

FUN WITH PULSES

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8 PRINCIPLE PULSES

External

- Floating

Hot

- Rapid
- Stirred
- Skipping

Internal

- Deep
- Confined

Cold

- Slow
- Tight
- Bound

8 PRINCIPLE PULSES

Excess

Floating
Hidden
Confined
Stirred
Slippery
Full
Tight
Surging
Skipping
Bound
Long
Wiry

Deficient

Scallion stalk
Soggy
Scattered
Drumskin
Rough
Empty
Faint
Weak
Thready
Short

PATHOGENS & PULSES

- **Wind** - Floating
- **Heat** – Rapid, Slippery, Full, Surging, Skipping
- **Cold** – Tight, Slow, Confined, Bound
- **Damp** – Slippery, Soggy
- **Dry** - Thready
- **Summer heat** – Surging
- **Stagnation/Stasis** – Wiry, Tight, Rough, Hidden

PULSES AND DEFICIENCIES

- **Qi**– Weak, Soggy, Scattered, Empty
- **Xue**- Scallion stalk, Drumskin, Rough, Empty, Short
- **Yang**- Hidden, Faint, Large
- **Yin**- Thready, Rapid
- **Jing**- Drumskin

Pulses & the Seasons

- In the spring pulses are more wiry
- In the summer pulses are more full
- In the late summer pulses are more slippery
- In the fall pulses are more superficial
- In the winter pulses are more deep

