Overview

- Yin and Yang
- Five Elements
- Pulse Positions
- Factors of the Pulse
- Differentiation of Pulses
What is Oriental Medicine?

- Whole Person Approach
- Treat the Root and the Branches
- Differentiation Through Yin and Yang
Yin and Yang

- **Yin**
  - Female
  - Dark
  - Cold
  - Damp
  - Still
  - Empty
  - Deep
  - Quiet
  - Slow
  - Deficient
  - Thin
  - Blood, Anatomy

- **Yang**
  - Male
  - Light
  - Hot
  - Dry
  - Active
  - Full
  - High
  - Loud
  - Rapid
  - Excess
  - Thick
  - Qi, Physiology
Yin and Yang and Five Element Organs Combinations

Liver – Gallbladder (WOOD)
Heart – Small Intestine (FIRE)
Spleen – Stomach (EARTH)
Lung – Large Intestine (METAL)
Kidney – Urinary Bladder (WATER)
Five Elements

- Liver - Spring - Wood - Wind
- Kidney - Winter - Cold - Water
- Spleen/Pancreas - Late Summer - Dampness
- Heart - Summer - Heat
- Lung - Autumn - Dryness

Wood, Fire, Earth, Metal, Water
Radial Pulse Positions
Radial Pulse Positions

- **Left Hand**
  - Inch → *Shanzhong*, heart
  - Bar → Gall, liver
  - Cubit → Urinary bladder, kidney, small intestine

- **Right Hand**
  - Lung, chest
  - Spleen, stomach
  - Kidney, *mingmen*, large intestine
Normal Pulses

- Each Person Differs
- Not too Strong or Weak
- Not too Thick or Thin
- Not too Deep or Floating
- Not too Fast or Slow
Normal Pulses

Diagram showing the relative positions of different pulse points (Lung, Stomach/Spleen, Heart, Liver, Kidney/Bladder) on the left and right sides of the body for floating, even, deep, hooked, wiry, and deep pulse qualities.
Factors of The Pulse

- Jump
  - Strength
  - Rate
  - Quality
- Shape
  - Width
  - Depth
  - Resistance
  - Topography
Pulse Jumps

- Strong vs. Weak
- Fast vs. Slow
- Stagnating vs. Flowing
Pulse Shapes

- Thick vs. Thin
- Convex vs. Concave
- Soft vs. Hard
- Deep vs. Floating
- Wiry
- Scattered
Six Pathological Pulses

- Expanding
- Shrinking
- Dispersing
- Constricting
- Flowing
- Stagnating
Expanding Pulse

- **Jump**
  - Strong
  - Fast

- **Shape**
  - Thick
  - Floating (dryness) or Deep (dampness)
  - Hard (Arteriosclerosis)

- **Indication**
  - TCM
    - Excess Heat
  - Western Med.
    - Acute inflammation, infection
    - Hypertension
Shrinking Pulse

- **Jump**
  - Weak
  - Slow

- **Shape**
  - Thin
  - Deep
  - Soft

- **Indication**
  - **TCM**
    - Cold Deficiency, K yang Deficiency
  - **Western Med.**
    - Decreased Physiological Function, Weak Immune System
    - Convalescent state or Post-surgery
Dispersing Pulse

- **Jump**
  - Weak
  - Slow

- **Shape**
  - Thick, wide
  - Deep or Floating
  - Soft and Difficult to Perceive the Perimeter

- **Indication**
  - **TCM**
    - Blood Stasis with Deficiency Heat
    - Excess Dampness with Deficiency
  - **Western Med.**
    - Chronic inflammation, slow metabolism
    - **Reproductive issues**, trauma, too much ice water, LI polyps
Constricting Pulse

- **Jump**
  - Strong or Weak, the Stronger, the more Severe

- **Shape**
  - Thin
  - Deep or Floating
  - “A Pulse with in a Pulse”

- **Indication**
  - **TCM**
    - Excess Cold, Severe coldness
  - **Western Med.**
    - Myocardial Infarction
    - Cirrhosis
Flowing Pulse

- **Jump**
  - Strong
  - Fast

- **Shape**
  - Thick
  - Deep and Floating like a wave
  - Firm

- **Indication**
  - **TCM**
    - Phlegm Heat causing shen disturbance
  - **Western Med.**
    - Dementia
    - Epilepsy
    - Brain related issues
Stagnating Pulse

- **Jump**
  - All Three Positions Bounce back at the same time
  - Slow
  - Weak, Does not push up against the fingers

- **Shape**
  - Thick or Thin
  - Deep and Floating

- **Indication**
  - **TCM**
    - Qi and Blood Stasis
  - **Western Med.**
    - Pain Syndromes
Thank You