

DIAGNOSTIC SKILLS OF ACUPUNCTURE

I) The Four Pillars

- 1) Asking (10 Questions)
- 2) Looking (tongue, face, &tc.)
- 3) Smelling and Listening
- 4) Palpation (pulse, ahshi points, &tc.)

II) The 8 Parameters

- 1) Yin/Yang
- 2) Interior/Exterior (just chills, or just fever = internal condition)
- 3) Excessive/Deficient
- 4) Hot/Cold

III) Diagnoses

- 1) Zang/Fu
- 2) Channels
- 3) Qi (Deficiency; Stagnation; Rebellion; Collapse)
- 4) Blood (Stasis; Deficiency; Heat)
- 5) 6 Levels (Shan Han Lun)
- 6) 4 Stages (Wen Bing)
- 7) Divergent Channels
- 8) Luo Channels
- 9) Sinew Meridians
- 10) 8-Extra Vessels

IV) 10 Questions

- 1) Chills and fever
 - If simultaneous – Exterior condition
 - Mostly chills – Wind-Cold
 - Mostly fever – Wind-Heat
 - Chills only – Internal condition
 - Fever only – Internal condition
 - Alternating chills & fever – Internal condition (Shao Yang condition)
 - Low daily fever – Yin Deficiency
 - 5-Palm Heat – Yin Deficiency

- Constant low-grade fever – Damp-Heat

2) Sweating

- Area of body
- Time of day
- Type of sweat (*i.e.*, oily?)
- Oily sweat on forehead – Yang collapse (happens during heart attack)
- Extremities – Spleen-Qi Deficiency
- Only on hands – Lung-Qi Deficiency
- Whole body with minimal exertion – Lung-Qi Deficiency
- Night sweating – Yin Deficiency
- Axillary sweating – Heart-Qi Deficiency
- Lower back – Kidney-Qi Deficiency

3) Head and Body

- Headache
 - Onset
 - Sudden – attack of Wind
 - Gradual – Qi or Blood Deficiency
 - Location
 - Occiput – Tai Yang
 - Forehead – Yang Ming
 - Temples – Shao Yang (migraines due to GB/Lr Heat)
 - Vertex – Jue Yin
 - Interior – Shao Yin (often comes and goes gradually)
 - Quality
 - Heaviness – Damp
 - Boring – Blood Stasis
 - Dizziness – Wind; Fire; Phlegm; or Blood or Qi Deficiency
 - Condition
- Body
 - Pain after exertion – Qi Deficiency
 - Pain in back – Wind-Cold
 - Pain in muscles – Spleen/Stomach issues
 - Pain with heaviness – Dampness
 - Pain that moves from joint to joint – Wind
 - Fixed pain – Blood Stasis; Cold; or Cold Bi (very painful)
 - Dull back pain – Kidney Deficiency
 - Numbness – Phlegm (channel related)

To Flesh Out an Understanding of a Symptom, Find Out:

- 1) Etiology
 - *insidious* - recurring
 - *idiopathic* - indeterminable cause
 - *iatrogenic* - doctor caused disease
- 2) Location
- 3) Quality
- 4) Whether there're ameliorating or exacerbating characteristics
- 5) Chronicity
 - How long disease has lasted
 - When disease occurs (time of day)

- Numbness in first three fingers – possibility of Wind Stroke

4) Thorax and Abdomen

- Pain in the chest?
 - If in upper chest: Stasis of Blood
 - With yellow sputum
 - Lung-Heat
- Pain in epigastrium
 - Stomach/Spleen problems
- Hypogastric pain
 - Damp-Heat
- Hypochondriac pain
 - Liver-Blood Stasis

5) Food and Taste

- Lack of appetite
 - Stomach-Qi Deficiency
- Urge to eat sweet or greasy junk food
 - Spleen-Qi Deficiency
- Constipation
 - Lower GI problems
- Preference for Hot or Cold food
 - Patient trying to create balance

- Heart = bitter
- Spleen = sweet
- Kidney = salty
- Liver = sour
- Lung = pungent; spicy; acrid

- Bitter taste in mouth = Gall Bladder problems
 - ...if after a restless night of sleep = Blazing Heart-Fire
- Sour vomiting = Liver invading Stomach
- Bitter vomiting = Gall Bladder/Liver Heat
- Clear watery vomiting = Stomach Cold
- Vomiting with loud noises = Excess

6) Stools and Urine

- Old gold (in Chinese) = stools
- New gold = urine

- Healthy stools:
 - Defecate upon waking (or thereabouts)
 - Consistent texture
 - No undigested food
 - 1 solid piece (or a few)

- Constipation:
 - Due to Blood or Qi Deficiency
 - This is due to:
 - Old age
 - Hemorrhage
 - Childbirth
 - Feels worse after defecating = Empty condition
 - Sudden Heat in Stomach or Intestines = Acute condition
 - Lr-Qi Stagnation or Yin Deficiency = Chronic condition
 - With abdominal pain = Cold condition
 - Alternating constipation/diarrhea = Liver invading Spleen
- Diarrhea:
 - Painful and/or smelly; burning sensation = Heat condition
 - Painless or watery, or lacking urgency = Cold in Intestines
 - Cock's crow diarrhea (defecating at 5 am) = Yang Deficiency
 - Chronic condition = Spleen-Yang Deficiency
 - Diarrhea with blood; can also have mucus mixed in with blood = Damp-Heat
 - This is a common condition
 - It's hard to treat because Heat is Yang and Damp is Yin – so the two really stick together
 - Undigested food = Spleen-Qi Deficiency
 - Tinstmus (the feeling that if you don't clench your anus, you'll crap yourself) = Spleen/Stomach Deficiency, or Spleen Qi Sinking
 - Stools, the blood, then water = Spleen not controlling Blood due to Qi Deficiency
- Flatulence = Liver-Qi Stagnation
 - Damp-Heat = if foul
 - Cold condition = if odorless
- Melena = black, tary stools
 - A serious condition indicating bleeding in the upper GI tract
- Urine:
 - Normal urination
 - 4 – 5 times a day
 - stream should be unbroken
 - should not need to pee in the middle of the night
 - Incontinence = Kidney Deficiency
 - Tinstmus (feeling like if you don't hold it in real hard, you'll piss yourself) = Damp-Heat
 - Burning pain = Dampness
 - Can also be cloudy
 - Pale urine = Cold
 - Dark urine = Heat
 - Copious white urine = Kidney-Yang Deficiency
 - Scanty urine = Kidney-Yin Deficiency

7) Sleep

- Liver and Heart have the most to do with sleep
- The quality of sleep depends on the state of Blood and Yin
- Insomnia = Heart problem
- Easily awakened = Spleen-Yin Deficiency
- Waking up very early = Kidney-Yin Deficiency
- Can't get out of bed = Yang-Deficiency
- Dream-disturbed sleep = Liver issue
- Restless sleep with dreams = Retention of food
- Lethargy = Qi or Blood Deficiency
- Lethargy with heaviness = Qi or Blood Deficiency with Dampness
- Exhaustion = Kidney-Yang Deficiency
- Extreme lethargy with rattling sound in throat, sticky tongue and Slippery pulse = Phlegm condition
- Waking up early and not being able to get back to sleep = Gall Bladder Deficiency

8) Ears and Eyes

- HEENT = Head, Ears, Eyes, Nose and Throat
- Ears
 - Controlled by Kidneys
 - Tinnitus
 - Gradual onset = Kidney related
 - Low-pitched (Kidney-Yang Deficiency)
 - Sudden onset = Excess condition; Liver related
 - High-pitched (Liver condition; can also be due to Kidney-Yin Deficiency)
 - Deficient condition = if pressure on ears feels good
 - Excess condition = if pressure on ears feels worse
 - Diminished hearing = Kidney problem
 - Ear infection = local heat toxin
- Eyes
 - Related to Liver and Heart
 - Fire-poison in Heart channel = pain and redness
 - Red eyes
 - Liver-Yin Deficiency
 - Liver Heat
 - Qi Deficiency (when tired)
 - Wind Heat

- Internal Heat
- Blurry vision or floaters = Liver-Blood Deficiency
- Feeling of pressure = Kidney-Yin Deficiency
- Photophobia = Kidney-Yin Deficiency
- Dryness = Kidney or Liver condition
- Macular degeneration = sign of Heat
- Eye crust = Dampness
- Twitching eyes = Wind

9) Thirst and Drink

- Need to drink copious cold fluids = Heat or Fire
- Lack of thirst = Dampness
- Thirst with no desire to drink; or drinking in sips = Damp-Heat
- Sipping = Yin Deficiency or Cold
- Prodrome = signs and symptoms before getting sick
- Syndrome = signs and symptoms of sickness

10) Pain

- Occurs from either Excess or Deficient conditions
- Find out:
 - Location(s)
 - Quality
 - Intensity
 - Chronicity
 - Etiology
 - Exacerbating and ameliorating factors
 - Concomitant symptoms (other symptoms present)
- This set of questions can be used even if the problem isn't specifically pain
- Causes:
 - EPFs – the 6 Evils:
 - Wind
 - Cold
 - Heat
 - Summer Heat
 - Damp
 - Dryness
 - Interior pathogens
 - Interior Wind
 - Interior Damp
 - Stasis of Blood or Qi
 - Obstructive Phlegm

- Food retention
- Body Fluid Deficiency

11) GYN

- Menstruation
 - Ask about:
 - Days of cycle
 - Quality of blood
 - Quantity of blood
 - Normal menstruation = 28-day cycle with 4 – 5-day period
 - 25 days = short
 - 32 days = long
 - Generally, blood goes from bright to dark
 - Heaviness and suddenness of onset depends on person
 - As people get older (or after childbirth) clots appear
 - A short cycle is due to:
 - Heat in Blood
 - Qi or Blood Deficiency
 - A long cycle is due to:
 - Blood or Qi Deficiency
 - Blood Stagnation
 - Cold
 - Irregular cycles are due to:
 - Liver-Qi or Blood Stagnation
 - Amenorrhea = three months without a period
 - Metrorrhagia = non-menstrual bleeding from the uterus
 - A heavy period is due to:
 - Heat in Blood
 - Qi Deficiency
 - Bright red or dark red menstrual blood = Heat
 - Purple blood = Stasis
 - Pale blood = Deficiency
 - Congealed or clotted blood = Cold or Stasis
 - Watery or thin blood = Yin or Blood Deficiency
 - Thick blood = Damp-Heat
 - Fishy or leathery smell = Damp-Heat
 - Leucorrhea = white discharge, indicating:
 - Excess Cold

- Yang Deficiency
- Exterior Cold-Damp in the Uterus
- Yellow, greenish, or combined red and white discharge = Damp-Heat in the Lower Jiao
- Pain
 - Before period = Excess
 - After period = Deficiency
 - During period = Heat or Stagnation
- These questions don't help in determining a patient's condition if they're on birth control pills or have had 3 or more children
- Infertility = Jing or Blood Deficiency
- Miscarriage in 1st trimester = Jing or Blood Deficiency
- Miscarriage in 2nd trimester = Sinking Spleen-Qi or Liver-Blood Stasis

12) Men

- Impotence:
 - Complete (no erection)
 - Kidney-Yin or Yang Deficiency
 - Jing Deficiency
 - Incomplete (½-erected erection, or erection only at night during sleep)
 - Kidney-Yin Deficiency (in young men)
 - Kidney-Yang Deficiency (in older men)
 - Liver/Heart related
 - Sometimes due to invasion of Shao Yang
- Prostatitis
 - Inflammation of the prostate
 - Men over 40 often get benign hyperplasia (a tumor)
 - This is a Phlegm build-up due to Kidney-Qi Deficiency
 - It's treated very well with herbs and acupuncture
 - If malignant
 - Cancer grows slowly
 - If prostate taken out:
 - Incontinence and pain occur
 - There're a lot of nerve endings here
- Spermatorrhea = Kidney-Qi Deficiency
- Premature ejaculation = Kidney-Qi Deficiency

V) Pulse/Blood Pressure/Respiration/Temperature

1) Pulse

- Pulse = regular expansion and contraction of blood vessels, taken at the radial or carotid artery
- Pulse taking checks: 1) Rate; 2) Rhythm; 3) Force
- Normal pulse = 60 – 80bpm
 - 72bpm = ideal pulse
 - 120bpm = newborns
- Girls from the age of 12 upward have a slightly quicker pulse than men
 - Their constitution is more Blood-based than Qi-based
- Cardiac regurgitation = a.k.a. valvular insufficiency, when AV valve doesn't close correctly; typically the mitre valve
- Pulse types
 - Normal = rounded (Slippery and Full)
 - ~72bpm
 - Weak/Small = can be indicative of Heart insufficiency
 - Large/Bounding pulse = can be indicative of arteriosclerosis (plaque in blood stream)
 - Alternating pulse (between Strong and Weak) = due to left ventricular failure
 - Paradoxical pulse = indicates pericardium – *i.e.*, a buildup of fluid in the pericardium; a.k.a. tamponade; beat of heart will sound slushy

2) Blood Pressure

- Blood pressure = the resistance to blood flow in the arteries, taken at the brachial artery
 - You're measuring the peripheral vascular resistance
- Hypertension = high blood pressure
- Hypotension = low blood pressure

120 = systolic pressure – pressure upon ventricular contraction

80 = diastolic pressure – pressure upon heart relaxation

- newborn = $\sim 50/27$
- 3 year old = $\sim 90/65$
- 10 year old = $\sim 110/80$
- teen = $\sim 105/80$
- adult = $\sim 120/80$
- senior = $\sim 150/85$

- Normal = $120-139/80-89$ now known as pre-hypertension
- High/normal = $140-159/90-99$ now known as Stage I Hypertension
- Hypertension = $140/100$
- Hypertension II = $160/110$ now known as Stage II Hypertension

- Hypertension III = 180/120 SERIOUS
- Hypertension IV = 210/120 SERIOUS

- Changes in blood pressure are due to:
 - Force of ventricular contraction
 - Elasticity of arteries
 - Peripheral vascular resistance
 - Blood volume
 - Viscosity of blood

- Blood pressure varies in various areas of the body
 - There's more blood pressure at the calves

- HYPERTENSION
 - High blood pressure is also known as “the silent killer”
 - No signs or symptoms

 - White coat hypertension = false hypertension due to nervousness around doctor

 - Primary hypertension is caused by:
 - Stress
 - Caffeine
 - Excess sodium
 - Oral contraceptives
 - Obesity
 - Drugs

 - Secondary hypertension is caused by :
 - Kidney disease
 - Arteriosclerosis

 - WARNING SIGNS of advanced hypertension:
 - Headache
 - Shortness of breath
 - Rapid pulse
 - Dizziness
 - Sweating
 - Visual disturbances

 - TREATMENT PROTOCOL:
 - Dietary/lifestyle change
 - No smoking
 - Exercise

 - Diuretics – rid body of excess fluids and therefore lower blood pressure

 - Reduce heart rate via:
 - Beta-blockers

- Calcium channel blockers
- Peripheral dilation (increasing blood flow to the extremities, taking the load off the heart) via:
 - Sympathetic nerve inhibitors
 - ACE inhibitors
 - Vasodilators
 - These cause less of an incidence in arthritis among patients taking these
- Main drawback to the above drugs:
 - Hypotension
 - Impotence
- HYPOTENSION
 - Caused by:
 - Loss of fluid or blood
 - Infection
 - Iatrogenic causes (doctor or drug induced)
 - Symptoms:
 - Dizziness and faintness, especially on standing (same as hypertension)
 - Orthostatic hypotension/Postural hypotension = happens when carotid baroreceptors are out of whack, or when you stand up too quickly
 - Dizziness and lightheadedness occur
- High blood pressure is also caused by:
 - Heredity
 - Blacks have a tendency for this, possibly because their skin (epithelial tissue) is tougher and tighter (has more collagen)
 - Epithelial tissue extends into the GI tract and blood vessels
 - Blood vessels don't have as much elasticity
 - Men have a tendency
 - Menopause
 - Pregnancy
 - Pre-eclampsia = high blood pressure during pregnancy

3) Taking Blood Pressure

- get gauge up to 180mmHg
- let air out slowly
- at the point where the pulse is no longer occluded, the needle (or mercury) will start to jump up and down at regular intervals
 - You will hear the pulse through the stethoscope
 - This point indicates the systolic pressure
- The point at which you can no longer hear the pulse indicates the diastolic pressure
- Taken at brachial artery
- If any problems arise while blood pressure is being taken, both arms should be done

- Also if arms are in some way diseased
- Korotkoff sounds = the sound of the pulse as the cuff loosens
 - 1st beat registers the systolic pressure
 - 2nd – 4th beats have a whooshing quality
 - 5th and last beat indicates the diastolic pressure
- Person needs to be relaxed
 - There's a false high reading if the person just drank coffee, smoked pot, &c.
 - Or if arm is too low
- Sphygmomanometer
 - *Sphygmo* = pulse
 - Bladder = the rubber piece that fills up with air within the cuff
 - Cuff = the thing you wrap around the patient's arm
 - Aneroid gauge = analog dial gauge
 - Manometer = mercury gauge

4) Respiration

- Respiration = 1 inhalation + 1 exhalation
- When you open a soda bottle and all the CO₂ fizzes up – that's very similar to what's happening in the alveoli of your lungs
- Newborns: 40 – 50 respirations per minute
- Older children: 20 – 25rpm
- Adults: 15 – 20rpm; optimally – 18rpm
- Those with a higher than normal breath rate include those who:
 - Are obese
 - Smoke/use drugs
 - Have left ventricular failure
- To get the breath rate from your patient
 - DON'T TELL THEM!!!
 - Act like you're taking the pulse, and watch their chest or some article of clothing
- Hyperpnea/hyperventilation = rapid breathing; can be deep
- Trachypnea = rapid shallow breathing
 - Commonly due to emphysema (which causes elevation of the diaphragm)
- Bradypnea = slow breathing
- Apnea = lack of breath (dead or unconscious and nearing death)

5) Temperature

- 97° – 99°F = normal
- 98.6° F = optimal

- though every part of the body has a slightly different temperature, depending on blood supply
- **Fever** = the body's way of destroying a pathogen
 - Usually low in the morning and reaching a high in the afternoon or evening
 - The mechanism of the body to increase temperature is chills
 - You generally don't feel hot until you're at 102° F
 - If 104° F – there's a severe infection
 - Above 104° F – very dangerous, especially for an adult
 - 105° F – severe condition; person should be hospitalized
 - if there's fever at 101° – 103° F for over 72 hours, medical attention should be sought (rooted infection)
- You must keep a glass thermometer in your mouth for at least 3 minutes
 - *It needs to be shaken down first!*
 - If taken at axilla – add 1° F
 - If taken rectally – subtract 1° F
 - Oral route is the most accurate
- **Spinal meningitis** = highly contagious
 - Difficulty in being awakened
 - Convulsions
 - Difficulty breathing

VI) **Tongue Diagnosis**

1) **The Tongue**

- More reliable than pulse (less subjective)
- Color of tongue body = true condition of zang-fu
- Body/color of coat is unaffected by acute conditions
- To look at the tongue properly, you must have good lighting (a pen flashlight will do)
- You can't have the patient extend the tongue for more than 15 – 20 seconds at a time
- Be aware of specs of food, and tobacco and coffee use
- Be aware of medication patient is on – it can change tongue appearance

2) **The 5-Aspects** (not part of the classics)

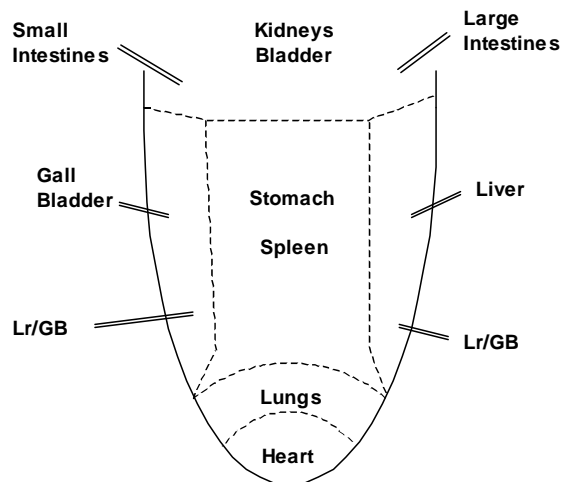
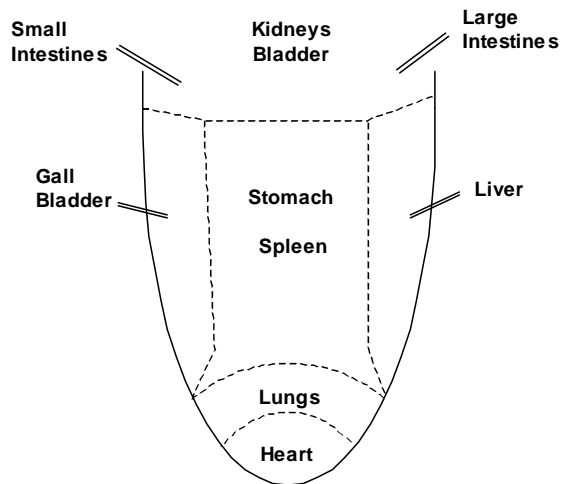
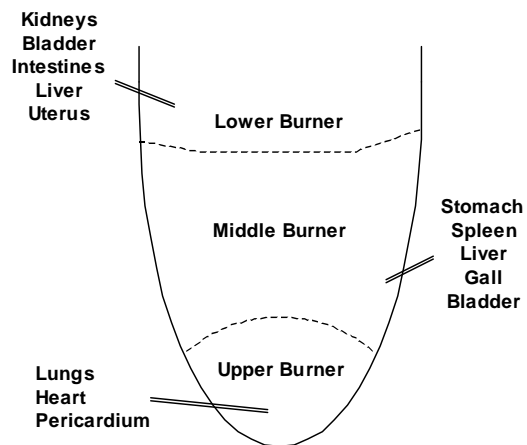
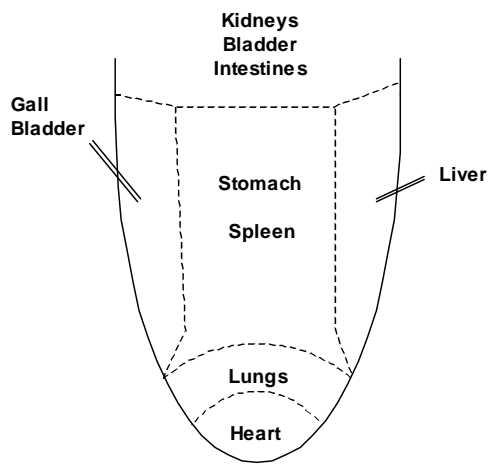
- a) Spirit – general appearance of tongue (Ooh, you have a nice one!)
- b) Body color
- c) Body shape/movement
- d) Coat
- e) Moisture

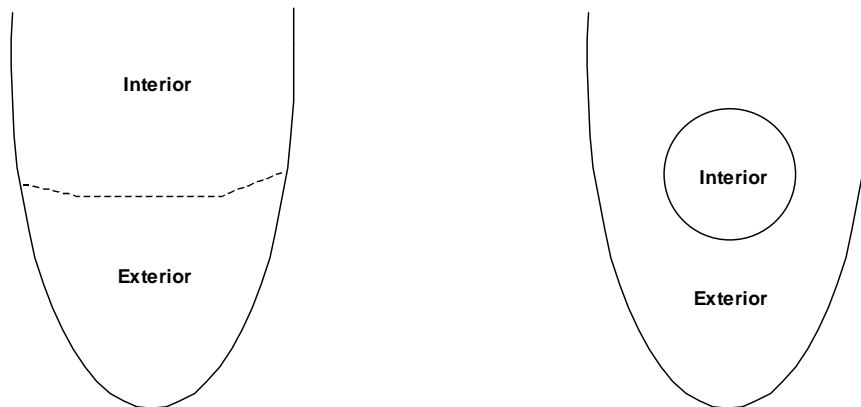
3) **Normal Tongue**

- Vibrant
- Pale red

- Suppleness
- No cracks, no ulcerations
- Thin white even coating (perhaps slightly thicker at back)
- Normal amount of moisture
- All channels traverse tongue either directly or indirectly
- Reflects the **Stomach** (source of Qi and Blood) especially
 - It generates the tongue's coat
- The tongue is the extension of the **Heart**
- The **Kidney** meridian flows to the root of the tongue (as does the Spleen)

4) Topography





5) Tongue EPF Signs

- In general, an initial attack will not change the tongue's looks
- a) Wind-Cold
 - Thin white coating; Dry; or
 - Wet thin white coating
- b) Wind-Damp
 - Very common
 - Thin white coat; a little greasy
- c) Damp-Heat
 - Yellow greasy coat; can be thick
- d) Wind-Heat
 - White dry coat that changes to yellow in time
- e) Shao-Yang condition ($\frac{1}{2}$ internal $\frac{1}{2}$ external)
 - Thickened, slightly Slippery white coat on right side
 - Tongue body Red
- f) Deficient Cold
 - Pale body with thin white coating
 - Excess moisture due to Yang not transforming fluids
 - If Yang Deficiency is long-standing, tongue will be Dry since Yang is so deficient it can't bring up fluids
- g) Excess Cold
 - Pale body since Yang is blocked
 - Moist greasy white coat
 - If there's stagnation, tongue will be Purple/bluish

- h) Deficient Heat
 - Red; no coat
 - i) Excess Heat
 - Red; yellow coat
 - Grey, brown or black coat = long-standing Heat
 - Black coat = residual Heat-toxin
 - j) Tongue can be used to tell if a condition is caused by an infection or not
 - True infection = Red with red points and a thick, greasy yellow coat
 - If not = Red with thin yellow coat (no points)
- 6) Tongue Qi/Blood Signs
- a) Qi Deficiency
 - Tongue body usually flabby
 - Can be only one side, or middle can be convex
 - If severe, can be scalloped
 - b) Yang Deficiency
 - Pale puffy/swollen tongue
 - Spleen-Yang Deficiency = very Pale
 - Kidney-Yang Deficiency = very very Pale and scalloped
 - Heart-Yang Deficiency = Purple/blue tongue
 - c) Yin Deficiency
 - Red tongue; other signs will present according to organ involvement
 - d) Blood Stagnation
 - Veins under tongue will be blue/purple
 - e) Blood Deficiency
 - Pale and Dry tongue
- 7) Spirit
- Tongue of Life = good prognosis
 - Tongue of Death = bad prognosis
 - Usually has dark color at root
- 8) Body Color
- Single most important factor in tongue diagnosis
 - Does not change over a short period of time
 - Reflects over-all functioning of zang-fu
 - Front usually Pale-red
- a) PALE:
 - Pale and Dry = Blood Deficiency
 - Pale and Wet = Yang Deficiency
 - Pale-Bright and Shiny = Spleen/Stomach Deficiency

- A.k.a. Mirrored, Peeled or Coatless tongue
 - No coat with some moisture
- b) RED:
- Red = Heat
 - Red tip or Exterior level = Heart Excess
 - Red beyond tip = Lung Heat
 - Red sides = Liver-Yang Rising or Liver-Fire
 - Swollen Red sides = chronic Spleen-Qi or Yang Deficiency
 - Red center = Stomach Heat
 - Purple center = Stomach/Middle Jiao Stasis
 - Red with coating = Excess Heat
 - Red with no coat = Deficient Heat
 - Red and Peeled at center = Stomach-Yin Deficiency (preceding Kidney-Yin Deficiency)
 - Red to root = Kidney Deficiency
 - Red and Wet = retention of Dampness with Heat
 - = Ying-Level Heat in Wen Bing
 - = Spleen-Qi Deficiency
 - Heat has not been in body long enough to injure Body Fluids
 - Red and Scarlet = Yin Deficiency
 - Common in those 50+
 - Usually due to Lung or Heart-Yin Deficiency
 - Indicates emotional problems taxing Yin
 - Crimson = old condition or more Heat
 - With coat = Heat at Yong and Blood level
 - Red and Dry = Exterior Heat in Interior
 - Moisture level affected
 - Red and Swollen = accumulation of Damp-Heat or Kidney-Yin Deficiency
 - Can also be due to steroids
 - Bronchiodialators → Red tip
 - Diuretics → Peeled tongue
 - Anti-inflammatory agents → Thin shape
 - All of the above cause Yin-Deficiency over a long period
 - Big papillae (points) = Heat
 - Red points or spots = Excess Heat
 - Possibly due to Blood Stasis
 - Where they appear on the tongue indicates the organ involved
 - Blood or Yang Deficiency before attack of an EPF = red points on a Pale tongue
 - White points = Cold

- Red with red spots = Heat with Blood Stasis
- Red with Purple spot in center = Heat with Blood Stasis in Stomach
- Red left or right of center = EPF ½ Interior ½ Exterior (Shao-Yang condition)

c) PURPLE:

- Purple = Blood Stasis
- Blue/Purple = Cold with resultant Blood Stasis
- Red/Purple = Heat with resultant Blood Stasis
- Red/Purple tip = Blood Stasis causing Heart Heat
- Dark Red-Purple = Extreme Heat
- Red-Purple and distended = Heat and Blood Stasis in Liver and Heart
 - Usually a result of alcoholism

d) BLUE:

- Blue = Cold congealing
 - Due to Yang Deficiency causing Blood Stasis
- Blue without coating = collapse of Jing and Blood
- Blue in middle with Slippery/greasy coat = Damp-Phlegm (Spleen-Yang Deficiency)

9) Tongue Underside

- Swollen veins = Qi Stagnation or (slight) Qi Deficiency
- Darker and swollen = severe Qi Stagnation and Blood Stasis

10) Tongue During Pregnancy:

- Blue tongue with Red face = death of fetus, mother lives
- Herbs and acupuncture can be used to tonify Qi and Blood so that this doesn't occur
 - Red tongue with Blue face = death of mother, survival of fetus

11) Tongue Shape

a) Thin

- Deficiency of Yin or Blood or Body Fluids

b) Swollen

- Qi or Yang Deficiency
- Damp-Heat
- Retention of Dampness
- Swollen and Pale = Deficiency
- Swollen and dark = Excess

- Swollen edges = Spleen Deficiency/ Liver-Blood Deficiency
 - If Red or dark = congestion of Liver-Qi and/or Liver-Blood Stagnation
 - If starting to curl = Heat starting to form
- c) Stiff tongue
- Invasion of Pericardium by Heat
 - Wind-Stroke
 - Sequele of Wind-Stroke
 - Heat injuring Body Fluids
 - Heart-Fire
- d) Flaccid tongue
- Flabby and has trouble moving
 - Can fall out of mouth
 - If Red = deficiency of Body Fluids
 - If Pale = Blood Deficiency
- e) Long Tongue
- Excess or Deficiency, depending on color
 - Phlegm
 - Heart-Fire
 - Qi Deficiency
- f) Short tongue
- Qi and Blood problems
 - Cold contracting muscles
 - Heat drying out Body Fluids
 - Yang-Qi Deficiency
- g) Cracked
- Yin Deficiency
 - Body Fluids dried up
 - Cracks at sides = Spleen-Yin Deficiency
 - Ice flow = little cracks concentrated in a certain area
 - Yin Deficiency (common in the elderly)
- h) Deviated
- Liver-Yang Rising
 - Deficient Liver-Blood
- i) Quivering
- If Pale = Qi and Blood Deficiency
 - If Red = Liver Heat
 - Internal Heat generating Wind
- j) Ulcerated
- High Heat

- With white edges = Yin Deficiency
- *Apthae* = sores on tongue and inner cheek; skin sloughs off
- Moving tongue (moves slowly from side to side) = Liver issue
- Numb Pale tongue = Blood Deficiency
 - If Slippery = Wind-Phlegm
- If tongue rolled up = Excess
- If tongue rolled down = Deficiency

12) Tongue Coating

- A.k.a. – Fur or moss
- Formed by turbid Qi rising from the Stomach
 - If coat disappears after breakfast = weak Stomach-Qi
- Thickness determined by the strength of the EPF
 - Though some people have a natural thick coat
- Always check if coating is rooted – *i.e.*, if it looks like it can't be rubbed off
 - Thickness
 - Moisture level
 - Color
 - Distribution
 - Viscosity
- A coat without a root indicates a more serious condition than one with it
- Wind-Cold = white
- Wind-Heat = yellow; later becomes dry
- Wind-Damp = slimy/sticky coat
- White, thick and slippery = Cold-Damp
- White thin and dry = Blood or Body Fluid Deficiency
- White thick and wet = Yang Deficiency
- White thick and dry = Interior condition due to Stomach retention of turbid fluids, with Heat
- Dry, thick yellow coat = Excess Heat
- Thin yellow coat = Deficient Heat
- Wet coat = Dampness or Yang Deficiency
- Watery coat just behind tip = Cold in Lung
- Greasy coat = Yang Deficiency
 - Damp-Phlegm
 - Phlegm-Heat
 - Pot-heads have this due to smoke steaming fluids in the Lungs
 - Phlegm-Cold

- Moldy coat = Excess Heat
 - looks like cottage cheese
 - Not rooted
 - Heat in Stomach with Stomach-Yin Deficiency
- Peeled/mirror coating = Damp; no coat
- Coat on left = Liver
- On right = Shao-Yang
 - If Slippery = Damp-Heat in Gall Bladder
- A True Thinning of the coat – from hard to soft, from tip to root – can indicate the condition is improving
 - Usually happens over the course of ~3 days
- A False Thinning of the coat indicates condition is getting worse
 - Happens suddenly
 - Indicates Body Fluids are drying up or Qi Deficiency
- If coat gets progressively thicker towards the back or towards the center, the disease is getting more serious

VII) Pulse Taking

Mai = vessel or tide

In the Jin dynasty (1115 – 1230 AD) 24 pulses were decided upon, with 3 positions
 Li Zhi Zhen (~1550) wrote about the 27 pulses (which are still used)

1) The Normal Pulse

- Ping Mai = normal pulse
 - Has spirit/shen (rhythm and strength)
 - Has force
 - Its coming and going is distinct
 - Has qi (it's related to the Stomach)
 - Is supple
 - Is uninhibited
 - Has root (*i.e.*, the last position is felt)

2) Points at which Pulse is taken

- Cun Kou = Cun Gates, located at Lu-9
- Ren Ying = Man's Prognosis, located at St-9
- Right hand = Yang pulse (Yang and Qi)
- Left pulse = Yin pulse (Yin and Blood)

Left Hand

SI/Ht

Lr/GB

Bl/Ki

Ki-Yin

Cun: Upper Jiao

Guan: Middle Jiao

Chi: Lower Jiao

Chi

Right Pulse

LI/Lu

St/Sp

P/SJ (typically not used)

Ki-Yang

- Yang Xi-cleft points
 - LI-5
 - Bl-40
 - K-3
 - St-42
 - Lr-3
- These points are used to diagnose (via pulse) the energetics of the point's pertaining organ

3) The Methods of Pulse Taking

- Lifting – superficial level
- Seeking – moderate level
- Pressing – looking for the pulse at the deepest level
- The three positions of pulse taking (at the wrist) are:
 - Cun (inch) -- .6 cun in length
 - Guan (bar or gate) -- .6 cun in length
 - Chi (cubit) -- .7 cun in length
- a) Pulse taking
 - The best time for taking a pulse is in the morning
 - The patient should have their arm at the level of their heart
 - Breathing and posture should be relaxed
 - When taking a pulse, find the guan position just medial to the styloid process of the radius, then lay down the other fingers
 - Take the pulse for 1 – 15 minutes
- b) Pulse qualities to keep in mind
 - 1) Speed
 - 2) Depth (3 depths)
 - 3) Force
 - 4) Length (can go beyond the chi position, or be shorter)
 - 5) Rhythm (has to do with Yang)
 - 6) Width (has to do with state of Yin)
- c) Things that affect the pulse
 - Age (faster in youth)
 - Sex (has to do with thinness of pulse – man have a stronger pulse)
 - Body type
 - Life-style

- Seasons
 - State of Qi/Blood and zang-fu
- d) Organs that affect the pulse
- Lung – supplies Qi
 - Spleen – generates Qi/Blood
 - Liver – governs flow and storage of Blood
 - Heart – has to do with the force of the Blood and the state of the vessels
 - Kidneys – has to do with the storage of Blood and prevents reckless overflow