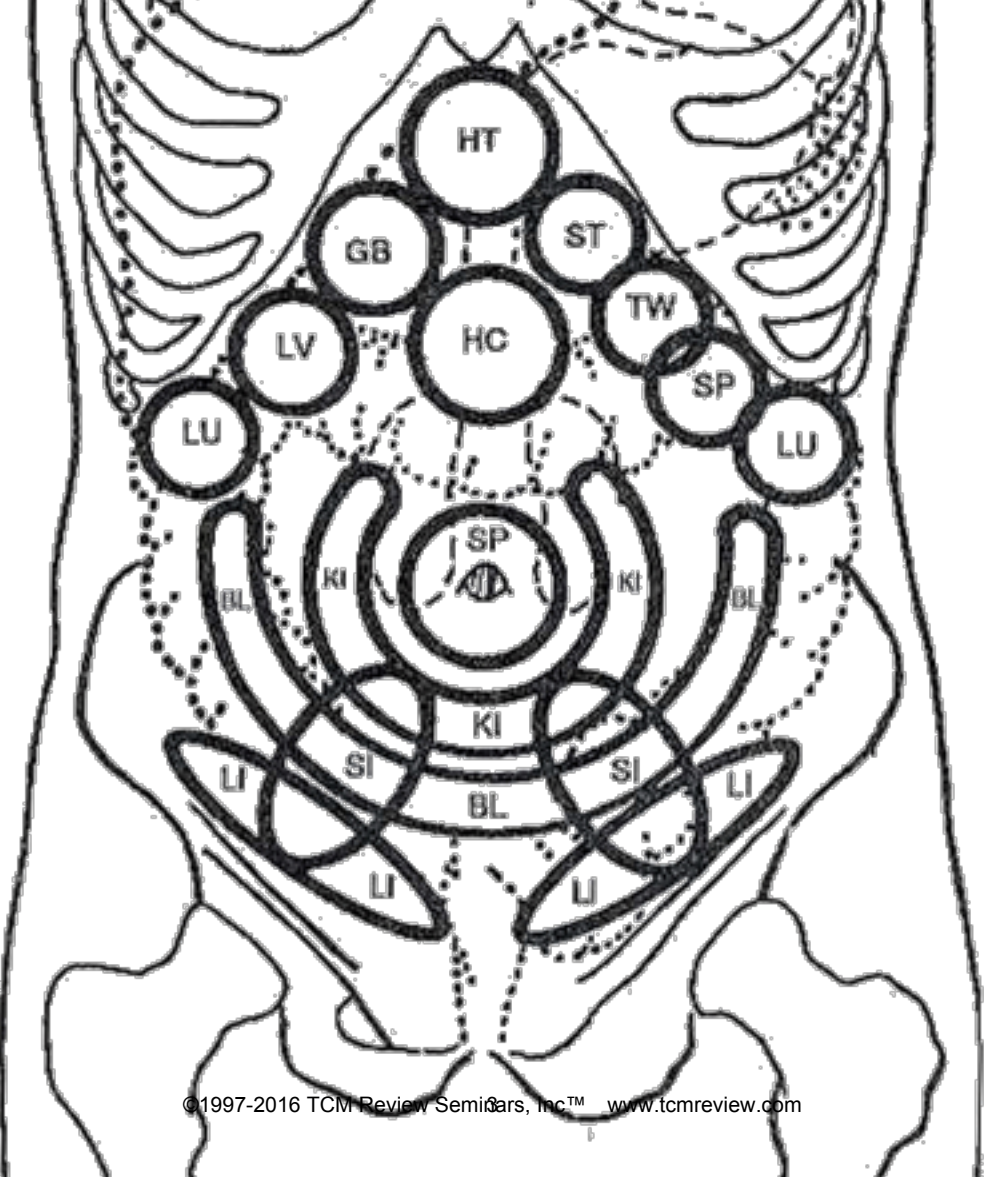


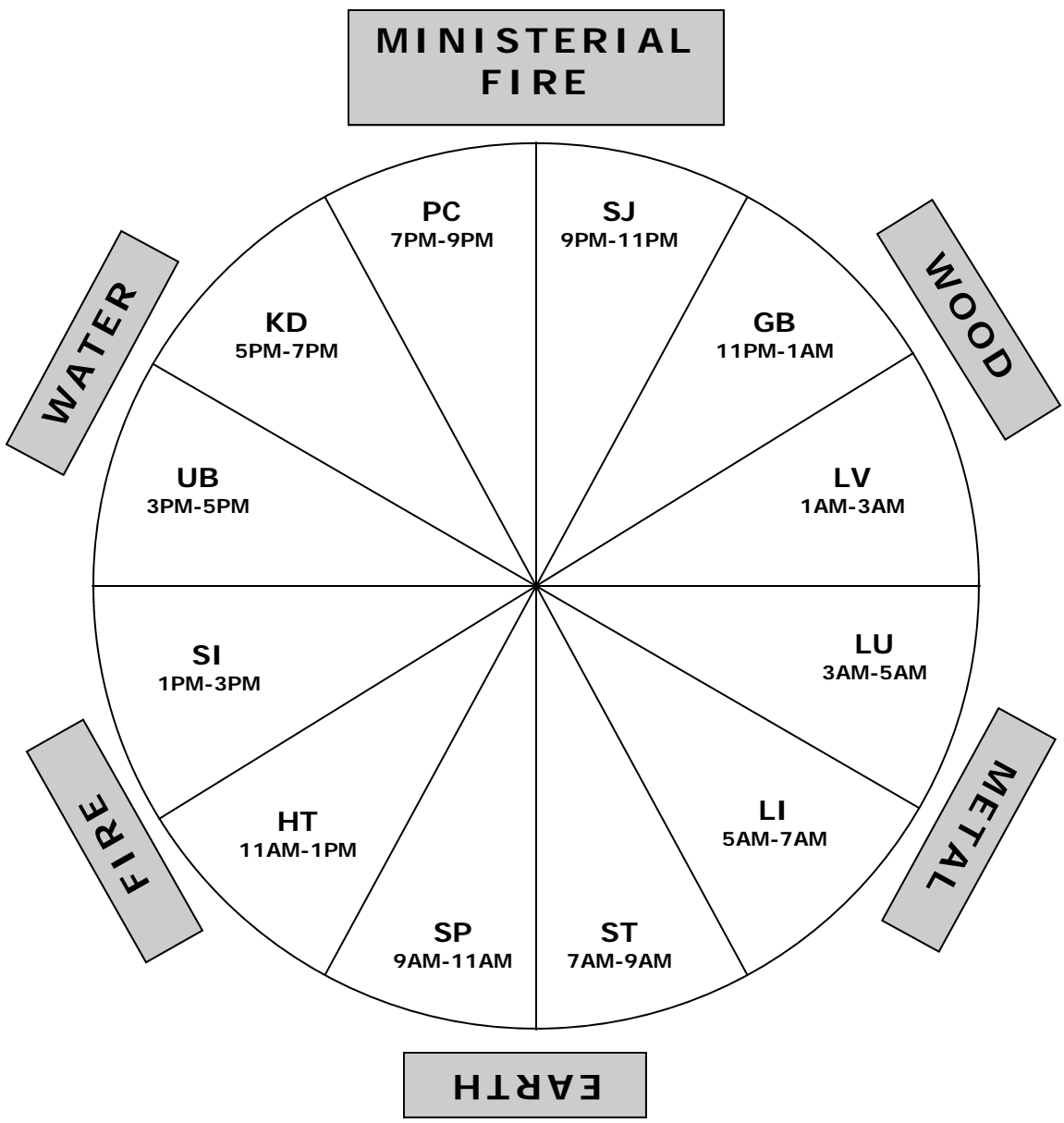
# TCM Review Class 1







# Organ Time Clock



Gabby Lives Luxuriously. Large Stables Span Her Small Beautiful Kingdom, Playful Tigers Within.  
**GB LV LU LI ST SP HT SI UB KD PC S J**



## Dampness vs Phlegm

Source: page 698 FCM 2<sup>nd</sup> edition (Maciocia)

### DAMPNESS

### PHLEGM

**EXTERIOR / INTERIOR origin**

**only INTERIOR origin**

Affects **LOWER/ MID JIAO**

Affects **UPPER/ MID JIAO**

**SP** cold-damp, SP damp-heat  
**LV** damp-heat, **LV/GB** damp-heat  
**LI** damp-heat,  
**UB** damp-heat

**LU** damp-phlegm, phlegm-heat, phlegm fluids  
**HT** phlegm misting orifices, HT phlegm-fire  
**ST** phlegm-fire

**HEAVINESS** feeling in head  
**NO MENTAL** aspect  
Downward action

**DIZZINESS**  
**MENTAL** aspect  
stays in upper jiao

**SP 9, GB 34, UB 40**

**ST 40, LU 5, PC 5**

#### HERBAL CATEGORIES:

Clear Damp-heat  
Diuretics  
Expel Wind-damp  
Aromatics for dampness

Dissolve Hot Phlegm  
Dissolve Cold Phlegm  
Stop Cough and Wheezing  
Open Orifices

#### **Substantial vs Nonsubstantial:**

Lungs                      skin, channels, HT, stones, joints





## 28 Pulses for CALE and NCCAOM

### Key:

Category	Pulse Names <i>Chinese Names</i> Yin/Yang Classification	Pulse picture  Indications
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### LOCATION:

<b>Surface</b>	<b>Floating/Superficial</b> <i>(Fu Mai)</i> yang	Felt with light pressing  Exterior Invasion, Yin Deficiency (+empty), Severe Interior Qi Deficiency
	<b>Soggy/Soft</b> <i>(Ru Mai)</i> yin	Felt only at the superficial level. Feels very soft and only slightly floating  Qi Deficiency with Damp, Yin Deficiency, Essence Deficiency
	<b>Empty/ Empty</b> <i>(Xu Mai)</i> yin	Felt at the superficial level. Feels rather big but feels empty on slightly stronger pressure. Soft.  Qi and Blood Deficiency (Qi Deficiency with Dampness)
	<b>Leather</b> <i>(Ge Mai)</i> yin	Feels hard and tight at the superficial level and stretched like a drum. Feels completely empty at the deep level. Pulse is full not thin  Severe KD Essence or KD Yin Deficiency
	<b>Scattered</b> <i>(San Mai)</i> yin	Feels very small, relatively superficial. NO WAVE. Feels broken in small dots  Severe deficiency of Qi/Blood or KD Qi, Serious condition
<b>Both</b>	<b>Hollow</b> <i>(Kou Mai)</i> yin	Felt at the superficial level. Disappears with slightly harder pressure. Felt again at the deep level with a stronger pressure. Empty in the middle  Hemorrhage, forthcoming hemorrhage (if rapid)
<b>Deep</b>	<b>Deep/Deep</b> <i>(Chen Mai)</i> yin	Felt with a heavy pressure of the fingers and is felt near the bone  Interior, Qi or Blood Stasis (excess) or Yang Deficiency (weak)
	<b>Confined/ Firm</b> <i>(Lao Mai)</i> yang within yin	Felt only at the deep level and it feels hard and rather wiry  Blood Stasis, Interior Cold (if slow), Pain
	<b>Hidden</b> <i>(Fu Mai)</i> yin	Feels as if it were hidden beneath the bone  Severe Yang Deficiency

**LENGTH:**

<b>Longer than Normal Position</b>	<b>Long</b> <i>(Chang)</i> yang	Extends slightly beyond the normal pulse position  Heat
	<b>Surging</b> <i>(Hong Mai)</i> yin within yang	Superficial and generally feels as if it overflows the normal pulse channel. Also extends beyond the normal pulse position.  Excess Heat injuring the Body Fluids
<b>Shorter than Normal Position</b>	<b>Short</b> <i>(Duan)</i> yin	Occupies a shorter space than the normal pulse position  Severe Qi Deficiency, ST Qi Deficiency

**SPEED:**

<b>FAST</b>	<b>Rapid/Rapid</b> <i>(Shu Ma)</i> yang	Five Beats/ Breath  Excess or Deficiency (+ empty) Heat
	<b>Hasty/Abrupt</b> <i>(Cu Mai)</i> yang	Rapid and stops at Irregular intervals  HT Qi Deficiency or HT Fire
	<b>Hurried</b> <i>(Ji Mai)</i> yang	Very rapid, agitated, urgent  Heat consuming Yin
<b>Normal</b>	<b>Moderate/ Slowed Down</b> <i>(Huan Mai)</i>	Normal in depth, speed, strength and width  Generally a healthy pulse
<b>SLOW</b>	<b>Slow/Slow</b> <i>(Chi Mai)</i> yin	3 Beats/Breath  Excess (Strong) or Deficiency (weak) Cold
	<b>Knotted/ Knotted</b> <i>(Jie Mai)</i> yin	Slow and stops at Irregular intervals  HT Blood Stasis or Yang Deficiency

## FLUID LEVEL:

Fills the vessel	<b>Full/Excess</b> ( <i>Shi Mai</i> ) yang	Feels full, rather hard and rather long Excess
	<b>Leather</b> ( <i>Ge Mai</i> ) yin	Feels hard and tight at the superficial level and stretched like a drum. Feels completely empty at the deep level. Pulse is full not thin Severe KD Essence or KD Yin Deficiency
	<b>Surging/Overflowing</b> ( <i>Hong Mai</i> ) yin within yang	Superficial and generally feels as if it overflows the normal pulse channel. Also extends beyond the normal pulse position. Excess Heat injuring the Body Fluids
Doesn't fill the vessel	<b>Thready/Thin</b> ( <i>Xi Mai</i> ) yin	Thinner than normal Qi or Blood or Yin Deficiency
	<b>Minute</b> ( <i>Wei</i> ) yin	Extremely thin, small and difficult to feel Severe qi and blood deficiency

## Miscellaneous:

<b>Slippery/ Rolling</b> ( <i>Hua Mai</i> ) yang within yin	Feels smooth, rounded, slippery as if it were oily; slides under the fingers Phlegm Accumulation; Damp or Full (+ Full); Phlegm or Damp with Qi Deficiency (+weak), normal during pregnancy
<b>Choppy/ Hesitant</b> ( <i>Se Mai</i> ) yin	Feels rough under the finger instead of a smooth pulse wave; feels as if it had a jagged edge Blood Deficiency or Body Fluid Exhaustion d/t profuse sweating or vomiting
<b>Wiry/ String-Taut</b> ( <i>Xuan Mai</i> ) yang	Feels taut like a guitar string; is thinner, more taut and harder than the Tight pulse, really hits the fingers LV Disharmony, pain or phlegm
<b>Tight/ Tense</b> ( <i>Jin Mai</i> ) yang within yin	Feels twisted like a thick rope Cold, exterior cold (+floating), interior cold (+full, deep), interior empty cold (+weak, deep), pain
<b>Moving/ Stirred/ Spinning Bean</b> ( <i>Dong Mai</i> ) yang	Round and shaped like a bean; it is short and trembles under the finger; having no head or tail; it just rises in the center; feels as if it is shaking and is also somewhat slippery Shock, anxiety, fright, pain

