

The Foundations and Clinical Applications of Classical Chinese Medicine

A 24-MODULE ONLINE COURSE

PART 14 DIAGNOSIS 1/4

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 Four: Tongue Diagnosis

- ▶ How does Tongue Diagnosis work?

The tongue is a unique window into the human body and the quality of its transformations and Yin/Yang- situation.

Aspects of tongue diagnosis

1. **1. Understanding of the individual constitution (Face)**
2. **2. Relation of the tongue to the process of disharmony**
3. **3. Understanding the Yin and Yang of the tongue**
4. **4. Inspection of the tongue body/ What is “normal”?**
5. **5. Inspection of the tongue coating/ What is “normal”?**
6. **6. How is a tongue diagnosis done? What are good conditions?**

The tongue body

The Form of the body:

- ▶ **Swollen** (dampness)
- ▶ **Shrunken** (Xue xu, yin xu)
- ▶ **Old** (heat, Yin xu)
- ▶ **Young** (normal, xu)
- ▶ **Lines, cuts, gaps** (constitution, Yin xu)
- ▶ **Thorns** (heat, Xue yu)
- ▶ **Teeth marks** (shi yu, Qi xu)

The tongue body

The colour of the body:

- **Slightly red** (normal)
- **Pale** (Xue xu, Yang xu, Qi xu)
- **Red** (heat)
- **Pale and dark** (Xue xu and Xue yu)
- **Dark to purple or blue** (Xue yu)
- **Blue** (cold)
- **Black** (extreme cold or heat)

The tongue body

The flexibility of the body:

- **Soft and flexible** (normal)
- **Soft, but limp** (Yin xu, Xue xu)
- **Hard** (heat and zao, Tan Re yu)
- **Unable to stick out** (Han yu, Tan yu, Tan Han yu, Tan Re yu)
- **Unable to keep in** (Full Heat, Tan Re yu, severe Qi xu)
- **Trembling** (Nei Re Feng, Nei Feng Xue xu)
- **Deviating** (Nei Feng, Tan yu)

The tongue coating

The nature of the coating:

- **Normal coating** (kitchen is functioning)
- **Too much coating** (Wei Feng, turbid rising), a little, a lot
- **Too little or no coating** (Qi xu, Yin xu)
- **Partial coating** (Relation to process)
- **Moist, wet, dry coating** (normal, shi yu, zao/heat)
- **Rooted coating/Rootless coating**
- **Partial coating**

The tongue coating

The colour of the coating:

- **Thin, see-through, white coating** (normal)
- **Too much white coating** (han yu, turbid rising)
- **Yellow coating** (Re yu, Huo yu)
- **Grey coating** (stronger Re or Han, depending on moisture)
- **Black coating** (Severe Nei Re or Han, depending on moisture)

Contact Andreas Kuehne

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

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