

The Foundations and Clinical Applications of Classical Chinese Medicine

A 24-MODULE ONLINE COURSE

PART 17 DIAGNOSIS 2/2 CONT.

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

Shi and Xu

- ▶ There is always a stagnation Yu behind any Shi or Xu.
- ▶ Because of the Yin/Yang- principles any Shi would empty and any Xu would fill up
- ▶ Depending on the situation, you need to find the relevant depth of stagnation and the specific relation

Symptoms for digestive problems

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- ▶ **Fire Qi xu:** lack of love to connect
- ▶ **Fire Yang xu:** loss of love & retreat
- ▶ **Earth Qi xu:** responsibility disorder
- ▶ **Digestion Qi xu:** transformation symptoms
- ▶ **Stomach han yu:** lack of warms for digestion
- ▶ **Water Yang xu:** Jing level Yang xu
- ▶ **Water Yin xu:** Jing level Yin xu
- ▶ **Wood Qi yu:** Jing level Qi xu
- ▶ **Digestion Re yu:** excess of heat in digestion
- ▶ **Shi/Tan yu:** slowed or blocked flow
- ▶ **Xue yu/ Qi yu:** stagnation on specific level

Contact Andreas Kuehne

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

to the FaceBook support group (premium and premium plus members)

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