ChiroCredit.com
Presents:
AcuPractice Seminars 219:
Essential Pulse Diagnosis

- The Radial Pulse
- Li Shi Zhen
- 3 Positions at 3 Levels

- Diagnostic Confirmation
- 8 Principles
- 5 Organs
- 3 Warmers

- Pulse Diagnosis
- Easily Detected Basic Parameters
- May Take Years to Master
- Clinically Useful in Minutes

Dr. Jim Ventresca
www.AcuPracticeSeminars.com

Finding The Pulse

Thumb
Styloid Process
Radial Bone
Fingers
Radial Pulse

Palpating the Pulse
3 Positions

1st Position
2nd Position
3rd Position
"Cun"
"Guan"
"Chi"
Palpating the Pulse
3 Positions

Index Middle Ring

1st Position 2nd Position 3rd Position
"Cun" "Guan" "Chi"

3 Positions X 3 Levels = Nine Diagnostic Areas

Index Middle Ring

Superficial Level Middle Level Deep Level

1st Position 2nd Position 3rd Position

S M D

Upper Warmer Middle Warmer Lower Warmer

1st 2nd 3rd

Pulses and Warmers I
Pulses and Warmers II

Upper Warmer | Middle Warmer | Lower Warmer
-------------|--------------|-------------
1st          | 2nd          | 3rd         
S            | M            | D           

Pulses and Warmers III

Upper Warmer | Middle Warmer | Lower Warmer
-------------|--------------|-------------
1st          | 2nd          | 3rd         
S            | M            | D           

Clinical - Contemporary Organs Associations of the LEFT Hand Pulse

Heart | Small Intestine | Liver | Gall Bladder | Kidney | Urinary Bladder
-------|------------------|-------|--------------|--------|------------------
1st    | 2nd             | 3rd   
S      | M               | D     


Clinical - Contemporary Organs Associations of the RIGHT Hand Pulse

Mai Jing Classical Organ Associations

Clinical - Contemporary Pulse Organ Associations
Normal Pulse
- 60 – 80 Beat Per Minute (BPM)
- Fills the Middle Level
- Touches Into The Superficial and Deep Levels
- Sufficient Strength w/Well-Defined Boundaries
- Slightly Slippery (Fluid)

Full (Excess) Pulse
- Feels Excessive in Strength and/or Size
- Well-Defined Boundaries
- Otherwise Normal Size/Speed
- Indicates Excess Condition

Weak (Deficient) Pulse
- Feels Insufficient in Strength
- Ill-Defined Boundaries
- Otherwise Normal Size/Speed
- Indicates Deficiency
Slow Pulse
• Less Than 60 BPM
• Indicates Deficiency
• Therefore is Also Weak
• Otherwise Normal
• Weak & Slow Indicates Yang Deficiency

Rapid Pulse
• Greater than 80 BPM
• Otherwise Normal
• Indicates Heat

Thin Pulse
• Feels Thin in Diameter
• Indicates Deficiency of Substance
  • Yin or Blood
  • Therefore is Also Weak
• Otherwise Normal
Sinking (Deep) Pulse
- Found Only in The Deep Level
- Indicates
  - Yang Deficiency and/or
  - Disorder In the Lower Warmer

Floating (Superficial) Pulse
- Found Only or Mostly in The Superficial Level
- Indicates
  - Yang Disorder
  - OPI and/or
  - Disorder In the Upper Warmer

Minute Pulse
- Found Only in The Deep Level
- Very Thin and Very Weak
- Indicates Deep Seated /Long Term Deficiency (Qi & Yang)
Pulse Qualities

- Li Shi Zhen: 28 Qualities
- Slippery/Rolling / "Pearls in a Basin"
- Indicates Dampness
- Wiry / "Guitar String"
  - Indicates Stagnation

Simple Pulse Parameters

<table>
<thead>
<tr>
<th>Pulse Description</th>
<th>Indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weak</td>
<td>Deficiency</td>
</tr>
<tr>
<td>Full</td>
<td>Excess</td>
</tr>
<tr>
<td>Thin</td>
<td>Deficiency of Substance</td>
</tr>
<tr>
<td>Slow</td>
<td>Cold</td>
</tr>
<tr>
<td>Rapid</td>
<td>Heat</td>
</tr>
<tr>
<td>Floating</td>
<td>Superficial / Upper Warmer Disharmony</td>
</tr>
<tr>
<td>Sinking</td>
<td>Internal / Lower Warmer Disharmony</td>
</tr>
<tr>
<td>Slippery/Rolling</td>
<td>Dampness / Pregnancy</td>
</tr>
<tr>
<td>Wiry</td>
<td>Stagnation</td>
</tr>
</tbody>
</table>

Clinical Pulse Diagnostics I
(Deficient Pulses)

<table>
<thead>
<tr>
<th>Pulse Description</th>
<th>Indication</th>
<th>Tongue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weak</td>
<td>Qi Deficiency</td>
<td>Pale Swollen</td>
</tr>
<tr>
<td>Weak &amp; Slow (Sinking)</td>
<td>Yang Deficiency</td>
<td>Pale Swollen Wet</td>
</tr>
<tr>
<td>Weak &amp; Thin</td>
<td>Blood Deficiency</td>
<td>Pale Thin</td>
</tr>
<tr>
<td>Weak &amp; Rapid</td>
<td>Yin Deficiency</td>
<td>Red Thin Peeled</td>
</tr>
<tr>
<td>Weak &amp; Slippery</td>
<td>Spleen Deficiency w/Damp</td>
<td>Pale Greasy</td>
</tr>
</tbody>
</table>

Include Organ Associations When Detected
Clinical Pulse Diagnostics II
(Excessive Pulses)

<table>
<thead>
<tr>
<th>Pulse Description</th>
<th>Indication</th>
<th>Tongue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full &amp; Rapid</td>
<td>True Heat</td>
<td>Red / Yellow Coat</td>
</tr>
<tr>
<td>Floating</td>
<td>OPI Wind</td>
<td>Normal</td>
</tr>
<tr>
<td>Floating &amp; Rapid</td>
<td>OPI Heat</td>
<td>Thin Yellow Coat</td>
</tr>
<tr>
<td>Slippery &amp; Rapid</td>
<td>Damp Heat</td>
<td>Greasy Yellow</td>
</tr>
<tr>
<td>Slightly Wiry</td>
<td>Qi Stagnation (Liver)</td>
<td>Slightly Purple</td>
</tr>
<tr>
<td>Definitely Wiry</td>
<td>Blood Stagnation</td>
<td>Dark Purple (Spots)</td>
</tr>
</tbody>
</table>

Include Organ Associations When Detected

ChiroCredit.com
Presents:
AcuPractice Seminars
201-220
A Comprehensive Introduction to the Clinical Theories of Acupuncture & Oriental Medicine

Tongues & Pulses Are Easy

Coming Up Next...
AcuPractice Seminars 220
Clean Needle Technique

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A. Pulse Rate

1. Normal: 60-80 BPM

2. Slow
   a) Less than 60 BPM
   b) False Cold (Yang Deficiency)

3. Rapid
   a) Greater than 80 BPM
   b) Heat
      1) Full
      2) Empty/Deficient

4. Strength / Size
   a) Normal
   b) Full
      1) Excess Condition
   c) Weak
      1) Deficient Condition
   d) Thin
      1) Deficient Yin or Blood

5. Quality
   a) Slippery
      1) Dampness
   b) Wiry
      1) Stagnation
         a. Usually liver
   c) Tight
      1) Pain
      2) True Cold

6. Usual Pulse Combinations
   a) Weak
      1) Qi Deficiency
   b) Weak & Slow
      1) Yang Deficiency
   c) Weak & Thin
      1) Blood Deficiency
   d) Thin & Rapid
      1) Yin Deficiency
   e) Full & Rapid
      1) Excess Heat
   f) Full & Wiry
      1) Liver Qi Stagnation
## I. Usual Tongue & Pulse Combinations

<table>
<thead>
<tr>
<th>Condition</th>
<th>Tongue</th>
<th>Pulse</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Normal Red&lt;br&gt;Thick White Coat</td>
<td>Moderate Strength&lt;br&gt;Fills Middle&lt;br&gt;Touches Superficial &amp; Deep&lt;br&gt;Slightly Slippery</td>
</tr>
<tr>
<td>Qi Deficiency</td>
<td>Pale &amp; Puffy&lt;br&gt;Thick White Coat</td>
<td>Weak</td>
</tr>
<tr>
<td>Yang Deficiency</td>
<td>Pale &amp; Puffy&lt;br&gt;Wet Coat</td>
<td>Weak &amp; Slow</td>
</tr>
<tr>
<td>Blood Deficiency</td>
<td>Pale &amp; Thin&lt;br&gt;Thick White Coat</td>
<td>Weak &amp; Thin</td>
</tr>
<tr>
<td>Yin Deficiency</td>
<td>Red &amp; Thin&lt;br&gt;Wet No / Peeled Coat</td>
<td>Weak &amp; Thin &amp; Rapid</td>
</tr>
<tr>
<td>True Excess Heat</td>
<td>Red&lt;br&gt;Dry&lt;br&gt;Thick Yellow Coat</td>
<td>Full &amp; Rapid</td>
</tr>
<tr>
<td>Dampness</td>
<td>Greasy Coat</td>
<td>Slippery</td>
</tr>
<tr>
<td>Qi Stagnation</td>
<td>Slightly Purple</td>
<td>Slightly Wiry</td>
</tr>
<tr>
<td>Blood Stagnation</td>
<td>Dark Purple&lt;br&gt;Maybe Spots</td>
<td>Definitely Wiry</td>
</tr>
<tr>
<td>OPI Heat</td>
<td>Red Tip&lt;br&gt;Red Edges</td>
<td>Rapid &amp; Floating</td>
</tr>
<tr>
<td>OPI Cold</td>
<td>Normal</td>
<td>Floating</td>
</tr>
<tr>
<td>Long-Standing SP Xu</td>
<td>Scalloped Edges</td>
<td>Weak in Middle Position</td>
</tr>
<tr>
<td>LR Qi Stagnation</td>
<td>Slightly Purple</td>
<td>Full &amp; Wiry</td>
</tr>
</tbody>
</table>