

# Streamlined Herbal Prescriptions:

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## How to Successfully Integrate Chinese Herbal Medicine Into Your Current Practice

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## Course Outline

- 
- Commonly seen pulse deviations on the right hand
  - Right *cun* – Lung / Large Intestine
    - Normal pulse
    - Deviations
  - Right *guan* – Spleen / Stomach
    - Normal pulse
    - Deviations
  - Right *chi* – Kidney (Urinary Bladder functions)
    - Normal pulse
    - Deviations

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## Course Outline (con't)

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- Commonly seen pulse deviations on the left hand
- Left *cun* – Heart / Small Intestine
  - Normal pulse
  - Deviations
- Left *guan* – Liver / Gallbladder
  - Normal pulse
  - Deviations
- Left *chi* – Kidney (Reproductive functions)
  - Normal pulse
  - Deviations
- Extra Meridian pulses distal to the *cun* position

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## RIGHT CUN – Lung / Large Intestine

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# RIGHT CUN

## Lung / Large Intestine

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Review of normal right *cun* – Lung pulse

6 deviations of the right *cun*

1. Superficial and Forceful or Jumpy
2. Deep and Weak
3. Tent pulse
4. Constricting/Pulse within a pulse
5. Dispersing pulse
6. Short pulse

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## Right *cun* – Lung / Large Intestine

### Normal pulse

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- Normal pulse: Buoyant
  - Buoyant pulse is soft and strong
  - Same strength on all levels
  - Pushes up against the fingers throughout the superficial, mid, and deep levels, but softer at mid and deep levels
- Lung should be balance of dryness & dampness
  - Dry = Slightly floating
  - Moist = Slightly deep

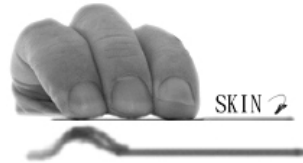
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## Right *cun* – Lung / Large Intestine Superficial and Forceful or Jumpy

- Pulse sign: Superficial and Forceful or Jumpy
  - Jumpy = forceful pulse that lacks rhythm; Impetuous
  - If the pulse is high in amplitude, use colder heat clearing herbs.
  - If lower in amplitude, but still forceful, that means there is also stagnation involved.



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## Right *cun* – Lung / Large Intestine Superficial and Forceful or Jumpy

- Indications
  - Upper respiratory infection (bacterial), allergy
  - Check right chi why?
    - Right chi is both UB and neck/shoulder *taiyang* channel.
    - Wind invades *taiyang* channel
    - If long, wiry, strong on right chi = wind
  - \*\*For all wind invasions, at least the first week, exterior releasing herbs MUST be used.
    - *Ge Gen Tang* 15% (If Du14 is cool or cold)
    - *Yin Qiao San* 15% (If Du14 is slightly warm)
  - If T1/Ren 22 is hot: more heat and likely asthma
  - If T1/Ren 22 is cold: cold is present; likely bronchitis

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## Right *cun* – Lung / Large Intestine Superficial and Forceful or Jumpy

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- Indications (con't)
  - If there is cough or to prevent coughing, add *Qing Fei Tang* or *Dun Sou San* 20%
  - How to differentiate dry vs. productive cough?
    - Dry = (R) *cun* very floating and jumpy
      - The more floating, the more dry the condition
    - Productive with phlegm = (R) *cun* is deep

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## Right *cun* – Lung / Large Intestine Superficial and Forceful or Jumpy

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- Herbal Rx if there is phlegm
  - *Qing Fei Tang* 20% for cough or to prevent cough
  - *Ge Gen Tang* 15% to release exterior (most 30% if Du14 is cold)
  - Herbal ABX 30% for infection (more important to clear infection than to release the exterior, so higher %)
  - Astringent 1 20% for phlegm and cough
    - The longer the certain condition, the higher % used
    - Astringent 1 (*Bai Wei, He Zi, Wu Bei Zi, Tian Hua Fen, Ce Bai Ye* – equal portions)
  - Modification
    - *Ding Chuan Tang* for cough w/ deep phlegm
    - *Hai Ge Fen* for cough 15%

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## Right *cun* – Lung / Large Intestine Superficial and Forceful or Jumpy

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- Herbal Rx if there is phlegm
  - Modification cont'd
    - If it is pneumonia or a more serious cough/phlegm problem

<i>Jin Yin Hua</i> – 15	<i>Yi Yi Ren</i> – 10
<i>Shi Gao</i> – 15	<i>Lian Qiao</i> – 10
<i>Lu Gen</i> – 15	<i>Tao Ren</i> – 5
<i>Gan Cao</i> – 5	<i>Dong Gua Zi</i> – 10
Astringent 1– 5	<i>Xing Ren</i> – 10

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## Right *cun* – Lung / Large Intestine Superficial and Forceful or Jumpy

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- Dry cough usually combined with ST-fire
- Need to moisten dry and clear ST-fire
  - *Qing Zao Jiu Fei Tang*
  - *Gan Lu Yin* to replace *Ge Gen Tang* 20%
  - *Qing Fei Tang* 20%
  - Herbal ABX 20-30%
- Which taste moistens dryness?
  - Acrid, cold (for dry fire) and salty (for fire)
    - *Bai Wei, Zhen Zhu Mu, Xuan Shen, Zhi Mu, Shi Jue Ming, Fu Hua Shi, Da Qing Ye*

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## Formulas to Exterior Conditions Summary

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- Use 30% formula to release exterior
  - *Yin Qiao San* and *Ge Gen Tang*
- If T1 is cold, use *Ge Gen Tang*
- If T1 is extremely cold, then use *Xiao Chai Hu Tang* and *Gui Zhi Tang*
- If Ren 22 is hot, use *Yin Qiao San*

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## Formulas to Exterior Conditions Summary

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- Nose – needs to be warm and strong to fight against the exterior
  - If cold, then use more *Ge Gen Tang*, *Xiao Chai Hu Tang* and *Gui Zhi Tang*
  - When the nose is cold, start using fresh ginger soup
- Cheeks – same as nose. If cold, then more severe than just the nose.
- If all s/s are hot, but nose, cheeks, or T1 is cold → need to use 20-40% *Ge Gen Tang* or wind-cold dispelling formulas

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## Formulas to Exterior Conditions Summary

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- Stomach Fire often is associated with exterior heat or wind heat.
- ST 8 hot = Stomach Fire
- GB 20 painful = wind-cold; and catching a cold

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## Right *cun* – Lung / Large Intestine Deep and Weak

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- Pulse sign: Deep and weak with accompanying cold signs and symptoms
- Indications
  - Upper respiratory infection (Viral)
  - Flu

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## Right *cun* – Lung / Large Intestine Deep and Weak

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- Herbal Rx
  - *Pu Ji Xiao Du Yin* 20% BEST for viral infection. (*Yin Qiao San* is for bacterial infection.)
  - Herbal ABX 20%
  - *Qing Fei Tang* 20%
  - Astringent 1 20%
  - *Ge Gen Tang* 20%

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## Astringent Herbs for Asthma

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- *Fu Hai Shi*: for more dampness
- *Hai Ge Fen*: for more heat
- *Yuan Zhi*: for more phlegm
- Loss of voice: Add *He Zi* 15% and *Jie Geng Tang* 20% (contains *Jie Geng* 10% and *Gan Cao* 10%)
- Can also use *Shi Wei* – 6%, *She Gan* – 6%,  
*Jie Geng* – 6%

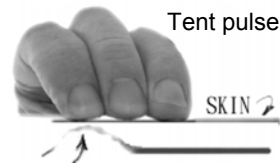
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## Right *cun* – Lung / Large Intestine Tent pulse

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- Pulse sign: Tent pulse
  - Convex-shaped pulse that collapses upon pressure
  - May be in all positions too
- Indications
  - Lung qi deficiency
  - Weak immune system
  - Nasal allergy



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## Right *cun* – Lung / Large Intestine Tent pulse

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- Allergies: 3 Types
  - Acute Wind Cold or Wind Heat
  - Chronic allergies with Lung Qi Deficiency
    - Wind Cold Allergy
      - Either tent pulse that is more wiry than convex
    - Wind Heat Allergy
      - Tent pulse that is more wiry and stronger jump (can be slightly convex)

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## Right *cun* – Lung / Large Intestine Tent pulse

### Herbal Rx: Wind Cold

*Cang Er San* – 30

*Jing Jie* – 8

*Jie Geng* – 8

*Fang Feng* – 8

*Si Ni San* – 10

*Gan Cao* – 4

*Bai Zhi* – 8 (for runny nose)

Astringent 1 – 10

*Chan Tui* – 8

### Wind Heat: (or more severe sx's)

*Mu Dan Pi* – 15

*Sheng Ma* – 5

*Xin Yi Hua* – 6

*Lu Lu Tong* – 6

*Cang Er Zi* – 6

*Chan Tui* – 5

*Lian Qiao* – 6

*Bai Zhi* – 8 (increase to 15 if runny nose)

*Chuan Xiong* – 6

*E Bu Shi Cao* – 6

*Gan Cao* – 3

*Huang Qin* – 5

If eyes are affected, add: *Ju Hua*, *Sang Ye*, *Bai Ji Li*

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## Right *cun* – Lung / Large Intestine Tent pulse

- Herbal Rx (should expect more energy in 1 week)
  - *Bu Zhong Yi Qi Tang*
  - *Huang Qi Jian Zhong Tang*
  - *Sheng Mai San* or *Wu Wei Zi* and *Shan Zhu Yu*
    - Good for Wei Qi deficiency
  - If patient currently has allergy or cold signs, use 20% of the above formulation and rest of the 80% should address the symptoms of cold/allergy

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## Right *cun* – Lung / Large Intestine Tent pulse

If Allergies (Wind) plus Lung Qi Deficiency

*Yu Ping Fen San* – 25

*Xin Yi Hua* – 6

*Dang Shen* – 6

*Wu Mei* – 6

*He Zi* – 3

*Chan Tui* – 5

*Jie Geng* – 3

*Bai Zhi* – 6

*Gan Cao* – 2

*Wu Bei Zi* – 5

If wheezing, add *Di Long* – 6, *Ku Shen* – 6

If loose stools, add *Ge Gen* – 15

If blood stasis, add *Mu Dan Pi* – 8, *Dang Gui* – 5,  
*Lu Lu Tong* – 6

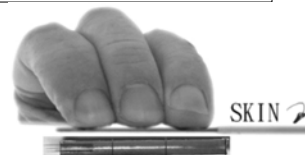
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## Right *cun* – Lung / Large Intestine Constricting/Pulse within a pulse

- Pulse sign: Constricting/  
Pulse within a Pulse
  - Straight pulse that feels like  
there is a bundle of electric wires  
(that are thin, straight, tight) within the artery
- Indications
  - Wind-cold (if superficial) or Lung cold
  - White sputum / post nasal drip / nasal discharge
  - Severe constriction



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## Right *cun* – Lung / Large Intestine Constricting/Pulse within a pulse

- Herbal Rx
  - *Xiao Qing Long Tang* 20%
  - *Si Ni Tang* (in winter or cold climate area) 20% the most
  - Openers: *Dang Gui* 15% and *Sheng Ma* 15% or *Dang Gui* 15% and *Chuan Xiong* 15%. Either pair would be fine.
    - Opens up and promotes circulation in the capillaries, small vessels.
  - Transport the WBC, RBC, etc to the area.
  - Astringent 1 30% for inflammation (to bring all the wiry pulses inside together)
  - With headache, add *Chuan Xiong Cha Tiao San*
  - If drippy nose, add *E Bu Shi Cao* and *Bai Zhi*

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## Right *cun* – Lung / Large Intestine Dispersing pulse

- Pulse sign: Dispersing pulse
  - Shapeless pulse where its border is difficult to perceive
  - Thick (wide), soft, slow, weak, and deep (can also be strong)



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## Right *cun* – Lung / Large Intestine Dispersing pulse

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- Indications
  - Sinus infection
  - Uncontrollable fever d/t meningitis & other infections
  - Polyps in Large Intestine
  - Chest pain due to micro-capillary bleeding leading to dead blood in the chest
    - Causes include:
      - Recent traumatic chest injury
      - Drinking cold/ice water on a hot day or after exercise
      - Holding breath for too long
      - Lifting heavy objects/weights. Weight lifters

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## Right *cun* – Lung / Large Intestine Dispersing pulse

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- Herbal Rx
  - Circulation SJ. See Clinical Manual of Oriental Medicine for explanation
  - After 1 month, replace Circulation SJ with other blood moving formulas: *Xue Fu Zhu Yu Tang*, *Zhe Chong Yin*, *Fu Yuan Huo Xue Tang*.
  - If sinus infection, i.e. cheeks are very hot and dispersing pulse will feel firm, use
    - Resolve Lower – 40    Herbal ABX – 15
    - Astringent 1 – 15    *Huang Lian Shang Qin Wan* – 15
    - USA 1 – 15 (Gardenia Complex)

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## Right *cun* – Lung / Large Intestine Dispersing pulse

- \*\*Sports injuries and any dead blood or from operation over a long time will accumulate in the liver. First purge with *Tao Ren Cheng Qi Tang*. Follow up with *Fu Yuan Huo Xue Tang*
- Dizziness/Vertigo
  - Bai Zhu* – 20
  - Tian Ma* – 20
  - Ze Xie* – 20
  - Ban Xia* – 20
  - Fu Ling* – 20

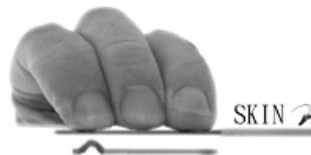
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## Right *cun* – Lung / Large Intestine Short pulse

- Pulse sign: Short pulse
  - Convex-shaped pulse that is shorter than the width of one pulse position, but bigger than a Bean pulse
  - Approximately 0.5cm in length
- Indications
  - Jumpy + superficial = Fire in LI (Constipation w/ dryness)
    - The more floating → more dryness and fire in body
  - Diverticulosis / Enteritis



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## Right *cun* – Lung / Large Intestine

### Short pulse

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- Indications (con't)
  - Amplitude high → inflammation = Colitis with or without diarrhea
    - Use fire clearing herbs and Astringent 1
  - Wherever the short pulse is found, indicates blockage in that area

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## Right *cun* – Lung / Large Intestine

### Short pulse

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- Herbal Rx
  - Short pulse means blockage
    - Determine hardness of pulse
      - Soft, empty, and can be pushed away – mild condition such as a soft polyp
      - Hard – severe condition, may be a stronger obstruction in the large intestine
    - Can be a phlegm block in the lung, especially if you find it in the Yang Wei pulse on the R
      - This will be Asthma
        - » Use *Ding Chuan Tang* for acute sx's

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## Right *cun* – Lung / Large Intestine Short pulse

- Short Pulse – Asthma cont'd

With a weak and short pulse and with a weak stomach pulse, use:

<i>Zhi Huang Qi</i> – 15	<i>Zhi Gan Cao</i> – 3	<i>Chan Tui</i> – 6
<i>Bai Zhu</i> – 6	<i>Ling Zhi</i> – 15	<i>Dang Gui</i> – 5
<i>Dan Shen</i> – 12	<i>Fang Feng</i> – 5	Astringent 1 – 10
<i>Chen Pi</i> – 6	<i>Ban Xia</i> – 6	<i>Ku Shen</i> – 5

Late onset Asthma with lower back problems, use:

<i>Zhi Huang Qi</i> – 15	<i>Ling Zhi</i> – 12	<i>Shan Zhu Yu</i> – 5
<i>Tu Si Zi</i> – 8	( <i>Zi</i> ) <i>Su Zi</i> – 8	<i>Chen Pi</i> – 6
Astringent 1 – 10	<i>Zhi Gan Cao</i> – 3	<i>Zhi Gan Cao</i> – 3
<i>Shu Di Huang</i> – 12	<i>Ge Jie</i> – 5	<i>Dong Chong Xia Cao</i> – 5
<i>Bu Gu Zhi</i> – 8	<i>Ku Shen</i> – 3	<i>Fu Ling</i> – 6
<i>Dan Shen</i> – 15		

If cold, add: *Fu Zi*, *Gan Jiang*, *Rou Gui*

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## RIGHT GUAN – Spleen / Stomach

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# RIGHT GUAN

## Spleen / Stomach

Review of normal right guan – Spleen pulse

5 deviations of the right guan

1. Convex, Forceful, and Superficial
2. Wiry, Forceful, and Superficial
3. Wiry, Forceful, and Deep
4. Deep and Concave
5. Small pulse

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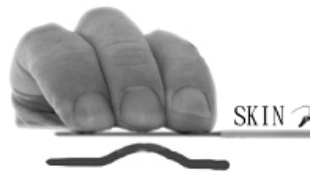
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## Right *guan* – Spleen / Stomach

### Convex, Forceful, and Superficial

- Pulse sign: Convex, Forceful, and Superficial
  - Convex = bulging pulse that has a rounded feeling
- Indications
  - Acid reflux, H. pylori, bacterial infection
    - s/s: stomach pain, burning sensation in the abdominal area, nausea, frequent belching
  - If LI-10 feels cold: constitutionally deficient-cold in Stomach, but now has st. fire too
    - Add at least 20% warm tonics to the heat-clearing formula



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## Right *guan* – Spleen / Stomach Convex, Forceful, and Superficial

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- Herbal Rx
  - Astringent 1 40% (anti-inflammatory formula for acute and chronic inflammation)
  - Herbal ABX 40%
  - *Huang Lian Jie Du Tang* 20%
  - *Jia Wei Xiao Yao San* 20%

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## Right *guan* – Spleen / Stomach Convex, Forceful, and Superficial

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- Check temperature of LI-10 and palm
  - If different → Parasites
    - Poor digestion
    - Sleeping disorders
  - *Wu Mei Wan*
    - Also for conflicting s/s (20-30%)
    - Good for KD, ST, and sleeping d/o
    - Stubborn acid reflux (25-30%)

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## Right *guan* – Spleen / Stomach Convex, Forceful, and Superficial

- For swollen condition
  - Add *Chai Hu Jia Long Mu Tang*
    - Good if acid reflux is severe
    - Protects ST lining damage
    - Also good for acid reflux is *Wa Leng Zi* and *Lu Li* in combination
- If LI-10 is cold → constitutionally deficient-cold in stomach, but now has ST-fire
  - Add *An Zhong San* 20%

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## Right *guan* – Spleen / Stomach Wiry, Forceful, and Superficial

- Pulse sign: Wiry, Forceful, and Expanding (can be felt on Superficial level)
  - Wiry = Tight, straight pulse
  - If strong → inflammation w/o bleeding
  - If empty → bleeding
- Indications
  - Duodenal ulcer – from nervous (look at PC-6)
  - Stomach pain
  - Acid reflux
  - Emotional stress ulcer. LR overacting on SP/ ST

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## Right *guan* – Spleen / Stomach Wiry, Forceful, and Superficial

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- Herbal Rx
  - *Feng Wei Cao* 15% for inflammation of the stomach only
  - *Zhen Ren Huo Ming Yin* 20% to stop pain
  - *Chai Hu Jia Long Mu Tang* 20%
  - Astringent 1 15%
  - *Zhe Chong Yin* 15% to stop pain
  - *Huang Lian Jie Du Tang* 10-15%
  - Add *Jia Wei Xiao Yao San* if too emotional

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## Right *guan* – Spleen / Stomach Wiry, Forceful, and Superficial

---

If that previous formula does not work then use:

*Hu Zhang* – 15

*Xia Ku Cao* – 15

*Zhi Zi* – 15

*Huang Shui Qie* – 15

*Jia Wei Xiao Yao San* – 20

*Huang Lian Jie Du Tang* - 20

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## Right *guan* – Spleen / Stomach Wiry, Forceful, and Superficial

---

- *Jia Wei Xiao Yao San* and *Yi Gan San* are
  - For emotional aspects of Liver problem.
  - Both spread Liver qi stagnation and calm the *shen*
  - Do not help with the stomach pain.
- *Yi Gan San* is better than *Jia Wei Xiao Yao San* if the patient also has fast HR or trembling.
- *Jia Wei Xiao Yao San* is safe for long term use.

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## Right *guan* – Spleen / Stomach Wiry, Forceful, and Deep

---

- Pulse sign: Wiry, Forceful, and Deep
  - Wiry = Tight, straight pulse
- Indications
  - Too much sugar or carbohydrates in diet
  - Pre-diabetic
  - May have Type II diabetes

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## Right *guan* – Spleen / Stomach Wiry, Forceful, and Deep

---

- Herbal Rx
  - M3 (*Xie Huang San*, *Gan Lu Yin*, *Huang Lian Jie Du Tang*) 50% for stomach fire
  - *Wu Mei Wan* 20-25%
  - If there is Kidney fire, use *Zhi Bai Di Huang Wan* 30%
  - If there is Kidney fire but hands are cold, use *Bai Wei Di Huang Wan*

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## Right *guan* – Spleen / Stomach Deep and Concave

---

- Pulse sign: Deep and Concave
  - Concave = a pulse that is curved downward
  - Can feel the curvature along the sides and bottom
- Indications
  - Weak stomach – gas, bloating, belching
  - Chronic superficial gastritis (if pulse is forceful)



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## Right *guan* – Spleen / Stomach Deep and Concave

---

- Herbal Rx for Superficial Gastritis
  - Astringent 1 25%
  - GI Care 25%
  - Herbal ABX 25%
  - *Chai Hu Jia Long Mu Tang* 25%
  - Add *Gan Cao* 15% if pain is severe
    - Not temporary relief – Heals ulcer too
    - Sweet taste is for thin and tight pulses

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## Right *guan* – Spleen / Stomach Small pulse

---

- Pulse sign: Small pulse
  - Small pulse is thin and weak
  - Upon pressure, it disappears
- Indications
  - LI10 area is cold and muscle feels weak
  - Middle *jiao* deficiency – deficient-cold in Stomach
  - Usually found in very weak people, post surgical, lupus, etc.

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## Right *guan* – Spleen / Stomach Small pulse

---

- Herbal Rx
  - *An Zhong San* for cold stomach
  - *Gui Pi Tang* for weak stomach
    - Enhances appetite
    - Changes way of thinking
    - Can add *Jia Wei Xiao Yao San* – Great as a pair to build the middle *jiao*
  - Best way to tonify the middle *jiao* is to change the diet

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## Formulas for Itchy Skin

---

- Itchy skin combination #1 – for damp, swollen itchy skin
  - *Dang Gui Nian Tong Tang* 60%
  - *Yin Qiao San* 20%
  - *Jin Yin Hua* 20%
- Itchy skin combination #2 (equal proportions)
  - *Bo He*
  - *Chan Tui*
- Combination #3
  - *Bai Ji Li*
  - *Fang Feng*
  - *Chan Tui*

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## Formulas for Itchy Skin

---

- Itchy skin combination #4 (all equal proportions)
  - Astringent 1
  - Liver DTX
  - *Chai Hu Qing Gan Tang*
- Shingles – Add *Zhen Ren Huo Ming Yin* and *Zhe Chong Yin* for pain

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## RIGHT CHI – Kidney / Urinary Bladder (Neck & Shoulder area)

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# RIGHT CHI

## Kidney / Urinary Bladder

---

Review of normal right chi – Kidney pulse

6 deviations of the right chi

1. Bird's beak/Pen tip pulse
2. Turtle pulse
3. Scattered pulse
4. Taiyang pulse
5. Du pulse

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## Right *chi* – Kidney / Urinary Bladder

### Normal pulse

---

- Normal pulse: Deep
  - Deep pulse can only be felt upon pressure
  - Deeper in level than the *cun* and *guan* positions
  - Should still have a jump and need strength
  - Must be lower in level than *cun* and *guan*

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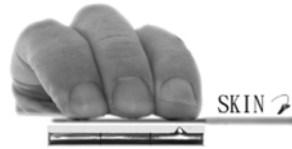
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## Right *chi* – Kidney / Urinary Bladder Bird's beak/Pen tip pulse

---

- Pulse sign: Bird's beak/Pen tip pulse
  - Convex-shaped pulse that is approx. 0.1cm in length
  - Feels pointy like a pen's tip
  - Usually hard and cannot be pushed away with pressure
- Indication
  - Kidney stones in right ureter



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## Right *chi* – Kidney / Urinary Bladder Bird's beak/Pen tip pulse

---

- Herbal Rx
    - Dissolve (KS)
      - Can be used for severe high BP due to kidney problem
- \*\*Side note: if BP fluctuates drastically, it's not arteriosclerosis, it's caused by the kidneys**

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## Formulas for Kidney Type of High BP

- 1. Kidney stones
  - Dissolve (KS)
  - Add Hot or Cold Breaker if there is a cyst in the kidney
    - Hot Breaker – *Huai Hua, Xuan Shen, Xia Ku Cao, Zhe Bei Mu*
    - Cold Breaker – *San Leng, E Zhu, Wang Bu Liu Xing*
  - Pulse for cyst – feels bigger than a pen tip
- 2. Water metabolism kidney problem; Blockage in ureter
  - Shui Ding Xian* - 20                      *Dan Shen* - 20
  - Xian Feng Cao* - 20                      *Di Long* - 20
  - Li Zhi He* - 20

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## Formulas for Kidney Type of High BP

- 3. Kidney yang deficiency (western kidney) – cold condition
  - EGFR – filtration rate of kidney is low.
  - Use *Yin Yang Huo* 55% + *Xian Mao* 25% + *Si Ni Tang* 20%

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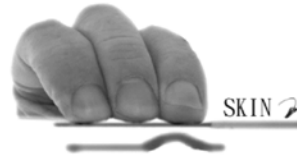
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## Right *chi* – Kidney / Urinary Bladder Turtle pulse

---

- Pulse sign: Turtle pulse with or without Tail
  - Convex-shaped pulse that is 3-D, but flat on the bottom
  - Tail = thin forceful pulse extending from the Turtle that is proximal to the *chi* position
- Indications
  - 1. NO Tail = Neck and shoulder pain, stiffness from soft tissue damage



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## Right *chi* – Kidney / Urinary Bladder Turtle pulse

---

- Indications (con't)
  - 2. With Tail (means thin straight pulse proximal to *chi*) = Bone spurs, disk problems in the neck and shoulders
  - 3. Both *chi* = Prostate enlargement, varicocele
  - More forceful = more inflammation and pain; more recent the injury; more acute the condition

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## Right *chi* – Kidney / Urinary Bladder Turtle pulse

---

- Indications (con't)
  - Low amplitude = less inflammation; pain may be dull and intermittent; more chronic and stagnant the condition (more blood stagnation)
    - Use more blood movers
    - Other than Circulation SJ what else can be used?
      - *Shen Tong Zhu Yu Tang*
      - *Shu Jing Huo Xue Tang*
      - Bu Yuan Huan Wu Tang (frozen shoulder)

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## Right *chi* – Kidney / Urinary Bladder Turtle pulse

---

- Herbal Rx
  - Soft tissue damage (Turtle pulse with no tail)
    - Astringent 1 60%
    - *Zhen Ren Huo Ming Yin* 25%
    - *Ge Gen Tang* 15% (channel guiding formula)
  - Bone spurs or disk problems (Turtle pulse with tail)
    - Flex (Spur) see manual for explanation
  - Prostate enlargement (Turtle pulse on both chi)
    - Resolve (Lower) 50%
    - Astringent 1 50%

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## Right *chi* – Kidney / Urinary Bladder Turtle pulse

---

- Headache (migraine) due to neck pain
  - Chuan Xiong Cha Tiao San* – 30%
  - Gardenia Complex – 30%
  - Ge Gen Tang* – 20%
  - Flex Spur* – 20%

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## Right *chi* – Kidney / Urinary Bladder Scattered pulse

---

- Pulse sign: Scattered pulse
  - Pulse in which its border is difficult to perceive
  - Thick (wide), soft, slow, very weak and deep
- Indications
  - Frozen shoulder
  - Past traumatic injuries with dead blood
  - Must also have numbness of the fingers or arm because shoulder blocked



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## Right *chi* – Kidney / Urinary Bladder Scattered pulse

---

- Herbal Rx
  - Frozen shoulder, dead blood causing upper body pain
    - Circulation SJ 30%
    - *Ge Gen Tang* 20%
    - *Er Zhu Tang* 50%

If no hypertension can use

*Bu Yang Huan Wu Tang* – 80

*Ru Xiang* – 10

*Mo Yao* - 10

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## Right *chi* – Kidney / Urinary Bladder Scattered pulse

---

- Herbal Rx
  - Traumatic injuries
    - Circulation SJ 40%
    - *Ge Gen Tang* 30%
    - Flex (Spur) 30%

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## Right *chi* – Kidney / Urinary Bladder *Taiyang* pulse

---

- Pulse sign: *Taiyang* pulse
  - Big and long pulse
  - Straight, thick, expanding, and forceful in all three levels
  - Extends proximally to the *chi* position
  - *Cun* and *guan* are soft and normal  
*chi* is big and thick



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## Right *chi* – Kidney / Urinary Bladder *Taiyang* pulse

---

- Indications
  - *Taiyang* means coldness
  - Evil is strong – Heat
  - Constitution is weak – Cold
  - Urinary dysfunctions – UTI, burning urination, KD infection or failure.

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## Right *chi* – Kidney / Urinary Bladder *Taiyang* pulse

---

- Herbal Rx
  - Urinary dysfunctions
    - *Ba Zheng San* 40%
    - Herbal ABX 60%
  - Hormonal imbalance/conditions with heat s/s
    - *Shan Yao* 30%
    - *Zhi Bai Di Huang Wan* 20%
    - Gardenia Complex 50%

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## Right *chi* – Kidney / Urinary Bladder *Taiyang* pulse

---

- Herbal Rx
  - Hormonal imbalance/conditions with cold s/s
    - *Shan Yao* 50%
    - *You Gui Wan* 20%
    - *Bu Gu Zhi* 15%
    - *Jiu Cai Zi* 15%

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## Right *chi* – Kidney / Urinary Bladder *Du* pulse

---

- Pulse sign: *Du* pulse
  - Forceful, thick, straight pulse that extends proximal to the *chi* position, approximately up 1/2 of the forearm
- Indications
  - Neck pain, stiffness
  - Upper body aches and pain



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## Right *chi* – Kidney / Urinary Bladder *Du* pulse

---

- Herbal Rx
  - Neck pain
    - Gardenia Complex 50% for the inflammation - detoxification
    - Astringent 1 30%   *Ge Gen Tang* 20%
  - Upper body pain/joint pain from flu (wind-cold)
    - Ji Xiang Teng* 50%   *Dao Di Wu Gong* 50%

### Migraine/Chronic Headaches

*Chuan Xiong Cha Tiao San* – 30

Gardenia Complex – 30

*Ge Gen Tang* – 20

*Flex Spur* - 20

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## Right *chi* – Kidney / Urinary Bladder *Du* pulse

---

### \*\*Side note

- Pulse for Environmental toxin / Heavy metal poisoning / Multi-chemical sensitivities
  - 2 Big Kidney Fire + Big Liver Fire

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## LEFT CUN – Heart / Small Intestine

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# LEFT CUN

## Heart / Small Intestine

---

Review of normal left cun – Heart pulse

5 deviations of the left cun

1. Reverse hook pulse
2. Small pulse
3. Constricting/Pulse within a pulse
4. Gu pulse
5. Rainbow pulse

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## Left *cun* – Heart / Small Intestine

### Normal pulse

---

- Normal pulse: Hook
  - Hook pulse is a pulse where the *cun* position is higher (more superficial) than the *guan* and *chi* positions
    - The *guan* position is mid-level; the *chi* position is deepest

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## Left *cun* – Heart / Small Intestine Reverse hook pulse

- Pulse sign: Reverse hook pulse
  - Pulse where the chi position is higher (more superficial) than guan and *cun* positions
- Indications
  - Long-term emotional imbalance – nervousness, scared, easily frightened, under constant anxious, frightened state, an existential uneasiness, subliminal fearfulness
    - Adrenalines are too active or exhausted from past frightening situations, Chronic Stage 3 Stress (Fight or Flight)



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## Left *cun* – Heart / Small Intestine Reverse hook pulse

- Herbal Rx (if hands are warm)
  - *Tian Wang Bu Xin Dan* 40% lift the *cun*
  - *Sheng Mai San* 40%
  - Nourish or *Zhi Bai Di Huang Wan* 20% lower the chi
  - Patient also needs calcium in this condition
  - If hands are cold
    - Long Dan Xie Gan Tang – 50
    - Ba Wei Di Huang Wan – 50

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## Left *cun* – Heart / Small Intestine

### Small pulse

---

- Pulse sign: Small pulse
  - Small pulse is thin and weak
  - Upon pressure, it disappears
- Indications
  - Heart blood def. – poor memory, poor concentration
  - ADD, overactive, can't concentrate
- Herbal Rx
  - *Ren Shen Yang Ying Tang, Shi Quan Da Bu Tang, Tian Wang Bu Xin Dan*
  - Check Left Guan – if it is too high or overactive, then 1/3 to 1/2 of formula should be *Chai Hu Jia Long Mu Tang*

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## Left *cun* – Heart / Small Intestine

### Small pulse

---

- ADD, overactive, can't concentrate
  - *Tian Wang Bu Xin Dan* is not strong enough
  - Use *Shi Chang Pu, Yuan Zhi, Suan Zao Ren, Lian Zi Xin*
  - Add *Tian Zhu Huang* if you find a slippery pulse (brain damage pulse according to Jimmy)
  - Pay attention to the Left Guan. You have to treat the liver if it is overactive, which it usually is. Can use Liver Detox or *Zhi Zi*
  - Can combine *Tian Wang Bu Xin Dan* with *Zhi Gan Cao Tang*

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## Left *cun* – Heart / Small Intestine Constricting/Pulse within a pulse

- Pulse sign: Constricting/  
Pulse within a Pulse
  - Straight pulse that feels like there is a bundle of electric wires (that are thin, straight, tight) within the artery
- Indications
  - Severe coldness in the heart – *xiong bi*, angina pectoris, myocardial infarction, coronary heart conditions



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## Left *cun* – Heart / Small Intestine Constricting/Pulse within a pulse

- Herbal Rx
  - *Si Ni Tang* 20%
  - Circulation 50%
  - Openers: *Dang Gui* 15%  
*Chuan Xiong* 15% or *Sheng Ma* -15%
  - What herbs are good to clear the plaque on the vessel wall? *Shan Zha*, *Jue Ming Zi*, *He Ye*, *Xia Ku Cao*, *San Qi*, or *Cholisma*

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## Left *cun* – Heart / Small Intestine Gu pulse

---

- Pulse sign: *Gu* pulse
  - Refers to when both the upward (systolic) and downward (diastolic) beat of the pulse are felt
  - Can be felt on the (R) *cun*
- Indications
  - Heart valve problems – aortic valve regurgitation, stenosis; shortness of breath, chest pain, fainting, dizziness
  - MSG, soda, or coffee intake

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## Left *cun* – Heart / Small Intestine Gu pulse

---

- Herbal Rx
  - *Mao Dong Qing* 50%
    - Excellent for water retention in the chest/heart
    - Edema caused by heart dysfunction (i.e. congestive heart failure)
  - Use *Mao Dong Qing* 100%
  - *Tian Wang Bu Xin Dan* 25%
  - *Yang Xin Tang* 25%

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## Left *cun* – Heart / Small Intestine Rainbow pulse

- Pulse sign: Rainbow pulse
  - Convex-shaped pulse that extends distally beyond the *cun* position
  - *Taiyang* pulse, big and long curved like a rainbow
  - *Taiyang* pulse of hand = SI
- Indications
  - Gas, bloating, enteritis
  - Fast = food poisoning or colitis
  - Headache – b/c *Taiyang* meridian



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## Left *cun* – Heart / Small Intestine Rainbow pulse

- Herbal Rx
  - Gas, bloating, enteritis
    - *Ge Gen Huang Qin Huang Lian Tang* 25%
    - *Shao Yao Tang* 35%
    - Astringent 1 or Herbal ABX 40%
  - Food poisoning or colitis
    - Add Herbal ABX, all equal percentage (25%)

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## LEFT GUAN – Liver / Gallbladder

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## LEFT GUAN Liver / Gallbladder

---

Review of normal left guan – Liver pulse

6 deviations of the left guan

1. Convex and Forceful
2. Wiry, Forceful, and Deep
3. Concave and Deep
4. Bird's beak/Pen tip pulse
5. Roof or Blade pulse
6. Shaoyang pulse

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## Left *guan* – Liver / Gallbladder

### Normal pulse

---

- Normal pulse: Slightly wiry
  - Wiry pulse is a pulse that is tight and straight
  - It is a level pulse – same rebound
  - Locate at the middle depth

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## Left *guan* – Liver / Gallbladder

### Convex and Forceful

---

- Pulse sign: Convex and Forceful
  - Convex = bulging pulse that has a rounded feeling
- Indications
  - Emotional aspect of Liver involved – stress, irritability, excessive thinking, nervousness, mood swings, insomnia
  - Positive type of emotional condition – patient does not hold feelings inside. Most likely would like to argue or fight with others.



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## Left *guan* – Liver / Gallbladder Convex and Forceful

- Herbal Rx

*Jia Wei Xiao Yao San* 33%      *Chai Hu Jia Long Mu Tang* 33%  
*Yi Gan San* 33% for fast heart rate

If that does not work, use

*Zhi Zi* – 15      *Hu Zhang* – 15  
*Huang Shui Qie* – 15      *Xia Ku Cao* – 15  
*Long Dan Xie Gan Tang* – 20      Astringent 1 - 20

- If no emotional conditions, just fatigue/tired

*Chai Hu Qing Gan Tang* or Liver DTX  
*Wu Wei Zi*      *Shan Zhu Yu*

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## Left *guan* – Liver / Gallbladder Wiry, Forceful, and Deep

- Pulse sign: Wiry, Forceful, and Deep
- Indications
  - Actual Liver organ function disorders – hepatitis, elevated Liver enzymes
  - Very thin at middle or deep depths is usually due to having mono in the past

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## Left *guan* – Liver / Gallbladder Wiry, Forceful, and Deep

---

- Herbal Rx
  - Actual Liver disorder
    - Liver DTX 30%
    - *Ge Xia Zhu Yu Tang* 20%
  - High Liver enzyme
    - Add *Chai Hu Qing Gan Tang* 20% and *Wu Wei Zi* 15% and *Shan Zhu Yu* 15%

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## Left *guan* – Liver / Gallbladder Concave and Deep

---

- Pulse sign: Concave and Deep
  - Concave = pulse curved downward
  - Can feel the curvature along the sides and bottom
  - Rebound on the *guan* is low
- Indications
  - Fatty Liver
  - Emotional conditions – anxiety, depression, irritability
  - Damp in the Liver and GB channel
  - If forceful, damp-heat



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## Left *guan* – Liver / Gallbladder Concave and Deep

- Herbal Rx
  - Fatty Liver
    - Ge Xia Zhu Yu Tang* - 20
    - Yin Chen Hao Tang* - 25
    - Huang Shui Qie* - 15
    - Hu Zhang* - 15
    - Xia Ku Cao* - 15
    - Zhi Zi* - 15
  - Meniere's , vertigo (taiyin phlegm fainting syndrome)
    - *Ban Xia Bai Zhu Tian Ma Tang* - 33
    - *Tian Ma Gou Teng Yin* - 33
    - *Long Dan Xie Gan Tang* - 33

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## Left *guan* – Liver / Gallbladder Bird's beak/Pen tip pulse

- Pulse sign: Bird's beak/Pen tip pulse
  - Convex-shaped pulse that is approximately 0.1cm in length
  - Feels pointy like a pen's tip
  - Usually hard and cannot be pushed away with pressure
  - Usually appears with concave and deep pulse



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## Left *guan* – Liver / Gallbladder Bird's beak/Pen tip pulse

---

- Indications
  - Gallstones; Sludge in the Gallbladder
  - Hepatic Cyst
- Herbal Rx
  - For Gallstones use:
    - Dissolve (GS)
  - For Hepatic Cyst use:
    - Dissolve (GS) 80%
    - *Fu Yuan Huo Xue Tang* 20%

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## Left *guan* – Liver / Gallbladder Roof or Blade pulse

---

- Pulse sign: Roof or Blade pulse
  - Roof = a pulse that is pinched on top forming a thin, straight pulse on the superficial level, with an increase in diameter as it moves down to the deeper level
  - Blade = a more severe constricted Roof pulse
- Indications
  - Severe constriction – Liver cirrhosis, Liver cancer
    - Thinner and tighter the pulse, more severe the condition, both physically and emotionally



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## Left *guan* – Liver / Gallbladder Roof or Blade pulse

---

- Herbal Rx
  - Liver damage (previous mono or hepatitis)
  - Liver cirrhosis (many times from drinking, drugs, overdose of medication)
    - Resolve (Lower) 40%
    - *Yin Chen Hao Tang* 30% opens GB
    - Openers: *Dang Gui* 15%  
*Sheng Ma* or *Chuan Xiong* 15%
    - If constriction is due to cold: Add *Si Ni Tang* 20% and reduce each of the previous herbs by 5%

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## LEFT CHI – Kidney / Reproductive Fx (Lower back area)

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# LEFT CHI

## Kidney / Reproductive Fx

---

Review of normal left chi – Kidney pulse

8 deviations of the left chi

1. Deep and Small pulse
2. Bird's beak/Pen tip pulse
3. Turtle pulse
4. Dispersing pulse
5. Taiyang pulse
6. Du pulse
7. Guitar string/Steel wire pulse or Yinqiao pulse
8. Ren pulse

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## Left *chi* – Kidney / Reproductive Fx

### Normal pulse

---

- Normal pulse: Deep
  - Same as right *chi*

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## Left *chi* – Kidney / Reproductive Fx Deep and Small pulse

---

- Pulse sign: Deep and Small pulse
  - Small = a pulse that is thin and weak
  - Upon pressure, it disappears
- Indications
  - Infertility
  - Low libido
  - Impotence

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## Left *chi* – Kidney / Reproductive Fx Deep and Small pulse

---

- Herbal Rx
  - *You Gui Wan* 20%
  - *Ba Wei Di Huang Wan* 20%
  - *Ba Ji Tian* 15%
  - *She Chuang Zi* 15%
  - *Jiu Cai Zi* 15%
  - *Yin Yang Huo* 15%

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## Left *chi* – Kidney / Reproductive Fx Bird's beak/Pen tip pulse

---

- Pulse sign: Bird's beak/Pen tip pulse
- Indications
  - Kidney stones in the left ureter
- Herbal Rx
  - Dissolve (KS)

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## Left *chi* – Kidney / Reproductive Fx Turtle pulse

---

- Pulse sign: Turtle pulse with or without Tail
- Indications
  - 1. NO Tail = Back and lower body pain, stiffness, and soft tissue damage; overuse or repetitive movements – must use Astringent 1
  - 2. With Tail = Bone spurs, disk problems of lower back. *Po Bu Zi Ye* for bone spur, key ingredient for Flex Spur
  - 3. Both chi = Prostate enlargement, varicocele

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## Left *chi* – Kidney / Reproductive Fx Turtle pulse

- Herbal Rx
  - Soft tissue damage (Turtle pulse with no tail)
    - Astringent 1 60%
    - *Zhen Ren Huo Ming Yin* 25%
    - *Dang Gui Nian Tong Tang* 15% for lower body  
(for upper body, use *Er Zhu Tang* + Flex (Spur))
  - Bone spurs or disk problems (Turtle pulse with tail)
    - Flex (Spur)
  - Prostate enlargement or soft tissue damage in knee  
(Turtle pulse on both *chi*)
    - Resolve (Lower) 50%
    - Astringent 1 50%

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## Left *chi* – Kidney / Reproductive Fx Dispersing pulse

- Pulse sign: Dispersing pulse
  - Pulse in which its border is difficult to perceive
  - This pulse is thick (wide), soft, slow, weak and deep
- Indications
  - Blood stasis from old injuries – low back pain
  - Lower abdominal surgery, abortion, C-section, IUD, anesthesia, hysterectomy



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## Vasectomy

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**\*\*Side notes:** a bump between guan and chi in men may indicate vasectomy or something swollen in the genital area

- Hot condition – swollen, inflammation
  - Hot Breaker (*Xia Ku Cao, Xuan Shen, Huai Hua*)
- Cold condition – blockage with no heat
  - Cold Breaker (*Wang Bu Liu Xing, San Leng, E Zhu*)

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## Left *chi* – Kidney / Reproductive Fx Dispersing pulse

---

- Herbal Rx
  - Circulation SJ 50%
  - Resolve (Lower) 50%
  - Use for 1 month, then use Resolve (Lower) only until condition is resolved

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## Left *chi* – Kidney / Reproductive Fx *Taiyang* pulse

---

- Pulse sign: *Taiyang* pulse
- Indications
  - Reproductive dysfunctions
  - Inflammation in lower abdomen
  - On both *chi* positions (in women)
    - Check palms if hot → If yes, ask if taking hormones → If yes, possible high risk of breast cancer

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## Left *chi* – Kidney / Reproductive Fx *Taiyang* pulse

---

- Herbal Rx
  - Gardenia Complex 60%
  - Astringent 1 20%
  - *Ba Zheng San* 20%

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## Left *chi* – Kidney / Reproductive Fx *Du* pulse

---

- Pulse sign: *Du* pulse
- Indications
  - Back pain, stiffness, strain, or sprain
- Herbal Rx
  - Gardenia Complex 33%
  - Astringent 1 33%
  - *Dang Gui Nian Tong Tang* 33%

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## Left *chi* – Kidney / Reproductive Fx *Du* pulse

---

- Uterine bleeding + Hot palm
  - First ask if female patient is taking hormones
  - If so, then may be candidate for breast cancer
  - If not, then pure dysfunctional uterine bleeding, not related to hormonal imbalance
    - Left *chi* = jumpy; Bright red color blood
    - Black combo (*Shan Zha Tan*, *Jing Jie Tan*, *Pu Huang Tan*, *Ce Bai Ye Tan*, *Di Yu Tan*): stop bleeding by all charred herbs 50%
    - He Zi* 17%                      *Wu Bei Zi* 17%
    - Whatever else is needed depending on pulse

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## Left *chi* – Kidney / Reproductive Fx *Du* pulse

---

- Uterine bleeding + Hot palm
  - If not, then pure dysfunctional uterine bleeding, not related to hormonal imbalance
    - Left *chi* = stagnant; Dark colored blood; Pelvic area on the ear is dark
      - Black combo 50% (any and all charred herbs you can find)
      - *Shao Fu Zhu Yu Tang* or *Yi Mu Cao* 25%
      - Astringent 1 25%

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## Left *chi* – Kidney / Reproductive Fx *Ren* pulse

---

- Pulse sign: *Ren* pulse
- Indications
  - Endometriosis, adhesions, ovarian cysts, small fibroids, uterine prolapse
- Herbal Rx
  - Gynecological conditions
    - Resolve (Lower)

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## Extra Meridian Pulses Distal to the Cun Position

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## Extra Meridian Pulses Distal to the Cun Position

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3 extra meridian pulses distal to the *cun* position

1. *Yangwei* pulse
2. *Yinwei* pulse

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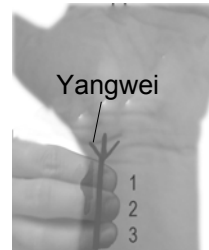
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## Extra meridian pulses

### *Yangwei* pulse

- Pulse sign: *Yangwei* pulse
  - Distal to the *cun* position pointing towards the thumb
- Indications
  - On right side: Lower respiratory conditions – bronchitis, deep cough, postnasal drip, common cold
    - Ren 22 feels hot – heat condition
    - Ren 22 feels cold – cold condition
  - On left side: Knee and ankle joint arthritis



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## Extra meridian pulses

### *Yangwei* pulse

- Herbal Rx
  - Lower respiratory conditions
    - Astringent 1 20%
    - *Ge Gen Tang* 15%
    - *Hai Ge Fen* 13%
    - *Yuan Zhi* 13%
    - Herbal ABX 20%
    - For heat conditions: add *Qing Fei Tang* 20%
    - For cold conditions: add *Dun Sou San* 20%

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## Extra meridian pulses

### *Yangwei* pulse

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- Herbal Rx
  - Knee and ankle joint arthritis, especially if the patient has some edema as well
    - *Dang Gui Nian Tong Tang* 50%
    - Astringent 1 50%

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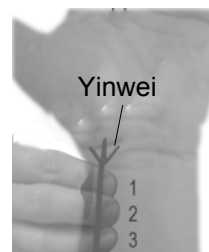
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## Extra meridian pulses

### *Yinwei* pulse

---

- Pulse sign: *Yinwei* pulse
  - Distal to the *cun* position pointing towards the little finger
- Indications
  - Heart conditions – shortness of breath, chest stuffiness and pressure, palpitation, high low-density lipoprotein high LDL



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## Extra meridian pulses

### *Yinwei* pulse

---

- Herbal Rx
  - *Si Ni Tang* 20%
  - Circulation 80%
  - To tonify the heart by releasing the water, use *Mao Dong Qing*.

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## A Message From Bob's Clinic

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## For anyone interested in a 2 year residency at Bob's clinic, here is what you have to do:

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1. Create a resume
2. Add a picture of yourself to resume (Don't forget picture!)
3. Include a letter with resume & picture, why are you practicing Chinese Medicine, what is your goal in this profession, where do you see yourself in 5 years.
4. Fax all of the above to 360-394-7972.
5. Typical residency is 2 years and salary is \$3000/month with bonus.

We will review your material and call you if you peak our interest.

Remember, we are only looking for the best. We are only looking for the highly motivated. If your goal is to help 200 patients a week, this is the place for you.

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## Robert Doane's Contact Info

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- 18870 8<sup>th</sup> Ave NE, S-108
- Poulsbo, WA 98370
- 360-394-4357
- [www.acupuncturewellness.net](http://www.acupuncturewellness.net)
- [info@awcps.com](mailto:info@awcps.com)

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