Pulsequalities 1

- **Flat**
  - Stagnation prevent Qi getting to Organ or body area
  - Physical/Emotional shock or trauma at a time when person was weakened, affecting circulation
  - Bilateral positions:
    - Distal
      - Sudden emotional trauma in early life followed by repression of feelings
      - Physical birth trauma
      - Chest injury or thoracic surgery
    - Middle
      - Trauma when Middle Jiao was weak
    - Proximal
      - Significant Lower Jiao trauma
- **Inflated** - NB single position
  - Accumulated Qi trapped in an Organ or body area
  - From:
    - Mild trauma
    - Sudden anger
    - Misuse of Qi
  - Positions
    - Lung (with slow rate) = prolonged lifting
    - Diaphragm = repressed tender feelings replaced by anger
    - Liver = Chronic suppressed anger
    - Esophagus = Excessive thinking while eating
    - Sp/St = Normal after a meal
    - Left and/or Right Distal = prolonged cranial engagement in birth canal
    - Bilateral = trauma in corresponding area
- **Split**
  - Preoccupation with death
    - Left side; preoccupation with own death - suicidal ?
    - Right side; preoccupation with others death
- **Thin**
  - Blood Xu
  - Tight and Thin = Blood and Yin Xu
  - Yielding and Thin = Blood and Qi Xu
- **Muffled**
  - Qi Xu
  - Stagnation of Substances
  - On Entire Pulse (more on left side) or Heart = depression
- **Reduced Substance**
  - Qi Xu
    - If Organ-depth more advanced Qi Xu, but also Yin Xu
    - At Organ-depth; also difficulties retaining pathogens
- **Rough Vibration**
  - Single position = Separation of Yin and Yang
  - On Entire Pulse all depths = Heart Qi and Yang Xu; deep fear and emotional or physical shock
  - Impairs circulation more and more if untreated
  - On One side could be stroke/paralysis affecting that side
  - If only at Blood-depth; a sign that Heat in the blood is drying out and damaging vessel walls. Early stage of arteriosclerosis
- **Smooth Vibration**
  - Transient worry (more positions = more worry
  - Mild Heart Qi Agitation and mild insomnia
  - On all depths = Heart Yin Xu
- **Reduced Pounding**
  - Qi Xu:
    - Overwork
    - Failed attempt to clear Heat
- **Robust Pounding**
  - Shi Heat/Fire
  - Can become: A) Tight (Heat dries Jin-Ye). B) Reduced Pounding (used Qi trying to clear Heat)
  - If only at Organ-depth; A) Retained pathogen - if also Slippery = of a Damp-Heat nature. B) Supressed Pounding - interpretation as Suppressed Waveform
- **Slippery**
  - Damp
  - Phlegm
  - Qi Depth
    - Faster = excess glucose
    - Slower = Qi Xu
  - Blood Depth = turbulent viscose blood from Damp-Heat. Indication that the conditions for the laying down of arterial plaque (atherosclerosis) already exist.
  - Organ-depth = Latent infection (or vaccine)
  - Heart = depression (Phlegm misting Heart orifices)
  - Mitral valve = start of functional valve problem
- **Changing Intensity**
  - **Taut** — Earliest stage of Qi Stagnation
  - **Tense**
    - Qi Stagnation with Shi Heat
    - Tense Entire Pulse + Tight and Thin Qi-depth = Nervous System Tense
  - **Tight**
    - Qi Stagnation with Shi Heat and Yin Xu
    - On Intestines, PLB or Gb = pain (probably from inflammation)
  - **Wiry**
    - Extreme Yin Xu
    - Jing Xu
    - Severe chronic pain
  - **Diffus**
    - Moderate Qi Xu
    - Diffuse with thin line in centre = Qi, Blood and Yin Xu
  - **Ropy**
    - Arteriosclerosis from advanced Yin Xu
    - Tense and Ropy = Yin Xu from Shi Heat
    - Yielding and Ropy = Yin Xu from Blood Xu from Qi Xu e.g. from over exercise
  - Mild (1-2) = Qi Xu
  - More (2-3) = Start of Yin and Yang separation
  - Lots (4-5) = Early "QI Wild"
  - On Entire Pulse
    - Constantly changing = diminished circulation from:
      - Peripheral stagnation
      - Heart Qi Xu
      - Heart Yang Xu
      - Shock
      - Trauma
    - Occasionally changing = Liver Qi Stagnation probably from stress having a temporary effect on the circulation and causing a Nervous System imbalance
  - From Side to Side
    - Profound internal or interpersonal conflict
    - Recent extreme physical exertion
- **Changing Qualities**
  - "Qi Wild", Separation of Yin og Yang, progressive Yin Organ Qi and Blood Xu
- **Blood**
  - Blood Unclear — Toksicity in the Blood:
    - Environment
    - Sp Qi Xu can't build proper Blood due to bad digestion and absorption (leaky gut)
    - Vaccinations
    - Stagnated or weak Liver can't cleanse Blood properly
  - Blood Heat — As Blood Unclear plus:
    - Heat from hot and warming spices and food
    - Heat from Tense Nervous System
  - Blood Thick — As Blood Heat plus:
    - Blood Heat combined with Damp-Heat from Spleen and Liver pathology
    - Both Blood Heat and Blood Thick will lead to Ropy Pulse or Tense F/O that indicates arteriosclerosis
- **Choppy**
  - Blood Stagnation from:
    - Heat (Shi eller Xu)
    - Cold
    - Qi Xu
    - Blood Xu
    - Trauma
    - Neoplasm
  - Heart = Angina
  - Sp/St = severe stagnation in area, worst case bleeding ulcers or cancers
  - Kidney/PLB = menstrual pain, fibroids, cysts, endometriosis, prostate problems, hemorhoids, trauma lower body
  - Pregnancy with black tongue lines = imminent miscarriage
  - NB: If Whole Pulse is Choppy (often Blood-Depth) and/or Liver position (often Blood-Depth) it's related to Toxicity