


Pulse

| Location | | Shape | |
|-----------------------------------|--|--|--|
| 1. Floating | <ul style="list-style-type: none"> * Exterior syndrome * Yang exhaustion | 1. Full (Excess general) | <ul style="list-style-type: none"> * Fever disease * Febrile disease * ST heat or abscess |
| 2. Hollow | <ul style="list-style-type: none"> * Blood deficiency * Yin deficiency | 2. Thready | <ul style="list-style-type: none"> * Qi, blood, Yin & Yang deficiency * Dampness syndrome |
| 3. Tympanic | Large, hollow, taut, tense <ul style="list-style-type: none"> * Blood deficiency * Jin deficiency | 3. Slippery | <ul style="list-style-type: none"> * Phlegm / dampness * Food retention * Excessive heat * Pregnant women * Normal people |
| 4. Soft (Soggy) | Floating, weak, thready <ul style="list-style-type: none"> * Dampness * Qi, blood or Yin deficiency | 4. Uneven (Sluggish) | <ul style="list-style-type: none"> * Qi stagnation * Blood stasis * Phlegm or food stagnation * Body fluid or blood deficiency |
| 5. Deep | <ul style="list-style-type: none"> * Internal diseases * Qi, blood or Yin deficiency + taut: pain + faint: Qi & blood deficiency | 5. Wiry (Taut) | <ul style="list-style-type: none"> * LV and GB diseases * Pain * Malaria * Phlegm and fluid retention |
| 6. Hidden | <ul style="list-style-type: none"> * Internal diseases * Syncope, severe pain, toxic dysentery | 6. Tense (Tight) | <ul style="list-style-type: none"> * Cold syndromes * Pain syndrome |
| 7. Firm | <ul style="list-style-type: none"> * Internal excess syndrome (Lumps) | 7. Moderate | |
| 8. Short | <ul style="list-style-type: none"> * Qi diseases + deep + forceful: blood stasis or stiffness in abdomen + slippery + rapid: phlegm, food stagnation + hollow: Qi or blood deficiency | Power | |
| 9. Long | <ul style="list-style-type: none"> * Excess syndrome * Liver-fire | 1. Replete (Strong) Excess syndrome | <ul style="list-style-type: none"> * Blood stasis * Fire/fever/abscess * Indigestion/Constipation * Maria/fidget |
| Rate | * | 2. Feeble (weak) | <ul style="list-style-type: none"> * Deficient syndrome |
| 1. Bubble-rising ≥ 180 | <ul style="list-style-type: none"> * Yin deficiency * Hyperactivity of Yang * Exhaustion of Yin | 3. Indistinctive (Faint) Extreme decline of the vital Qi | + floating: Yang deficiency + deep: Yin deficiency + uneven: loss of blood + taut: Constipation |
| 2. Swift 140~180 (7) | <ul style="list-style-type: none"> * Utmost Yang * Exhaustion of Yin | 4. Scattered | <ul style="list-style-type: none"> * Exhaustion of Qi * Failure of Zhang organs or Fu organs |
| 3. Rapid 90~139 (6~7) | <ul style="list-style-type: none"> * Heat * Deficient heat * Yin, Yang, Qi or blood deficiency |  | |
| 4. Slow 40~59 (3) | <ul style="list-style-type: none"> * Cold syndrome | | |
| 5. Water leaking | <ul style="list-style-type: none"> * Drying ST Qi * Exhaustion of Wei Qi and Yin Qi | | |
| Frequency | | | |
| 1. Running Rapid with irregular | <ul style="list-style-type: none"> * Yang hyper * Qi and blood stagnation * Retention of phlegm * Deficiency of Yang Qi * Deficiency of viscera | Yes Acupuncture & Wellness Center Phone: 713-782-1803 Fax: 713-782-1806 www.yesacupuncturewellness.com email: yesacupuncture@yahoo.com | |
| 2. Knotted Slow with irregular | <ul style="list-style-type: none"> * Excess Yin * Qi stagnation and blood stasis * Phlegm retention * Decline Qi and blood | | |
| 3. Snapping Fast and irregular | <ul style="list-style-type: none"> * Exhaustion of kidney Qi | | |
| 4. Intermittent Slow with regular | <ul style="list-style-type: none"> * Visceral weak (Visceral Qi↓) * Pain, fright, or trauma such as MI, CHD | | |