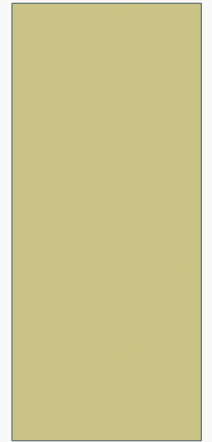


# DIRECTIONAL PULSE READING



# HISTORICAL CONTEXT

*Mai Jing* (Pulse Treatise)  
By Wang Shu He (180-270 CE)

Discusses static pulses and pulses that  
“occupy more than one position”

Li Shi Zhen (1518-1593) – *Pulse Diagnosis*

- Ming dynasty information
  - Static pulses

# ENERGETIC CONVERSATION

It's hubris to think you know exactly what is wrong  
with a person because of your pulse findings.  
All we are determining are the possibilities of what may be.  
Pulse taking is the formal way in which  
we enter that dialogue.

Dr. Jeffrey Yuen

# ENERGETIC CONVERSATION

- The patient's trust is directly related to the amount revealed to the clinician in the pulses.
- Calm physician allows the pulses to reveal.
- Chapter One of the *Ling Shu* "...when treating an individual it is important to pay attention to the spirit of the client as well as to your own."

# ENERGETIC CONVERSATION

Cun = Measurement

Guan = Gateway

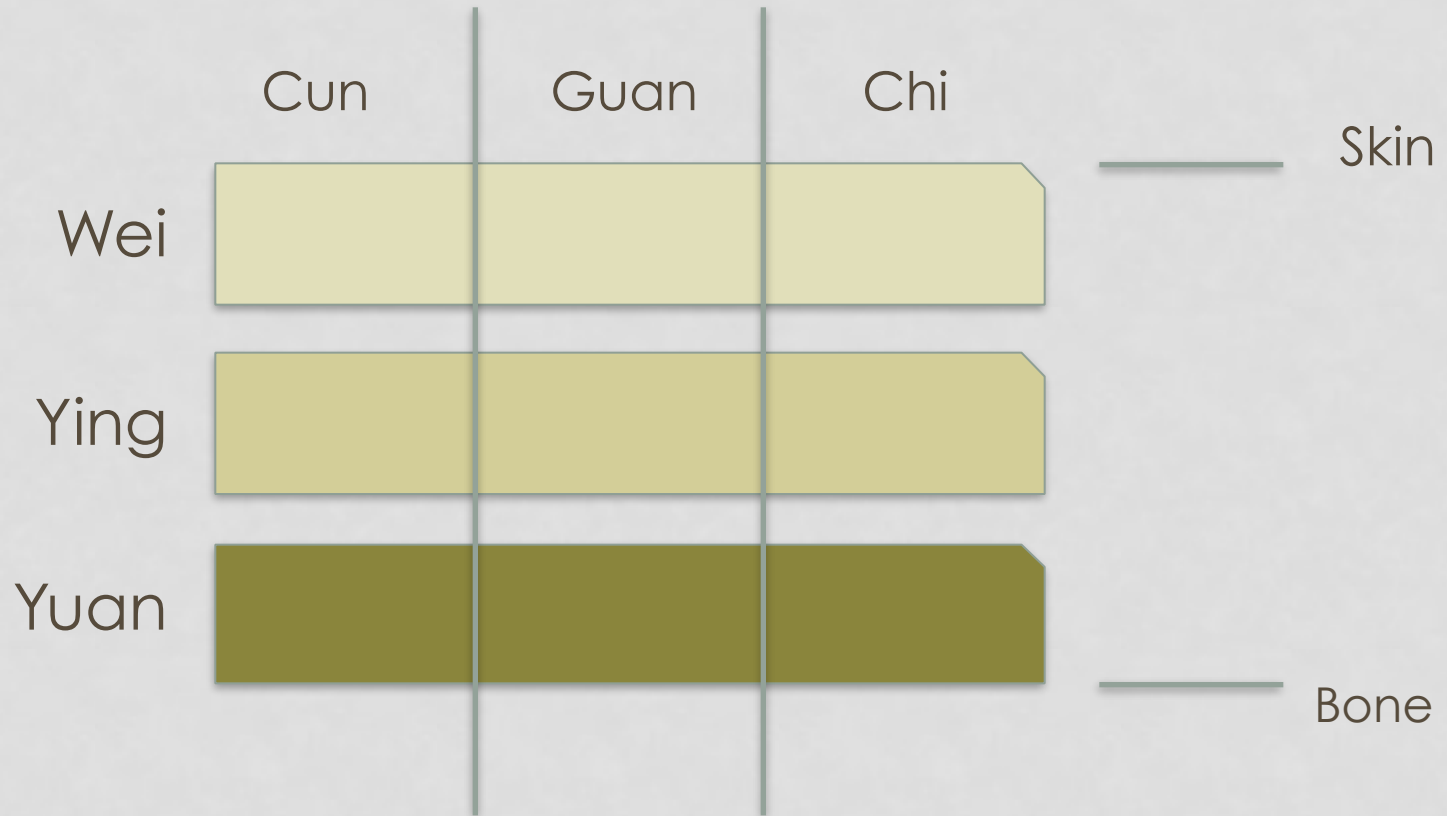
Chi = Pattern

the pulse enables us to measure (cun) movements  
through the gateway (guan) that is the pulse and understand  
the pattern (chi) that is the marked template  
expressing from the curriculum

# DEFINITIONS: DYNAMIC, DIRECTIONAL, PROBING AND STATIC PULSES

- Dynamic pulse taking - being sensitive to the way in which a pulse behaves under a moving finger.
- Directional pulses - when coordinated movements of one or more fingers create hydraulic actions in the radial artery.
- Probing pulses - varying the depth of an individual finger at an individual position (cun, guan or chi) in order to obtain a reading.
- Static pulses - require no movement of the finger once the depth of interest has been reached. They include many of the famous textures of the pulse (slow, rapid, slippery, tight, thin, etc.).

# THE NINE SPACES

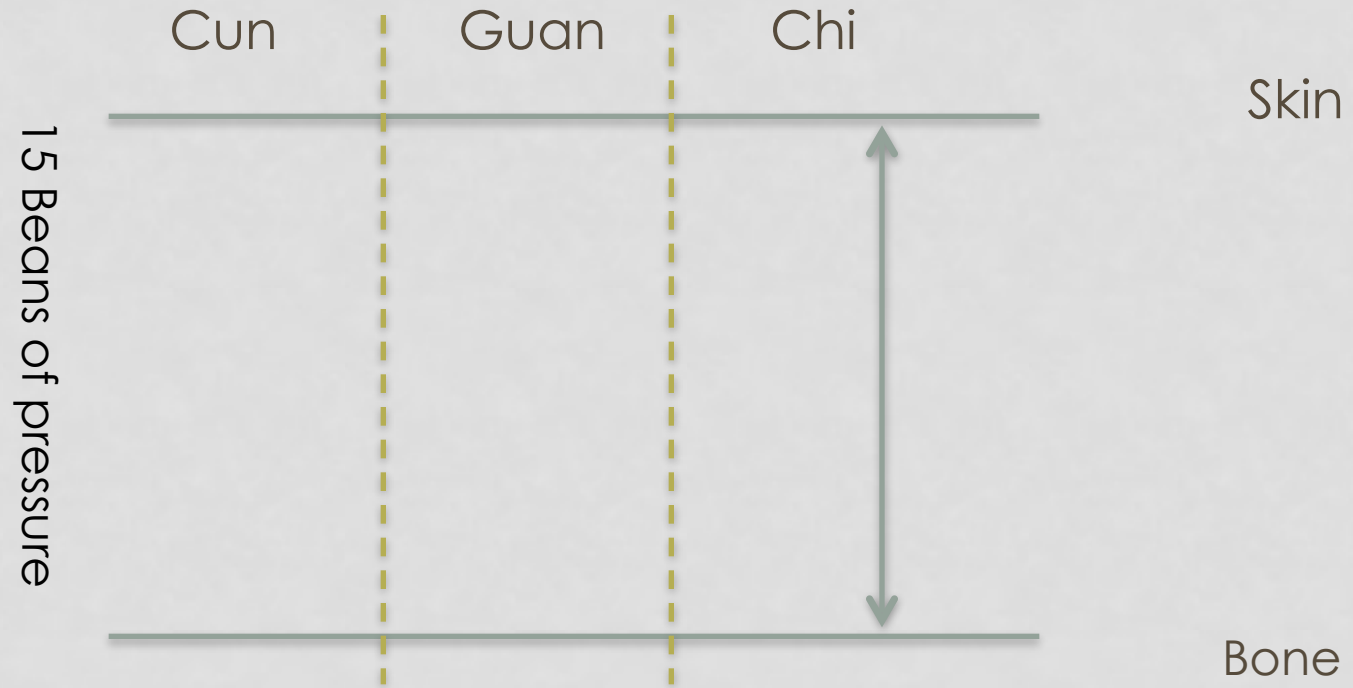


# THE FIVE PARAMETERS

1. Height (also known as Depth)
2. Width
3. Length
4. Tempo (also known as Speed or Rate)
5. Texture (also known as Quality or Image)



# HEIGHT

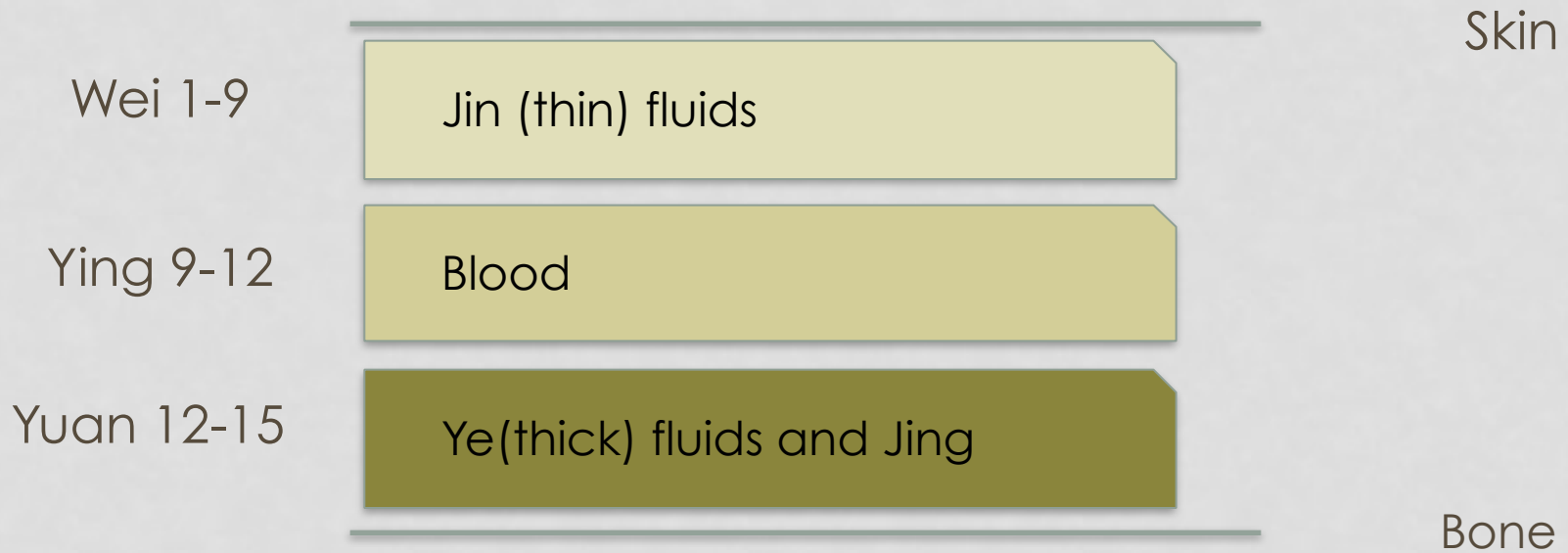


Reflects the vitality of Yang Qi.

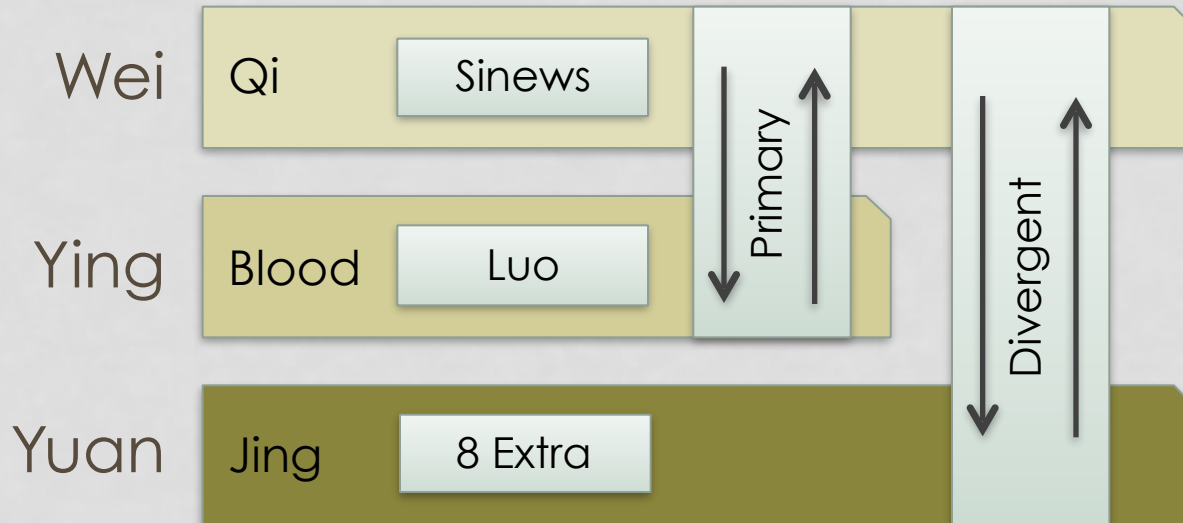
# HEIGHT

1. The type of Qi
2. Mediumship
3. The three Jiao's
4. The organs
5. The entire channel system

# HEIGHT



# HEIGHT



# RIGHT WRIST PULSE

	Cun	Guan	Chi
Superficial	LI Ch.	ST Ch.	SJ Ch.
Moderate	LI organ LU Ch.	ST organ SP Ch.	SJ+PC
Deep	LU organ	SP organ	KI Yang

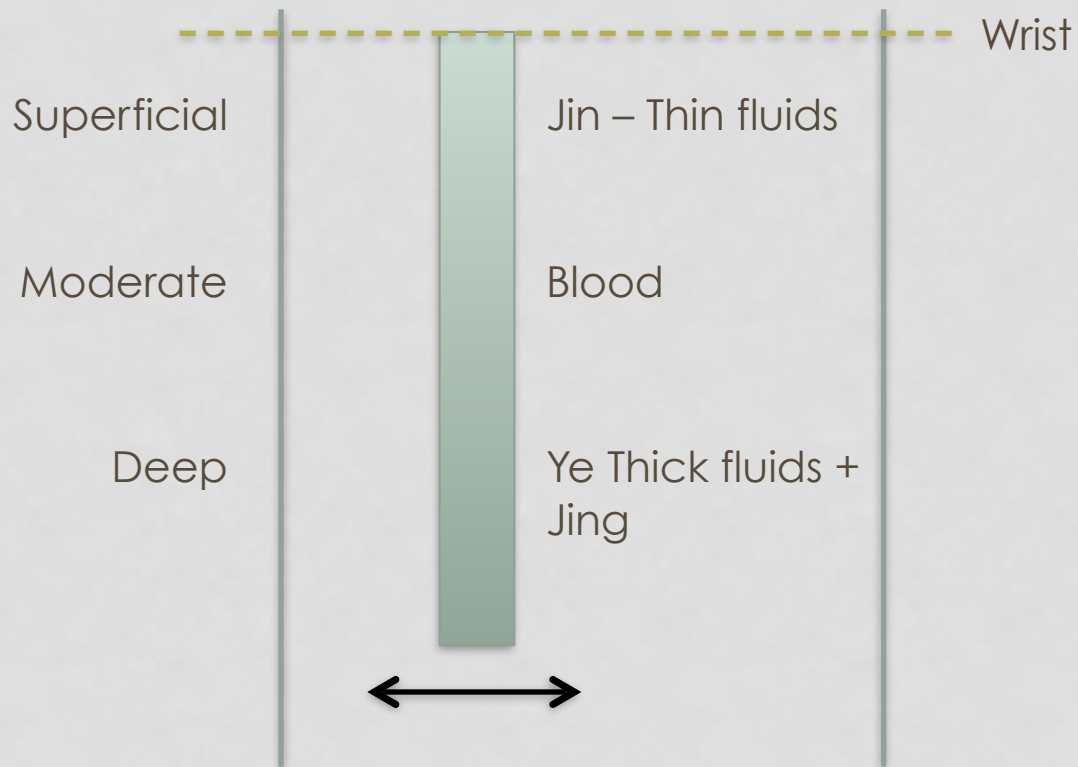
# LEFT WRIST PULSE

	Cun	Guan	Chi
Superficial	SI Ch.	GB Ch.	BL Ch.
Moderate	SI organ HT Ch.	GB organ LR Ch.	BL organ KI Ch.
Deep	HT organ	LR organ	KI organ KI Yin

# PSYCHOLOGICAL AND PHYSIOLOGICAL FACTORS

- Depression
- Privacy
- Secrecy
- Trauma
- Cold
- Damp

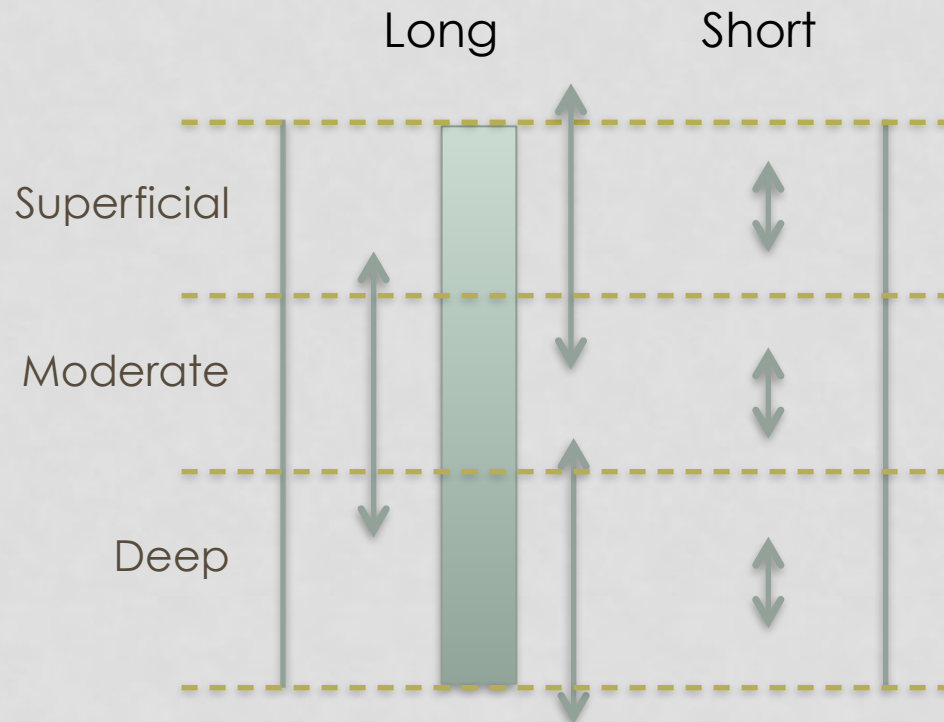
# WIDTH



Measurement of Yin - Substance



# LENGTH



Measurement of both Yin and Yang

# TEMPO

every inhalation creates two heart beats during which the Qi moves three cun. Every exhalation moves Qi another three cun and creates another two beats.

So a Full breath has four beats and moves the Qi six cun.

The rate of this movement is said to be normal when there are four pulse beats per breath.

*-Mai Jing*

# TEXTURE

1. Weak, Insufficient

1A. Frail, Minute

2. Exuberant, Full

3. Rapid

4. Slow

5. Tight

6. Wiry, Bowstring

7. Thin, Small

8. Choppy

9. Rough

10. Narrow, Fine

11. Big, Wide

12. Short

13. Long

# THE LUNGS FUNCTION

- Govern Qi
- Descend Qi
- Effuse/Diffuse/Disperse Qi
- Rectify Qi
- Moisten
- Move Blood
- Govern the capacity to let go and forgive or let go and accept.

# THE HEART FUNCTIONS

- Govern circulation, the movement of Blood, move Blood to the periphery.
- Invigorate Blood.
- Open to the tongue.
- Share love and joy.
- House the Shen.
- Open to the eyes.

# THE SPLEEN FUNCTIONS

- Control the Yi-Mind.
- Transform and Transport.
- Ascend Kidney Yang to the Stomach.
- Ascend the Pure Yang of the Stomach to the sensory orifices.
- Ascend Blood to the Heart.
- Bank blood.
- Control the Mind.
- Produce Gu Qi (along with the Stomach).
- Resolve Dampness and Discharge Dampness.
- Control the four limbs.
- Rectify Qi in the Lungs.
- Support Kidneys in Consolidating Qi.
- Harmonize with the Stomach.

# THE LIVER FUNCTIONS

- Regulate Qi.
- Engender Heart Qi.
- Engender Heart Blood.
- Course or Spread the Qi.
- Regulate the smooth flow of Qi.
- Store Blood.
- Discharge Dampness, especially Damp Heat.
- Bring Blood to the Sinews.
- Bring Blood to the Brain.
- Open to the Eyes.
- Plan.
- House the Hun (the collective conscious) and store memories or images of the past, present and future.
- Nourish the Kidneys.
- Nourish the structure, hair and nails.
- Send Blood to the Kidneys to foster self-worth.
- Bring Blood to the Lower Jiao for Fertility and Creativity

# THE KIDNEYS FUNCTION

- Control Reproduction.
- Control Growth, Decay and Decline.
- House the Zhi-Will.
- Consolidate and Secure the Essence.
- Maintain the bones, structure, shape and form.
- Regulate the Waterways.
- Receive Qi.
- Control the lower orifices.
- Disseminate Yang Qi.



# EIGHT EXTRA PULSES

Cun

Chi

Guan

Cun + Guan

Guan + Chi

Cun + Guan + Chi and floats to Wei

Cun + Guan + Chi and floats to Ying

Cun + Guan + Chi – does not float

Yang Qiao Mai

Yin Qiao Mai

Dai Mai

Yang Wei

Yin wei

Du Mai

Chong Mai

Ren Mai