

# The Foundations and Clinical Applications of Classical Chinese Medicine

A 24-MODULE ONLINE COURSE

PART 18 DIAGNOSIS 3

# 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: Palpation

## The Pulse

- ▶ What is the pulse?
- ▶ What can it tell me?
  - ▶ How do I read it?
- ▶ What are the first steps?

I want to feel the actual ongoing processes, on the specific levels.

# The Pulse

## Positions:


- ▶ Cun
- ▶ Guan (radius bone)
- ▶ Chi

## Levels:

- ▶ Fu (Qi- level)
- ▶ Zhong (Xue- level)
- ▶ Chen (Jing- level)







# Pulse reading

## The basic pulse-pairs

- ▶ **Shi mai – Xu mai** (full-empty)
- ▶ **Fu mai – Chen mai** (up-down)
- ▶ **Shu mai – Chi mai** (fast-slow)
- ▶ **Hong mai – Xi mai** (wide-thin)
- ▶ **Hua mai – Se mai** (slippery-choppy)
- ▶ **Chang mai – Duan mai** (long-short)
  
- ▶ **Dai mai** (intermittent)
- ▶ **Xian mai** (tight, thready)

# 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



# Contact Andreas Kuehne

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

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