



TCM Clas  
Research

黄帝内经针灸

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## Huang Di Zhen Jiu Jia Yi Jing

- *Pulses Diagnosis*  
for Meridian and Acupuncture

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FB: TCM Jisheng




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### I. Introduction to Pulses of Nei Jing and Nan Jing for Acupuncture

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- 《灵枢·九针十二原》说：“凡将用针，必先诊脉，视气之剧易，乃可以治也”。
- Nei Jing, Ling Shu, Chapter 1 : ‘Using the needle for acupuncture, at first, have to do pulse diagnosis, to see the information of qi, then, do the treatment...’ (Ling Shu Jing, 1)



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## Bian Que Mai Fa Yong Zhen...



### SW, Chapter 68: How and where to feel Biao-Li (Zang-fu), Chen-Fu, Yin-yang, Ying-wei of the pulse....

- “少阳之上，火气治之，中见厥阴；阳明之上，燥气治之，中见太阴；太阳之上，寒气治之，中见少阴；厥阴之上，风气治之，中见少阳；少阴之上，热气治之，中见太阳；太阴之上，湿气治之，中见阳明”（《素问·六微旨大论》）。（SW 68）
- 左寸心，对应太阳，中见少阴；左关肝，对应少阳，中见厥阴；左尺肾，对应厥阴，中见少阳。
- 右寸肺，对应阳明，中见太阴；右关脾，对应太阴，中见阳明；右尺肾，对应少阴，中见太阳。

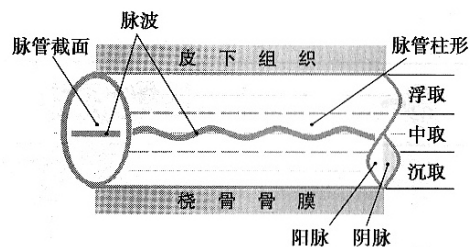



图 1-1 单脉象图模型




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- 黄帝曰：刺其诸阴阳奈何？岐伯曰：按其寸口人迎，以调阴阳，切循其经络之凝涩，结而不通者，此于身皆为痛痹，甚则不行，故凝涩，凝涩者，致气以温之血和乃止。其结络者，脉结血不和，决之乃行，故曰：气有余于上者，导而下之，气不足于上者，推而休(扬)之，其稽留不至者，因而迎之，必明于经隧，乃能持之，寒与热争者，导而行之，其宛陈血不结者，则而予之，必先明知二十五人则血气之所在，左右上下，刺约毕也。
- Huang Di: 'How to needle three yin and three yang meridians?' Qi Bo: 'First, check the pulses of Cun Kou and St 9 to know the differentiation of excess and deficiency; then, palpate the meridians to know the stagnations and stasis; For stagnations and stasis, needle yang qi to warm and flow Jing Mai; for upper xie qi excess, needle it downward; for upper qi deficiency, needle zheng qi to up...All must follow the paths of meridians... (LS, 64)

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- 善用针者知其：脉，证，经络，取穴，接经论治。
- A good acupuncturist must know: Pulses, mechanisms of diseases and syndromes, the involved meridians, the natures of the selected acup-holes and the entanglement of qi within related meridians and acup-holes for a treatment... 铭记: '同气相求 ...'

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- 《难经》一难曰：“十二经脉，皆有动脉，独取寸口，以为五脏六腑死生吉凶之法，何谓也？然，寸口者，脉之大会，手太阴之脉动也，寸口者，五脏六腑之所终始，故取法于寸口也。”
- Nan Jing: ‘12 meridians all have their pulses. Why only use Cun Kou to see the prognosis five zang ? Answer: Cun Kou belongs to Hand Tai yin pulse, where the qi of all meridians meet and zang fu begin and end, therefore, it can be used for all..’  
(Nan Jing, 1)



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- 黄帝答曰：寸口主内，人迎主外，两者相应，俱往俱来，若引绳，大小齐等，春夏人迎微大，秋冬寸口微大者，如是者名曰平人。
- Huang Di: ‘Cun kou governs internal, Ren ying (St 9) governs external, both of them correspond each other... as same power, at spring and summer, Ren ying is bit more powerful; at autumn and winter, Cun kou is bit more powerful, this is a normal pulse.’  
(JYJ p. 489)



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- 黄帝问曰：病之益甚，与其方衰何如？岐伯对曰：外内皆在焉。切其脉口滑小紧以沉者，病益甚，在中；人迎脉大紧以浮者，病益甚，在外。
- Huang Di: 'How to see prognosis of diseases according to pulses?' Qi Bo: 'Both internal and external are involved. Huan, xiao, jin and chen appear on Cun kuo, yin diseases are getting worse; Da, jin and fu on Ren ying, yang diseases are getting worse..' (p 495)



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## II. Nei Jing, Nan Jing Pulses

- 五脏之所生变化之病形何如？曰：先定其五色五脉之应，其病乃可别也。曰：色脉已定，别之奈何？曰：调其脉之缓急大小滑涩，而病形定矣。曰：调之何如？
- 《内经》记载的脉象远比后世复杂得多。典型的脉名就有：浮、沉、大、小、滑、涩、细、疾、迟、代、钩、盛、躁、喘、数、弦、濡、软、弱、轻、虚、长、实、强、微、衰、急、散、毛、坚、营、石、搏、静、紧、结、动、短、缓、绝、横、瘦、徐、少、平、揣、鼓、革、促、劲、洪、满、疏、格关溢覆等，再加上非典型的、复合的以及一些难以索解的脉名脉形，总数有近百种。
- Huan, Ji, Da, Xiao, Hua, Se – 6 pulses
- + Fu, Chen, Chang, Duan Mai, these are the guide lines of Pulse Diagnosis. ( 579)



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## Nei Jing, Nan Jing Pulses

- 脉有一阴一阳，一阴二阳，一阴三阳，有一阳一阴，一阳二阴，一阳三阴，如此之言，寸口有六脉俱动耶？然：此言者，非有六脉俱动也，谓浮沉长短滑涩也。浮者阳也，滑者阳也，长者阳也，沉者阴也，短者阴也，涩者阴也。(Nan Jing, 4)
- Yin Mai: Huan (Chi), Xiao, Se, **Chen, Duan**
- Yang Mai: Ji (Shuo), Da, Hua, **Fu, Chang**
- *Now, we have 10 pulses...😊*



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## III. Zhang Zhong Jing's 10 Pulses

- 伤寒论 卷第一；辨脉法第一
- 问曰：脉有阴阳，何谓也？答曰：凡脉大、浮、数、动、滑，此名阳也；脉沉、涩、弱、弦、微，此名阴也。凡阴病见阳脉者生，阳病见阴脉者死。
- Yin Mai: **Chen, Se, Ruo, Xian, Wei**
- Yang Mai: **Fu, Hua, Da, Shuo, Dong**
- Yin Mai: Behind of Guan
- Yang Mai: Frond of Guan
- Yang Mai: Fu Qu
- Yin Mai: **Chen Qu**



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- 《伤寒杂病论》包抱伤寒和杂病两部分，平脉辨证乃其辨证论治之精髓。《伤寒论》22篇，其中《平脉法》，《辨脉法》两面篇，着重论述了脉学的理论及实践；辨六经病各篇，合398条，113方，其中脉证并举的有135条之多，共叙述了60种脉象（单脉18种，相兼脉42种）。《金匱要略方论》共三卷25篇，包括40多种疾病，载方205首（其中四首只载方名而未见药味，不包括后三篇），脉证并举者有120余处（论述单脉18种，相兼脉51种）。
- SH, Chapter 1 and 2: Pulse Diagnosis
- SH, 398 clauses, 135 clauses include pulses and diseases descriptions
- JG, 25 chapters, 120 clauses include pulses and diseases descriptions



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- 。《伤寒论》以“辨XX病脉证并治”、《金匱要略》以“XX病脉证并治”为每篇命题，说明仲景论疾病是以脉、证、治三者相互结合的。原文中包括有病因、症状、脉象和治法，说明仲景脉法的特点在于平脉辨证，以定治则。
- In Shang Han Lun and Jin Gui Yao Lue, all of the titles of chapters described as:  
“XXX Bing (Disease) Mai (Pulse) Zheng (Mechanisms of diseases) and Zhi (formulas and treatment)”...



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- 《伤寒论·平脉》篇谓：“脉有相乘，有纵有横，有逆有顺。水行乘火，金行乘木名曰纵；火行乘水，木行乘金名曰横；水行乘金，火行乘木名曰逆；金行乘水，木行乘火名曰顺。(SH Chapter 1)
- 《伤寒论·阳明》篇谓：“伤寒，腹满谵语，寸口脉浮而紧，此肝乘脾也，名曰纵，刺期门。
- Shang Han Lun: ‘Pulse system has Wu Xing relationship. Water attacks Fire, Metal attacks Wood that calls ‘Zeng’ (over control); Fire attacks water, Wood attacks Metal that calls ‘Heng’ (rebelled); Water attacks Metal, Fire attacks Wood that calls ‘Ni’ (reversed); Metal attacks Water, Wood attacks Fire that calls ‘Shun’ (follows).
- Shang Han Lun, Yang Ming Chapter: ‘Shang Han with fullness of abdomen, delirious, Cun-kou pulse is Fu-jin, this is the pattern of Liver attacks Spleen, it calls Zeng, then, needle Liv 14.’



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## IV. Jia Yi Jing Pulses

- 肝脉弦，心脉钩，脾脉代(缓)，肺脉毛，肾脉石。
  - As normal pulses:
  - Liv and Gb: Smooth and slight wiry, mainly on left Guan position.
  - Ht and SI: Smooth and slight mai hong, mainly on left Cun position.
  - Sp and St: Harmony, moderate, and combined with other pulses in different seasons. (p 500)
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- 肝脉弦，心脉钩，脾脉代，肺脉毛，肾脉石。
- Lug and LI: Fu, light like feather, slight soft, mainly on right Cun position.
- Ki and Bl, PC and SJ: Deep, slight xi, rooted like stone on the bottom of water, mainly on left and right Chi position. (p 500)



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- 肝脉来，软弱招招，如揭长竿末梢曰平。盈实而滑，如循长竿曰病。急而益劲，如新张弓弦曰死。
- Liver pulse is smooth, slight wiry, as the normal.
- If excess wiry and slippery is pathology.
- If very wiry and tight is server prognosis. (p 503)



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- 春脉，肝也，东方木也，万物之所始生也。故其气软弱轻虚而滑，端直以长，故曰弦。反此者病。其气来实而强，此谓太过，病在外；其气来不实而微，此谓不及，病在中。太过则令人善怒，忽忽眩冒而癫疾；不及则令人胸满（一作痛）引背，下则两胁满。
- In spring, liver pulse is smooth and wiry; if the pulse is excess, means the disease is external (yang), will be with anger emotion, dizziness or epilepsy syndromes; if the pulse is weak, means the disease is internal (yin), will be with the distention of chest or under ribs.. (p 507)




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- 心脉来，累累然如连珠，如循琅 曰平。累累（《素》作喘喘）连属，其中微曲曰病，前钩后居，如操带钩曰死。
- Ht pulse, fu, slight hua, like pearl rolling, it is ping mai (normal).
- If mai wei and xi, or se, is pathological.
- If the pulse feels like a hook with a thin and weak line, it means the disease is severe.. (p 501)




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- 夏脉，心也，南方火也，万物之所盛长也。故其气来盛去衰，故曰钩。反此者病，其气来盛去亦盛，此谓太过，病在外；其气来不盛，去反盛，此谓不及，病在内。太过则令人身热而骨痛（一作肤痛），为浸淫；不及则令人烦心，上见咳唾，下为气泄。
- In summer, Ht pulse is mai hong, it's normal. If the pulse is excess, means the disease is external (yang), will be with fever, skin pain or inflammations; If the pulse is weak, will be with agitation, cough or qi prolapse. (p 508)

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- 肺脉来，厌厌聂聂，如循（《素问》作落）榆叶曰平。不上不下，如循鸡羽曰病。如物之浮，如风吹毛曰死。
- Lug pulse: Fu, light, smooth like a leaf falling from a tree on right Cun position as normal pulse.
- If the pulse feels up and down, not rooted, it is a pathological pulse.
- If the pulse feels like a feather floating with wind, it is deadly pulse. (p 502)

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- 秋脉，肺也，西方金也，万物之所收成也。故其气来轻虚以浮，来急去散故曰浮。反此者病。其来毛而中央坚，两傍虚，此谓太过，病在外；其气来毛而微，此谓不及，病在中。太过则令人逆气而背痛，愠愠然；不及则令人喘呼，少气而咳，上气见血，下闻病音。
- Autumn pulse belongs lung, metal, light and soft.
- If xi-jin mai in the middle, sides are xu, it means excess, disease is external (yang); patient could have qi rebellion, back pain and emotion disorders;



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- If fu wei mai appears, it means the deficiency, diseases are internal; patient could have panting, short breath, cough and cough with blood... (p 509)



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- 冬脉，肾也，北方水也，万物之所合藏也。故其气来沉以濡（《素问》作搏），故曰营（石）。反此者病。其气来如弹石者，此谓太过，病在外；其去如数（毛）者，此谓不及，病在中。太过则令人解，脊脉痛而少气，不欲言；不及则令人心悬如病饥。（《素问》下有中清，脊中痛，小腹满，小便变赤黄四句）
- Winter belongs water Ki pulse. It should be Chen-ru;
- If it is like a stone jumping, it means excess, the disease is external; back pain, short breath and tired to move can occur.



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- If the pulse is like a feather, it means deficiency, the disease is internal;
- Feeling like the heart is hanging in the chest and feeling hungry, lower back cold pain, lower abdomen distention and urine turbid can occur. (p 510)



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- 脾脉，土也，孤脏，以灌四傍者也。其善者不可见，恶者可见。其来如水之流者，此谓太过，病在外；如鸟之喙者，此谓不及，病在中。太过则令人四肢不举；不及则令人九窍不通，名曰重强。
- Spleen pulse belongs soil, it's an independent zang, it nourishes all. It only can be felt when it is pathological.
- If it is Hua-hong mai (flooding), it means excess, the disease is external;
- Heaviness of hour limbs can occur...



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- If the pulse is like a bird pecking, it means deficiency, the disease is internal;
- The blockage of nine orifices will occur. (p 511)



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## V. Wu Xing Mai Li: Mechanisms of Wu Xing Pulses

- Left Guan position: mai fu like feather (autumn, metal → spring, wood )
- Left Cun position: mai chen ru (winter, water → summer, fire)
- Right Guan position: mai xian (spring, wood → long summer, earth)
- Right Cun position: mai hong (summer, fire → autumn, metal)



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- Chi (both) position: mai huan (long summer, fire → winter, water)
- *These are called 'Five Xie', it is 'fan ke' (over controlling) in Wu Xing system; If the pulse shows reversed control relationship (rebelled controlling), It is called 'Xiang Hui'. These all indicate worse prognosis of the diseases. (p 513 - 518)*



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## Ling Shu Chapter 64, 72: Wu Xing Constitutions Related Pulses

- Wood type of persons: Xian, Zhi
- Fire type of persons: Da, Shuo
- Soil type of persons: Huan, Rou (gentle)
- Metal type of persons: Xi, Jin
- Water type of persons: Chi Chen, Cun Xi



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## VI. Yin Yang Pulses and Related diseases (p 525)

- Cun kou pulse short, can relate to headache (yang qi lack);
- Cun kou pulse long, can relate to legs pain (yin qi lack);
- Cun kou pulse fu, can relate to external diseases (yang);
- Cun kou pulse chen, can relate to internal diseases (yin);




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- Cun kou pulse fu ji, can relate to should and upper back pain (yang);
- Cun kou pulse xian jin, can relate to masses under ribs or abdomen (yin);
- Cun kou pulse fu dong, can relate to fever diseases (yang);
- Cun kou pulse hong hua, relate to yang excess, external diseases (yang);



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- Cun kou pulse xiao shi, can relate to yin excess, internal diseases (yin);
- Cun kou pulse xiao se, can relate to chronicle diseases (yin);
- Cun kou pulse fu hua, can relate to new diseases (yang);
- Cun kou pulse moderate, even server disease, can be good prognosis (yang);



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## VII. Liu Jing Pulses and Some Related Diseases (p 527-528)

- “少阳之上，火气治之，中见厥阴；阳明之上，燥气治之，中见太阴；太阳之上，寒气治之，中见少阴；厥阴之上，风气治之，中见少阳；少阴之上，热气治之，中见太阳；太阴之上，湿气治之，中见阳明”（《素问·六微旨大论》）。（SW 68）
- 左寸心，对应太阳，中见少阴；左关肝，对应少阳，中见厥阴；左尺肾，对应厥阴，中见少阳。
- 右寸肺，对应阳明，中见太阴；右关脾，对应太阴，中见阳明；右尺肾，对应少阴，中见太阳。
- **Left:** Cun, Tai yang, within Shao yin;  
Guan, Shao yang, within Jue yin;  
Chi, Shao yin, within Tai yang.
- **Right:** Cun, Tai yin, within yang ming;  
Guan, Tai yin, with Yang ming;  
Chi, Shao yin, within Tai yang.



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## VII. Liu Jing Pulses and Some Related Diseases (p 527-528)

- Jue Yin excess induces yin bi syndrome; deficiency induces re bi syndrome. Mai hua, can be wind shan syndrome; Mai se, can be mass in lower abdomen.
- Shao Yin excess induces skin bi syndrome; deficiency induces lung bi syndrome. Mai hua, cab be lung wind shan syndrome; Mai se, cab be blood stasis.



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- Tai Yin excess induces flesh bi syndrome; deficiency spleen bi syndrome. Mai hua, can be spleen wind bi; Mai se, can be abdominal masses.
- Yang Ming excess induces vessel bi syndrome; deficiency induces heart bi syndrome. Mai hua, can be heart wind bi; Mai se can be heart blood stasis, shen disorders.



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- Tai Yang excess induces bone bi syndrome; deficiency induces kidney bi. Mai hua, can be kidney wind shan; Mai se can be mass with headache.
- Shao yang excess induces tendon bi and distention under ribs; deficiency induces liver bi. Mai hua, can be liver wind bi; Mai se, can be masses, cramp and eyes pain.



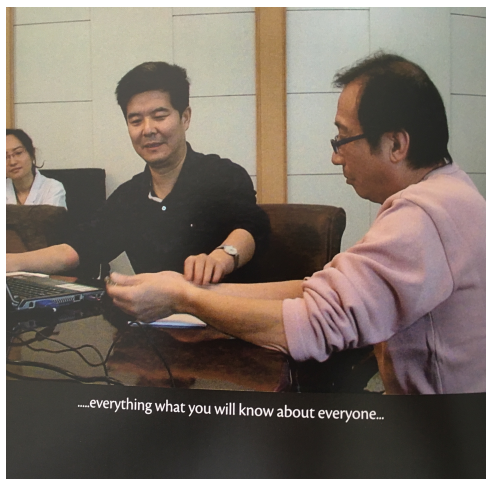
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- Liu Jing qi relates to wu xing motions and liu qi natures and changes.
- If xie qi excess, pulses are hua; if zheng qi of Liu Jing deficiency, pulses are se.
- Xie qi excess can induce Bi, Feng and Shan syndromes; Zheng qi deficiency can induce Ji (masses) diseases.



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## VIII. Examples of Prof. Qi Xianghua's Pulses in Acupuncture



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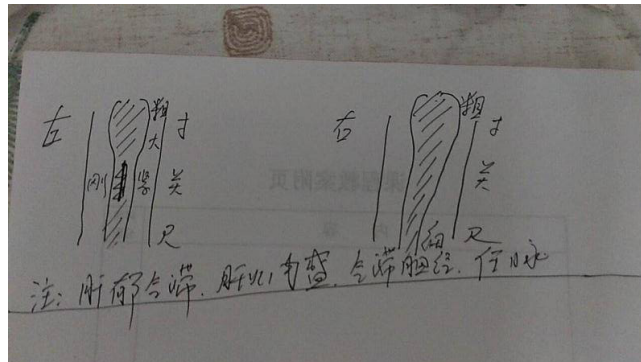
## VIII. Examples of Prof. Qi Xianghua's Pulses in Acupuncture

### 1. 带状疱疹后遗症案

\* 侯某，女，57岁，土形人，略胖，患带状疱疹2两年，现症状：左侧腿痛，发作性，夜晚加重，伴有左侧肋部疼痛，饮食尚可，二便正常。舌淡红苔薄白，脉象弦紧、上、热、粗，左关脉敛紧。辨证为：肝郁气滞，肝火内盛，气滞胆经、任脉。处方：百会、腹四针（中脘、天枢、水分或关元）、足三里、足临泣、太冲、太溪。行平补平泻。



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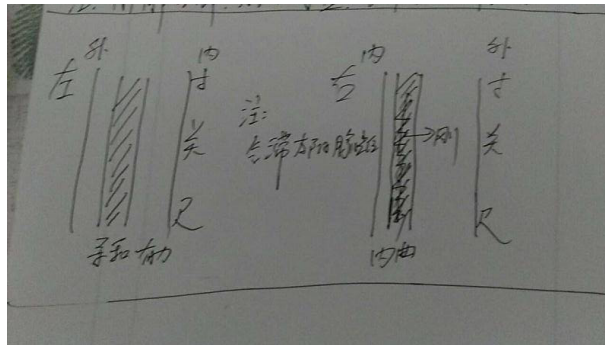
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## 2.急性腰扭伤案

\* 李某，男，45岁，右侧腰痛3天，伴有进行性加重，因急性扭伤所致，起蹲受限，侧卧减轻，望其体型，木形人，筋脉平素易伤。舌淡红，苔薄白，脉右脉内曲、弦紧，左脉缓和有力。诊断：体质尚可，气血通畅，右侧腰部足太阳膀胱经气滞血瘀，给以针刺左侧后溪治疗，行泻法。配合弯腰直腰、行走活动，半小时后症状大减，次日复诊，右脉现缓和脉象，再针一次收功。



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## 治疗经验分析

- \* 治疗一般性急性腰扭伤，常用穴位：对侧后溪、对侧昆仑、人中、印堂、悬钟、养老。这六个穴位可以配合应用，也可单独使用，中医讲求“穴位在于精不在于量”。



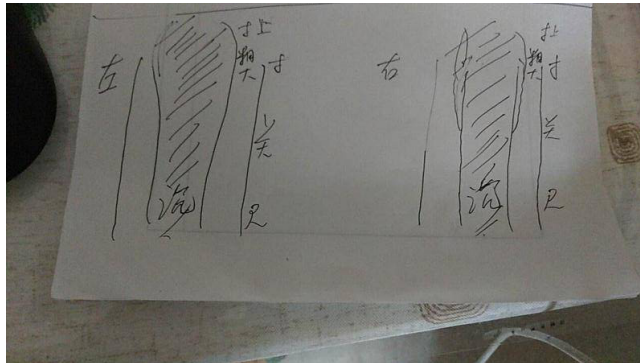
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## 3.尿频尿急伴有盗汗案

- \* 白某，女，81岁，体胖，土形人，走路费力，双膝易痛，精气神尚可。尿频尿急伴有盗汗半年来就诊，诊其脉：脉象有力，整体脉势上行，脉形粗大，尺脉偏沉。诊断为：肝郁气滞，不得宣泄，气滞膀胱、心脏，“汗为心之液”，所以伤及阴津，汗多为晚上出，发为盗汗；气滞膀胱，膀胱疏泄水道功能受阻，出现尿频尿急症状。



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## 针灸方案

- \* 双侧大陵穴、腹五针（中脘、水分、气海、双侧天枢）、右阴陵泉、左太冲、左足三里、双太溪。配伍后，达到通调中焦、贯通四旁、生津止汗、利尿导气功效。针完一次后，症状大减，继续交替配伍调理月余，双膝有力、尿频尿急消失、盗汗未在复发。
- \* 医嘱：饮食清淡、多听舒缓音乐，多去公园走一走，舒畅情志是根本。




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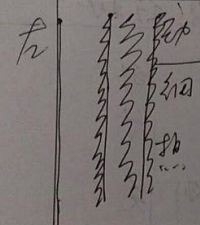



## 4.焦虑症案

\* 刘某，女，57岁，平素易焦虑，心烦失眠，易生气，体质木形人。以失眠、心胸憋闷、气短来就诊，老年色斑明显，分布在两侧眼角下方。诊其脉：脉、热、动、弦细，紧缩感明显。诊断为：心火偏旺，思虑过度，阴阳气不相交通，同时因焦虑、心烦导致耗上阴津，肝脉失养，出现心胸憋闷、气短、色斑沉积、失眠等等症状。我们要想准确诊断一个疾病，首先要看这个“人”，中医治病，同时治人，这个“人”包含了很多信息，如个性、形态、体质、喜好、生活习惯、家族遗传等等，即使是同一个人，在一年四季的季节变换过程中，也会出现不同的身体和心理症状，我们要把握的就是透过病人不舒服的症状特点掌握这个人的疾病的根本原因，同时了解他的诱导因素及疾病的发展因素，然后可以预测疾病的转归。我们根据疾病过程的不同阶段进行中药或针灸干预，进行阻断病因和疏通经络，达到治病的目的。



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	内 容	时 间 分 配
左		右
<p>滑数 湿痰内蕴 肝脉失养 心火偏旺 思虑过度</p>		



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## 本病的治疗方案

- \* 双侧大陵穴、一侧外关穴、足三里、阳陵泉、双太溪、太冲交替使用。
- \* 针完大陵穴后，病人立感心胸气舒，断断续续调理一年，病人性情大变，不再心烦焦虑、面容露出久违的笑容，同时，脸部色斑变浅淡，加入“老年人旅游团”开始游遍大江南北的生活。



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## Qi Lu Shi Chun – 齐鲁师训

必先岁气，勿伐天和。察色按脉，先辨阴阳。

Knowing qi of universal change at first;  
Never be disharmony with heavenly qi.

Observe colors and feel pulses;  
Differentiating Yin Yang patterns.

谨守病机，明察标本。知犯何逆，随证治之。

Carefully analyze mechanisms of diseases;  
Clearly understand Biao and Ben.

Make correct diagnosis; treatment follows differentiations.

补偏救弊，以平为期。

Tonify deficiency and reduce excess; Making harmony as end goal.



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Pulses of Huang Di Nei Jing, Jia Yi Jing, Nan  
Jing and Zhang Zhong Jing  
- 黄帝脉诀

1e 部指按尋，調息治神，心領神會，慎察病機。

- Correctly distribute the finger positions, regulate breath and concentrate Shen; Using heart to feel the pulses and using shen to understand it.

2e 寸浮關中呖沉取，平脈胃神根全具。

- Cun should be Fu Qu, Guan should be Zhong Qu and Chi should be Chen Qu; Normal pulses should have Wei, Shen and Gen



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3e. 浮陽沉陰關前後，按脈必先分陰陽。

- Fu is yang, Chen is yin, frond Guan is yang and behind Guan is yin; Distinguish Yin and Yang at first when do pulse diagnosis.

4e. 陰陽明後辨五常，臟腑六經各對仗。相生相侮乘逆犯，明辨病機與病源。

- Then, apply Wu Xing, include Zang Fu, Jing Luo and Liu Jing in it; Analyze and know the pathological mechanisms according to Wu Xing theory.



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- 黄帝脉诀

5e. 脈外為腑亦衛陽，脈內為臟亦營血。陰經陽經  
聯臟腑，五神七情皆可悟。

- Outside of the pulse represents Fu, Wei and Yang, inside of the pulse represents Zang, Ying and Yin; This are same represent meridian's qi and xue, yin and yang. Five shen and seven emotions are also in the pulses...



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6e. 浮數滑大強為陽，沉遲澀小弱為陰。數陰數陽  
須分明，選穴譴方為其功。

- To analyze all yin yang aspects of each position of the pulses, to understand what kinds yin yang combinations, this is the key to select correct acupoint combinations and classical herbal formulas for the clinical practices...



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End of Part One  
Thanks!



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