

Pulse Rate

Rapid: Pathogens, physical trauma, season, emotional shock, imminent hemorrhage, heat stroke, internal deficient heat, internal excess heat, insufficient exercise

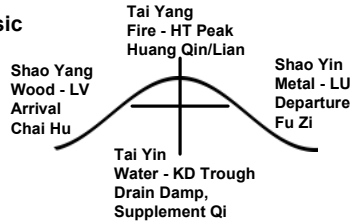
Kiiko: Rapid = Sympathetic dominance: avoid Huato points on the back, concentrate on abdominal points

Slow: phlegm, poison, heat, liver qi yu (rare), cold, emotional shock, exercise/overwork, Heart Qi or Yang xu, physical trauma

Kiiko: Slow = parasympathetic dominance: refrain from using abdominal points, concentrate on stimulation of LI Shu points and other appropriate Huato points on the back

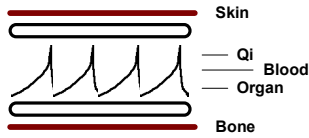
Pulse Wave: Classic

Arrival = Yang
Departure = Yin



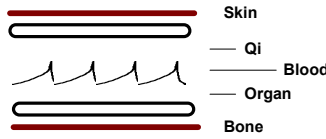
Pulse Wave: Hammer

Flooding Excess



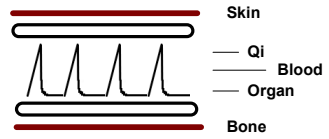
Forceful rising, gradual decline
Often excess heat dilates blood vessels and accelerates Qi and Blood circulation
Excess patterns such as Yang Ming Heat
Consider Shi Gao, clearing ST Heat with acupuncture
Also called "surging"

Flooding Deficient



Shen: "physical push pulse": arrives with small force, departs suddenly
Lacks force, volume
Laxity in vessels due to Qi not holding

Hesitant



Also called a "push pulse"
Blip on the fingertip
Overwork; fixation on health; obsessive monomaniacal tendencies
Common with medical students; among Washington D.C. politicians and staffers
Obsessive tendencies

Kiiko: Each of these indicates a lack of "Stomach Qi".
An indication for the "Stomach Qi" treatment

Biomedical Factors

Type 1: Elevated systole, elevated diastole, fast rate	Heat pattern: do not use supplementing herbs, clear heat diastole, fast rate
Type 2: Low systole, low diastole, slow rate	Yang depletion, supplement Qi and Yang; avoid clear and drain
Type 3: High systole, normal diastole, slow rate	Yin depletion with Blood Stasis
Type 4: Low systole, low diastole, fast rate	Yin deficient heat

Hammer's Mini Stress Test

- 1) Get rate, 2) Patient swing arm around vigorously at least 10 revolutions or 10 seconds, 3) Get rate again without delay (best for 10 seconds x 6)
- Rate up between 4 and 10: ideal
Rate up > 10: HT Xue and Yin Xu
Rate same: Heart Qi Xu
Rate slower: HT Yang Xu

Shen's Systems Model

Nervous System = Outermost system; involves wei Qi; 6 stage = Tai Yang
constitutionally derived nervous system tense = eyebrows may be thick, color around chin/mouth may be blue/green
Nervous System Tense = entire pulse uniformly tense, a little rapid = Neoclassical "Du" pulse; can be caused by drug abuse (esp cocaine, meth)
Eat too rapidly -> nerves of digestive system
Run too much -> nerves of vascular system
Physical overwork -> nervous supply to the organ system
Nervous System Weak = entire pulse feeble but some tension at the surface: indicates environmental sensitivity, psychosocial vulnerability -> Easily irritated by events and environment
Acu: RN4,5; P6; SP6
Herbs to consider:
Chuan Xiong 5 Yu Jin 6 Lu Lu Tong 12 Jing Jie 2 Yin Chai Hu 3
Xiang Fu 2 Yan Hu Suo 10 Huang Qin 6 Bai Shao 6

Organ System

Left side feeble: "quickly rest". If exercise, do very moderate (Qi Gong)

Concerns may be familial: patent should guard their essence

Moxa corresponding back shu points to increase the strength of these organs

Herbs to consider:

Dang Shen 6	Bai Shao 12	Bai Zhu 9	Shan Zhu Yu 9	Fu Ling 9
Yuan Zhi 6	Da Zao 9	Ji Nei Jin 12	Yu Jin 6	Bai Shao 6

Digestive System = Acquired status of health through postnatal activities, events

Right side feeble, tense

Herbs to consider:

Bai Zhu 6	Fu Ling 10	Chen Pi 6	Shan Yao 10	Zhi Ke 2
Huang Qin 2	Bai Shao 6	Ji Nei Jin 12	Gu Ya 6	Mai Ya 6

Circulatory System

Changing rate at rest, changing intensity, middle depth can be slightly hollow

Labile emotions; person often changeable in intentions about things

Easily fatigued, cold hands/feet, joint problems, migrating symptoms, pain that comes and goes, anger

Acu: LI11; RN4,5, ST36; GB34

Qiang Huo 6	Si Gua Luo 6	Dang Shen 6	Sang Ji Sheng 12	Yuan Zhi 6
Da Zao 10	Dang Gui 6	Mu Gua 12	Fang Feng 6	

Stages

Focus on temple to evaluate color

Odor: Worsley says smell umbilicis

Sound: Get the patient to recall their past; evaluate that voice "Exciting event": How people respond to the atrocities of life

Fire
color = Red; odor = Scorched; sound = Laugh (or patient tries to get you to laugh); emotion = Joy; mission = Leadership; pulse = Flooding (seasonal pulse = Hooked); exciting event response = Humor
toxic emotions = bitterness, lying, sarcasm
virtue = Propriety

Earth
color = Yellow; odor = Sweet; sound = Singing (voice up and down); emotion = Sympathy; mission = Care giving; pulse = Slippery; exciting event response = Care giving
toxic emotions = disdain, pontification, snide
virtue = Sincerity

Metal
color = White; odor = Putrid; sound = Breathy (softer); emotion = Grief; mission = Principles; pulse = Floating; exciting event response = Grief
toxic emotions = disgust, ingratiating, complaining
virtue = Righteousness

Water
color = Blue; odor = Rotten; sound = Groan; emotion = Fear; mission = Depth; pulse = Deep; exciting event response = Retreat
toxic emotions = paranoia, secrecy, intimidation
virtue = Wisdom

Wood
color = Green; odor = Rancid; sound = Shout (staccato, sharp, not necessarily loud); emotion = Anger; mission = Direction; pulse = Wiry; exciting event response = Planning (or angry)
toxic emotions = resentment, passive aggressive, seething
virtue = Benevolence

Herbs and Trauma

Possible pulse indications: neuropsych; Diaphragm on both sides; Kiiko adrenal treatment can be good (KD6, 9, 16, 27 is a variation)

Yunan BaiYao (Break up blood stasis, stop bleeding) -> Psychogenic pain due to emotional trauma; "emotional bleeding"; drowning in sorrow; effects of shock affecting HT; Appropriate after devastating breakup
2 tid for 8 days (larger person); if concerned about stirring things up 1 / day

Sheng Mai San (Qi, Yin, Restore Pulse) -> Resynch LU & HT rhythms after shock; stabilize irregular or weak pulses; stabilize Shen (Follow Yunan BaiYao with this)

Xue Fu Zhu Yu Tang (Move Xue Stasis, LV Qi, unblock channels) -> Palpitations, insomnia, chronic anxiety, depression & mood swings due to Stasis, Heat, HT Xu
Opens diaphragm, helps LV regulate smooth flow of Qi for processing of emotions, may unleash old memories or feelings

Chai Hu Shu Gan San He Xiao Xian Xiong Tang (Course LV, resolve depression, clear Heat, transform Phlegm) -> Anxiety, worry & tension due to LV depression with Phlegm Fire attacking the HT
Good for PTSD, hyper-vigilance

Gui Zhi Fu Ling Wan (invigorate Xue, transform Xue Yu, reduce abdominal masses) -> Menstrual problems that may be a result of sexual abuse
Unblocks blood vessels and warms uterus for women who may have shut of connection with their lower body
Gui Zhi can harmonize Ying and Wei for women whose boundaries have been shattered by abuse

Divergent Channel Tx

For poor communication between Interior and Exterior: deep pulse, floating pulse, pulse against the tendon, Yang Qiao, Yin Qiao, Yang Wei, Yin Wei, Diaphragm (both sides = control of emotions to shutdown uncomfortable feelings; only on one side not indicated = possible heavy lifting), Neuropsych

Lower meeting points = He Sea (Shima) -> Needle Deeply

Upper meeting points = WOS (Van Nghi; Yuen)

Plus DU20

Water: BL40, KD10	BL10	WOS:		
Wood: GB30(34), LV8	GB1(20)	Tai Yang:	BL10	SI16
Earth: ST36(30), SP9	ST1(2)	Shao Yang	SJ17(?)	SJ16
Fire: SI10, HT1	BL1	Yang Ming	ST9	LI18
Metal: LI15, LU1	LI18	Others:	SI17, RN22, DU16, LU3, P1	

Diaphragm Shu: Good for diaphragm pulse

Pulse near tendon, diaphragm, or deep: consider needing deep then superficially to move Qi from below to above (or do opposite if you think compensatory state is best interests of the patient)

Diaphragm pulse herbs: Chen Pi, Hou Po, Ban Xia; Xiao Chai Hu Tang

In general, combine surface releasing agents with herbs that operate deeply (e.g. Chai Hu, Bo He with Si Wu Tang)
Take care with these treatments, they can be powerful and bring up a lot of stuff