

The Foundations and Clinical Applications of Classical Chinese Medicine

A 24-MODULE ONLINE COURSE

PART 12 DIAGNOSIS 1/2

What is the objective of a Chinese Diagnosis?

1. Exact description of the ongoing process of disharmony, according to the concepts of Wu Xing, Liu Yu and Liu Xie.
2. Determination of relevant conditions, which are in relation to the different aspects of the disharmonic process.
3. Together, this leads to a structured and prioritised assessment called “pattern” (Zheng).
4. This pattern describes the nature, character and level of the stagnation, its conditions, directions and structure.
5. The pattern is the foundation for developing a treatment strategy and choosing the correct methods of treatment and counselling.

What are the methods of a Chinese Diagnosis?

- ▶ Observation/ Inspection
 - ▶ Inquiry (asking)
 - ▶ Palpation
- ▶ Auscultation (listening), Olfaction (smelling)

A Chinese Diagnosis is not a causal analytical method, but a complex conditional technique.

Chinese Diagnosis 1: Inspection

Part One: Facial Diagnosis

- ▶ How does Facial Diagnosis work?

Specific processes manifest as specific structures. These structures enable corresponding processes.

What do we learn from Facial Diagnosis?

1. Individual Constitution
2. Individual Yin/Yang-Relations of the Wu Xing
3. Assessment of the individual Quality of Qi-, Xue- and Jing-Level (Mountains, Lakes and Wind)
4. Assessment of Vitality
5. Constitutional timeline

How to read a face

Step 1: observe the Shen

Step 2: observe the two sides

Step 3: divide into three horizontal parts

Step 4: relate the areas depending on the Wu Xing and Age areas

- keep attention to the whole mind/body type as a basic constitution!
- relate the face reading to the general constitution
- look for recent changes of the general constitution
- look for older changes of the basic constitution
- do not judge, there are no “good” or “bad” signs
- don’t draw causal conclusions from single features
- features need to be seen in relation with each other

Facial features in relation to the Wu Xing

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1. Water

General constitution: ears

Water constitution: chin, upper forehead, teeth

Water vitality: under – eye area, philtrum

2. Wood

Wood constitution: jaw bone, brow bone, eye set, eye brows

Wood vitality: area between eyebrows, temples, eye sclera

Facial features in relation to the Wu Xing

3. Fire

Fire constitution: eye size, lines, tips and corners

Fire vitality: light of the eyes, face colour, lines, quality of tips and corners

4. Earth

Earth constitution: size of mouth, shape of lips, bridge of nose

Earth vitality: lower cheeks, upper lip area, quality of lips

Facial features in relation to the Wu Xing

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5. Metal

Metal constitution: nose, cheekbones, moles

Metal vitality: upper eye area, upper cheeks

Facial features in relation to each other 1

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Ears – chin, upper forehead

Ears - jaw bone, brow bone

Ears - eyes

Ears – mouth, lips

Ears – nose, cheekbones

Facial features in relation to each other 2

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Chin – brow bone, eyes, nose, forehead, mouth, cheekbones

Mouth - area (lines) between eye brows

Lower cheeks - temples

Nose – forehead

Eyes – mouth

Contact Andreas Kuehne

For questions about the online course (all members) and to get access

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