

# Pulse Quality Diagnosis 1-2-3

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# How will it affect on Pulse quality

- Picture of the pulse under the strong influence of the
    - Essential Ki and Pathological factor
      - Posture of Mind and Heart, Seiki/(*Kototama*) and Jaki/(*Evil Ki*)
    - Seasonal and Day, Time effect
    - Food
    - Life style
- ➡ Effect onto the meridian and then, body.

# 1. Floating Basic Pulse

It is caused by

- Excess

- External pathogenic influences

- Yang channels could be dispersed with shallow needling after tonifying (**mother or horary point**) the yin channels as Root tx.

- Deficient

- Yin deficiency (i.e. blood or fluid deficiency).

- Either only tonify (**water or metal**) the yin channels with deep needling, or sometimes tonify the yang channels as well.

## 2. Sinking Basic Pulse

It appears when there is with

- Excess

- Excess of ki in the yin channels or organs. The pathology can vary, but a sinking and excess pulse indicates
- Blood and heat stagnation.
  - ▣ The yin channels can be dispersed (**Water, Accumulation**) if the pulse is sinking and excess.

- Deficient

- Excess of water, or a lack of yang ki with an abundance of cold.
  - ▣ Principally use slightly deep needling. However, if the pulse is sinking and deficient, both the yin and yang channels must be tonified (**Earth, Source**).

### 3. Slow Basic Pulse

It appears when there is chronic chilling that has extended to the blood.

- Excess
  - Blood stagnation.
  - ▣ if the pulse is slow and excess, retain the needle a little deeper.
- Deficient
  - Chilling and water stagnation.
  - ▣ Principally use retaining needles with slow needling. However, When the pulse is slow and deficient it is necessary to tonify (**Earth, Source**) for a long time or tonify with moxibustion.

## 4. Rapid Basic Pulse

It appears when there is heat.

- Excess

- the heat is stagnated somewhere in the body.
  - ▣ Principally use the rapid insertion and removal needling technique in order to reduce the heat.

- Deficient

- Blood and fluids are deficient
  - ▣ Focus on tonification if the pulse is rapid and deficient.

## 5. Slippery Pulse

It appears

- Influence of heat reaches all the way to the blood,
  - the heat being produced when yang ki becomes bottled up due to mucus and food trapped in the stomach.
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- ❑ It should be considered that heat is trapped somewhere in the body.
  - ❑ Needling: After tonifying yin, apply a slightly long dispersion with slightly deep advancing in the area that has the heat.

## 6. Choppy /Hesitant Pulse

It can also feel scattered, or sometimes interrupted.

The choppy pulse is opposite the slippery

- Deficiency and stagnation of ki,
- Blood stasis due to ki deficiency.
  - ▣ Ki deficiency is common when there is a choppy pulse in the right distal position, and Liver excess is common when there is a choppy pulse in the left middle position.
  - ▣ Needling: Tonify ki, and give dispersion if there is any blood stagnation.



## 7. Tight Pulse

It appears

- Sudden and severe invasion of frigidity, pain, or boils.
  - Caution should be taken if the patient shows a tight pulse with an internal illness and pain.
  - A tight pulse in one of the six pulse positions should be considered as an indication that there is a lack of ST ki in the organ that corresponds to that position.

- Needling:

Tonify both yin and yang, and remove the tight pulse by increasing yang ki, or by increasing ST ki through tonification of the SP and ST. If this does not remove the tight pulse, disperse the excess if there is any.

## 8. Soft Pulse

It appears

- Both yin and yang are deficient due to a deficiency of the yang ki of the lower warmer.
  - It is especially seen frequently when there is a Kidney deficiency cold pattern.
- ▣ Needling: Gently tonify both yin and yang of the Kidney channel for a long time.

## 8. Large Pulse

It appears

- Excess of ki has gathered in the yang areas of the body due to yin deficiency (i.e. blood and fluid).
  - ▣ Needling: Give the yin channels a good tonification, since the large pulse indicates a yin deficiency pattern. It is not common to disperse the yang channels.

## 9. Small Pulse

It appears

- Both ki and blood are deficient.
- ▣ Needling: Tonify both yin and yang.

# (1)

## Spring –Liver Fair-Wiry

- The power to **grow and produce**: Wiry pulse
  - Spring is the time when the Liver ki works to gather the blood and initiate generation or creation.
- **Wood channel and point and Sourness**:
  - In chp.10 of the *Su Wen* it says, “The Liver desires sourness.”
  - Sourness has the functional property of **gathering**.
    - Spring      Liver (Blood) - **grow and produce** - Wiry pulse
    - Sourness    Gallbladder - **firming**

## (2)

# Summer-Heart Hook

- Yang ki, the function of **growth**: Hook pulse
  - Heart heat becomes vigorous, which greatly aids in growth. At the same time the Heart heat is kept in check by the functioning of the lesser yin ki.
- **Fire channel and point and Bitterness:**
  - “The Heart desires bitterness.”
  - Bitterness has the functional property of **firming** after moving the heat.
    - Summer    Heart (PC-Fire) - **growth**: Hook pulse
    - Bitterness    Small intestine – **firming** (HT- lesser yin ki)

(3)

## *Doyō*, Mid-summer –Spleen Slow and Moderate

- SP becomes active and **produces** ki, blood, and fluids to distribute to the zang-fu. Slow and Moderate pulse
  - Spleen is located in the center because of its central importance.
- **Earth channel and point and Sweetness:**
  - “The Spleen desires sweetness,”
  - Sweetness has the functional property of relaxation, and seems to encompass functions such as **softening** hardened things, **relaxing** tension, and **moistening** dry things.
    - Mid-summer Spleen (Nutrition) – **produces** - Slow and Moderate pulse
    - Sweetness Stomach - **relaxing**

(4)

## Autumn –Lung Deficient and Floating, Hair/Furry

- Skin shrivel because of the effects of the withering ki of autumn. LU itself desires the functional property of **gathering**.
- The autumn (or evening within a single day) is the time when everything gathers. Hair/Furry pulse
- **Metal channel and point and Pungent:**
  - “The Lung desires pungent/spiciness.”
  - This means that eating pungent or spicy food improves the circulation and release of ki. In terms of yin and yang, the Lung should be considered as having an abundance of yin ki and functioning to gather, and the Lung channel considered as **circulating** ki and **releasing** it.
    - Autumn Lung (Skin) – **gathering** - Hair/Furry pulse
    - Large Intestine (Ki) - **circulating and releasing**



# (5)

## Winter –KD

### Sinking-Soggy-Slippery, Stone

- “KD is the water organ and governs the fluids.” Essential ki and fluids have a yin function. Yin ki has the nature to **firm** things.
  - The yang ki of the life gate works to prevent the fluids from becoming overly plentiful.
- **Water Channel and point and Saltiness:**
  - “Kidney desires saltiness.” Saltiness has the functional property of **softening**. So that it does not become too firm with fluids.
    - Winter Kidney (Fluid)- **firm**- Stone Pulse
    - Bladder (Life gate) – **softening** - Soggy-Slippery

# (5-2)

## Winter –KD

### Sinking-Soggy-Slippery

- **Saltiness** works to maintain proper levels of fluids.
  - This function is the same as that of the **yang ki of the life gate**.

On the other hand, the lesser yin channel, which is connected to the Kidney, tries to control heat and increase yin ki and the fluids, which firm the Kidney.

- This is the opposite function of the yang ki of the life gate. When the functions of yin ki and yang ki harmonize, the Kidney performs its proper physiological role.
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- Winter Kidney (Fluid)- **firm**- Stone Pulse
  - Bladder (Life gate) – **softening** - Soggy-Slippery