

# Final Review pt 2

DME class 14

# PULSE DIAGNOSIS

- The three sections of the pulse at the radial artery are called "inch" (CUN), "barrier" (GUAN) and "cubit" (CHI).
- Here they will be called "Front", "Middle" and "Rear" respectively.

- The upper [distal] position corresponds to Heaven and reflects diseases from the chest to the head;
- the middle position corresponds to Person and reflects diseases between the diaphragm and umbilicus;
- the lower [proximal] position corresponds to Earth and reflects diseases from below the umbilicus to the feet".

- Common assignment of pulse positions derived from “Pulse Classic”

- One can also interpret the three positions Front, Middle and Rear as reflecting the energies Qi, Blood and Yin respectively, as well as the three body areas of Upper, Middle and Lower and their respective organs

- Traditionally, the best time for taking the pulse is in the early morning when the Yin is calm and the Yang has not yet come forth.
- The patient's arm should be horizontal and should not be held higher than the level of the heart.
- The practitioner's fingers are all placed on the pulse, which is felt with the first three fingers.

# Pulse Qualities

There are 28 pulse qualities, as follows.

- Floating Pulse
- This pulse can be felt with a light pressure of the fingers, just resting the fingers on the artery.
- Indicates an exterior pattern from invasion by an exterior pathogenic factor, such as Wind-Cold or Wind-Heat.
- If it is Floating and Tight it indicates Wind-Cold; if it is Floating and Rapid it indicates Wind-Heat.



- Deep Pulse
- can only be felt with a heavy pressure of the fingers and is felt near the bone.
- Indicates an Interior condition.
- If it is Deep and Weak it indicates deficiency of Qi and Yang. If it is Deep and Full, it indicates stasis of Qi or Blood in the Interior, or interior Cold or Heat.

- Slow pulse
- This pulse has three beats per respiration cycle (of the practitioner).
- Indicates a Cold pattern.
- If it is Slow and Empty it indicates Empty-Cold from deficiency of Yang. If it is Slow and Full, it indicates Full-Cold.

- Rapid pulse
- has more than 5 beats per each respiration cycle
- Indicates a Heat pattern.
- If it is Empty and Rapid, it indicates Empty-Heat from Yin deficiency. If it is Full and Rapid, it indicates Full-Heat.

# 5 Empty pulse

- (Pinyin: Xu Mai; a.k.a. Deficiency-type, Vacuous)
- Feeling
- "Empty" may suggest that nothing can be felt, but this is not so: this pulse is actually rather big but it feels empty on a slightly stronger pressure and is soft.

- Empty pulse
- feels rather big but soft.
- The Empty pulse indicates Qi deficiency.
- Full pulse
- feels full, rather hard and long
- indicates a Full pattern.
- Full and Rapid: Full-Heat; Full and Slow: Full-Cold.

- Slippery pulse
- feels smooth, rounded, slippery to the touch, as if it were oily. It slides under the fingers.
- indicates Phlegm, Dampness, retention of food or pregnancy;
- if Weak: Phlegm or Dampness with a background of Qi deficiency.

- Choppy pulse
- feels rough under the finger: instead of a smooth pulse wave, it feels as if it had a jagged edge to it.
- also indicates a pulse that changes rapidly both in rate and quality
- indicates deficiency of Blood, or exhaustion of fluids after profuse and prolonged sweating or vomiting.

- Long pulse
- longer than normal: it extends slightly beyond the normal pulse position.
- It indicates a Heat pattern.
- Short pulse
- occupies a shorter space than the normal position
- indicates severe deficiency of Qi, or of Stomach-Qi; frequently appears on the Front positions of left or right.



- Overflowing pulse
- feels big, extends beyond the pulse position, it is superficial and generally feels as if it overflows the normal pulse channel, like a river overflows during a flood.
- indicates extreme Heat, either in fever, or in chronic interior Heat diseases.
- If also Empty on pressure, it indicates Empty-Heat from Yin deficiency.

- Fine pulse
- thinner than normal
- indicates deficiency of Blood or internal Dampness with severe deficiency of Qi.
- Minute pulse
- extremely thin, small and difficult to feel
- indicates severe deficiency of Qi and Blood.

- Tight pulse
- feels twisted like a thick rope
- indicates Cold, either interior or exterior
- If it is Tight and Floating it indicates exterior Cold; if it is Tight and Deep it indicates interior Cold.
- may also indicate pain from an interior condition

- Wiry pulse
- feels taut like a guitar string. It is thinner, more taut and harder than the Tight pulse.
- indicates Liver disharmony, Pain, or Phlegm
- Slowed-down pulse
- has 4 beats for each respiration cycle.
- indicates health; no pathological significance

- Hollow pulse
- can be felt at the superficial level, but if one presses slightly harder to find the middle level it is not there; it is then felt again at the deep level with a stronger pressure. In other words, it is empty in the middle
- appears after a hemorrhage; if rapid and slightly Hollow it may indicate a forthcoming loss of blood.

- Leather pulse
- feels hard and tight at the superficial level and stretched like a drum, but it feels completely empty at the deep level. It is a large pulse, not thin.
- indicates severe deficiency of the Kidney-Essence or Yin.

- Firm pulse
- felt only at the deep level and it feels hard and rather wiry. It could be described as a Wiry pulse at the deep level.
- indicates interior Cold (if it is also Slow) or interior stagnation and pain.

- Soggy pulse
- can be felt only on the superficial level. It feels very soft and is only slightly floating. It disappears when a stronger pressure is applied.
- indicates the presence of Dampness, against a background of Qi deficiency.
- It may also indicate deficiency of Yin and Essence.



- Weak pulse
- cannot be felt on the superficial level, but only at the deep level. It is also soft.
- indicates deficiency of Yang or of Blood.

- Scattered pulse
- feels very small and is relatively superficial. Instead of feeling like a wave, the pulse feels as if it were "broken" in small dots.
- indicates very severe deficiency of Qi and Blood, and in particular of Kidney-Qi. It always indicates a serious condition.

- Hidden pulse
- feels as if it were hidden beneath the bone. It is very deep and difficult to feel. It is basically an extreme case of a Deep pulse.
- indicates extreme deficiency of Yang.

- Moving pulse
- has a round shape like a bean, it is short and it "trembles" under the finger. It has no definite shape, having no head or tail, just rising up in the centre. It feels as if it is shaking and is also somewhat slippery.
- indicates shock, anxiety, fright or extreme pain. It is frequently found in persons with deep emotional problems particularly from fear, or in those who have suffered an intense emotional shock, even if many years previously.

- Hasty pulse
- Rapid and stops at irregular intervals.
- indicates extreme Heat and a deficiency of Heart-Qi; also felt with Heart-Fire.
- Knotted pulse
- Slow and stops at irregular intervals.
- indicates Cold and deficiency of Heart-Qi or Heart-Yang.

- Intermittent pulse
- stops at regular intervals
- always indicates a serious internal problem of one or more Yin organs.
- If it stops every 4 beats or less, the condition is serious.
- It can also indicate a serious heart problem (in a Western medical sense).

- Hurried pulse
- very rapid, very agitated and urgent
- indicates an Excess of Yang, with Fire in the body exhausting the Yin.

# Full & Empty Conditions

--

# Eight Principle Patterns

DME class 10 & 11



# The 8 Principles are:

- Interior-Exterior
- Full-Empty
- Hot-Cold
- Yin-Yang

# INTERIOR-EXTERIOR

- The differentiation of Exterior and Interior is not made on the basis of what caused the disharmony (etiology), but on the basis of the location of the disease.
- An Exterior condition affects the skin, muscles and channels. An Interior condition affects the Internal Organs and bones.

- There are two types of exterior conditions:
- 1. those that affect skin and muscles and are caused by an exterior pathogenic factor having an acute onset (such as in invasion of Wind-Cold or Wind-Heat); and
- 2. those that affect the channels and have a slower onset (such as in Painful Obstruction Syndrome).

- Fever and aversion to cold occurring simultaneously always indicate an invasion from an exterior pathogenic factor.
- Generally speaking, we can say that the main symptoms of an exterior pattern are fever, aversion to cold, aching body, a stiff neck and a Floating pulse.

- Wind-Cold symptoms
- slight or absent fever, aversion to cold, severe aches in the body, severe stiff neck, chilliness, no sweating, no thirst, a Floating-Tight pulse and a thin-white tongue coating.

- Wind-Heat symptoms
- fever, aversion to cold, slight sweating, thirst, a Floating-Rapid pulse and a thin-yellow tongue coating. In this case the body aches are not so pronounced.

- Main factors in differentiating the Hot or Cold character of an exterior pattern:
- thirst (Hot) or its absence (Cold)
- white (Cold) or yellow (Hot) tongue coat
- Tight (Cold) or Rapid (Hot) pulse
- Fever (Hot) or its absence (Cold)

- Painful Obstruction Syndrome
- can be Cold, Dampness, Wind or Heat.
- Cold: usually one joint affected, pain is severe and relieved by application of heat.
- Wind: the pain moves from joint to joint.
- Dampness: swelling of the joints
- Heat: pain is severe and joints swollen & hot.



- INTERIOR
- Means Internal Organs affected.
- Once the disease is located in the Interior, it is defined as an interior pattern, and treated as such.
- Hint: look for digestive, bowel & bladder signs; non-Floating pulse; changes in tongue body / color; altered Shen, etc

- INTERNAL WIND
- Characterized by involuntary movement (spasms, tremors, tics, etc).
- The main clinical manifestations of interior Wind are: tremors, tics, severe dizziness, vertigo and numbness.
- Interior Wind is always related to a Liver disharmony.

- INTERNAL DAMPNESS
- Manifests as Heaviness - Limbs, Head
- "Dirtiness" (Turbidity) - Discharges
- Sticky - Tongue coat, taste, Slippery pulse
- Abdominal fullness, heaviness, lethargy, turbid urine, excessive vaginal discharge, muscle ache, sinus congestion, sticky (greasy) tongue coating, soggy or slippery pulse

# HOT-COLD

- Full-Heat
- The main manifestations are fever, thirst, red face, red eyes, constipation, scanty-dark urine, a Rapid-Full pulse, and a Red tongue with yellow coating.
- Not all of these need to be present in order to have a Full-Heat pattern

- Other Heat manifestations:
- Raised, red, hot skin eruptions
- Any burning sensation (urination, stomach)
- Loss of large quantities of dark-red blood
- Extreme restlessness or manic behavior

- Empty-Heat
- Main manifestations are afternoon fever or a feeling of heat in the afternoon, a dry mouth, a dry throat at night, night sweating, a feeling of heat in the chest and palms and soles, dry stools, scanty-dark urine, a Floating-Empty or Fine and Rapid pulse and a Red-Peeled tongue.

- Comparison between Full-Heat and Empty-Heat
- Face
- Full-Heat: Whole face red
- Empty-Heat: Malar flush

- Thirst
- Full-Heat: Desire to drink cold water
- Empty-Heat: Desire to drink warm water, or cold water in small sips
- Eyelid
- Full-Heat: Red all over inside eyelid
- Empty-Heat: Thin red line inside eyelid



- Taste
- Full-Heat: Bitter taste
- Empty-Heat: No bitter taste
- Feeling of heat
- Full-Heat: All day
- Empty-Heat: In the afternoon or evening

- Fever
- Full-Heat: High fever
- Empty-Heat: Low-grade fever in the afternoon
- Mind
- Full-Heat: Very restless and agitated
- Empty-Heat: Vague anxiety, fidgeting

- Bowels
- Full-Heat: Constipation, abdominal pain
- Empty-Heat: Dry stools, no abdominal pain
- Bleeding
- Full-Heat: Profuse
- Empty-Heat: Slight

- Sleep
- Full-Heat: Dream-disturbed, very restless
- Empty-Heat: Waking up frequently during the night or early morning
- Skin
- Full-Heat: Red-hot-painful skin eruptions
- Empty-Heat: Scarlet-red, not raised, painless skin eruptions

- Pulse
- Full-Heat: Full-Rapid-Overflowing
- Empty-Heat: Floating-Empty, Rapid
- Tongue
- Full-Heat: Red with yellow coating
- Empty-Heat: Red and Peeled or Thin

# COLD

- Full-Cold
- The main manifestations are chilliness, cold limbs, no thirst, pale face, abdominal pain aggravated on pressure, desire to drink warm liquids, loose stools, clear-abundant urination, Deep-Full-Tight pulse and a Pale tongue with thick white coating.
- These are manifestations of Interior Full-Cold.

- Other manifestations of Full-Cold
- Pain, especially abdominal pain.
- Anything that is white, concave (as opposed to raised), bluish-purple may indicate Cold. For example, a pale face or pale tongue, a white tongue coating, concave very pale spots on the tongue, a bluish-purple tongue and bluish lips or fingers and toes.

- Empty-Cold
- The main manifestations are chilliness, cold limbs, a dull-pale face, no thirst, listlessness, sweating, loose stools, clear-abundant urination, a Deep- Slow or Weak pulse and a Pale tongue with thin white coating.



- Comparison between Full-Cold and Empty-Cold
- Face
- Full-Cold: Bright-white
- Empty-Cold: Sallow-white

- Pain
- Full-Cold: Sharp, worse on pressure
- Empty-Cold: Dull, better on pressure
- Bowels
- Full-Cold: Better after bowel movement
- Empty-Cold: Worse after bowel movement

- Pulse
- Full-Cold: Full-Tight-Deep
- Empty-Cold: Weak-Slow-Deep
- Tongue
- Full-Cold: Thick-white coating
- Empty-Cold: Thin-white coating

# FULL-EMPTY

- A Full condition is characterized by the presence of a pathogenic factor (which may be interior or exterior) of any kind and by the fact that the body's Qi is relatively intact.
- An Empty condition is characterized by weakness of the body's Qi and the absence of a pathogenic factor.
- If the body's Qi is weak but a pathogenic factor lingers on, the condition is of Empty character complicated with Fullness.

- Empty
- Main clinical manifestations: chronic disease, listlessness, apathy, lying curled up, a weak voice, weak breathing, low-pitch tinnitus, pain alleviated by pressure poor memory, slight sweating, frequent urination, loose stools and a pulse of the Empty type.

- Full
- Main clinical manifestations: acute disease, restlessness, irritability, a red face, a strong voice, coarse breathing, pain aggravated by pressure, high-pitch tinnitus, profuse sweating, scanty urination, constipation and a pulse of the Excess type.

- We can distinguish four types of Emptiness:
- Empty Qi
- Empty Yang
- Empty Blood
- Empty Yin

- EMPTY QI
- The clinical manifestations are a pale face, a weak voice, slight sweating (in daytime), slight breathlessness, tiredness, lack of appetite and an Empty pulse.



- EMPTY YANG
- The main clinical manifestations are, in addition to those of Emptiness of Qi: chilliness, a bright- pale face, cold limbs, no thirst, a desire for hot drinks, loose stools, frequent-pale urination, a Weak pulse and a Pale-Wet tongue.

- Qi is part of Yang, and Emptiness of Qi is similar in nature to Emptiness of Yang. In fact, the two are practically the same, just emphasizing different aspects of the functions of Qi.
- In Emptiness of Qi, it is the Qi function of transformation that is mostly at fault, while in Emptiness of Yang, it is the Qi function of warming and protecting that is impaired.

- EMPTY BLOOD
- The main manifestations of Emptiness of Blood are a dull-pale face, pale lips, blurred vision, dry hair, depression, tiredness, poor memory, numbness, insomnia, scanty periods or amenorrhea, a Fine or Choppy Pulse and a Pale-Thin tongue.

- EMPTY YIN
- The main manifestations of Emptiness of Yin are low-grade fever or a feeling of heat in the afternoon, 5-palm heat, a dry throat at night, night sweating, emaciation, a Floating-Empty pulse and a Red-Peeled and dry tongue.

- Yin Qi has the function of cooling, hence the heat symptoms (Empty-Heat) such as a low-grade fever, a feeling of heat, night sweating, 5- palm heat and a Red tongue.
- Yin also moistens, hence the symptoms of dryness such as dry throat and tongue.

# YIN-YANG

- Collapse patterns
- Collapse of Yin or Yang simply indicates an extremely severe state of Emptiness. It also implies a complete separation of Yin and Yang from each other.
- Collapse of Yin or Yang is often, but not necessarily, followed by death.

- COLLAPSE OF YIN
- The main manifestations are abundant perspiration, skin hot to the touch, hot limbs, a dry mouth with desire to drink cold liquids in small sips, retention of urine, constipation, a Floating-Empty and Rapid pulse and a Red-Peeled, Short and Dry tongue.

- COLLAPSE OF YANG
- The main manifestations are chilliness, cold limbs, weak breathing, profuse sweating with an oily sweat, no thirst, frequent-profuse urination or incontinence, loose stools or incontinence, a Minute-Deep pulse and a Pale-Wet-Swollen-Short tongue.



# Qi-Blood-Body Fluids Patterns

DME class 12

- QI PATTERN IDENTIFICATION
- These can be:
- Deficiency of Qi
- Sinking of Qi
- Stagnation of Qi
- Rebellious Qi

- QI DEFICIENCY (Empty Qi)
- Clinical manifestations: Slight shortness of breath, weak voice, spontaneous sweating, poor appetite, loose stools, tiredness, Empty pulse.

- QI SINKING
- Clinical manifestations: Feeling of bearing down, tiredness, listlessness, mental depression, prolapse of organs (stomach, uterus, intestines, anus, vagina or bladder), Empty pulse.
- In addition to the above symptoms, there can be any of the other symptoms of Qi deficiency.

- QI STAGNATION
- Clinical manifestations: Feeling of distension, distending pain that moves from place to place, abdominal masses that appear and disappear, mental depression, irritability, gloomy feeling, frequent mood swings, frequent sighing, Wiry or Tight pulse, tongue normal or slightly red or purple sides.

- REBELLIOUS QI
- "Rebellious Qi" occurs when Qi flows in the wrong direction, i.e. a direction different than its normal physiological one.
- Stomach Rebellious Qi: Belching, hiccup, nausea, vomiting
- Lung Rebellious Qi: Cough, asthma

- BLOOD PATTERN IDENTIFICATION
- These can be:
- Deficiency of Blood
- Stasis of Blood
- Heat in the Blood
- Loss of Blood

- DEFICIENCY OF BLOOD (Empty Blood)
- Clinical manifestations: Dull pale sallow complexion, pale lips, dizziness, poor memory, numbness, blurred vision, dry hair, depression, insomnia, scanty periods or amenorrhea, Pale slightly dry tongue, Choppy or Fine pulse.



- In severe and long-standing cases leads to:
- Dryness: dry tongue, dry skin, dry hair and withered nails.
- Interior Liver-Wind which, combined with dryness, can cause some skin diseases characterized by dry and itchy skin.

- STASIS OF BLOOD
- Clinical manifestations: Dark complexion, purple lips, pain which is boring, fixed and stabbing in character, abdominal masses that do not move, purple nails, bleeding with dark blood and dark clots, Purple tongue, Wiry, Firm or Choppy pulse.
- Compare and contrast stagnation of Qi with stasis of Blood:

- Pain/distension
- Stagnation of Qi: More distension than pain
- Stasis of blood: More pain than distension
- Location
- Stagnation of Qi: Moving pain
- Stasis of blood: Fixed pain

- Character
- Stagnation of Qi: Distending pain, feeling of fullness
- Stasis of blood: Boring or stabbing pain
- Abdominal masses
- Stagnation of Qi: Appearing and disappearing
- Stasis of blood: Fixed

- Skin

- Stagnation of Qi: Not appearing on skin
- Stasis of blood: May manifest with purple blotches or bruises

- Face

- Stagnation of Qi: May be unchanged
- Stasis of blood: Dark colour or bluish-green

- Tongue
- Stagnation of Qi: Normal or slightly purple
- Stasis of blood: Definitely purple and possibly with purple spots
- Pulse
- Stagnation of Qi: Only slightly Wiry
- Stasis of blood: Wiry, Firm or Choppy

- Stasis of Blood can derive from:
- 1. Stagnation of Qi: most common cause
- 2. Deficiency of Qi
- 3. Heat in the Blood
- 4. Blood deficiency
- 5. Interior Cold
- 6. Phlegm may aggravate Blood stasis.

# HEAT IN THE BLOOD

- Clinical manifestations
- Feeling of heat, skin diseases with red eruptions, dry mouth, bleeding, Red tongue, Rapid pulse.



- Loss of Blood
- Clinical manifestations: Epistaxis, hematemesis, hemoptysis, melaena, menorrhagia, metrorrhagia, hematuria.
- Main causes: deficient Qi, Blood-Heat; also Blood Stasis and Yin Deficiency

- Cause: Heat in blood
- Heavy loss of fresh red or dark blood
- Cause: Stasis of blood
- Scanty loss of very dark blood with clots

- Cause: Qi deficiency
- Heavy or prolonged loss of pale blood
- Cause: Yin deficiency
- Scanty loss of Bright-red blood

# BODY-FLUID PATTERN IDENTIFICATION

- These are:
- Deficiency of Body Fluids
- Edema
- Phlegm.

- Deficiency of Body Fluids
- Clinical manifestations: Dry skin, mouth, nose, cough, lips, dry Tongue.

- Edema
- Lung-Qi deficiency: affects the upper body, such as the face and hands.
- Spleen-Yang deficiency: affects the middle body, such as the abdomen and limbs.
- Kidney-Yang deficiency: affects the lower body, such as the legs and ankles.

# PHLEGM

- Essential signs: slippery or sticky tongue coating and a Slippery or Wiry pulse.
- Two types of Phlegm, one "substantial", one "non-substantial".

- The two types of Phlegm can be summarized as follows.
- Substantial Phlegm
- Phlegm in the Lungs.



- Non-substantial Phlegm:
- Under the skin
- This takes the form of lumps under the skin (although not all lumps are due to Phlegm), nerve-ganglia swellings, swelling of lymph nodes, swelling of the thyroid, some fibroids and lipomas.

- In the channels
- Phlegm in the channels is not visible as a swelling, but it causes numbness. This is more common in old people and is frequently seen in Wind-stroke.
- Misting the Heart
- Non-substantial Phlegm can obstruct the Heart-orifices and mist the Mind. This gives rise to some types of mental illness such as schizophrenia and manic-depression and also to epilepsy.

- In Gall-Bladder or Kidneys
- Gall-Bladder or Kidney stones are considered as a form of Phlegm, arising from the "steaming and brewing" of Phlegm by Heat over a long period of time.
- In the joints
- The bone deformities that occur in chronic rheumatoid arthritis are seen as a form of Phlegm.

- Wind-Phlegm
- This causes dizziness, nausea, vomiting, numbness of the limbs, coughing of phlegm, a rattling sound in the throat and aphasia.
- This form of Phlegm is seen in Wind-stroke.

- Phlegm-Heat
- This is manifested with expectoration of yellow-sticky phlegm, a red face, dry mouth and lips, restlessness, a Red tongue with sticky-yellow coating and a Rapid-Slippery pulse.
- This form of Phlegm affects the Lungs, the Stomach or the Heart.

- Cold-Phlegm
- This is manifested with expectoration of white-watery phlegm, a cold feeling in limbs and back, nausea, a Pale tongue with white-wet coating and a Deep-Slippery-Slow pulse.
- This form of Phlegm is often seen in Stomach or Lung patterns.

- Damp-Phlegm

- This is manifested with expectoration of very profuse phlegm which is white and sticky, no appetite, no thirst, a feeling of oppression of chest and epigastrium, a sticky tongue coating and a Slippery pulse.
- This form of Phlegm is seen in Lung patterns.

- Qi-Phlegm
- This type of Phlegm is non-substantial and is manifested with a feeling of swelling in the throat (but no actual swelling), a difficulty in swallowing and a feeling of oppression of chest and diaphragm.
- This form of Phlegm is usually associated with stagnation of Qi in the throat.



- It is caused by emotional problems giving rise to (or deriving from) stagnation of Liver-Qi.
- The typical feeling of constriction of the throat is called "plum-stone (or plum-pit) syndrome" in Chinese Medicine and this feeling appears and disappears according to mood swings.

- Phlegm-Fluids
- Finally, another form of Phlegm is called "Yin" in Chinese Medicine which simply means "fluids" or "watery".
- This is a type of substantial Phlegm characterized by very watery and thin fluids.
- It can actually be heard splashing in the body.