



TCM Classics
Research Institute

黄帝脉诀舌相释解

**Pulse-Tongue Diagnosis in
HDNJ, NJ, SH and Other CCM
Works for Today's Practices**

- *Dr. Li Jie's Clarifications*

Dr. Li Jie www.lijiectcm.com
FB: TCM Jisheng




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


- 《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, one has to do pulse diagnosis, to see the information of qi, then do the treatment...’ (Ling Shu Jing, 1)



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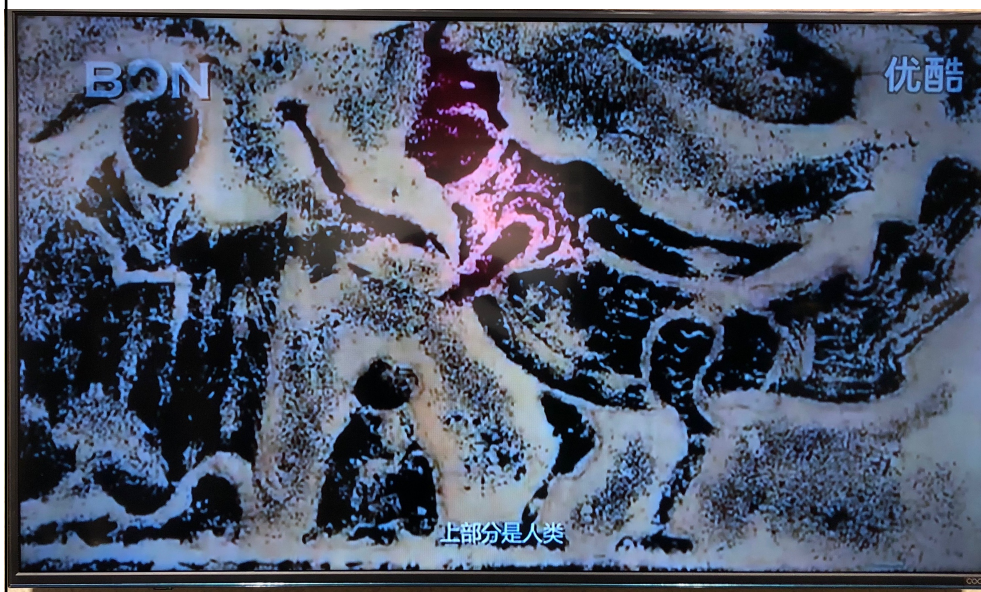
- 《难经》一难曰：“十二经脉，皆有动脉，独取寸口，以为五脏六腑死生吉凶之法，何谓也？然，寸口者，脉之大会，手太阴之脉动也，寸口者，五脏六腑之所终始，故取法于寸口也。”
- Nan Jing: ‘12 meridians all have their pulses. Why only use Cun Kou to see the prognosis five zang ? Answer: Cun Kou belongs to Hand Tai yin pulse, where the qi of all meridians meet and zang fu begin and end, therefore,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



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Bian Que, The Legend of Acupuncture: First identify the pulses and then, needle the patient ...



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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 Ren Ying to know the differentiation of excess and deficiency; then, palpate the meridians to know the stagnations and stasis; For stagnation and stasis, to warm qi and xue... 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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II. How to feel the depths (Fu, Zhong and Chen) of the pulses ...

- 附：难经 第五难 诊五脏脉的指法
- 原文曰：脉有轻重，何谓也？然：初持脉，如三菽之重，与皮毛相得者，肺部也。如六菽之重，与血脉相得者，心部也。如九菽之重，与肌肉相得者，脾部也。如十二菽之重，与筋平者，肝部也。按之至骨，举指来疾者，肾部也。故曰轻重也。
- 5th Issue of Nan Jing:
- How to feel the depths of pulses?
- As three beans force is the level of Lung, 6 beans force is Heart, 9 beans force is Spleen, 12 beans force is Liver and the force till the bone is the level of Kidneys ...
- It means that, there five levels of the depths of pulses, 1e level is the Lung and 5e level is Kidneys; Heart, Spleen and Liver are evenly in the orders of 2e, 3e, and 4e...



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Nan Jing Zheng Yi: Ye Lin, Qing Dynasty (1895)

《难经正义》 《难经》注本，6卷。清代叶霖(子雨)撰于光绪二十一年(1895年)。

“菽，豆之总名，诊脉轻重，何独取乎豆，且不言三菽、四菽、五菽，而必以三累加之，盖豆在荚，累累相连，与脉动指下相类，以此意推之，言三菽重者，非三菽加于一部之上，乃一指下如有一菽重也，通称三部，即三菽也。肺位高而主皮毛，故轻。六菽重者，三部各有二菽重也，心在肺下主血脉，故稍重。九菽重者，三部各有三菽重也，脾在心下主肌肉，故又稍重。

十二菽重者，三部各有四菽重也，肝在脾下主筋，故较脾又加一菽重也。肾在肝下而主骨，故其脉按之至骨，沉之至也，而举之来疾者何也？夫脉之体血也，其动者气也，肾统水火，火入水中而化气，按之至骨，则脉气不能过于指下，微举其指，其来顿疾于前，此见肾气蒸动，勃不可遏，故曰肾部也。举指两字，最宜索玩，不可忽也。若去此两字，是按之至骨而来转疾，乃牢伏类矣。”

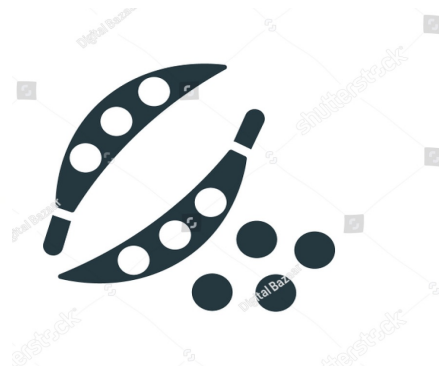


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- 菽，豆也。象菽豆生之形也。——《說文》

菽者稼最強。古謂之菽，漢謂之豆，今字作菽。菽者，衆豆之總名。然大豆曰菽，豆苗曰藿，小豆則曰荅。”
——《春秋·考異郵》



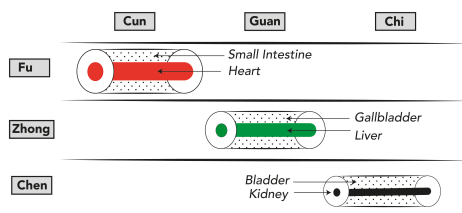
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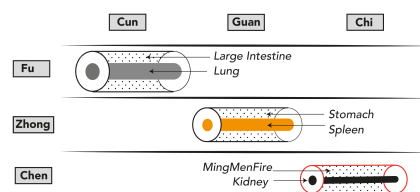
III. SW, Chapter 68: How and where to feel Biao-Li ('Zang-fu'), Chen-Fu, Yin-yang, Ying-wei of the pulse....

- “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。

LEFT PULSE



RIGHT PULSE



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• 《医学入门》（公元 1624 年）明·李梴：脏腑六脉诊法

脉有轻重，如：左寸，先以轻手得之是小肠，后重手如六菽之重得之是心。左关，先以轻手得之是胆，后以重十二菽取之是肝。左尺，先以轻手得之是膀胱，后重手如十五菽之重取之是肾。右寸，先以轻手得之是大肠，后以重手如三菽之重得之是肺。右关，先以轻手得之是胃，后重手如九菽之重得之是脾。右尺，先以轻手得之是三焦，后以重手如十五菽之重取之是命门。

• “Pulses have depths, on the left Cun position, slightly feel the surface of the pulses, that is Small Intestine and further on the 6 beans force, it feels Heart; On the left Guan position, slightly feel the surface of the pulse, it is Gallbladder, and further on the 12 beans force, it feels the Liver; On the left Chi position... ..

 ----- Yi Xue Ru Men, Li Ting, Ming Dynasty

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IV. How to identify the Yin and Yang of the pulses

• 《素问·阴阳应象大论第五》云“善诊者,察色按脉,先别阴阳...”

• Su Wen, Chapter 5: *‘One who is good at diagnosis that knows differentiation of Yin and Yang at first, by observing the colors and checking the pulses of patients...’*

• 医宗必读：明·李中梓撰于1637年。〈脉法心参《诊贵提纲说》：“脉者气血之先，阴阳之兆，贵得其纲领而提挈之也。左手为阳，右手为阴，关前为阳，关后为阴；浮取为阳，沈取为阴，数躁为阳，迟慢为阴，有力为阳，无力为阴，长大为阳，短小为阴，明乎此而脉之大端已在是矣。

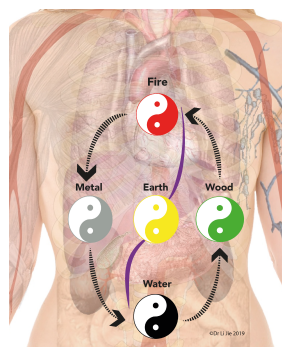
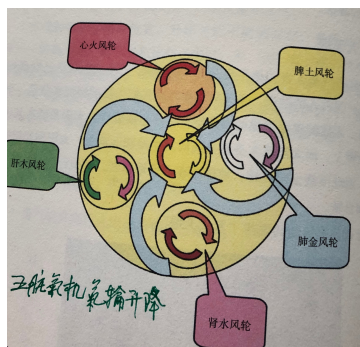
• ‘Left hand presents Yang and the right is Yin; Front Guan is Yang and behind Guan is Yin; Fu is Yang and Chen is Yin; Shuo is Yang and Chi is Yin; Powerful is Yang and Powerless is Yin; Chang, Da are Yang and Duan, Xiao are Yin...’

 ---- Yi Zong Bi Du, Li Zhong Zi, Ming Dynasty

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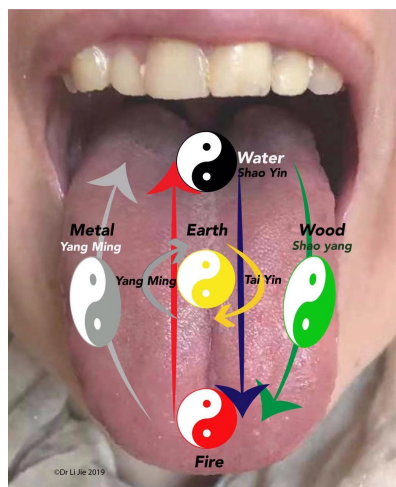
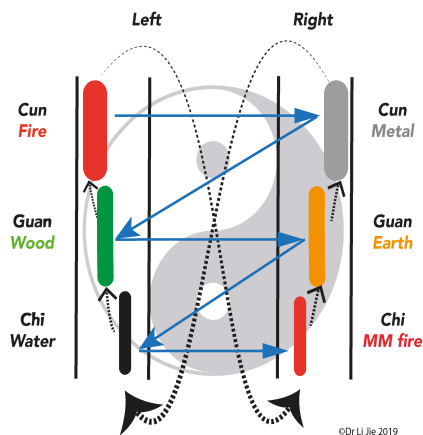
V. Mai Li: Yin Yang Wu Xing Qi Ji Sheng Jiang of The pulses (Qi Mechanisms of pulses)



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VI. Wu Xing and Liu Jing Qi Ji Sheng Jiang: Qi Mechanisms of Pulse and Tongue



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VII. Three Steps to Feel and Identify Pulses and Qi Mechanisms of Pulses...

- 三指总按寻常变，二指并按明气序，单按九候辨独脉。
- 1. Three fingers together pressing to identify the normal and abnormal pulses.
- 2. Two finger together pressing to identify the sequences of pulse's qi.
- 3. One finger pressing to identify the pulse-natures on each position of the pulses.



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VIII. Some Other Concepts of Pulses in CCM...

- 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 with each other... as the 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)
- 《内经》的说法，人迎位在结喉两旁（颈动脉），气口位在两手掌后高骨经渠之分（桡动脉）。
- 《脉经》说：“关前一分，人命之主，左为人迎，右为气口。”



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- 难经 3: 脉有太过，有不及，有阴阳相乘，有覆有溢，有关有格，何谓也。

然：关之前者，阳之动也，脉当见九分而浮。过者，法曰太过。减者，法曰不及。遂上鱼为溢，为外关内格，此阴乘之脉也。关以后者，阴之动也，脉当见一寸而沉。过者，法曰太过。减者，法曰不及。遂入尺为覆，为内关外格，此阳乘之脉也。故曰覆溢，是其真藏之脉，人不病而死也。

- “Pulses are front of Guan, are yang pulses and 9 fen of length, they can be excess and deficiency; pulses are behind of Guan are yin pulses, and 1 cun length, they can be excess and deficiency as well...” (Nan Jing 3)



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IX. 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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X. 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》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 clause, 135 clause include pulses and diseases descriptions
- JG, 25 chapters, 120 clause 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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XI. 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，下则两肋满。
- 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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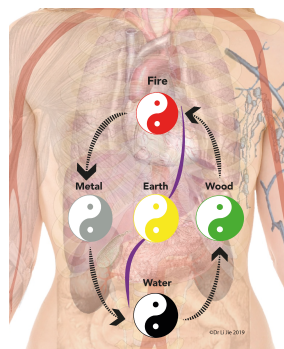
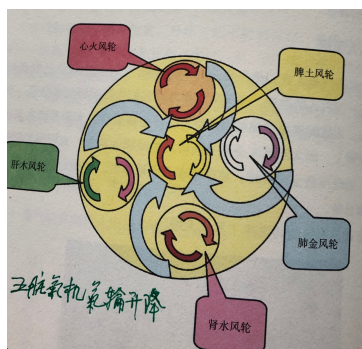
- If the pulse is like a bird pecking, it means deficiency, the disease is internal;
- The blockage of nine orifices will occur. (p 511)



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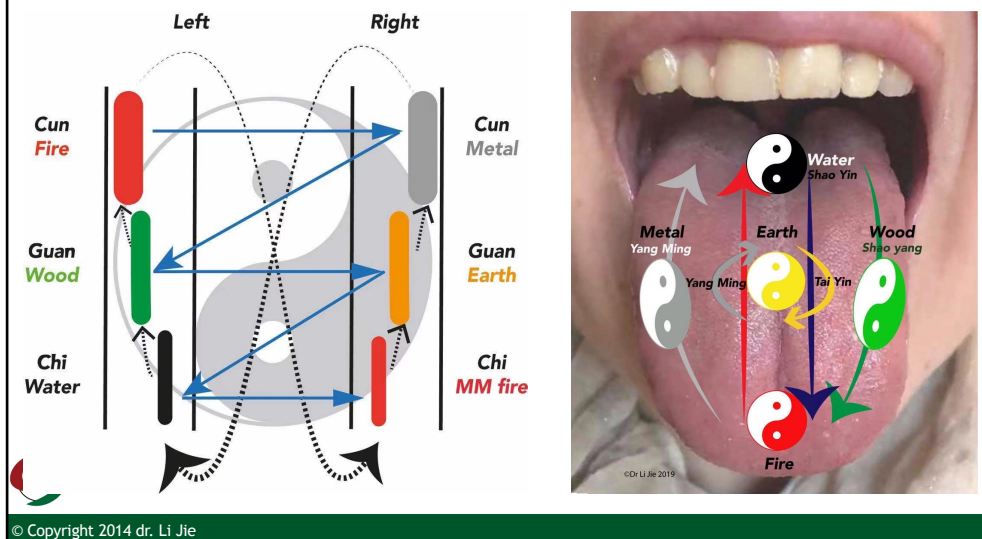
XII. Tongue Images are Same as Pulses...



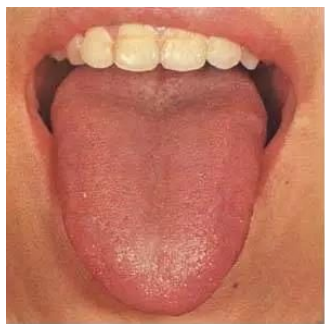
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Wu Xing and Liu Jing Qi Ji Sheng Jiang: Qi Mechanisms of Pulse and Tongue



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正常舌象的特征是：舌色淡红鲜明，舌质滋润，舌体大小适中，柔软灵活；舌苔均匀、薄白而润，简称“淡红舌，薄白苔”。



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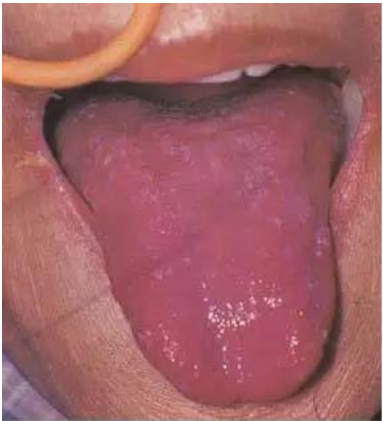
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淡紫舌多见于阳虚阴盛之证。
本图患者为肺原性心脏病，舌淡紫，苔薄白而湿润。提示阳气不足，血行不畅。

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本图患者素体阴阳两虚，舌红少苔，因肺部感染、心力衰竭。
舌色紫而偏红，伴有发热、喘咳。气血壅滞不畅。

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舌有瘀斑或瘀点，均为血瘀之征。
本图见舌边和舌旁有形态不规则瘀斑，是肝经血瘀的征象。



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本图患者为慢性支气管炎，舌苔白腻，舌上水湿过多，舌色淡紫，舌尖部有瘀点。
提示阳气不足，痰饮停积。



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腻苔上复盖一层垢浊滑腻的粘涎，称为“粘腻苔”。
提示湿浊之邪较盛，脾胃阳气被遏。糖尿病病人。


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黄厚腻苔，腻苔化燥，苔质干裂，舌中有一块苔剥落，舌体右偏。
提示痰饮郁而化热伤津，肝风内动。


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本图患者平素体虚，现呼吸道感染发热。
舌胖大，舌质淡，舌苔薄黄，提示表邪入里，气分热盛。



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Case Analysis...



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

1e 部指按寻，调息治神，心领神会，慎察病机。

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

2e 寸浮关中呖沉取，平脉胃神根全具。

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

- 黄帝脉诀

3e. 浮陽沉陰關前後，按脈必先分陰陽。

- Fu is yang, Chen is yin, front of 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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Pulses of Huang Di Nei Jing, Jia Yi Jing, Nan Jing and Zhang Zhong Jing

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

- 黄帝脉诀

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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