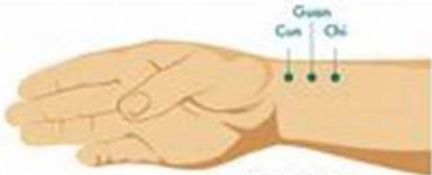



Unlocking the Secrets of Pulse Diagnosis: Your Ultimate Guide

An Illustrated Guide to Traditional Chinese Medicine Pulse Diagnosis*



3 Positions
Place 3 fingers over radial artery, with middle (Guan) position over the styloid process of the wrist.










Left Hand	Right Hand
First position (Cun).....Heart	First position (Cun).....Lung
Middle position (Guan).....Liver	Middle position (Guan).....Spleen
Third position (Chi).....Kidney yin	Third position (Chi).....Kidney yang




3 Levels
Press fingers over radial artery first lightly, increasing pressure gradually to moderate force, then lastly to deep.

Both Hands
Superficial level.....Heaven
Middle level.....Human
Deepest level.....Earth

While palpating each pulse location and depth, take note of pulse speed, strength, shape and rhythm. Together these elements make up a TCM pulse diagnosis. Here are some of the more clinically common pulses:

<p>Superficial pulse (fu mai) Easily felt with gentle touch. Typically indicates exterior syndromes in the early stage.</p> 	<p>Rapid pulse (shu mai) More than 5 beats per breath. Typically indicates heat syndromes.</p> 	<p>Wiry pulse (xuan mai) Feels taut, straight & long, like the string of a guitar. Typically indicates disorders of the liver & gallbladder channels, pain and phlegm/fluid retention.</p> 
<p>Deep pulse (chen mai) Felt only on heavy pressure. Typically indicates interior syndromes.</p> 	<p>Weak pulse (chen mai) Forceless at all 3 positions, in all 3 levels. Typically indicates syndromes of a deficiency type.</p> 	<p>Thready pulse (xi mai) Feels like a fine thread, but is distinct and clear. Typically indicates deficiency due to overstrain & stress or deficiency of qi and blood.</p> 
<p>Slow pulse (chi mai) Less than four beats per breath. Typically indicates cold syndromes.</p> 	<p>Forceful pulse (shi mai) Forceful at all 3 positions, all 3 levels. Typically indicates syndromes of an excess type.</p> 	<p>Slippery pulse (hua mai) Feels smooth and flowing like pearls on a dish. Typically indicates phlegm & fluid retention, retention of food and excess heat.</p> 



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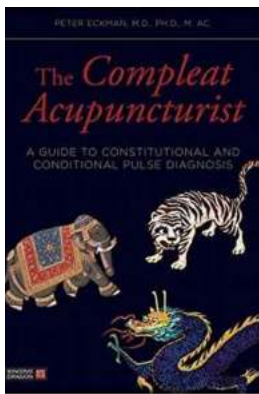
*Most clinically common pulses selected. This guide is not meant to be comprehensive. Pulse descriptions taken from "Chinese Acupuncture and Moxibustion".

Have you ever wondered how East Asian medicine practitioners can accurately identify health imbalances just by feeling your pulse? The art of pulse diagnosis has been practiced for centuries, and it continues to play a vital role in traditional medicine systems, such as Traditional Chinese Medicine (TCM) and Ayurveda. In this comprehensive guide, we will dive deep into the world of pulse diagnosis, exploring both constitutional and conditional pulse diagnosis techniques.

The Science Behind Pulse Diagnosis

Pulse diagnosis is not just a mystical practice; it is grounded in physiological and anatomical principles. The pulse at various points in the body provides valuable information about the state of internal organs and systems. By tapping into the pulse, skilled practitioners can gather insights into a patient's physical, emotional, and spiritual well-being.

Now, let's take a closer look at both constitutional and conditional pulse diagnosis:



The Compleat Acupuncturist: A Guide to Constitutional and Conditional Pulse Diagnosis

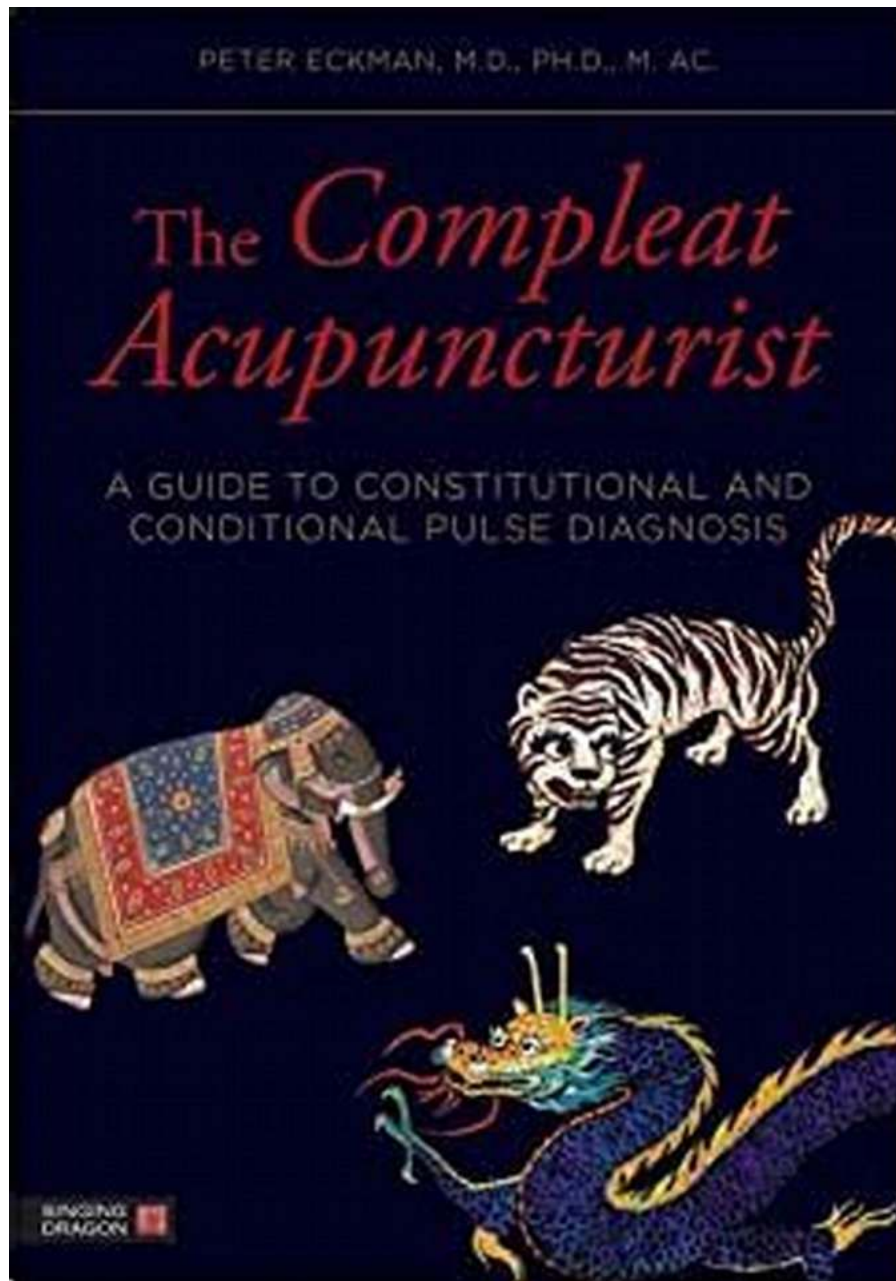
by David Frawley (Illustrated Edition, Kindle Edition)

★★★★★ 5 out of 5

Language : English
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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
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1. Constitutional Pulse Diagnosis



Constitutional pulse diagnosis focuses on assessing a person's overall health and identifying their fundamental energy patterns or body constitutions. These patterns are based on Eastern medicine's classification systems, including the Five Elements Theory and Yin-Yang theory.

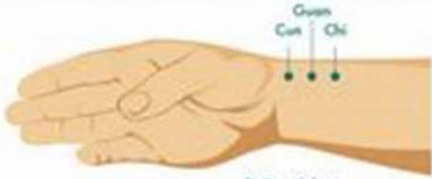
Practitioners examine elements such as rate, rhythm, strength, and quality of the pulse to determine if a person has a constitutional imbalance or tendencies

towards certain health conditions. Each pulse position along the wrist provides specific insights into different organ systems, helping practitioners build a comprehensive picture of an individual's health.

For instance, a wiry and rapid pulse in the liver position may indicate excessive liver activity, while a weak pulse in the kidney position could suggest a deficiency in kidney energy.


2. Conditional Pulse Diagnosis

**An Illustrated Guide to
Traditional Chinese Medicine Pulse Diagnosis***



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First position (Cun).....Heart	First position (Cun).....Lung
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3 Levels
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Middle
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While palpating each pulse location and depth, take note of pulse speed, strength, shape and rhythm. Together these elements make up a TCM pulse diagnosis. Here are some of the more clinically common pulses:

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Conditional pulse diagnosis focuses on identifying immediate imbalances or changes in the pulse that could indicate acute or chronic issues. It aims to

capture the dynamic qualities of a person's pulse and track any variations from their constitutional pulse.

By carefully assessing changes in pulse characteristics, such as depth, tension, width, or movement, practitioners can understand the progression of a disease and tailor treatment accordingly. For example, if the pulse becomes erratic or develops certain irregularities, it may indicate an acute condition that requires immediate attention.

Mastering the Art of Pulse Diagnosis

Although pulse diagnosis requires years of training and experience, anyone can start developing an understanding of their own pulse. Here's a step-by-step guide to get started:

1. Find Your Pulse Points

There are six pulse points on each wrist, making a total of twelve. The main positions include the radial artery, cun, guan, and chi. Use your index, middle, and ring fingers, and lightly press on each position to locate your pulse.

2. Observe the Rhythm and Rate

Pay attention to the speed and pattern of your pulse. Is it fast or slow, regular or irregular? This will provide an initial indication of your overall energy level.

3. Assess the Strength and Quality

Next, notice the strength of your pulse. Is it weak or strong? Additionally, assess the quality of the pulse by observing its width, depth, and movement. A healthy pulse should have a moderate strength and a smooth, consistent flow.

4. Observe Changes Over Time

To dive deeper, start observing your pulse at different times of the day and notice any changes. Changes in pulse characteristics may indicate the impact of dietary habits, exercise, emotional well-being, or seasonal changes on your health.

Benefits of Pulse Diagnosis

The placement of the practitioner's fingers are at the 2' Cui, 1' Cui, and 1' Cui positions. The middle finger is placed over the radial head of the radius and the other two fingers are placed adjacent to it. The practitioner is looking at the patient's wrist and the pulse is being taken on the side of the patient's hand, not the back of the hand. The pulse is being taken on the side of the patient's hand, not the back of the hand. The pulse is being taken on the side of the patient's hand, not the back of the hand.

According to the Five Phases and 24 pulse qualities, there are 28 pulse qualities that can be observed. A pulse of one fundamental quality or two with the addition of each other (two qualities) is a pulse. The area and nature of the disease can be determined from the pulse. The pulse is being taken on the side of the patient's hand, not the back of the hand. The pulse is being taken on the side of the patient's hand, not the back of the hand. The pulse is being taken on the side of the patient's hand, not the back of the hand.

Pulse Diagnosis & Qualities

Three Levels of the Pulse			
Level	Energy Type	Energy Level	Organs
Superficial	Qi (Yang Organs)	Superior	Upper Burner (SP and LU)
Middle	Blood	SP and ST	Middle Burner (SP and ST)
Deep	Yin (Yin Organs)	Inferior	Lower Burner (KI)

Description of a healthy ("normal") pulse: The pulse should be felt in all 3 positions. The quality of the pulse should not change on the hand or wrist. The rhythm should be even and balanced and regular beats of 60-100/min.

Clinical significance of the Pulse at varying levels:
 Superficial (skin level) - generally shows exogenous pathogens.
 Middle - generally shows state of SP/ST Qi.
 Deep (bone level) - generally shows internal conditions.

Factors which influence the Pulse:
 Age - the strength and quality of the pulse will decline as a person ages.
 Infant - 120-140 beats per minute, 2 beats per breath.
 Child - 80-110 beats per minute, 4-6 beats per breath.
 Adult - 60-90 beats per minute.
 Gender - Men are generally stronger on the left and women pulses are usually softer and slightly quicker than men's and are generally stronger on the right.
 Athletes often have a slow pulse, young children have quick pulses.
 Overweight people have deep pulses, while thin people have pulses with a tendency to be lighter than normal.

Seasonal Influences:
 Spring - Deep, long, and wiry (flow string).
 Summer - Floating, stronger and longer.
 Autumn - Floating, shorter and fine or soft.
 Winter - Deep and slippery or hard.

Category	Pulse Type	Category	Pulse Type
Fast with Light Pressure	Fluently Pulse (1)	Forceless	Subsided Pulse (1)
	Burgling Pulse (1)		Short Pulse (1)
	Arched Pulse (1)		Point Pulse (1)
	Drumlike Pulse (1)		Thinly Pulse (1)
Fast with Heavy Pressure	Sluggish Pulse (1)	Forceful	Excess Pulse (1)
	Scattered Pulse (1)		Slippery Pulse (1)
	Deep Pulse (1)		Long Pulse (1)
	Fast Pulse (1)		Tight Pulse (1)
Faster than 4 Beats per Breath	Weak Pulse (1)	More than 4 Beats per Breath	Flapping Pulse (1)
	Slow Pulse (1)		Irregular Pulse (1)
	Arched Pulse (1)		Big Pulse (1)
	Arched Pulse (1)		Big Pulse (1)

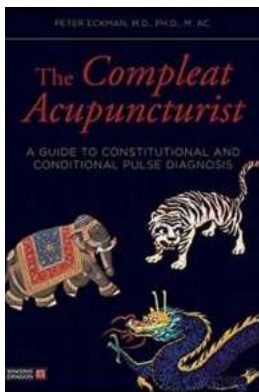
Images of the 28 Most Common Pulse Qualities

<p>1. Floating (Fu Wei) Yang The pulse gives a sensation of floating on the surface of the skin. It responds to the finger when pressed lightly. Indications: Exterior patterns. Floating and forceful pulses indicate exterior excess. Floating and forceless pulses indicate exterior deficiency. Interior patterns. Chronic deficiency of qi or essence.</p> <p>2. Deep (Chen Mai) Yin The pulse gives the impression of being hidden between the muscle and bone. It is only felt if pressed heavily. Indications: Interior patterns. Deep and forceful pulses indicate interior excess. Deep and forceless pulses indicate interior deficiency.</p> <p>3. Slow (Chu Mai) Yin The pulse is slow and moderate, only 3 beats to each breath. Indications: Cold patterns. Slow and forceful pulses indicate excess cold patterns. Slow and forceless pulses indicate deficient cold.</p> <p>4. Rapid (Shu Mai) Yang The pulse is quick and has eight or more than 5 beats to each breath. Indications: Heat patterns. Rapid and forceful pulses indicate excess heat. Rapid and forceless pulses indicate deficient heat.</p> <p>5. Slippery (Hua Mai) Yin within Yang The pulse is full and strong and gives a floating, rounded and slippery movement, like pearls on a plate. Indications: Phlegm-phlegm, Food stagnation, Excess internal heat.</p> <p>6. Choppy (Se Mai) Yin The movement of the pulse is felt as choppy and rough. Indications: Qi stagnation. Blood stasis. Essence stagnation. Blood insufficiency.</p> <p>7. Empty or deficient (Xu Mai) Yin The pulse comes with a floating and soft movement, it disappears on pressure under all three positions. Indications: Deficient pattern including all deficiency, yang deficiency, blood deficiency, qi and internal heat deficiencies.</p> <p>8. Full or Excess (Shi Mai) Yang The pulse feels full and forceful under all three positions. Indications: Excess patterns.</p> <p>9. Long (Chang Mai) Yang The pulse is felt as extraordinarily long, straight up and down, exceeding the extent of the original position. Indications: Excess patterns. Excesses that yang or yang exuberance with internal heat.</p> <p>10. Short (Duan Mai) Yin The pulse feels short, choppy and little, seeming to have no head or tail, the middle among suddenly and peering unable to fill its natural place. Indications: Short and forceful pulses indicate qi exuberance. Short and forceless pulses indicate qi stagnation.</p>	<p>11. Overflowing or surging (Hong Mai) Yang The pulse gives the impression of being overflowing and large. When the area below the doctor's finger, through abundant and large, about normal, the movement force is softness and force as it passes the wrist. Indications: Warm or heat conditions due to internal exuberance, or exuberance internal heat.</p> <p>12. Minute or Faint (Xi Mai) Yin The pulse feels thinned, very fine and soft, almost imperceptible, as though about to be cut off, though not. Indications: Yang distribution with weak breathing, influences of jin, qi or blood.</p> <p>13. Tight (Lian Mai) Yang The pulse is felt as tight and strong like a stretched twisted rope. Indications: Cold patterns. Pain patterns. Food stagnation.</p> <p>14. Slowed down or Moderate (Huan Mai) Yin The movement of the pulse is broad, slow and calm, with no great change in pace. Four beats to each breath. Indications: Damp diseases. Spleen and stomach weakness.</p> <p>15. Shallow (Kuo Mai) Yin within Yang The pulse gives the sensation of being shaped like any other pulse, other floating or deep with a hollow area in the middle. Indications: Blood loss and jin stagnation.</p> <p>16. Slow Sliding or Wiry (Xian Mai) Yin within Yang The sensation given by the type of pulse is that of pressing on the string of a harp, but floating slightly beneath the finger. Indications: Liver and pericardial conditions. Various pains. Phlegm-phlegm, Water.</p> <p>17. Leather or Drumlike (Gu Mai) Yin The type of pulse is felt as large with a slow string quality, yet heavy. It is combined superficially but not when pressed hard. The sensation is that of pressing on the skin of a drum, the surface soft and the inside hollow. Indications: Constitutional weakness. External contraction of cold. Blood loss. Terminal heat. Late stage phlegm, swelling.</p> <p>18. Fine (Zao Mai) Yang within Yin The pulse is larger with a slow string and hard quality. It can only be obtained deeply. Indications: Yin deficiency. Internal excess. Phlegm. Complications and convulsions.</p> <p>19. Weak (Ruo Mai) Yin The pulse which feels very fine and soft, yet floating, only obtained when pressed lightly. Indications: Various deficiencies. Internal depression.</p>	<p>20. Weak (Ruo Mai) Yin The pulse is felt as the and small, yet deep. It can only be located when pressed heavily. When pressed lightly it is no longer felt. Indications: Qi and blood insufficiency.</p> <p>21. Scattered (San Mai) Yin The pulse is felt as a float, slow and soft, but more potent than a whole pulse. Indications: Deficient pattern. Qi and blood distribution. Original Qi distribution.</p> <p>22. Fine or Thinly (Xi Mai) Yin The pulse is felt like a thread, fine and soft, but more potent than a whole pulse. Indications: Various deficiencies. Yin and blood deficiency. Damage due to overwork. Complications.</p> <p>23. Heavier (Jia Mai) Yin The pulse appears to be heavier. If one pushes the middle and the left, the right then you begin to get the shape. Indications: Phlegm-phlegm, Stagnation, Retention patterns. Extreme pain.</p> <p>24. Moving or Throbbing (Dong Mai) Yang The pulse can be detected in the 2' position, spread the 1' basin. Its movement is wiry and rapid. Indications: Pain and fright.</p> <p>25. Heavily (Zhu Mai) Yang The movement of the pulse is neither and heavy, feeling as if heavy. Indications: Phlegm-phlegm. Retention food stagnation. Yang exuberance with excess heat. The feeling to save yang.</p> <p>26. Knotted (Jie Mai) Yin The pulse comes slowly and gradually, sometimes halting. Indications: Yin exuberance. Qi binding. Phlegm stagnation. Blood stasis.</p> <p>27. Intermittent (Zai Mai) Yin The pulse is felt only intermittently. As times it almost stops, unable to acquire heat, and moves again only after a long time. Indications: Absence of a disease due to disconnection of pathogenic factors and also Deficiency Syndrome.</p> <p>28. Fast or Big (Da Mai) Yin The pulse gives the effect of being hurried and anxious. If it is 6 beats each breath, it has extremely rapid and urgent. Indications: Advance of a disease due to disconnection of pathogenic factors and also Deficiency Syndrome.</p>
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Pulse diagnosis offers several benefits and remains a valuable diagnostic tool in traditional medicine. Some of the key advantages include:

- Early detection of imbalances or diseases before symptoms manifest
- Individualized treatment plans based on unique pulse patterns
- Monitoring progress during treatment and adjusting therapy accordingly
- Providing insights into emotional and mental well-being

Pulse diagnosis is an ancient and remarkable art that allows practitioners to assess an individual's health with uncanny accuracy. Whether you seek to understand your pulse for personal awareness or consider pursuing a career in traditional medicine, this comprehensive guide provides a solid foundation to unravel the mysteries of pulse diagnosis.



The Compleat Acupuncturist: A Guide to Constitutional and Conditional Pulse Diagnosis

by David Frawley (Illustrated Edition, Kindle Edition)

★★★★★ 5 out of 5

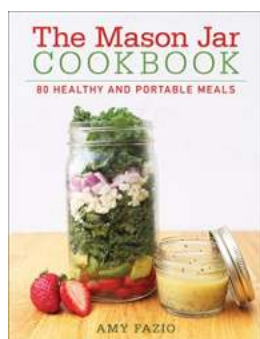
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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 294 pages



In this highly original and authoritative book, Peter Eckman takes pulse diagnosis as a common thread that links and integrates the various disciplines of Oriental medicine, and shows that they are in fact related by a common origin several thousand years ago. The text describes the clinical details used in a variety of acupuncture styles, synthesizing them into a coherent whole, and illustrating the

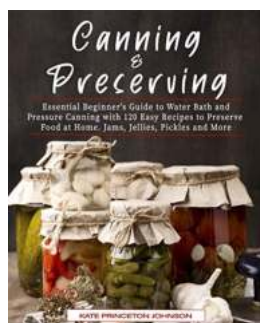
usefulness of this model with an extensive presentation of case histories. A fundamental premise of the book is that treatment should be based not only on the current condition of the patient, but even more importantly on their inherent constitution. The description of constitutional pulse diagnosis therefore forms Part 1 of the text, the description of conditional pulse diagnosis forms Part 2 and Part 3 provides more than 30 case histories with pulse analysis, diagnosis and treatment (with outcomes), so that the book will be of utmost practical benefit.

Much of the book consists of new theoretical schemata to organize traditional Oriental medical concepts into a coherent whole - groundbreaking work that will provide fresh insights and deeper understanding to all practitioners of Chinese medicine, especially acupuncturists. It presents a wealth of material that is not commonly available in Indian (Ayurveda), Korean or Chinese medicine, as well as other traditions of Oriental medicine, including the only thorough presentation of Korean Constitutional Acupuncture in English, based on the author's personal study under its originator.



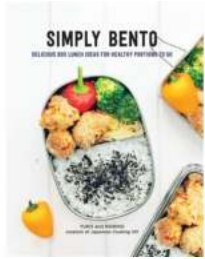
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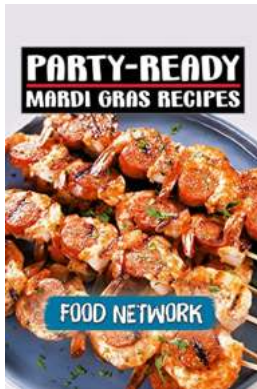
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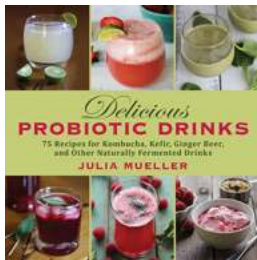
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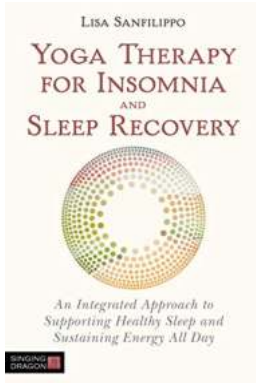
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