

Table of Contents

1.	The Jing Mai and the Mai Qi	
	1. The Physiology of the Jing Mai	1
	2. Function of the Mai Qi	1
	3. Direction of the Blood Circulation by the Stomach Qi and Zong Qi; the Consequential Theory of Blood Flow Through the Jing Mai Following the Movement of Qi	2
	4. Significance of the Wrist Pulse and the Relation between Respiration and Blood Circulation	2
2.	Pulse Positions and Diagnostic Techniques	
	1. The Three Pulse Positions - Cun, Guan, Chi	3
	2. The Three Positions of the Zang Fu Organs and the Difference in Male and Female Pulses	3
	3. Seven Diagnostic Techniques and Nine Conditions	5
	4. Using the Wrist Pulse to Distinguish Disease Changes Over the Whole of the Body	6
3.	The Normal Pulses of the Five Organs and Their Different Qualities	
	1. The Different Levels of the Normal Pulses	7
	2. The Different Qualities of the Normal Pulses	7
	3. Harmonious Pulses of the Four Seasons	8
4.	Using the Principal Pulses to Differentiate	
	1. The Four Principal Pulses: Floating, Sinking, Slow and Rapid	10
5.	Types of Pulses	
	1. The Floating Pulse and Its Seven Types	12
	2. The Sinking Pulse and Its Five Types	14
	3. The Slow Pulse and Its Related Types	16
	4. The Rapid Pulse and Its Related Types	17
	5. The Long, Wiry and Short Pulses	19

6.	Pulses and Associated Diseases	
1.	The Floating Pulses and Their Associated Diseases	20
2.	The Sinking Pulses and Their Associated Diseases	21
3.	The Slow and Rapid Pulses and Their Associated Diseases	22
4.	The Slippery and Choppy Pulses and Their Associated Diseases	22
5.	The Wiry and Tight Pulses and Their Associated Diseases	23
6.	The Long, Short, Big, Small, Flooding, Empty and Full Pulses and Their Associated Diseases	23
7.	The Leisurely, Soft, Weak, Minute, Moving and Leather Pulses and Their Associated Diseases	24
8.	The Hasty, Knotted and Intermittent Pulses and Their Associated Diseases	25
7.	The Pulse in Complicated Diseases	
1.	Symptoms and Pulses in Stroke	26
2.	Symptoms and Pulses Common in Attack by External Perverse Qi	27
3.	Symptoms and Pulses of Internal Damage	28
4.	Symptoms and Pulses of Malaria, Diarrhea and Dysentery, Vomiting and Cholera	30
5.	Symptoms and Pulses in Coughing and Dyspnea	31
6.	Symptoms and Pulses in Fire (Heat), Steaming Bone Heat and Fatigue	32
7.	Symptoms and Pulses in Bleeding and Extravasated Blood	34
8.	Symptoms and Pulses in Spermatorrhea and Vaginal Discharges, Triple Parching, Urinary Retention and Constipation	34
9.	Symptoms and Pulses in Insanity, Madness and Epilepsy	36
10.	Symptoms and Pulses in Throat Bi, Dizziness and Headache	37
11.	Symptoms and Pulses in Heart Pain, Hernia Pain and Lower Back Pain	39
12.	Symptoms and Pulses in Beriberi, Wei, Bi and Jaundice	41

13. Symptoms and Pulses in Edema and Fullness and Swelling	43
14. Symptoms and Pulses in Accumulation and Stagnation and Attacks by Perverse Evil	45
15. Symptoms and Pulses in Yong Abscesses, Ju Abscesses and Sores	46
16. Symptoms and Pulses in Lung Abscess, Lung Atrophy and Appendicitis	48
8. The Pulse in Pregnancy and Pediatrics	
1. The Pulse During Pregnancy	50
2. Pediatric Pulses	51
9. Diagnosing Disorders of the Eight Curious Channels	
1. Pulses of the Eight Curious Channels	55
2. Diseases of the Eight Curious Channels	55
10. The Exhausted Pulses	
1. The Exhausted Pulses of the Zang Fu	58
2. Exhausted Pulses of Yin and Yang	59
11. The Twenty-seven Pulse States	
1. Floating Pulse	61
2. Sinking Pulse	63
3. Slow Pulse	65
4. Rapid Pulse	66
5. Slippery Pulse	68
6. Choppy Pulse	70
7. Empty Pulse	71
8. Full Pulse	73
9. Long Pulse	74
10. Short Pulse	75
11. Flooding Pulse	76
12. Minute Pulse	78
13. Tight Pulse	79
14. Leisurely Pulse	81
15. Hollow Pulse	83
16. Wiry Pulse	84
17. Leather Pulse	87
18. Firm Pulse	87
19. Soft Pulse	88

20. Weak Pulse	90
21. Scattered Pulse	92
22. Thin Pulse	93
23. Hidden Pulse	95
24. Moving Pulse	96
25. Hasty Pulse	98
26. Knotted Pulse	99
27. Intermittent Pulse	100
Appendix A. Pulse Description Tables	102
Appendix B. The Twenty-Seven Pulses in English, Pinyin and Chinese	116
Appendix C. Complicated Diseases in English, Pinyin and Chinese	117
Index	119