

DIAGNOSIS BY FEELING (Palpation) Pt 3

DME class 9

PALPATING THE SKIN

- This includes feeling the temperature, moisture and texture of the skin.

- Temperature
- A subjective feeling of heat of a person does not always correspond to an objective heat feeling of the skin.
- If the skin actually feels hot to the touch it often indicates the presence of Damp- Heat.

- A cold feeling of the skin indicates a Cold pattern. This is often felt in the loins, lower abdomen or lower back, where it indicates a deficiency of Kidney-Yang.
- If the skin feels hot on first touch and if the pressure of the fingers is maintained it ceases to feel hot, it indicates invasion of exterior Wind- Heat with the pathogenic factor still only on the Exterior.

- If the skin over a blood vessel feels hot on medium pressure but not on heavy pressure, it indicates interior Heat in the Middle Burner or Heart.
- If the skin feels hot on heavy pressure which nearly reaches the bone, it indicates Empty-Heat from Yin deficiency.

- Moisture and texture
- A moist feeling of the skin may indicate invasion of the Exterior by Wind-Cold or, more usually, by Wind-Heat.
- If the skin feels moist in the absence of exterior symptoms, it indicates spontaneous sweating from deficiency of Lung-Qi.
- If the skin feels dry, it indicates Blood deficiency or Lung-Yin deficiency.

- Skin which feels rough may indicate Painful Obstruction Syndrome from Wind. If the skin is scaly and dry, it indicates exhaustion of body fluids.
- If the skin is swollen and a pit is left after pressing, it indicates oedema.
- If no pit is formed on pressing a swollen area, it indicates retention of Dampness, and the swelling is called "Qi swelling" as opposed to the former called "Water swelling".

PALPATING THE LIMBS

- If the hands and feet feel cold to the touch it indicates deficiency of Yang.
- If the whole arm and leg feel cold, it indicates a Kidney-Yang deficiency.

- If only the forearm and lower leg (or only hands and feet) feel cold, it may indicate interior Cold from stagnation of Qi.
- Thus the former indicates Empty-Cold, the latter Full-Cold.
- If only the hands and feet feel cold, it may be due to stagnation of Qi.
- This is sometimes called the Si Ni San Syndrome because this formula is used to treat it.

- If the limbs feel hot, it indicates a Heat pattern.
- If the hands are hot on the dorsum, it indicates Full-Heat.
- If they are hot on the palms, it indicates Empty-Heat from Yin deficiency.

PALPATING THE CHEST

- First of all, one should palpate the area over the left ventricle apex of the heart, where the pulsation of the heart can be felt and sometimes even seen.
- This area is called "Interior Emptiness" (Xu Li) in Chinese Medicine.
- Traditionally, this area is considered to be the end of the Stomach Great Connective Channel, starting in the stomach itself.

- It is also considered to reflect the state of the Gathering Qi of the chest (Zong Qi).
- If the pulsation under this area is regular, and not tight nor rapid, it indicates a good state of the Gathering Qi.
- If the pulsation is faint but clear, it indicates deficiency of Gathering Qi.
- If the pulsation is too strong it indicates "outpouring of Gathering Qi", i.e. a state of hyperactivity due to pushing oneself too much.

- If the pulsation cannot be felt, it indicates Phlegm or hiatus hernia.
- If the area just below the xyphoid process feels full and is painful on pressure, it indicates a Full pattern.
- It is often caused by bottled-up emotional problems which affect the chest and give rise to stagnation of Qi in this area.

PALPATING THE ABDOMEN

- If the abdomen feels full on touch and no pain is elicited on pressure it indicates an Empty pattern; if pain is elicited, it indicates a Full pattern.
- The elasticity and strength of the abdomen is important: it should feel solid but not hard, resilient but not tight, elastic but not soft.
- If it feels like this it indicates the good state of the Original Qi. If it feels too soft and flabby, it indicates deficiency of Original Qi.

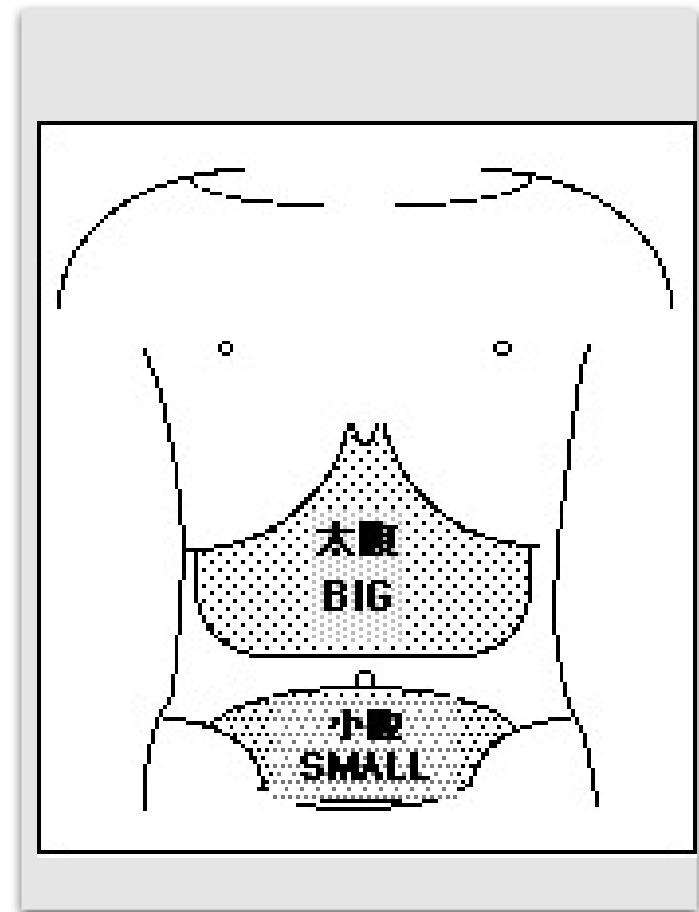
- The relative tightness or softness of the upper and lower part of the abdomen is significant.
- The upper part of the abdomen just below the xyphoid process reflects the state of the Upper Burner, i.e. Lung and Heart Qi and Gathering Qi.
- This area should be relatively softer than the rest, indicating a smooth flow of Lung and Heart Qi. If it feels hard and knotted, it indicates a constraint of Lung and Heart Qi and a constriction of the Corporeal Soul due to emotional tension.

- The lower part of the abdomen below the umbilicus should feel relatively tenses (but elastic) than the rest, indicating a good state of the Original Qi of the Kidneys.
- If it feels soft and flabby, it indicates a weakness of the Original Qi.
- Abdominal masses that move under the fingers indicate stagnation of Qi: if they do not move and feel very hard, they indicate stasis of Blood.

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Step 1: Compare Big & Small
Abdomen

Big Abdomen Deficient - LU or SP
Small Abdomen Deficient - LV or
KD



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Step 2: Determine Nan Jing
Abdominal Diagnosis Areas

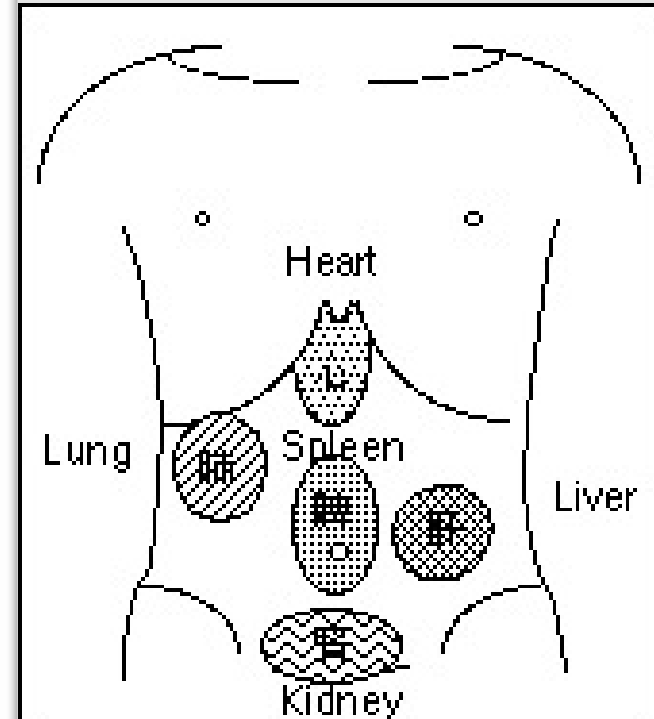
SP - Umbilical, CV7 to CV12

HT - Substernal, CV12 to CV15

LU- right side of navel / right
abdomen

LV- lower left of navel / left side of
abdomen

KD- Subumbilical, CV7 to os pubis



- Look for:
- temperature (hot-->cold), texture (rough, smooth, moist, dry, etc),
- resilience (slack--> tight/hard), sensation (none or numb--> pressure pain)

- Deficient (kyo) areas will manifest depression, coolness, roughness, weakness, etc.
- Excess (jitsu) areas will manifest tautness, hardness, discomfort or pressure pain.

PALPATING POINTS

- Channel and points diagnosis is based on objective or subjective reactions appearing at certain points.
- Generally speaking, any point can be used in diagnosis, following the general principles outlined above for the channels.

- However, certain points are particularly useful in diagnosis: these are
- the Back Transporting points,
- the Front Collecting points,
- the Lower-Sea points and
- Ah Shi points.

- The Back Transporting points are the places where the Qi and Blood of a particular organ "infuses": they are directly related to their respective organ and often manifest certain reactions when the organ is diseased.
- As a general principle, any sharp pain (either spontaneous or on pressure) on these points indicates a Full condition of the relevant organ, and a dull soreness (either spontaneous or on pressure) indicates an Empty condition.

- Each Back Transporting point can reflect the condition of its relevant organ, e.g. Weishu BL-21 for the Stomach, etc.
- In addition, Gaohuangshu BL-43 reflects the state of the Lungs, Zhishi BL- 53 is often sore in Kidney-diseases and Shangliao BL-31, Ciliao BL-32, Zhongliao BL-33 and Xialiao BL-34 reflect the state of the reproductive system particularly in women.

- The Front Collecting points are particularly reactive to pathological changes of the internal organs and are useful for diagnostic purposes.
- Each Front Collecting point reflects the state of an internal organ.

- The Lower-Sea points are also useful in diagnosing stomach or intestinal diseases: Zusanli ST-36 for the stomach, Shangjuxu ST-37 for the Large Intestine and Xiajuxu ST-39 for the Small Intestine.
- In addition, there is a special point between Zusanli ST-36 and Shangjuxu ST-37 which reflects the appendix. Its location is variable and is situated wherever there is a soreness in between those two points.

- If this special point (called "Lanweixue" meaning "appendix point") is painful on pressure, it indicates inflammation of the appendix.
- If the appendix is healthy, there will be no reaction at this point.
- Finally, Ah Shi points can be used for diagnosis.

- The theory of Ah Shi points says very simply that wherever there is soreness on pressure (whether on a channel or not), there is a point.
- This is obviously because the channel network is so dense that every area of the body is irrigated by a channel.
- As we have already seen, dull soreness on pressure indicates an Empty condition of the channel influencing that area, while a sharp pain on pressure indicates a Full condition of the channel.