

Bartosz Chmielnicki



脉象

PULSE QUALITIES

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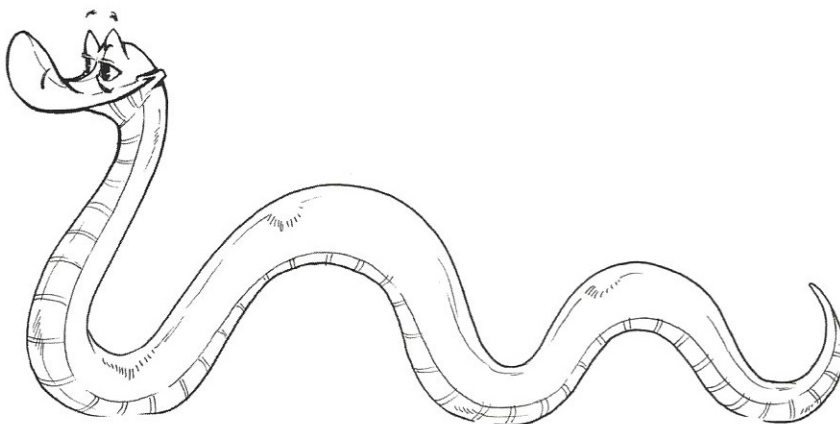
## How to correctly examine the pulse?

- Place Your middle finger at the level of radial styloid process of Your Patient and index and ring fingers above and below it respectively.
- Feel the pulse by all three fingers on all positions trying to feel the general impression of the pulse. The first level where You feel the pulse will be superficial level.
- Press the pulse up to the moment of full occlusion, when You feel bone under Your fingertips. Then gently release the pressure - the first moment of feeling the pulse again will be a deep level.
- Slowly releasing the pressure lift your fingers back to a superficial level feeling a middle level between them.

First name general impression of the pulse – is it easily or hardly palpable, strong or weak, fast or slow, does volume or wall tension clearly dominate.

Then try to precisely determine its:

- width
- depth
- length
- strength
- wall tension
- speed
- rhythm
- wave contour

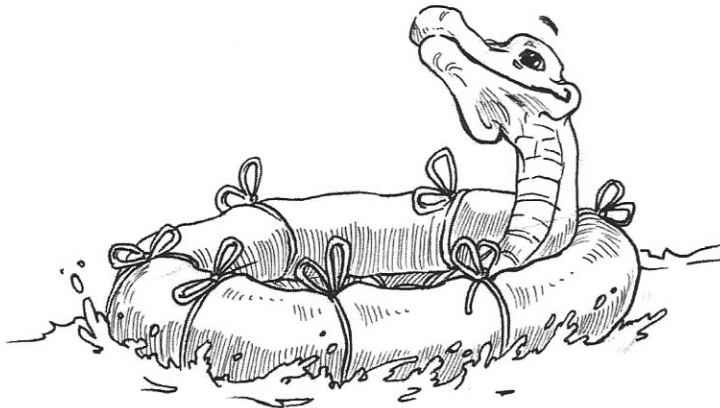


### Normal pulse

3 classic qualities of normal pulse:

- Has Stomach Qi - describes the force of pulse wave flowing under the fingertips. Depends on interaction of Qi and Blood.
- Has Shen - which means it is calm, regular, characterized by constant frequency, and appropriate force.
- Is Rooted - there is a strong, rooted pulse felt on CHI position, at deep level (close to bone)

# 浮



## FuMai – Floating Pulse

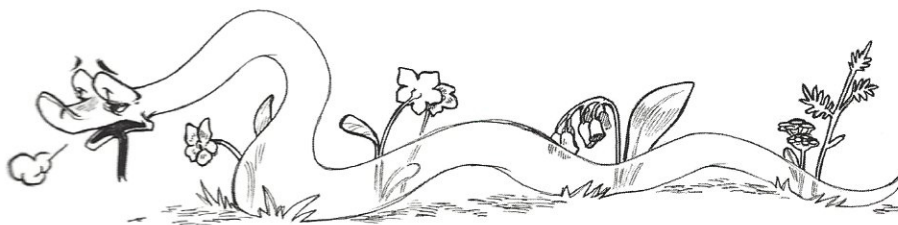
The Chinese name depicts bird's nest floating on the water.

Floating Pulse is strongest at the superficial level, and weakens with increased fingers pressure, but is still palpable.

Floating Pulse indicates the presence of pathogen blocking Yang Qi at the surface.

Yin deficiency makes Yang Qi unrooted, ascending to the surface, which is shown by floating, accelerated, thin pulse

# 虛



## XuMai –Empty Pulse

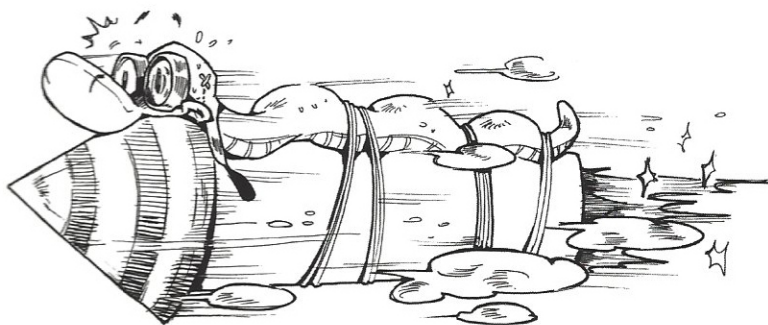


The Chinese name shows a tiger lying on a hill. Tigers live in wilderness. Hills, wild, barren land contains nothing, that is why this is a picture of emptiness.

Empty pulse is easy occluded by increased fingers pressure.

That pulse indicates Qi deficiency.

# 疾



## JiMai – Racing Pulse

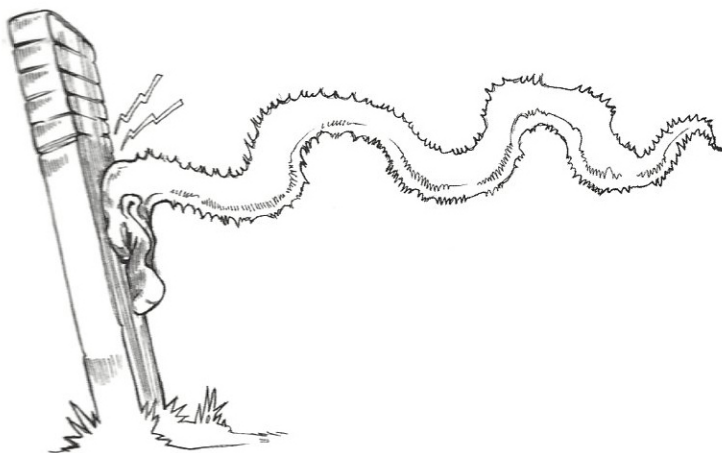
The Chinese name of that pulse consists of two characters. The first one shows a man laying in bed and means a disease, the second depicts an arrow. Together they describe urgent situation, like in case of severe disease.

Racing Pulse is very fast – defined by more that seven heartbeats per one breath.

Such fast pulse may result from Yin exhaustion (in that case is racing and weak) or presence of excessive Heat (in that case is racing and strong) .

In both cases the situation of patient is serious.

涩



#### SeMai – Choppy Pulse, Rough Pulse

The Chinese name of that pulse is consists of five characters. The first one is a radical for water. Then, there are two characters doubled: the upper one shows a sharp edged weapon, like knife, the lower one means marching or stopping. Those four characters together describe rough or irregular surface, which obliges many steps in various directions. The whole group of characters is a picture of water being scattered while dropping onto the sharp edge of the knife.

Choppy Pulse is similar to the feeling during palpation of arteriovenous fistula (for example in dialysis patients), the pulse is „buzzing“ like running transformer..

Choppy Pulse indicates turbulent Blood flow. It may be a result of:

- deficiencies of Yin aspects: Blood, JinYe or Jing
- Qi and Blood stagnation
- food stagnation or presence of Phlegm