

A traditional Chinese ink wash painting (shuǐ mō) depicting a misty mountain landscape. The painting features dark, craggy peaks and clusters of trees, rendered with varying shades of ink and some touches of red. The style is characteristic of classical Chinese art, emphasizing naturalistic detail and atmospheric perspective. The composition is partially obscured by the text on the right.

# *Pulse Diagnosis*

27 August 2019

# Introduction

- ❑ Pulse Diagnosis is known as 脉诊 (*mai zhen*) or 切诊 (*qie zhen*) in Chinese.
- ❑ Blood vessels are found throughout our body. They reach our organs and the epidermis and have blood (血 *xue*) and an element called 气 (*qi*) flowing in them.
- ❑ Pulse reflects the condition of the organ and also tell us the state of one's 气血阴阳 (*qi xue yin yang*).

# *Factors affecting the patterns of the pulse*

## 1. Heart and Blood Vessels

- ☐ Heartbeat
- ☐ Constriction and Dilation of Blood Vessels
- ☐ Balance of Heart's *Yin Yang*

## 2. *Qi Xue*

- ☐ Deficiency or in excess

# Pulse Taking Methods

## 1. 三部九候诊法 (*San Bu Jiu Hou Zhen Fa*)

□ Taking pulse from a few acu points at different parts of the body.

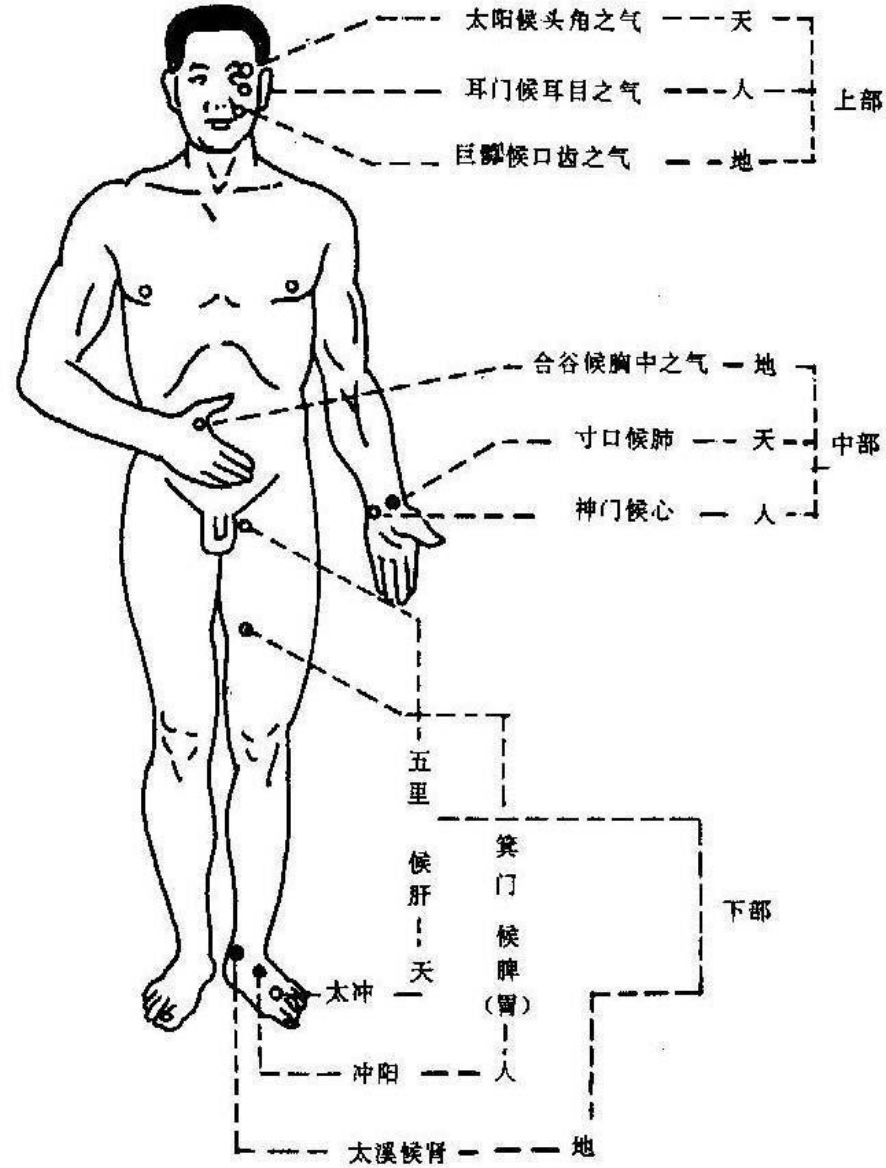
## 2. 人迎寸口诊法 (*Ren Ying Cun Kou Zhen Fa*)

□ Taking pulse at the carotid artery and the radial artery.

## 3. 仲景三部诊法 (*Zhong Jing San Bu Zhen Fa*)

□ Taking pulse from 3 acu points 寸口(*Cun Kou*), 趺阳(*Fu Yang*), 太溪(*Tai Xi*).

## 4. 寸口诊法 (*Cun Kou Zhen Fa*)



# 三部九候诊法

(San Bu Jiu Hou Zhen Fa)

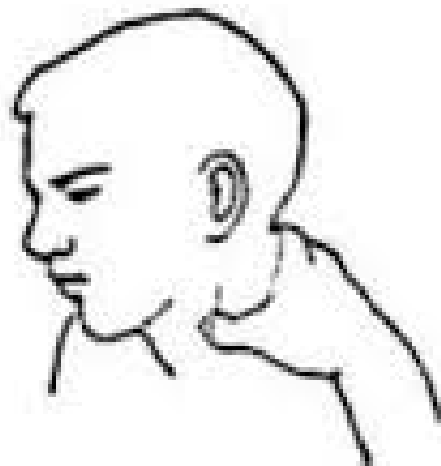


图 1-31 诊人迎脉

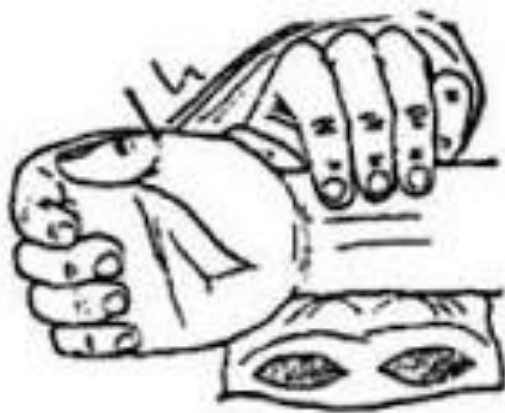


图 1-32 诊寸口脉

# 人迎寸口诊法

(Ren Ying Cun Kou Zhen Fa)



图 1-33 诊跌阳脉



图 1-34 诊太渊脉

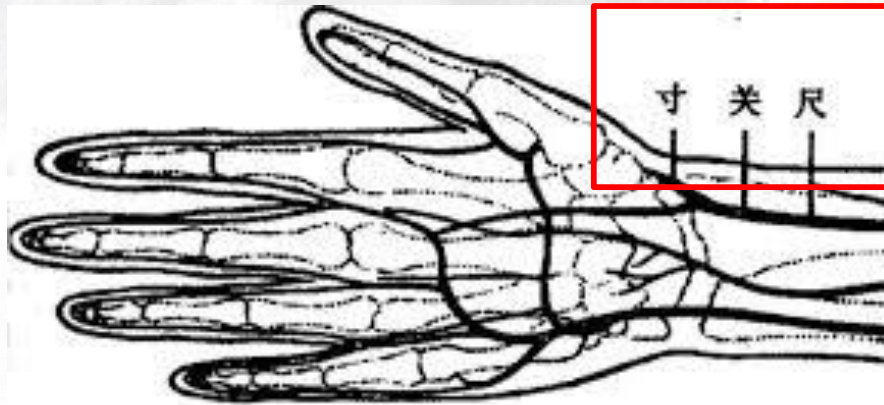
# 仲景三部诊法

(Zhong Jing San Bu Zhen Fa)

# 寸口诊法

(Cun Kou Zhen Fa)

- Taking the pulse from 寸, 关, 尺 (Cun, Guan, Chi) positions.
- With 3 levels of pressure: 浮, 中, 沉 (Superficial, Intermediate, Deep Palpitation).





# 寸口诊法

(Cun Kou Zhen Fa)

- Each position reflects a different organ
- Left: 心 (Heart), 肝 (Liver), 肾 (Kidney)
- Right: 肺 (Lungs), 脾 (Stomach), 命 (Kidney)



# *Factors to consider when taking pulse*

## 1. Time

- ❖ Morning

## 2. Body Position

- ❖ The forearm should be at the same level as the heart

## 3. Regular Breathing

## 4. Duration

- ❖ Not less than 50 beats per minute (BPM)

# *Demonstration*



# Types of Pulse

## 1. Floating Pulse (浮脉 ; *fu mai*)

- ☐ Light touch and grows faint with hard pressure
- ☐ Usually indicating that the illness is in the exterior of the body.

## 2. Sinking Pulse (沉脉; *chen mai*)

- ☐ Can only be felt by pressing hard
- ☐ Usually indicating that the illness is located deep in the interior of the body.



# Types of Pulse

## 3. Scattered Pulse (散脉; *san mai*)

- ☐ An irregular pulse, hardly palpitable
- ☐ Occurring in critical cases showing exhaustion of *qi*.

## 4. Hollow Pulse (芤脉; *kou mai*)

- ☐ A pulse that feels floating, large, soft, and hollow, like a scallion stalk
- ☐ Occur in massive loss of blood.



# Types of Pulse



## 5. Drum Skin Pulse (革脉; *ge mai*)

- ☐ Bowstring and wide with an empty center; feels like the head of a drum. Felt with light pressure. Floating, large and resistant to pressure.
- ☐ Indicates: Hemorrhage, Abortion, Excessive Menstrual Flow.

## 6. Hidden Pulse (伏脉; *fu mai*)

- ☐ Difficult to feel, requires heavy pressure to obtain. Almost to the bone. Deeper than the deep pulse.
- ☐ Indicates: Extreme pain, last stage of an illness

# Types of Pulse

## 7. Firm Pulse (牢脉; *lao mai*)

- ❑ Pressed superficially or moderately, it does not respond, but can be obtained by heavy pressure. Deep, firm, large, bowstring, and long.
- ❑ Indicates: Internal cold, hernia, abdominal masses.

## 8. Slow Pulse (迟脉; *chi mai*)

- ❑ Below 60 BPM or less than 4 beats per breath.
- ❑ Indicates: Cold syndrome

# Types of Pulse

## 9. Moderate Pulse (缓脉; *huan mai*)

- ☐ Normal Pulse. About 60BPM.
- ☐ Seen in healthy person.

## 10. Rapid Pulse (数脉; *shou mai*)

- ☐ Above 90 BPM, or more than 5 beats per breath but not more than 7.
- ☐ Indicates: Heat syndrome.



# Types of Pulse

## 11. Racing Pulse (疾脉; *ji mai*)

- ❑ Very rapid, over 140 - 160 BPM, or 7-8 beats per breath.
- ❑ Indicates: Excess of *yang* and exhaustion of *yin*, impending exhaustion of primary *qi*.

## 12. Forceless Pulse (虚脉; *xu mai*)

- ❑ Indicates: Deficient in *qi xue*.

# Types of Pulse

## 13. Forceful Pulse (实脉; *shi mai*)

- ❑ Replete pulse which has a surplus at all 3 levels of *cun kou*.
- ❑ Indicates: Excess condition (when your body is still fighting against the illness)

## 14. Surging Pulse (洪脉; *hong mai*)

- ❑ Floating and wide, comes on exuberant force and goes with gradual decline. Like waves beating on a shore.
- ❑ Indicates: Excessive heat.



# Types of Pulse

## 15. Big Pulse (大脉; *da mai*)

- ❑ Large, and forceful. Similar to surging pulse but does not have the wave-like shape.
- ❑ Indicates: Advancement of disease.

## 16. Long Pulse (长脉; *chang mai*)

- ❑ Long and can be felt beyond its location. Felt past the *cun, guan, chi* positions.
- ❑ Indicates: Excessive *yang* and heat syndrome.

# Types of Pulse

## 17. Thin Pulse (细脉; *xi mai*)

- ☐ Soft, feels like a silken thread.
- ☐ Indicates: Deficiency in qi xue and disorders due to dampness.

## 18. Soggy Pulse (濡脉; *ru mai*)

- ☐ Floating, fine and soft. Can be felt with light pressure but cannot be obtained by heavy pressure.
- ☐ Indicates: Dampness in body.



# Types of Pulse

## 19. Weak Pulse (弱脉; *ruo mai*)

- ❑ Deep, fine and soft.
- ❑ Indicates: Deficiency in *qi*, *xue* and *yang*.

## 20. Faint Pulse (微脉; *wei mai*)

- ❑ Extremely fine, soft and barely palpable. Can hardly feel it.
- ❑ Indicates: Extreme deficiency in *qi*, *xue* and *yang*.

# Types of Pulse

## 21. Short Pulse (短脉; *duan mai*)

- ❑ Short range. Can be felt most clearly at the *guan* position, more indistinct at the *cun*, *chi* positions.
- ❑ Indicates: Deficiency in *qi* or *qi* stagnation.

## 22. Slippery Pulse (滑脉; *hua mai*)

- ❑ Feels smooth like pearls rolling in a dish.
- ❑ Indicates: Phlegm retention, indigestion, excess heat. May also indicate dampness.
- ❑ Considered normal for women during pregnancy or menstruation.

# Types of Pulse

## 23. Choppy Pulse (涩脉; *se mai*)

- ❑ Slow, fine and not smoothly flowing. It feels like a knife scraping bamboo.
- ❑ Indicates: Stagnation of *qi*, *xue* stagnation, phlegm or food stagnation and deficiency in *xue*.

## 24. Wiry Pulse (弦脉; *xian mai*)

- ❑ Feels straight, long and tense, like the feeling of pressing a tight string of a musical instrument.
- ❑ Indicates: Liver and Gall Bladder disease, various painful disorders, phlegm retention.
- ❑ Can be felt in healthy senior citizens.



# Types of Pulse

## 25. Tight Pulse (紧脉; *jin mai*)

- ❑ Tight, has strength, feels like a taut rope.
- ❑ Indicates: Cold syndrome, pain or indigestion

## 26. Knotted Pulse (结脉; *jie mai*)

- ❑ Slow, relaxed, stops at irregular intervals.
- ❑ Indicates: Stagnation of *qi* due to excess *yin*, *xue* stasis due to cold phlegm or deficiency in *qi xue*.



# Types of Pulse

## 27. Regular Intermittent Pulse (代脉; *dai mai*)

- ❑ Stops at **regular** intermittent intervals. These intervals may be long.
- ❑ Indicates: Deficiency of 脏腑 (organ) *qi*, pain, trauma and injuries.

## 28. Rapid Irregular Pulse (促脉; *cu mai*)

- ❑ Rapid and **irregularly** interrupted.
- ❑ Indicates: Excess heat, *qi*, *xue*, phlegm and food stagnation.



*Thank You*