

Oriental Pulse Diagnosis

with

Dr. Steven E. Bennett D.O.M.

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)

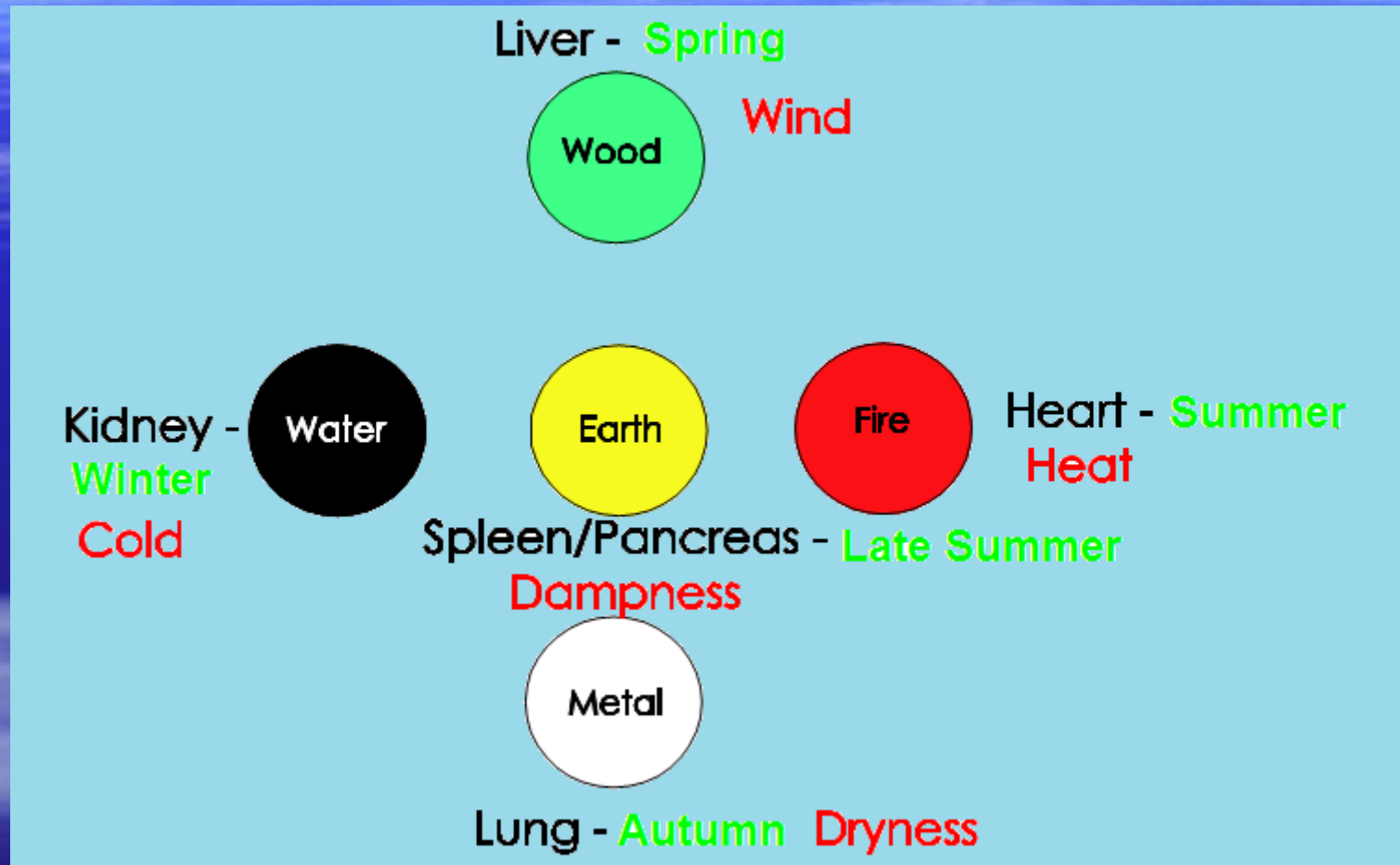
Heart – Small Intestine (FIRE)

Spleen – Stomach (EARTH)

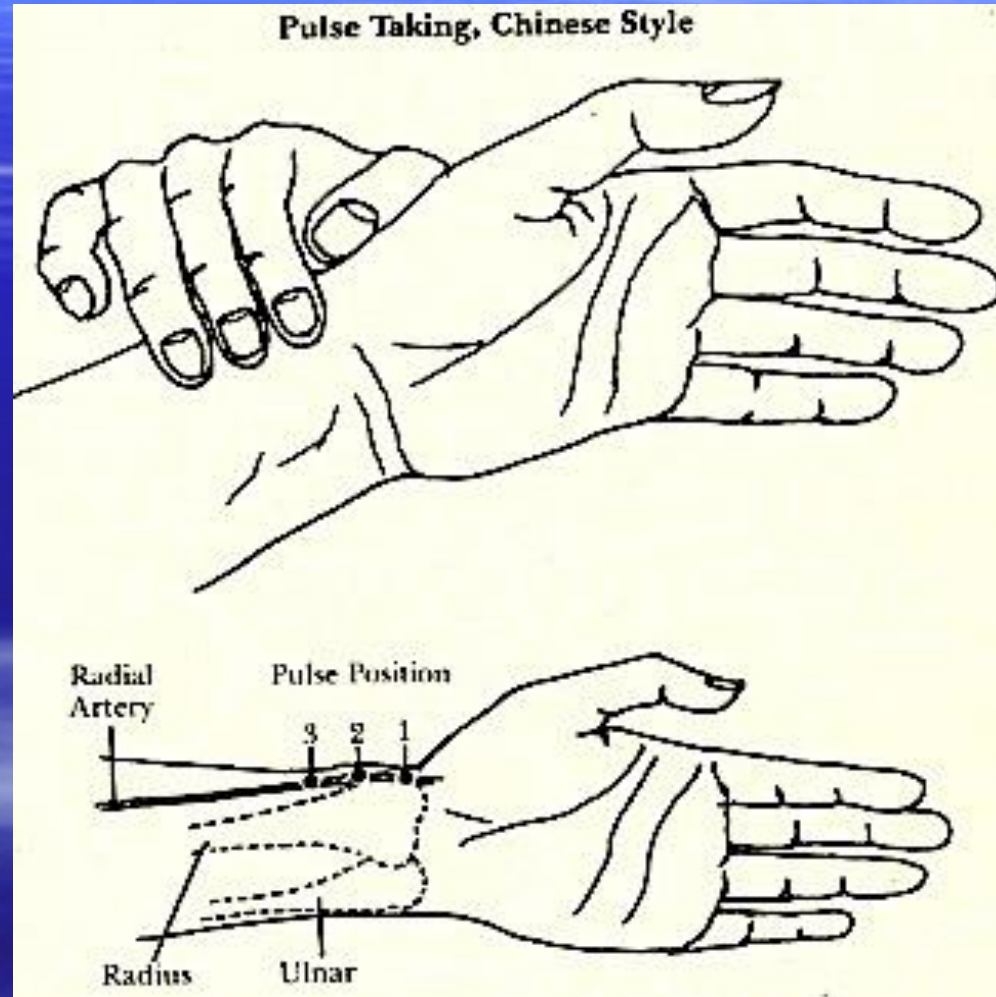
Lung – Large Intestine (METAL)

Kidney – Urinary Bladder (WATER)

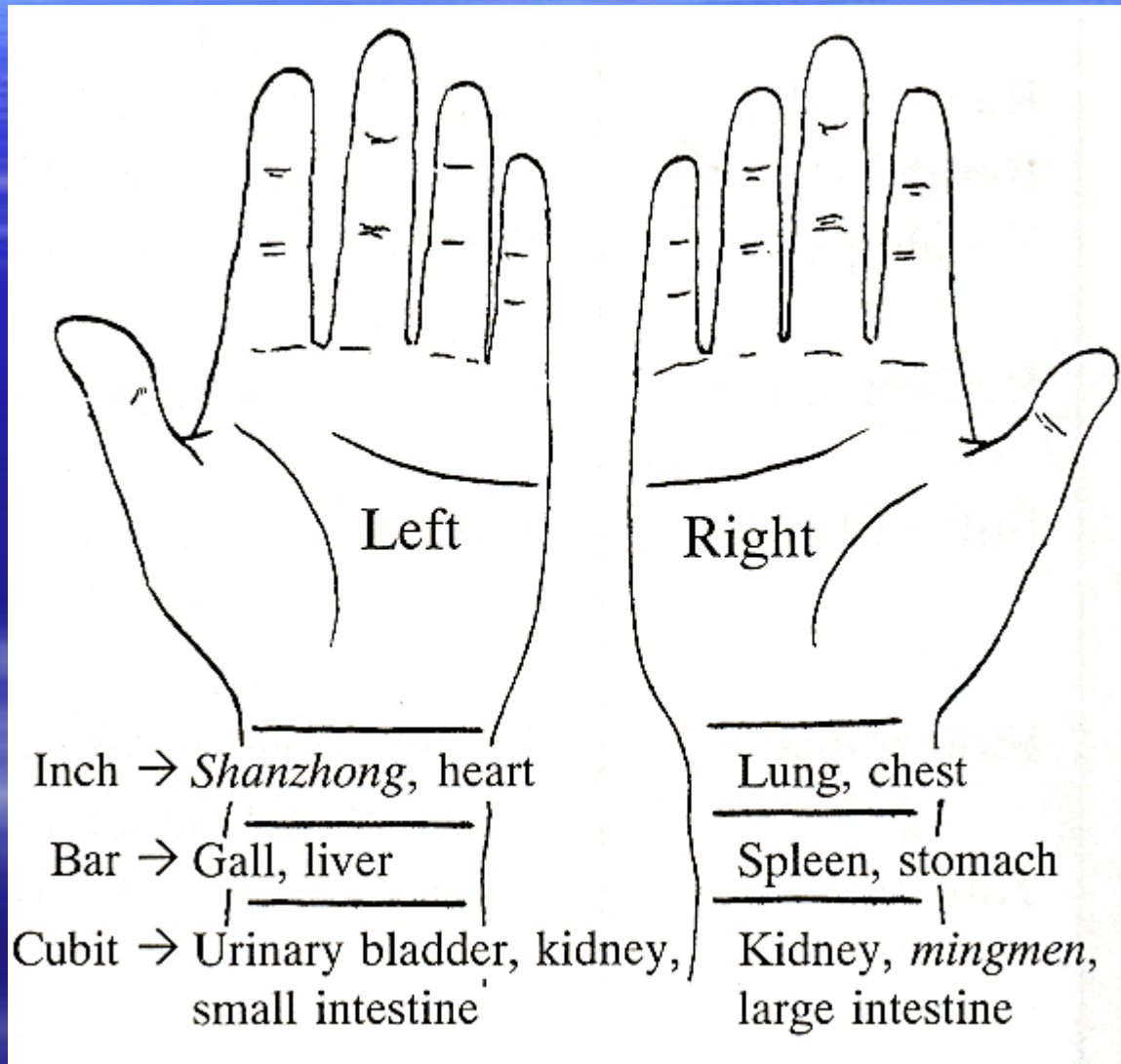
Five Elements



Radial Pulse Positions



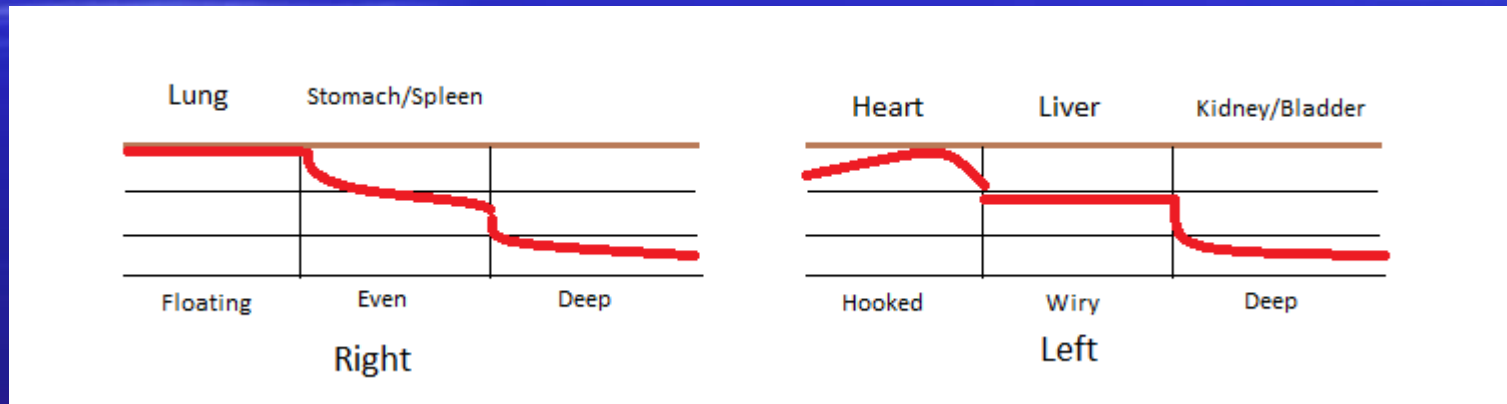
Radial Pulse Positions



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



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