

# The Foundations and Clinical Applications of Classical Chinese Medicine

A 24-MODULE ONLINE COURSE

PART 16 DIAGNOSIS 2/2

# 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 2: Inquiry

## Asking Questions

- ▶ What is the purpose of my question?
  - ▶ What do I do with the answer?

My first goal is to understand the process behind a symptom!

# The main human process mechanisms are the background for diagnostic questions

- ▶ Hot and cold feelings
- ▶ Appetite
- ▶ Thirst
- ▶ Digestion
- ▶ Stools, Urine
- ▶ Sleep
- ▶ Breathing
- ▶ Vitality
- ▶ Perspiration
- ▶ Palpitations
- ▶ Hearing
- ▶ Vision
- ▶ Pain
- ▶ Mobility
- ▶ Skin, Teeth
- ▶ Taste/ Smell
- ▶ Menstruation
- ▶ Fertility
- ▶ Emotions/ Mentality
- ▶ Balance, Sensitivity

# What do we need to ask? Building a patient file.

- ▶ Name, age, sex, occupation, status, region of birth, region of living
- ▶ Main symptoms (reason for visit), secondary symptoms
- ▶ History of disease, past and ongoing treatments, medications
  
- ▶ Diagnostic questions in relation to the main complaint
  
- ▶ Adequate professional communication skills and social qualities

# Session order so far:

- ▶ Opening a new/old client file
- ▶ Question about the main complaint
- ▶ Maybe relating Chinese Medicine to Western Medicine to get client on board
- ▶ Asking more specific about the main complaint and asking complementing questions
- ▶ Follow up with necessary diagnostic questions, in relation to the main problem to establish a clear pattern
- ▶ Observe the face while questioning
- ▶ Observe the tongue
- ▶ Take the pulse
- ▶ Inspect the individual dietary protocol

# Wu Xing- aspects to remember for clinical diagnosis

Understand the yin and yang of every phase to recognize the correct problem!

- ▶ Water yin/ Water yang/ Water Qi
- ▶ Wood yin/ Wood yang/ Wood Qi
- ▶ Fire yin/ Fire yang/ Fire Qi
- ▶ Metal yin/ Metal yang/ Metal Qi
- ▶ Earth yin/ Earth yang/ Earth Qi



# Asking about the digestion

- ▶ Understand the normal process of digestion
- ▶ Understand possible disease mechanisms
- ▶ These understandings lead to the right questions to ask
  
- ▶ Fire Qi xu
- ▶ Fire Yang xu
- ▶ Earth Qi xu
- ▶ Digestion Qi xu
- ▶ Stomach han yu
- ▶ Water Yang xu
- ▶ Water Yin xu
- ▶ Wood Qi yu
- ▶ Digestion Re yu
- ▶ Shi/Tan yu
- ▶ Xue yu

# Contact Andreas Kuehne

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

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