L-5 ~ L-6 ~ LI-11.

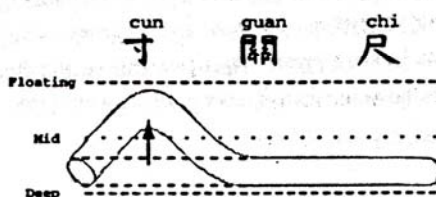
Secondary Points: K-5 ~ K-2 ~ K-7.

Needling Method: Stimulate with Moderate to strong reduction needling and retain the needles for thirty minutes. Each consecutive day point selections should be alternated. Secondary points should be stimulated with mild to weak reinforcement needling, however moxa should not be used.

Rationale: L-7 regulates the tai yin meridian. It courses the stagnation and induces and leads the qi. L-6 regulates the tai-yin and is its Accumulating Point. L-10 is the Gushing Point of the Lung. LI-11 unites with the Lung. In combination these points can nourish the kidney water and control the lung fire, create fluids, nourish the yin and treat dry coughing. LI-4 and LI-11 purge the fire of the yang-ming and also aid lung yin.

THE SECOND LUNG DEVIATION

The right Cun upon light touch is fine, buoyant and strong but upon heavy pressure disappears. This pulse represents deficiency of lung yin.



Chronic Lung Yin Deficiency

QI:

ORGANS: Lung (Metal)

JUMP and SHAPE: strong, thin and floating. The extreme thinness of this Yang Ming Pulse is significant of a greater degree of severity. The fluid dryness has further internalized.

CLINICAL SIGNIFICANCE: This is a serious insufficiency of Lung Yin. Disorders such as tuberculosis, chronic bronchial inflammation, dry cough with no phlegm, or phlegm sparse and sticky, blood circulation blockage or stagnation, moist heat spontaneous sweats, afternoon flushing, throat dry and hoarse, heat in the five hearts may be present. These symptoms may all result from debility of and insufficiency of lung yin due to yin fire internally blazing.

TREATMENT PRINCIPLE: Strongly tonify lung yin, clear the heat, and cool the blood. It is contraindicated to use bitter, cold, fire reducing herbs as they will most certainly injure the upright qi.

SUGGESTED HERBS:

Use Herbs That Act To Nourish The Lung Yin

- Yu Zhu, Rhizoma Polygonati Odorati
- Sheng Di, Radix Rehmanniae Glutinosae
- Bai He, Bulbus Lilii
- Mai Dong, Tuber Ophiopogonis Japonici
- Tian Dong, Tuber Asparagi Cochinchinensis
- Sha Shen, Radix Glehniae Littoralis
- Wu Wei Zi, Fructus Schisandrae Chinensis.

Use Herbs That Act to Clear Heat Due To Insufficient Yin

- Qing Hao, Herba Artemisiae Apiaceae
- Bie Jia, Carapa amydae Sinensis
- Di Gu Pi, Cortex Lycii Chinensis Radicis
- Dan Pi, Cortex Moutan Radicis.

CASE STUDY:

A thin and weak appearing 22 year old woman complained of a recent high fever and cough. Her fever had subsided previous to my examination, but her coughing continued. Other symptoms were sparse amount of phlegm accompanying her cough, chest pain, dry throat, weak panting, lack of appetite, hard and dry feces, scanty and red urine.

PULSE CONFIGURATION: Her right Cun at the floating level was extremely fine, strong and fast, however upon deeper pressure would stop.

TONGUE: Red, dry and no moss.

B.P. normal.

H.R. 115

QI:

ORGANS: Lung (Metal)

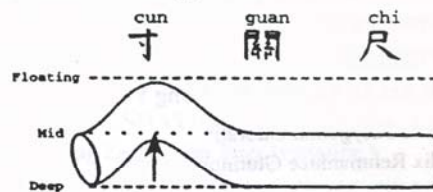
JUMP and SHAPE: strong, fine, floating and fast. (The strength of this pulse is indicative of the degree of Heat, while its fine-ness is due to the Deficiency aspect).

FORMULAE RECOMMENDATION: Decoction of Lili for Strengthening the Lung ~ Bai He Gu Jin Tang (variation.)

NOTE: Acupuncture is the same as for deviation #1

THIRD LUNG DEVIATION

The right Cun is fast. It hits the fingers with an excited, rapid response. The deep and floating positions are both strong. This represents a condition of Excess Heat. Internal carbuncles or abscesses may be present.



Lung Phlegm Fire

QI:

ORGAN: Lung (Metal)

JUMP and SHAPE: strong, thick, flowing, hard, and fast. (Phlegm Fire)

CLINICAL SIGNIFICANCE: This is Surplus Fire Invading the Lung, often symptoms such as acute bronchial infections are seen in combination with pulmonary abscesses, asthma, dyspnea, yellow and sticky phlegm, coughing up of pus and blood, offensive smelling phlegm and chest pain. This is Excessive Phlegm Hiding in the Lungs and Hot Blood Accumulation.

TREATMENT PRINCIPLE: Clear the heat, transform the phlegm, expel the purulent matter and transform the accumulations. Note: If treatment is not adequate then Heat may easily turn into a chronic problem, hence, the right Cun may become deep, and dispersed. Deep represents Damp, Dispersed represents empty/deficient Heat. Clinically, this is significant of Stagnant Blood not Dissipating. Treatment should include Clearing the Heat, Moving the Dampness and Circulating the Blood.

SUGGESTED HERBS:

Use Herbs That Act To Clear Lung Heat

- Huang Qin, Radix Scutellariae Baicalensis
- Zhi Mu, Radix Anemarrhenae Asphodeloidis
- Sheng Shi Gao, Raw Gypsum
- Sang Bai Pi, Cortex Mori Radicis
- Da Qing Ye, Folium Daqingye
- Ban Lan Gen, Radix Isalidis seu Baphicacanthi.

Use Herbs That Act To Transform Phlegm Heat

- Gua Lou Ren, Semen Trichosanthis
- Chuan Bei Mu, Bulbus Fritillariae Cirrhosae
- Zhu Ru, Caulis Bambusae in Taeniis
- Jie Geng, Radix Platycodi Grandiflori.

Use Herbs That Act To Expell The Pus And Transform the Phlegm

- Bai Jiang Cao, Herba Baijiangcao
- Yu Xing Cao, Herba Houttuyniae Cordatae
- Zao Ci, Spina Gleditsiae Sinensis
- Chuan Shan Jia, Squama Manitis Pentadactylae
- Lian Chiao, Fructus Forsythiae Suspensae
- Tian Hua Fen, Radix Trichosanthis
- Hong Hua, Flos Carthami Tinctorii
- Tao Ren, Semen Persicae.

Use Herbs That Act To Stop The Coughing And Calm Asthma

- Mi Ma Huang, Honeyed Herba Ephedrae
- Shi Gan, Rhizoma Belamcandae
- Mi Pi Pa Ye, Honeyed Folium Eriobotryae Japonicae
- Xing Ren, Semen Pruni Armeniaca
- Ma Dou Ling, Fructus Aristolochiae
- Dong Hua, Flos Tussilagi Farfarae
- Mi Zi Yuan, Honeyed Radix Asteris.

CASE STUDY:

This patient was a 32 year old male. He appeared strong and robust. His facial complexion was reddish and upon examination was found to have a high fever and violent cough which produced copious amounts of phlegm. His breathing was hurried and difficult. Other symptoms were thirst, spontaneous sweats, no fear of wind or cold, dark yellow urine, and dry feces.

PULSE CONFIGURATION: His right Cun was thick and extremely strong. Both deep and floating levels hit the fingers with strength and were fast.

Qi: Shao Yang (Fire)

ORGANS: Lung (Metal)

JUMP and SHAPE: strong, thick, fast and flowing. (Hot Phlegm Excess)

TONGUE: Red with thick, yellow, dry moss.

TREATMENT PRINCIPLE: This is Excessive Fire Invading the Lungs. Lung Heat coughing with dyspnea. The treatment method is to clear and transform phlegm, purge the fire and smooth out the breathing.

FORMULAE RECOMMENDATION: Ma Xing Gan Shi Tang ~ Decocotion of Ephedrae, Armeniacae Amarum, Glycyrrhizae, and Gypsum Fibrosum with Qing Feng Di Lian Tang.

ACUPUNCTURE TREATMENT: Commonly Used Points: B-13 ~ GV-14 ~ L-6 ~ L-7 ~ L-9 ~ L-5 ~ S-40.

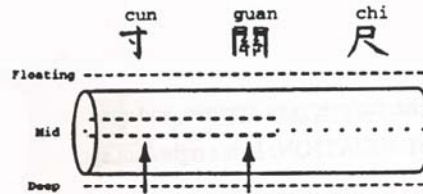
Secondary Points: LI-1 ~ LI-11 ~ P-8 ~ K-3 ~ K-2 ~ S-36 ~ LI-4 ~ LI-11.

Needling Method: Needle with moderate to strong reducing stimulation and retain the needles for thirty minutes. Do not apply methods of moxabustion, however, it is advisable to use Cupping Therapy on such points as GV-14 ~ B-12 ~ B-13 ~ M-BW- 1 and Chuan Xi (extra point) in the region of the Lung.

RATIONALE: Needling points on the Lung meridian clear lung fire. GV-14 ~ LI-11 and LI-4 used in combination can clear the heat of all yang. When pernicious heat is lodged deeply and is strong then bleed the Jing Points. Also needling K-3 and K-2 can tonify kidney water and nourish lung yin. Stimulation of S-36 nourishes the upright qi.

THE FOURTH LUNG DEVIATION

The right Cun at mid level appears small, strong and Constricted. This Pulse is also referred to as a Pulse Within a Pulse or a Constricting Pulse.



Wind-cold restraining the lungs

QI:

ORGANS: Lung (Metal)

JUMP and SHAPE: strong, and thin (Constricting-Excess Cold).

CLINICAL SIGNIFICANCE: This is wind cold assaulting the lungs. Such symptoms as; panting, bronchial infections, coughing, dyspnea, copious amounts of thin, white phlegm, cold appearance, fear of cold and lack of thirst may appear. In addition, severe coughing, dyspnea, a feeling of chest oppression, and rapid breathing may also be seen. This condition can occur due to an outside pernicious influence that has not been expelled and has changed to heat. Other symptoms are headache, no sweat, stuffed nose, and tears. These symptoms represent cold invading the lung, in combination with qi contracting and squeezing tight, in effect, the qi is not circulating smoothly.

TREATMENT PRINCIPLE: Warm the lung, transform phlegm, disperse the cold, and warm the surface.

SUGGESTED HERBS

Use Herbs That Act To Warm The Lung

- Xi Xin, Herba Asari cum Radice
- Gan Jiang, Rhizoma Zingiberis Officinalis
- Zi Wan, Radix Asteris Tatarici
- Dong Hua, Flos Tussilagi Farfarae
- Bai Bu, Radix Stemonae.

Use Herbs That Act To Transform Cold Phlegm

- Ju Hong, Pericarpium Citri Erythrocarpae
- Ban Xia, Rhizoma Pinelliae Ternatae
- Bai Jie Zi, Semen Sinapis Albae.

CASE STUDY:

The patient was a 22 year old male. His facial complexion was pale and his body was thin and weak. He was constitutionally weak and quite frequently caught colds and flus. Several years prior to examining this patient he reported "catching a cold" that eventually changed to an asthmatic condition. This time three days prior to coming to see me he had caught a wind cold flu, with symptoms such as copious amounts of white bubbly phlegm, feeling of chest stuffiness, difficulty breathing, asthmatic breathing, slightly high temperature, headache, fatigue, poor appetite, and constipation.

PULSE CONFIGURATION: In his right Cun appeared a Pulse Within a Pulse.

TREATMENT PRINCIPLE Due to surface evil that had not been expelled this patient suffered with symptoms of wheezing and coughing. Treatment should include warming the lungs, transforming the phlegm, opening the exterior and dispersing the cold.

FORMULAE RECOMMENDATION: Small Blue Dragon Decoction ~ Xiao Qing Lung Tang.

ACUPUNCTURE TREATMENT Commonly Used Points: B-13 ~ GV-12 ~ B-12 ~ LI-11 ~ M-BW-1 ~ N-BW-5 ~ S-40.

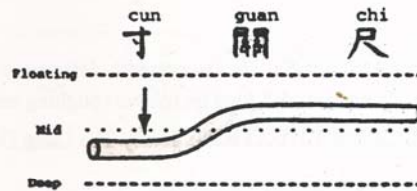
Secondary Points: L-7 ~ LI-4 ~ S-36 ~ GB-20 ~ TW-5.

Needling Methods: Stimulate with moderate to mild needling using even reinforcement and even reduction method. Retain the needles for fifteen minutes and use large amounts of moxa.

RATIONALE: GB-20 belongs to the Foot Shao Yang, and is a point of Intersection on the Yang Linking Channel, it functions to resolve the exterior and disperse the cold. TW- 5 regulates Shao Yang, courses the yang linking channel and strongly resolves the exterior. L-7 ~ LI-11 and GV-12 clear the lung and resolve the exterior. S-40 transforms phlegm. Applying moxa to N-BW-5 (Ding Chuan) and GV-12 can disperse cold and stop coughing.

THE FIFTH LUNG DEVIATION

The right Cun is fine and weak. Its pulsation is without strength. This is a Shrinking Pulse.



Lung qi deficiency

QI:

ORGAN: Lung (Metal)

JUMP and SHAPE: weak, fine and stagnating. (Shrinking- Deficiency Cold)

CLINICAL SIGNIFICANCE: This pulse is most often seen when the Lung Qi is deficient and weak. Symptoms accompanying this condition are a weak, deep and strengthless cough, ample amounts of thin phlegm, pale complexion, spontaneous sweating, fatigue and weakness. These symptoms are all a result of qi and fluid insufficiencies. Resistance is weak. The body is prone to outside pernicious influences. This situation may change toward a chronic inflammatory condition.

TREATMENT PRINCIPLE: Tonify the upright qi and wei qi. If the upright qi is strong the pernicious influence cannot penetrate.

SUGGESTED HERBS:

Use Herbs That Act to Tonify Lung Qi

- Huang Qi, Radix Astragali
- Dang Shen, Radix Codonopsis Pisosulae
- Xi Yang Shen, Radix Panacis Quinquefolii
- Huai Shan, Radix Dioscoreae Oppositae
- Yi Ren, Semen Coicis Lachryma-jobi

CASE STUDY:

This patient was a 39 year old woman. Her complexion appeared lusterless with a pale yellow tint. Her lips were whitish. She had a ten year history of chronic bronchial asthma. Normally, upon slight physical exertion she experienced such symptoms as; wheezing and coughing, difficulty breathing, clear thin phlegm that was hard to cough up, spontaneous sweats, fatigued spirit and lack of strength. Upon arrival at my clinic she seemed extremely anxious and restless. Prior to coming to my clinic she had relied on western medicine for relief of her symptoms.

PULSE CONFIGURATION: Her right Cun was deep, thin and without strength, and stopped under pressure.

TONGUE: pale with white moss, the tongue body was thin with creases on the side.

B.P. normal

H.R. 58

TREATMENT PRINCIPLE: This is extreme deficiency of lung qi. Treatment requires methods to tonify and nourish lung qi, relieve coughing and pacify the asthma.

FORMULAE RECOMMENDATION: Tonify The Lung Decoction - Bu Fei Tang variation.

ACUPUNCTURE TREATMENT Commonly Used Points: L-9 ~ L-7 ~ LI-11 ~ S-36 ~ CV-12 ~ S-40

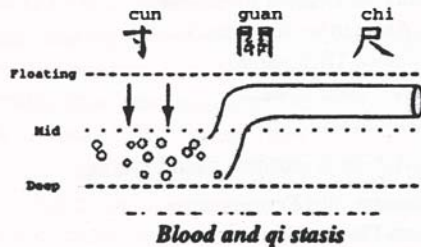
Secondary Points: B12 ~ GV-12 ~ B-20 ~ B-13 ~ CV-12 ~ S-40

Needling Method: Stimulate with moderate to mild reinforcement. Combine with moxa embedded on ginger slices or indirect moxa. Treat once every two days and alternate your selection of points.

Rationale: Moxabustion applied to L-9 and L-7 tonifies the lungs, smoothes the qi, holds down qi counterflow and stops cough. S-40 transforms phlegm and in combination with S-36 and CV-12 tonifies earth, thereby creating metal.

THE SIXTH LUNG DEVIATION

The right Cun is deep, and upon heavy pressure is Dispersing, without strength.



QI: Tai Yin (Damp)

ORGAN: Lung (Metal)

JUMP and SHAPE: weak, thick, deep and soft. (Dispersing)

CLINICAL SIGNIFICANCE: This is phlegm obstructing and blocking the lungs and/or in combination with extravasated blood stagnating in the lungs. Conditions such as long term chronic bronchial inflammation and bronchial expansion may be seen along with such symptoms as coughing, asthma, and a feeling of chest oppression, suggesting stagnation of qi and blood in the chest cavity. Often there is discomfort associated with lying down, and copious phlegm and wheezing. A patient with this pulse and related symptoms may require short claps on the back to help loosen phlegm so that it may be expectorated. If sticky phlegm is not expectorated then this illness may be a result of over-exertion leading to blood and qi stasis accumulating in the lung.

TREATMENT PRINCIPLE: Disperse the heat of the lung and eliminate the phlegm. Regulate and circulate the dampness. Enliven the blood and transform the accumulation. With this type of pulse configuration if the pulse's Jump has no strength and tonifying Herbs are used, further exacerbating obstruction of the Bronchi and/or blood stagnation may result.

SUGGESTED HERBS:

Use Herbs That Act To Transform Hot Phlegm

- Huang Qin, Radix Scutellariae Baicalensis
- Zhi Mu, Radix Anemarrhenae Asphodeloidis
- Gua Lou Ren, Semen Trichosanthis
- Sang Bai Pi, Cortex Mori Radicis
- Da Qing Ye, Folium Daqingye.

Use Herbs That Act To Transform Cold Phlegm

- Ju Hong, Pericarpium Citri Erythrocarpae
- Ban Xia, Rhizoma Pinelliae Ternatae
- Bai Jie Zi, Semen Sinapis Albae
- Xi Xin, Herba Asari cum Radice
- Dong Hua, Flos Tussilagi Farfarae
- Zi Wan, Radix Asteris Tatarici
- Bai Bu, Radix Stemonae.

Use Herbs That Act To Enliven The Blood And Transform The Stagnation

- Hong Hua, Flos Carthami Tinctorii
- Tao Ren, Semen Persicae
- Su Mu, Lignum Sappan
- Gui Wei, Tail of Dang Gui
- Chi Shao, Radix Paeoniae Rubra
- Niu Xi, Radix Achyranthis Bidentatae
- Yuan Hu, Rhizoma Corydalis Yanhusuo.

CASE STUDY

This patient was a strong and healthy looking 17 year old teenager. His facial complexion was red with luster and as a result of regular exercise his muscles were well developed. He complained of a depressing feeling in his chest.

PULSE CONFIGURATION: His right Cun was deep and Dispersing.

TREATMENT PRINCIPLE: This is a typical case of an illness caused by overexertion, hence, there is stagnant blood in the thoracic cavity. This condition should be treated by enlivening the blood, circulating the qi and clearing the lungs.

FORMULAE RECOMMENDATION: Decoction For Removing Blood Stasis In The Chest ~ Xue Fu Zhu Yu Tang variation

ACUPUNCTURE TREATMENT Commonly Used Points: LI-4 ~ L-7 ~ LI-5 ~ B-17 ~ B-13.

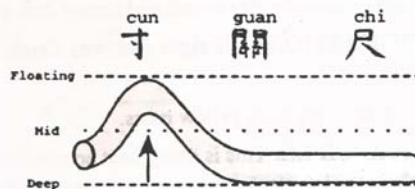
Secondary Points: L-1 ~ L-2 ~ S-40 ~ CV-17 ~ CV-12.

Needling Method: Needle with moderate to strong reducing stimulation. It is contraindicated to use deep needling on the thoracic cavity. Cupping therapy and indirect moxabustion are suitable treatment modalities. Variation: If the patient is weak and deficient, it is suitable to moxa M-BW-1 (Ding Chuan) ~ B-38 and GV-12.

Rationale: LI-4 ~ L-7 ~ S-40 and LI-11 are used to purge the heat of yang ming and stop coughing. B-17 is used to circulate the blood and rid stagnations. Cupping therapy in combination with indirect moxa can also circulate the blood, smooth the qi, transform phlegm and stop coughing.

THE SEVENTH LUNG DEVIATION

The right cun is floating and short, like a vertebrae, strong and hard. It hits the fingers with strength.



Large intestine heat stagnation

QI: Yang Ming (Contracting)

ORGAN: Large Intestine (Metal)

JUMP and SHAPE: strong, floating, convex, and hard. This pulse's strong and floating features are significant of heat excess while the hard and Short (convex) Shape is indicative of obstruction.

CLINICAL SIGNIFICANCE: The Short pulse belongs to Yang Ming, stomach and large intestine, while the right cun is the position which corresponds to the large intestine. This kind of pulse appearance is known as a "Native Pulse," as such, the Short pulse is native to the right cun. The appearance of a Native Pulse is an auspicious clinical indicator. It is insurance of its corresponding organ's illness. This is a large intestine heat excess syndrome. This is most often seen with heat excess internally manifesting and qi/ blood stagnation. Such symptoms as; abdominal pain, tenesmus, constipation or diarrhea with pus and blood, with hemorrhoids may be seen with this syndrome.

TREATMENT PRINCIPLE: drain the heat and break up the stagnation. enliven the blood and transform the accumulation.

SUGGESTED HERBS:

Use Herbs That Act To Drain The Heat

- Huang Lian, Rhizoma Coptidis
- Huang Bo, Cortex Phellodendri
- Qing Pi, Pericarpium Citri Reticulatae Viride
- Huang Qin, Radix Scutellariae Baicalensis
- Bai Tou Weng, Radix Pulsatillae Chinensis
- Ma Chi Xian, Herba Portulacae Oleraceae.

CASE STUDY:

A 30 year old man who appeared normal and healthy arrived at my clinic suffering with tenesmus, pain, and five days of diarrhea. A short time before he had experienced fever and chills. His fever had reached 39°C. He defecated on the average of 10 or more times a day. Often his fecal matter contained pus and blood. Other symptoms involved abdominal pain, absence of appetite, dry mouth and scanty dark yellow urine.

PULSE CONFIGURATION: His right cun was Short and excited and hit the fingers with strength.

TONGUE: red and dry with thick yellow moss.

TREATMENT PRINCIPLE: This is damp heat accumulating in the large intestine. The treatment principle is to clear the heat, resolve the toxins and drain the dampness.

FORMULAE RECCOMENDATION: Decoction of Puerariae, Scutellariae, and Coptidis ~ Ge Gen Chin Lian Tang variation

ACUPUNCTURE TREATMENT Commonly Used Points: S-37 ~ S-39 ~ S-25 ~ CV-10 ~ CV-11 ~ S-36 ~ Sp-6.

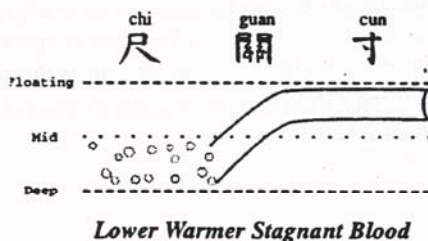
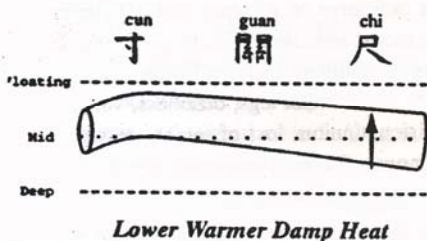
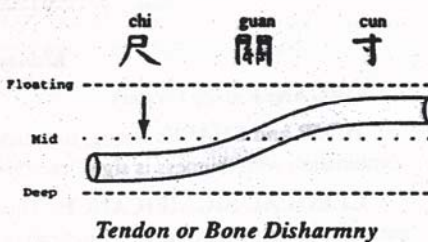
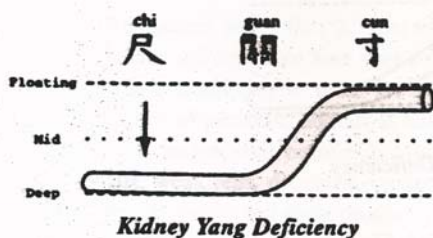
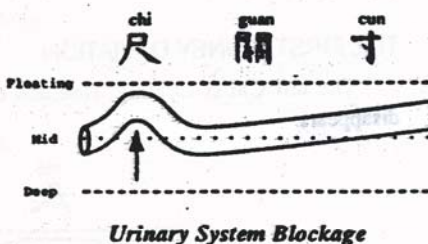
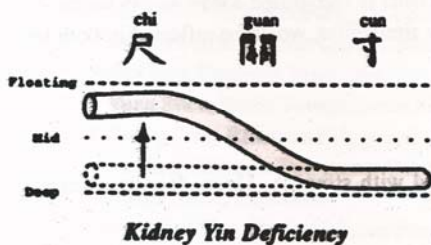
Secondary Points: LI-4 ~ LI-11 ~ P-6 ~ Sp-4 ~ Sp-1 ~ B-18 ~ B-25 ~ B-27 ~ S-44.

Needling Method: Needle with moderate to strong reducing stimulation and retain the needles for thirty minutes. Do not use moxabustion, however, Cupping therapy applied over the navel and to the areas outside of its immediate perimeter is a suitable treatment method.

Rationale: ST-37 is the Lower Uniting Point of the Large Intestine. S-25 is the Alarm Point of the Large Intestine, these two points used in combination are able to course and purge the damp heat of the large and small intestines. LI-4 and LI-11 are able to purge yangming fire. P-6 and S-36 can co-ordinate the stomach and intestinal qi. LI-2 is the Gushing Point of the Large Intestine, S-44 is the Gushing Point of the stomach, these points used in combination can rid stomach and intestinal congealed heat. P-6 in combination with Sp-4 are strategic points that affect the Yin Linking and Penetrating Channels, these points are especially affective.

Kidney - the Water (Sunken)

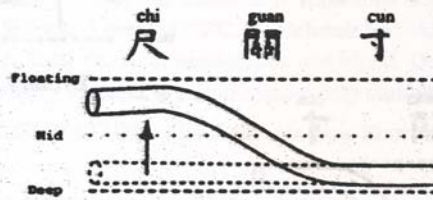
The Kidneys store Jing essence, (material basis of reproduction) manage the Five Humours and maintain fluid balance.



The right Chi corresponds to Pre Natal Qi (Xiantian), as well as the body's Three Burner fluid balance. The left Chi corresponds to Post Natal Qi (Houtian) and the body's state of Jing essence, as well as the urine secretion system, (including the Bladder, Kidney and Urethra). Storing, managing and maintaining are aspects of Kidney Yang. Kidney Yang and Ming Men Fire, (Fire of the Vital Gate) are approximately equivalent TCM terms. Most sources indicate the right Chi to be representative of Ming Men (Vital Gate), while maintaining that both left and right Chi positions are significant of Kidney. This being the case, it would seem that Ming Men Fire and what is recognised today as the hormonal functions of the adrenal cortex, having so many similarities, would be reflected in both the left and right Chi positions.

THE FIRST KIDNEY DEVIATION

The left Chi is floating, fine and excited with strength. Upon deep pressure it disappears.



Kidney Yin Deficiency

ORGAN: Kidney (Water)

JUMP and SHAPE: strong, fine and floating. Floating is significant of Heat, and in combination with thinness is significant Heat of Deficient Yin.

CLINICAL SIGNIFICANCE: This pulse is indicative of a kidney yin deficiency pattern and hence may also be indicative of a hormonal imbalance. Such symptoms as infertility, artificial and/or natural menopause may accompany this syndrome. Clinical manifestations such as; soreness in the region of the waist, weak legs, dizziness, vertigo, tidal fever, red cheeks, spontaneous sweats, poor vision, tinnitus, loss of semen, cessation of menses, impotent semen that is sparse in amount. These symptoms are due an insufficiency of kidney yin resulting in floating up of asthenic fire.

TREATMENT PRINCIPLE: The kidney yin should be strongly supplemented and fire led back to its source.

SUGGESTED HERBS:

Use Herbs That Act To Enrich Kidney Yin

- Sheng Di, Radix Rehmanniae Glutinosae
- Shou Di, Radix Rehmanniae Glutinosae Conquatae
- Gou Ji Zi, Fructus Lycii Chinensis
- Nu Zhen Zi, Fructus Lucidi Ligustri
- He Shou Wu, Radix Polygoni Multiflori
- Shan Yu Rou, Fructus Corni Officinalis
- Gui Ban, Plastrum Testudinis
- Yuan Shen, Radix Scrophulariae Ningpoensis
- Huang Jing, Rhizoma Polygonati
- Yu Zhu, Rhizoma Polygonati Odorati
- E Jiao Asini, Gelatinum
- Han Lian Cao, Herba Ecliptae Prostratae.

CASE STUDY:

This patient was a thin 27 year old male. He was slender of build and his facial complexion and lips were both very pale. He often felt as if he was lacking energy and complained of inability to speak for too long a time without feeling weak. He reported three years of periodic nocturnal emission of semen, and he also noted his facial appearance had recently become thinner and more pallid. In addition there was soreness of the waist, weak legs, dizziness, vertigo, insomnia, nervousness, irritability, dry mouth, spontaneous sweats and slight cough.

PULSE CONFIGURATION: His left Chi was thin, floating, strong and long.

TONGUE: Red with no moss.

ORGAN: Kidney (Water)

JUMP and SHAPE: strong, thin, floating, and long.

TREATMENT PRINCIPLE: This is frantic movement of the ministerial fire and depletion of original essence. Treatment should be to enrich the blood and nourish the Yin, boost the kidneys and secure the essence.

FORMULAE RECOMMENDATION: Rehmannia Six Decoction ~ Liu Wei Di Huang Wan ~variation

ACUPUNCTURE TREATMENT: Commonly Used Points: Sp-6 ~ CV-6 ~ CV-4 ~ K-10 ~ K-2

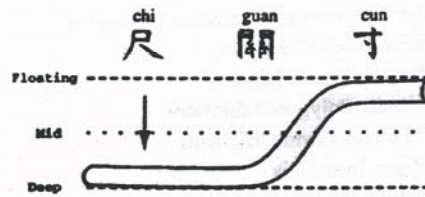
Secondary Points: P-8 ~ P-6 ~ H-7

Needling Method: Apply even reinforcement and even reduction needling method. Moxabustion is contraindicated.

Rationale: Sp-6 is the meeting point of the Three Leg Yin and it is able to restore qi flow to the three yin meridians. CV-6 and CV-4 cultivate and secure the original qi. K-2 is the Fire Point of Foot Shao Yin. P-8 is the Gushing Point of the Heart. In combination they act to drain ministerial fire. K-10 is the Water Point on the Kidney Meridian, it functions to enrich kidney water and promote suppression of fire. P-6 and H-7 quiets the heart spirit, and inhibits yin deficiency heart fire from disturbing the security of the semen.

THE SECOND KIDNEY DEVIATION

The left Chi is sunken and fine, like a string and without strength. This pulse is indicative of a Yang Deficiency / Yin Abundance condition.



Kidney Yang Deficiency

ORGAN: Kidney (Water)

JUMP and SHAPE: weak, deep and thin. The healthy pulse of the Kidney is deep but should also have strength. Lack of strength indicates a subdued state of Kidney Yang. The thinness of the pulse is indicative of Deficiency and Cold.

CLINICAL SIGNIFICANCE: The Clinical Significance of this pulse is quite extensive. Five sub-categories have been listed in regard to its appearance. They are:

- I Kidney Yang Deficiency
- II Water Brimming Over Due To Kidney Yang Deficiency
- III Kidney Insufficient Diarrhea
- IV Kidney Unable To Grasp Qi
- V Insecurity Of Kidney Qi

I. KIDNEY YANG DEFICIENCY

This syndrome appears with illnesses of long duration. In the elderly and feeble, it designates regression of the adrenal cortex's hormonal function. It is often indicative of deficient nervous system disorders. Symptoms of sore waist, back pain, coldness of the legs and knees, inability to stand for long periods of time, reduced sexual desire, impotence and premature ejaculation are often seen accompanying this pulse. In general conditions which relate to weakness of the ming men fire are associated with this pulse

TREATMENT PRINCIPLE: Warm and tonify kidney yang.

SUGGESTED HERBS:

Use Herbs That Act To Warm And Tonify Kidney Yang

- Fu Zi, Radix Aconiti Carmichaeli Praeparata
- Rou Gui, Cortex Cinnamoni Cassiae
- Xian Mao, Rhizoma Curculiginis Orchioidis
- Xian Ling Pi, Herba Epimedii
- Bu Gu Zhi, Fructus Psoraleae Corylifoliae
- Rou Cong Rong, Herba Cistanches
- Lu Rong, Cornu Cervi Parvum
- Lu Jiao, Cervi Colla Cornu
- Ba Ji Tian, Radix Morindae Officinalis
- Fu Pen Zi, Fructus Rubi.

CASE STUDY:

This patient was a 25 year old male. His facial complexion was a pale, blue-ish green. His hands and feet were white. He was overindulgent in his consumption of alcoholic beverages and sexual activeness. He was also run down from work and had not adequately maintained his health. Just prior to coming for treatment he had experienced a bout of extreme fatigue. Since then, he had consistent unbearable back pain that had resulted from bending over. Other symptoms were poor resistance to flus and colds, and weakness of the hands and feet, thus he was unable to work full time. Although I first examined him during the autumn months, his hands and feet were ice cold. In addition his voice had little strength, and he was presently suffering from a loss of sexual desire and decrease of sexual function.

PULSE CONFIGURATION: His left Chi was extremely weak, thin and deep, however his right Chi was normal.

QI:

ORGAN: Kidney (Water)

JUMP and SHAPE: weak, thin, and deep (Shrinking, Deficient and Cold).

TONGUE: His tongue proper was white with thick moss.

BP: 90/53 **PR:** 70

TREATMENT PRINCIPLE: This is a major kidney yang deficiency, ming men fire is weak and deficient. Treatment should be to warm and tonify kidney yang, strengthen fire and drive out the cold.

FORMULAE RECOMMENDATION: Golden Chest Kidney Qi Decoction (Jin Guei Shen Qi Wan) -variation

ACUPUNCTURE TREATMENT Commonly Used Points: CV-6 ~ CV-4 ~ GV-4 ~ B-23 ~ Liv-5 ~ Sp-6

Secondary Points: H-7 ~ P-7 ~ C-3 ~ CV-3 ~ K-2

Needling Method: In most cases it is suitable to apply mild reinforcement stimulation. Every other day alternate with an application of indirect moxabustion.

Rationale: Liv-5, the Foot Jue Yin Connecting Point, and its meridian intersects with the external genitalia, its use is especially effective. GV-4 is where the Governing Vessel's Life Fire exists. Moxabustion is used to strengthen the original yang. CV-4 and CV-6 is home of the original kidney qi. Long term moxabustion of these points is extremely and obviously effective.

II WATER BRIMMING OVER DUE TO KIDNEY YANG DEFICIENCY

With this syndrome, disorders such as chronic kidney inflammation and weakness of the heart may occur. Besides common kidney yang deficiency symptoms, complaints such as entire body edema, (especially below the waist), scanty urine, abdominal ascites, swollen testicles, palpitations, coughing, asthma with wheezing (lying down makes it worse) may appear. These symptoms are all due to kidney yang's inability to transport water and fluids, hence, water and dampness are stagnant and are causing blockage.

TREATMENT PRINCIPLE: Warm and tonify the kidneys and promote diuresis.

SUGGESTED HERBS:

Use Herbs That Act To Warm And Tonify The Kidney Yang

(Same as subcategory number one).

Use Herbs That Act To Promote The Flow Of Water

- Fu Ling, *Sclerotium Poriae Cocos*
- Zhu Ling, *Sclerotium Polyperi Umbellati*
- Ze Xie, *Rhizoma Alismatis Plantago-aquaticae*
- Che Qian Zi, *Semen Plantaginis*.

CASE STUDY:

This patient was an overweight, 35 year old male. His facial complexion was dark yellow. His medical history indicated periods of edema however examination of his blood and urine at a local hospital had indicated no abnormal findings. Recently his output of urine had reduced and his hands and feet had begun to swell and were hard. This continued until the edema had reached his legs. He was prescribed diuretic drugs but they were not effective in alleviating his edema. He also commonly experienced diarrhea, low spirits, poor appetite, and nocturnal emission of semen.

PULSE CONFIGURATION: His left Chi was extremely sunken and weak.

Tongue: His tongue proper was plump and white-ish with thick white moss and wrinkles.

QI: Tai Yin (Damp)

ORGAN: Kidney (Water)

SHAPE and JUMP: weak, deep and thin. Shrinking (Deficiency and Cold)

TREATMENT DPRINCIPLE: This case is indicative of both spleen and kidney deficiencies. Water brims over due to insufficient yang. Treatment should be to warm the yang and promote diuresis.

FORMULAE RECOMMENDATION: Life Saver Kidney Qi Pills and Decoction of Stephaniae Tetrandrae and Astragali seu Hedysari, (Ji Sheng Shen Qi Wan) and (Fang Ji Huang Qi Tang) – variations

ACUPUNCTURE TREATMENT Commonly Used Points: Sp-6 ~ CV-4 ~ CV-6 ~ Sp-9 ~ CV-9 ~ CV-7 ~ Li-8 ~ B-53

Secondary Points: GV-4 ~ B-23 ~ CV-3 ~ B-22 ~ B-28

Needling Method: Needle with even reinforcement and even reduction stimulation. However, moxabustion should be applied to CV-9 and Sp-9.

Rationale: Liv-8 can be used to treat retention of urine, B-53 is the Lower Uniting Point of the Triple Warmer, CV-3 is the Alarm Point of the Bladder. Used in combination, these points are able to course and adjust the water pathways and promote the downward flow of urine from the bladder. When tonified B-23 ~ GV-4 ~ CV-6 and CV-4 can also promote the passage of the bladder's urine and its transformation of qi. Sp-6 is able to interconnect and adjust the qi of the three leg yin meridians and helps to circulate the water of the lower warmer. CV-9 and CV-7 are also essential points for promoting the passage of water, both of these points should be stimulated with moxabustion rather than

acupuncture.

III KIDNEY DEFICIENCY DIARRHEA

With Kidney Deficiency Diarrhea there is often chronic intestinal inflammation, diarrhea, indigestion, before dawn diarrhea. With this style diarrhea, before moving the bowels the abdomen is painful (borgyrismus) but afterwards feels better. The lower abdomen dislikes cold, and cold may further exacerbate this condition. This syndrome is due to weakness of the ming men fire. In this state the body cannot induce effective transport of fluids via the Spleen.

TREATMENT PRINCIPLE: Warm and tonify kidney yang, strengthen the spleen and stop diarrhea. Tonify fire to create earth.

SUGGESTED HERBS:

Use Herbs That Act To Warm And Tonify Kidney Yang
same as sub category one

Use Herbs That Act To Strengthen The Spleen

- Bai Zhu, Rhizoma Atractylodis Macrocephalae
- Dang Shen, Radix Codonopsis Pilosulae
- Fu Ling, Sclerotium Poriae Cocos.

Use Herbs That Act To Stop Diarrhea

- Rou Do Kou, Semen Myristicae Fragranticis
- Wu Wei Zi, Fructus Schizandrae Chinensis

CASE STUDY:

This 58 year old man appeared thin and weak. As a child he was prone to bouts of diarrhea. As an adult he still suffered from slight diarrhea on a daily basis which normally occurred at the same time every day. He also felt weak and tired, with a lack of appetite, loss of weight, and a sore waist that was aggravated by cold. Upon examination at a Western medical hospital no abnormalities were detected and their prescribed medication was of no help in ridding his diarrhea.

PULSE CONFIGURATION: same as above, however his right Guan was Deep and without strength.

TONGUE: His tongue proper was pale white-ish with white moss.

QI: Tai Yin (Damp)

ORGAN: Kidney (Water) Spleen (Earth)

JUMP and SHAPE: Shrinking (Cold and Deficiency)

TREATMENT PRINCIPLE: This is a spleen and kidney yang deficiency, kidney fire is unable to help earth's transportation function, thus resulting in a cold and deficient style diarrhea. Treatment should be to warm and tonify kidney fire, warm the spleen and stop the diarrhea.

FORMULAE RECOMMENDATION: Pill of Four Wonders (Si Shen Wan) variation

ACUPUNCTURE TREATMENT Commonly Used Points: CV-8 ~ CV-6 ~ CV-3 ~ S-21 ~ S-25 ~ S-36.

Secondary Points: GV-4 ~ B-23 ~ B-25 ~ Sp-9 ~ CV-8.

Needling Method: Stimulate each point with moxa on ginger slices or warm with moxa stick. Alternate the point selection with each treatment. Acupuncture is not suitable treatment for this case.

Rationale: CV-6 AND CV-4 are both major points for tonifying kidney ming men and in combination with the original point of Ming Men Fire (GV-4) and B-23 are able to tonify kidney fire and generate earth if indirect moxabustion is applied. CV-8 and S-25 are Local Points that are able to effect the qi and blood of the area (within their approximate vicinity) and therefore upon application of indirect moxabustion are also able to tonify the fire of middle earth, thereby, consolidating the intestines and stopping the diarrhea.

IV. KIDNEY UNABLE TO GRASP QI

With this syndrome such conditions as pulmonary emphysema may be seen. It often originates as a heart organ disease. Symptoms such as labored breathing which is exacerbated by movement, sweating and cold limbs, and coughing with loss of control of urine may be seen. These manifestations are all due to an insufficiency of kidney fire to such a degree that it is unable to receive qi and thus consolidation and assimilation functions are hampered.

TREATMENT PRINCIPLE: Tonify the kidney in order that it may receive qi.

SUGGESTED HERBS:

Use Herbs That Act To Tonify The Kidney Thus Enabling It To Receive Qi

- Bu Gu Zhi, Fructus Psoraleae Corylifoliae
- Hu Tao Rou, Semen Juglandis Regiae
- Wu Wei Zi, Fructus Schisandrae Chinensis.

CASE HISTORY:

This patient was a thin, 30 year old male. His complexion was pale, white, and lusterless. Since childhood he suffered from dyspnea and coughing resulting from phlegm retention. His symptoms worsened during the winter months. Due to a recent acute return of those symptoms his phlegm appeared white and bubbly and he had great difficulty breathing. He complained of an aversion to cold and wind, no appetite, slight facial edema, and fatigue. His western medication was ineffective in dealing with his symptoms and conversely produced chest oppression and pain when coughing.

PULSE CONFIGURATION: His right Cun was especially Deep and without strength. The left Chi was Deep.

Tongue: plump with white, greasy moss, and folds on the tongue's edges.

QI: Tai Yin (Damp)

ORGAN: Lung (Metal) Kidney (Water)

JUMP and SHAPE: deep and weak, (Cold/Damp).

TREATMENT PRINCIPLE: This is a lung and kidney yang deficiency. Transporting functions are hampered due to a damp spleen. Treatment should be to warm and tonify the lung and kidney, thereby assisting the spleen in transforming dampness and enabling the kidney in its absorbing function of grasping the qi in order to pacify the asthma.

FORMULAE RECOMMENDATION: Seven Tastes Dissipate Qi Decoction (Qi Wei Dou Qi Wan) - variation

ACUPUNCTURE TREATMENT Commonly Used Points: M-BW-1 ~ N-BW-5 ~ Chuan Xi ~ CV-22 ~ CV-17 ~ S-36 ~ S-40.

Secondary Points: LI-4 ~ CV-6 ~ CV-4 ~ B-13 ~ B-23 ~ GV-4.

Needling Method: Stimulate with even reinforcement and even reduction needling method. Deep needling is contraindicated. Indirect moxabustion in combination with cupping therapy should be applied every other day. This method is quite effective. **Rationale:** M-BW-1 and Chuan Xi ~ are essential points in the treatment of asthma. CV-22 and CV-17 smooth the flow of qi, hold down the counterflow of qi, ventilate and smooth lung qi and stop asthma. S-40 transforms phlegm and swelling dampness. B-23 ~ GV-4 ~ CV-6 and CV-4 concurrently tonify kidney and spleen, cultivate the yuan qi and support the original qi.

V INSECURITY OF KIDNEY QI

With this syndrome, conditions such as sexual neurasthenia, inability to control urination and enuresis are common. Clinically, symptoms that relate to the loss of the kidney's function of regulating the discharge of urine and semen may often be seen. Therefore premature ejaculation, loss of semen, frequent urination, feeling of incomplete urination, urination of large volumes of urine and in serious conditions complete inability to control urine may occur. Often this syndrome is aggravated by excessive sexual activity, thus insufficient yang and abundant yin instigate weakness and insecurity of kidney qi.

TREATMENT PRINCIPLE: Warm and tonify kidney yang, consolidate and astringe kidney qi.

SUGGESTED HERBS:

Use Herbs That Act To Consolidate The Kidney And Astringe The Jing

- Jin Ying Zi, Fructus Rosae Laevigatae
- Fu Pen Zi, Fructus Rubi
- Duan Long Gu, Calcined Os Draconis
- Duan Mu Li, Calcined Concha Ostrea
- Yi Yi Ren, Fructus Alpiniae Oxyphyllae
- Sang Biao Xiao, Mantidis Ootheca
- Qian Shi, Semen Euryales.

CASE STUDY:

This patient was a 50 year old male. He appeared weak and overweight and his complexion was yellowish. His medical history indicated he had suffered from deficient kidney symptoms for the last ten years. Symptoms such as scant but frequent urination, decrease of sexual interest, decrease of sexual functional ability, sore waist, weak legs, decrease of appetite, weak and lazy speech, vertigo and dizziness, insomnia and diarrhea were noted.

PULSE CONFIGURATION: His left Chi was deep, fine and Stagnating, without strength.

TONGUE: White with no moss and plump with folds on the edges.

QI: Tai Yin (Damp)

ORGAN: Kidney (Water)

JUMP and SHAPE: weak, thin, deep, and stagnating.

TREATMENT PRINCIPLE This case indicates weakness of kidney fire and infirmity of kidney yang. Treatment should be to strongly tonify ming men fire (Kidney Fire), consolidate the kidney and astringe the semen.

FORMULAE RECOMMENDATION: Return the Spring Pills and Ootheca Mantidis Powder (Suo Quan Wan) and (Sang Piao Xiao San) -variations

ACUPUNCTURE TREATMENT Commonly Used Points: Sp-6 ~ GV-4 ~ B-23 ~ Sp-9 ~ B-67.

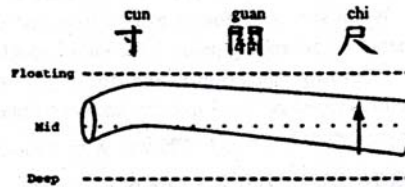
Secondary Points: B-39 ~ CV-3 ~ B-30-34, Ba Liao ~ Liv-4 ~ Liv-3.

NEEDLING METHOD: Needle with moderate to strong reducing stimulation.

Rationale: These points all have the ability to adjust and regulate the bladder's ability to transform qi. Liv-4 is the Transversing point of the Liver Channel. Liv-3 is the Gushing Point of the Liver Channel. In addition the Liver Meridian proceeds along and above the region of the external genitalia and is able to specifically tonify and strengthen weakened muscles and tendons.

THE THIRD KIDNEY DEVIATION

The right Chi is sunken, Wiry, long, thick and strong. The Left Chi is normal.



Lower Warmer Damp Heat

Qi: Tai Yin (Damp) Jue Yin (Wind)

ORGAN: Kidney (Water)

JUMP and SHAPE: strong, thick, deep and long. (Damp Heat) When the pulse exceeds the boundary of the the Cun or Chi position it is referred to as long.

CLINICAL SIGNIFICANCE This Pulse is often indicative of urine secretion system infection or glandular inflammation with symptoms such as frequent and urgent urination, scanty and difficult urination, dark yellow and reddish or cloudy urine. These symptoms are due to dampness and heat in the lower warmer.

TREATMENT PRINCIPLE: Treatment should be to clear the heat and move the dampness. The strong and thick, Wiry Pulse signifies liver fire, hence, this is excessive heat of the liver meridian binding (tying up) the lower warmer.

SUGGESTED HERBS:

Use Herbs That Act To Clear The Heat }

- Bian Xu, Herba Polygoni Avicularis
- Qu Mai, Herba Dianthi
- Mu Tong, Caulis Mutong
- Huang Bo, Cortex Phellodendri
- Zhi Mu, Radix Anemarrhenae Asphodeloidis
- Feng Wei Cao, Herba Pteridis Multifidae.

Use Herbs That Act To Remove Dampness Through Diuresis

- Che Qian Zi, Semen Plantaginis
- Zhu Ling, Sclerotim Polypori Umbellati
- Fang Ji, Radix Aristolochiae seu Cocculi
- Fu Ling, Sclerotium Poriae Cocos
- Hua Shi, Talcum

CASE HISTORY:

This patient was a 20 year old woman. Due to her working circumstances she was unable to urinate as often as she needed. This later resulted in a habitual practice of suppressing her urine. When she came for an examination she had been experiencing lower abdominal soreness and distending pain. A feeling of roughness and frequency to urinate accompanied a burning sensation at the opening of her urethra. She also complained of a dry mouth. Her tongue appeared dry and her manner was fidgety.

PULSE CONFIGURATION: Her right Chi was Wiry, strong, deep and long.

TREATMENT PRINCIPLE: This is a case of damp heat pent up in the bladder. Treatment should be to clear the heat and move the dampness by promoting diuresis.

FORMULAE RECOMMENDATION: Decoction of Gentianae For Purging Liver Fire and Eight Rectifying Powder (Lung Dan Xie Gan Tang) and (Ba Zheng San) - variations

ACUPUNCTURE TREATMENT Commonly Used Points: B-23 ~ B-28 ~ Sp-6 ~ Sp-9 ~ CV-3.

Secondary Points: Liv-8 ~ CV-3 ~ Liv-2 ~ K-2 ~ K-3 ~ K-7.

Needling Methods: Needle with moderate to strong reducing stimulation. Moxabustion is contraindicated.

Rationale: B-23 Adjust and regulates the qi, and promotes the passage of water. B-28 also promotes the passage of water. CV-3 is the Alarm Point of the Bladder. Sp-6 is the Junction Point of the Three Yin and intersects the Conception Vessel at CV-3 therefore it can clear damp heat of the bladder and circulate the lower warmer qi. Points on the Liver Meridian can also clear and course the lower warmer and thus is capable of treating red painful urine of the damp heat variety.

COMMENT- Kidney Yin is the Genuine or Deepest Yin resource and nourishes the entire body, just as Kidney Yang is the (Genuine) or deepest source of Yang thus activating movement and warming the entire organism. If Yin and Yang are not adjusted then disease will result. The patient's pulse modulations must be carefully weighed, thence, the err of tonifying excesses and purging deficiencies may be avoided.

SUGGESTED HERBS:

Use Herbs That Act To Consolidate The Kidney And Astringe The Jing

- Jin Ying Zi, Fructus Rosae Laevigatae
- Fu Pen Zi, Fructus Rubi
- Duan Long Gu, Calcined Os Draconis
- Duan Mu Li, Calcined Concha Ostrea
- Yi Yi Ren, Fructus Alpiniae Oxyphyllae
- Sang Biao Xiao, Mantidis Ootheca
- Qian Shi, Semen Euryales.

CASE STUDY:

This patient was a 50 year old male. He appeared weak and overweight and his complexion was yellowish. His medical history indicated he had suffered from deficient kidney symptoms for the last ten years. Symptoms such as scant but frequent urination, decrease of sexual interest, decrease of sexual functional ability, sore waist, weak legs, decrease of appetite, weak and lazy speech, vertigo and dizziness, insomnia and diarrhea were noted.

PULSE CONFIGURATION: His left Chi was deep, fine and Stagnating, without strength.

TONGUE: White with no moss and plump with folds on the edges.

QI: Tai Yin (Damp)

ORGAN: Kidney (Water)

JUMP and SHAPE: weak, thin, deep, and stagnating.

TREATMENT PRINCIPLE This case indicates weakness of kidney fire and infirmity of kidney yang. Treatment should be to strongly tonify ming men fire (Kidney Fire), consolidate the kidney and astringe the semen.

FORMULAE RECOMMENDATION: Return the Spring Pills and Ootheca Mantidis Powder (Suo Quan Wan) and (Sang Piao Xiao San) -variations

ACUPUNCTURE TREATMENT Commonly Used Points: Sp-6 ~ GV-4 ~ B-23 ~ Sp-9 ~ B-67.

Secondary Points: B-39 ~ CV-3 ~ B-30-34, Ba Liao ~ Liv-4 ~ Liv-3.

NEEDLING METHOD: Needle with moderate to strong reducing stimulation.

Rationale: These points all have the ability to adjust and regulate the bladder's ability to transform qi. Liv-4 is the Transversing point of the Liver Channel. Liv-3 is the Gushing Point of the Liver Channel. In addition the Liver Meridian proceeds along and above the region of the external genitalia and is able to specifically tonify and strengthen weakened muscles and tendons.

CASE STUDY:

This patient appeared thin and weak. He was 30 years old and had a medical history of kidney stones. Recent right sided waist pain had extended into his frontal lower abdomen. It occasionally manifested as a severe twisting pain in the middle of the night. He also experience occasional blood in his urine and sharp pain in the vicinity of the urethra.

PULSE CONFIGURATION: The right Chi was sunken, however at mid level there was a small Short Pulse which was strong and hard. The left Chi was normal.

TONGUE: The tongue proper was red with thin greasy yellow moss.

QI: Yang Ming (Contraction) (obstruction)

ORGAN: Kidney (Water)

JUMP and SHAPE: strong and hard. (Excess Heat and Obstruction)

TREATMENT PRINCIPLE: This is representative of Calculi in the Ureter. Treatment should be to promote urination, dissipate the stagnation and dissolve the stone.

FORMULAE RECOMMENDATION: Eight Rectifying Powders (Ba Zheng San) - variation

ACUPUNCTURE TREATMENT Commonly Used Points: B-23 ~ B-28 ~ S-6 ~ S-9 ~ CV-3 ~ Liv-2 ~ B-63.

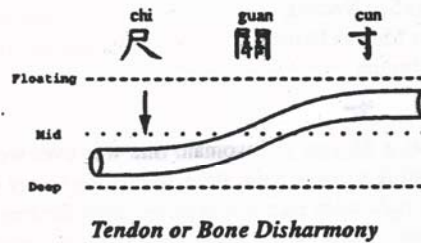
Secondary Points: Liv-2 ~ K-5 ~ B-58 ~ B-53 ~ CV-3 ~ B-22.

Needling Method: Needle with moderate to strong reducing stimulation and use a long period of needle retention. Electric Needle Therapy is also extremely effective.

Rationale: B-58 is the Connecting Point of the Bladder Channel with the Kidney Divergent Channel. B-53 is the Lower Uniting Point of the Lower Warmer. B-63 is the Accumulating Point of the Bladder Channel. K-5 is the Accumulating Point of the Kidney Channel. Utilization of these points can stimulate movement in the urethra and relax it, thereby promoting the expulsion of stones. CV-3 and Liv-3 both act to purge heat that has accumulated in the liver.

THE FIFTH KIDNEY DEVIATION

Upon deep pressure of the left Chi there can be detected a Wiry, thin and long pulse, hard like a needle. Its jump is strong, but upon increased pressure appears as a thin and strong pulse, it often surpasses the boundary of the chi position, the right chi is normal



QI: Jue Yin (Wind)

ORGAN: Kidney (Water)

JUMP and SHAPE: strong, thin hard and long.

CLINICAL SIGNIFICANCE: The long, Wiry Pulse usually suggest lack of Liver blood, nourishment of the body's ligaments and sinews. The strong thin pulse is indicative of a bone disharmony belonging to the kidney. This pulse may also indicate a pathological condition of the spinal vertebrae whereas inflammation around the spinal area of the waist may be noted. The blood is not coursing; the muscles may appear tight and long; there may be bone or skeletal abnormalities There may be muscle tension, bone spurs, sciatica, herniated disks. Patients may complain of pain around the lumbar area, sometimes extending to the legs.

TREATMENT PRINCIPLE: Strengthen the bones, enliven and cool the blood and disperse blood stasis.

SUGGESTED HERBS:

Use Tendon Comforting-Bone Strengthening Herbs

- Niu Xi, Radix Clemetidis Chinesis
- Xian Ling Pi, Herba Epimedii
- Qiang Huo, Radix Notopterygii
- Du Huo, Radix Duhuo
- Sang Ji Sheng, Ramus Loranthi Seu Visci
- Du Zhong, Cortex Eucommian Ulmoidis

Use Herbs That Act To Enliven The Blood And Transform The Congealed

- Hong Hua, Flos Carthami Tinctorii
- Tao Ren, Semen Persicae
- Gui Wei, Radix Angelicae Sinensis
- Chi Shao, Radix Rubra Paeoniae
- Er Cha, Acacia Seu Uncaria
- Dan Pi, Cortex Moutan Radicis
- Ru Xiang, Olibanum

CASE STUDY:

This patient was a 55 year old woman. She was over weight and had a ten year medical history relating to back pain. Prior to coming to my office she had suddenly begun to experience right sided pain that extended from the area of her waist towards her buttocks. Also the bottom side of her lower leg (calf) had a cramping pain and was sore and numb. Occasionally an electric shock like pain caused a jerking reflex in her leg. She reported an inability to bend from her waist while she was working and complained that after sitting for long periods of time idifficulty standing up.

PULSE CONFIGURATION: Her right Chi was sunken, Wiry and long. Upon deep pressure of the left Chi appeared a fine, Wiry, strong, and firm pulse, its jump hit the fingers with strength.

TREATMENT PRINCIPLE: This pulse configuration is indicative of a vertebral disease pathology. The vertebral nerves of her waist area (lower back) were receiving pressure, and as a result there was inflammation, and engorgement of the blood vessels. In circumstances of this nature the treatment principle should be to activate the blood circulation, transform the stagnation, cool the blood, relax the tendons and stop the pain.

FORMULAE RECOMMENDATION: Restore the Yuan, Enliven the Blood Decoction and Pills Of Gold To Rectify The Bones (Fu Yuan Huo Xue Tang) and (Zheng Gu Zi Jin Dan) -variation

ACUPUNCTURE TREATMENT Commonly Used Points: GV-26 ~ B-54 ~ L-5 ~ GB-34 ~ GB-30 ~ GB-39 ~ B-60 and the AH SI points (tender points).

Secondary Points: GV-4 ~ B-23 ~ TW-6 ~ B-62 ~ SI-3.

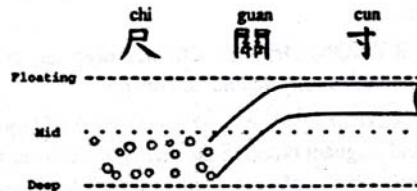
Needling Method: Needle with strong reducing stimulation. For disorders of an acute nature, points can be bled or bleed and cup local points. Moxabustion is prohibited.

Rationale: These points all represent their ability to relax the muscles, enliven the blood, reduce fire and stop pain. Use in combination with either Walking Cups or Stationary Cups and Blood Letting Therapy for more effective results. B-62 and SI-3 are Strategic Points of the Governing Vessel and Yang Heel Vessel. GV-26 has the ability to very quickly relax and resolve contracted muscles and pain. Over stimulation of acupuncture points is not suitable as fainting may occur.

THE SIXTH KIDNEY DEVIATION

The left Chi is deep, Dispersing and lacks strength. The Guan and Chi do not smoothly connect.

The Chi is extremely deep, soft and dispersed to the point that it is very difficult to feel the shape of the blood vessel, its jump is extremely forceless, cun and guan are comparatively floating and normal



Lower Burner Stagnant Blood

QI: Tai Yin (Damp)

ORGAN: Kidney (Water)

JUMP and SHAPE: weak, deep, soft and stagnating (Deficiency Heat)

CLINICAL SIGNIFICANCE: The deep and Dispersing pulse is suggestive of both Stagnant Blood and Damp Heat. If this configuration appears at the right Chi then it may signify a chronic inflammation in the lower warmer with deep bleeding. It often appears in circumstances such as; post-surgery involving the lower warmer or after having had anesthesia of the lower back or an abortion. Also the use of an Intrauterine device (IUDs) may cause its users to experience a sore waist, lower back pain, irregular menses and abnormal blood color. In addition, if a patient's uterus and ovaries have been surgically removed the jump of left Chi may disappear. The left Chi corresponds to Postnatal Qi and the right Chi corresponds to Prenatal Qi.

TREATMENT PRINCIPLE: Dissipate and rid the blood stagnation. Clear the heat and cool the blood, then the blood can circulate smoothly and the inflammation can be dissipated, resulting in the uplifting of the patient's spirit. A radiant countenance as well as a sense of well being should follow.

SUGGESTED HERBS:

Use Herbs That Act To Activate The Blood And Transform The Stagnation

- Hong Hua, Flos Carthami Tinctorii
- Tao Ren, Semen Persicae
- Wu Ling Zhi, Excrementum Troglodyteris seu Pteromi
- Pu Huang, Pollen Typhae
- Yi Mu Cao, Herba Leonuri Heterophylli
- Chuan Niu Xi, Radix Cyathulae
- Yuan Hu, Radix Corydalis Yanhusuo
- Yu Jin, Tuber Curcumae

CASE STUDY:

This patient was a slightly over weight 39 year old woman. Her past medical history included two abortions. Five years prior, after giving birth, she began to experience soreness of the waist and back pain. Her pain increased during periods of damp and cloudy weather. In addition, with each coming year, the volume of her menstrual blood had diminished and was dark in color and sticky. She had other symptoms such as; lower abdominal distention, painful, hard and swollen legs, tired spirit and a sensation of heavy and strengthless extremities.

PULSE CONFIGURATION: Her right Chi was deep and strengthless. Her right Guan and Chi were both normal, strong and not too deep.

TREATMENT PRINCIPLE: This case is representative of blood toxicity collecting in the abdominal cavity and stagnant blood in the uterus, with lower abdominal distention and swelling. The treatment principle is to enliven the blood, and to transform and dissipate the stagnation.

FORMULAE RECOMMENDATION: Decoction For Removing Blood Stasis In The Chest and Zhe Chung Yin ~ Xue Fu Zhu Yu Tang and Zhe Chung Yin variations

ACUPUNCTURE TREATMENT Commonly Used Points: Bl-17 ~ GV-4 ~ B-23 ~ SP-6 ~ CV-7.

Secondary Points: CV-6 ~ CV-4 ~ SP-10 ~ P-4 ~ S-30 ~ Liv-8.

Needling Method: Needle with moderate to strong reducing stimulation. Variation: if severe waist pain is manifesting then use the same treatment method as the previous category.

Rationale: K-23 is used to secure the kidney qi. CV-7 is a Junction Point of the Penetrating Vessel and is used to adjust and course its channel. Sp-6 is able to circulate the qi of the Three Leg Yin. B-17 ~ Sp-10 ~ P-4 ~ and Liv-8 courses the liver qi, enlivens the blood and transforms the congealed. S-30 is a Meeting Point of the Penetrating Channel on the Foot Yang Ming Meridian, Foot Yang Ming is significant of Blood, hence S-30 in combination with B-17 regulate the blood and circulate the stagnancy. When the congealed and stagnant are expelled then the disease will retreat.

Five Phase and Six Qi - Stems and Branches

INTRODUCTION

This section applies Traditional Chinese Medical theory in examining the movements of Qi in Heaven and on Earth. The influences of those movements in regard to environmental conditions and human disease are greatly significant. Accordingly, this section introduces a method by which a clinician may research the relationship of the Earthly Branches, and Heavenly Stems in regard to pulse diagnosis.

HEAVENLY STEMS AND EARTHLY BRANCHES

Positioned amid Heaven and Earth, humankind is subject to the influences of Five Movements and Six Qi. The coupling of Heaven's and Earth's influences bestow this world the capacity of unbounded propagation. Each generation evolves according to the transformations of Yin and Yang. Yin and Yang is the mother of transformation. In heaven, it is the vastly spacious universe. In humans, it is the regulation of daily matters. On earth, it is birth, maturation, disease and death. Nothing of this world is left unaffected by the changes of Yin and Yang. The universe potentiates change, which allows all things to manifest and prosper with unlimited energy. Three Yin and three Yang combine to create the Six Qi of Heaven. They are Wind, Cold, Summer Heat, Damp, Dry and Fire.

SIX QI

THREE YANG			THREE YIN		
bladder/small intestine	Taiyang	(COLD)	(DAMP)	Taiyin	lung/spleen
stomach/large intestine	Yangming	(DRY)	(HEAT)	Shaoyin	heart/kidney
gall bladder/triple warmer	Shaoyang	(FIRE)	(WIND)	Jueyin	liver/pericard

When Taiyang is above, Cold Qi rules.

The Yang meridians, bladder and small intestine are susceptible to perverse Cold Qi.

When Yangming is above, Dry Qi rules.

The Yang meridians, stomach and large intestine are susceptible to perverse Dry Qi.

When Shaoyang is above, Fire Qi rules.

The Yang meridians, triple warmer and gall bladder are susceptible to perverse Fire Qi.

When Taiyin is above, Damp Qi rules.

The Yin meridians, lung and spleen are susceptible to perverse Damp Qi.

When Shaoyin is above Fire Qi rules.

The Yin meridians, heart and kidney are susceptible to perverse Fire Qi.

When Jueyin is above, Wind Qi rules.

The Yin meridians, liver and pericardium are susceptible to perverse Wind Qi.

The energetic properties of the Six Qi shift in accordance to the interaction of Yin and Yang within Heaven. The Five Movements of Earth follow the cycles of Heaven and combine with the Six Qi. They together encompass and embrace the universe.

The Qi of Wood rules the ability to grow and mature, its corresponding organ is the Liver.

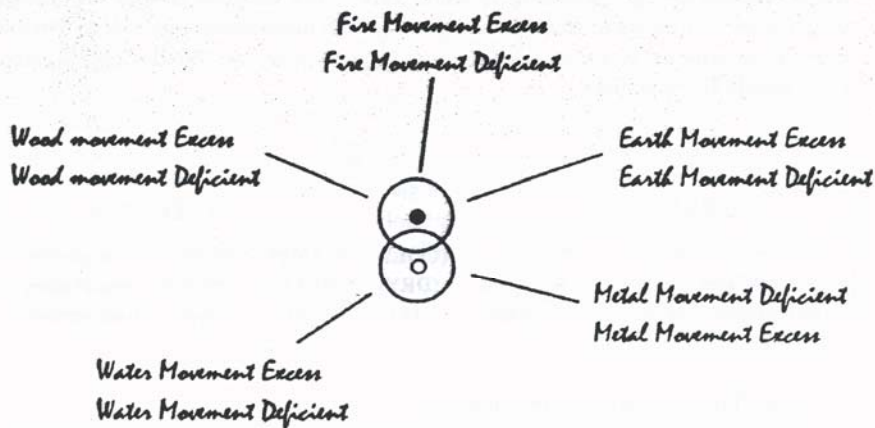
The Qi of Fire rules temperature regulation and heat energy, it corresponds to the Heart.

The Qi of Earth rules creation transportation, it corresponds to the Spleen.

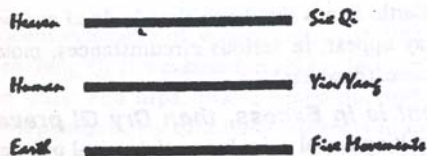
The Qi of Water rules cold, it corresponds to the Kidneys.

The Qi of Metal rules condensation, it corresponds to the Lung.

FIVE MOVEMENTS



Together the Qi of Heaven and Movements on Earth create the rhythm for the growth, development, maturation and death of all things. When there is equilibrium existing between the Qi of Heaven and Earth then all things of this world are able to develop and flourish. If the rhythm of Yin and Yang loses its regulation, then all things in the world are subject to perverse influences. Disease and calamity may result.



The Heaven, Man, Earth triad functions as an underlying theoretical constant within traditional Chinese medicine. The context in which this theory is applied clinically may vary in relation to the physician's angle and or level of inspection. The triad may be arranged in hierarchal order or applied in synergistic fashion, some of which was covered in earlier chapters. More relevant to this section is the context which originated in the Yellow Emperor's Internal Classic. The following is to be found in the Great Treatise of Heaven's Primordial Records and the Great Treatise of Qi Exchange and Transformation. It is referred to as The Five Movements and Six Qi Transformations and is commonly known as The Heavenly Stems and Earthly Branches. We begin with the Heavenly Stems or the Five Movements.

THE TEN HEAVENLY STEMS

(Excess and Deficiency of the Five Movements)

EXCESS OF THE FIVE MOVEMENTS

- **If Wood's movement is in Excess, then Wind's Qi prevails and will control Earth.** As a result, the Earth's Spleen will suffer. It will manifest loss of normal functioning, with such subsequent symptoms as diarrhea, loss of appetite, borborygmus, abdominal distention, costal pain, nausea and vertigo, high blood pressure, brain blood vessel disorders and other related diseases, due to Wind/Wood Qi's upheaval. If the clouds of Heaven are moving in flight, Earth's grass and trees can't be tranquil, branches and leaves shake, fall, and wither.
- **If Fire's movement is in Excess, then inflammatory Heat Qi prevails.** Prospering of Fire Qi will assault Lung Metal. Excess of Fire Qi overpowers Metal Qi. Symptoms such as coughing, asthmatic conditions, coughing up blood, dry throat, deafness, chest pain, and rotting skin may be seen. Upon entering the autumn season, in cases of extreme prosperity, if its Qi develops towards the opposite direction (inversion), then Water Qi may tend towards excessive flourishing. Phenomenon such as rain, frost, and cold may be seen. Therefore, Winter will bring floods and severely cold atmospheric conditions; rain, frost, and snow must be more than usual.
- **If Earth's movement is in Excess, then Dampness on Earth prevails.** The Spleen rules the four limbs, so, due to Excess Spleen Dampness, the four limbs will suffer fatigue. Foot paralysis with loss of mobility, lower leg painful, swelling, reduction of appetite, diarrhea and abdominal distention may be seen. If Earth's Damp Qi is too prosperous then spring-water gushes over and flooding will occur

between Heaven and Earth. Ponds that have already dried and withered will again breed fish. Storms may appear, in serious circumstances, mountains, hills, and houses will all collapse...etc. (disasters).

- ***If Metal's movement is in Excess, then Dry Qi prevails.*** Liver Wood receives injury with resulting costal pain, lower abdominal pain, achy and red eyes, or ulcers in the corners of the eyes. Excessive prosperity of Metal causes chest pain that may instigate back pain, shortness of breath, cough, phlegm, and aching in the posterior shoulders. Metal Excess assaults Wood, so, the creating and developing nature of Wood on earth is depressed. Consequently, the growth and development of all living things on earth is restricted. When autumn arrives, Metal Qi will be especially extreme.
- ***If Water's movement is in Excess, then Cold Qi prevails.*** In the human body, Water Qi invades Heart Fire and results in restlessness, accelerated heartbeat due to fear, unstable state of mind, delirium etc. When Water Qi prospers, then heavy rains arrive. Dust, fog and rain will spread through Heaven and Earth, water and snow fall, and flooding is extensive.

DEFICIENCY OF THE FIVE MOVEMENTS

- ***If Wood's movement is Deficient, then Dry Metal Qi prevails.*** This results in developmental Qi insufficiency, hence, vegetation does not flourish. In the human body, this is Insufficient Liver Qi, and the sides of the trunk, (costals) from the armpits to the ribs are painful. Symptoms such as borborygmus, and diarrhea may be seen.
- ***If Fire's movement is Deficient, then Cold prevails.*** Thus, all the things on the earth are changed from flourishing to deteriorating. In the human body, there is pain in the chest, the flanks feel full and distended, pain of the shoulders, heart pain, hoarse voice, with tendon and bone aching and soreness. In nature, the Water Qi rises and evaporates, forming clouds, resulting in heavy rains and causing rivers to overflow.
- ***If Earth's movement is Deficient, then Wind prevails.*** Vegetation flourishes but cannot produce fruit. In the human body, diarrhea, obesity, abdominal pain, sore, aching muscles, and digestive system disorders appear. Due to the presence of the sixth Heavenly Stem and sixth Earthly Branch, (Jue-yin Year Presiding In Heaven), flowing water will persevere, torpid insects awaken from hibernating. All things on the earth must flourish. This year is greatly auspicious, countries become rich and people healthy. Stock markets may produce tremendous climaxes.
- ***If Metal's movement is Deficient, then Fire Qi prevails.*** The Lungs are prone to illnesses such as asthma, coughing, running nose, skin, mouth and tongue ulcers, blood in feces, intestinal Wind (wind heat bound in the intestines), and bedsores.
- ***If Water's movement is Deficient then Damp Qi is prevalent.*** Damp Qi evaporates, (rises up) and rainfall increases. In Man, Dampness corresponds to the Spleen. Heavy Dampness results in abdominal distention, a feeling of heaviness of

the body, frequent discharge of watery and loose stools..etc. When Damp Qi is prosperous then Yang Qi is weakened, resulting in symptoms such as soreness and aching of the waist and hips, lower limbs uncomfortable upon movement, restlessness, foot paralysis, icy cold limbs, soreness of the sole of the foot, swelling pains in the legs. In Heaven, cold fronts arrive very often, torpid insects hibernate earlier; Earth becomes hard due to the accumulation of ice, big storms break out, trees are bare and grass is withered. All the things on the earth lose their growing luster.

THE TWELVE EARTHLY BRANCHES

(The Six Qi Preside over the Changes of Heaven)

- ***If Shao-Yin Presides Over Heaven (Summer Qi), then Fire Qi descends towards earth.*** The lungs are then depressed and restrained, and as a result symptoms such as asthma, vomiting, tidal fevers, sneezing, runny nose, nose bleeds, stuffy nose, high fever, skin ulcers, yawning and stretching, aching at the sides of the trunk from armpits to ribs may be seen. Fire Qi is prevalent; as a result the grass and trees receive injury.
- ***If Tai Yin Presides Over Heaven (Damp Qi), then Damp Qi arrives and falls upon the earth.*** The Kidney Qi is restrained, and as a result symptoms such as impotence, chest distress, waist pain and awkwardness upon turning, epigastrium distress, lower abdominal pain, lack of appetite may be seen. Nature's insects hibernate early, the earth cracks, there is freezing, the growth of the grass and trees is restrained. Cold fronts arrive. Icy frost, rain, and snow are prevalent.
- ***If Shao Yang Presides Over Heaven (Corrupt Fire), then Fire Qi spreads over the earth.*** The Lung Qi is the first to receive injury. Scorching hot summer prevails, and as a result symptoms such as coughing, sneezing, nose bleeds, stuffy nose, and mouth sores may appear. Hot and Cold natured diseases are seen. The vegetation of Heaven and Earth suffers. Often, blazing prairie fires will be seen. The Six Qi are dry and hot.
- ***If Yang Ming Presides Over Heaven (Dry Qi), then Dry Qi spreads over the earth.*** The Liver Qi is wounded and restrained. The soil is dry and the earth cracks. When the strong Cool Qi comes, trees and grass wither and fall. In man's body, there is aching of the sides of the trunk, from the armpits to the ribs, red eyes, trembling, and vertigo, and muscle paralysis restrains one's ability to stand for long periods. Liver diseases are most often seen.
- ***If Tai-Yang Presides Over Heaven (Cold Qi), then Cold Qi spreads over the earth.*** The Heart Qi is sealed and restrained, and restless heat arises. Symptoms such as dry throat, thirst, running nose, grief, yawning, absent mindedness, accelerated heart beat due to fear, and heart pain are seen. The earth receives injury from the Cold. Rain, snow and frost descend. Heavy rains and flooding are prevalent. Water disasters spread unchecked.

- ***If Jue-Yin Presides Over Heaven (Wind Qi), then Wind Qi spreads over the earth.*** If Spleen Qi is restrained, symptoms such as obesity, muscle paralysis, lack of appetite, lack of taste sensitivity, vertigo, and tinnitus may be seen. Damp Qi rises up and is evaporated, Atmospheric wind prevails, clouds shake and move. The grass and trees do not flourish.

Traditional Chinese medicine considers the highest level of human medicine as "*Tian Ren He Yi.*" (Heaven and Human combine as one). Man who is born between Heaven and Earth, cannot elude growth, aging, illness and death, the influence of the Five Movements and the Six Qi. The Five Movements and Six Qi transformations theory originated in the Tian Yuan Ji Da Luen <Great Treatise on Heaven's Primordial Records> and Qi Jiao Bian Da Luen <Great Treatise on Qi Exchange/Transformation, found within the oldest and most profound medical book of China, Huang Di Nei Jing, The Yellow Emperor's Internal Classic.