

## Tongue and Pulse Class Notes

### Tongue and Pulse Theories

Z/F  
5 Element  
SHL  
WBL

#### Floating (superficial):

Floating + tense: Ext, Excess, Cold (EPI): chills and fever, body aches, headaches, nasal discharge, no sweating. + Acrid, Warm. + ma Huang tang, gui zhi tang, ge gen tang

T: thin, white coat (twc). + Lu7, LI4, BL12, GV16/GV14. GB20

Floating + rapid + Wind Heat (EPI): FEVER and chills, sore throat, red eyes, nasal discharge (yellow), sweating +

T: twc, (red tip), + SJ5, DU14, LI11, LI4, (Lu11, Lu10). + Acrid, Cool, Yin Biao San, Sang Ju Yin,

Chai Ge Jie Ji Tang >>> W/C > Heat >. Forceful, sl. Surging, Floating, thin, yellow coat

Floating + empty: yang. + normal (no coat, peeled or geographic), red + night sweats, malar flush, 5 palm heat, insomnia, dry throat and mouth

+ Lu7 + KD6, SP6, Ren4, KD2 (yin def heat), KD9, KD10, HT6, LR8, LU9, CV12, ST36

Liu WDHW, ZGY, MMT,

#### Deep: Excess or Def

wet >>>> swollen = Dull pain

Def; Yang Def. deep + weak, slow, thready + pale, wet, swollen, + feeling cold, wanting warmth, low energy, edema, loose stools + KD7, du4, CV4 (moxa) + st36, sp3, bl20, Cv8, cv12, ren6, bl23, bl52 + You Gui Wan, Jin Gui Shen Qi Wan, Li Zhong Wan, fu zi li Zhong wan,

Du20 raise qi:

## Excess Deep

Deep + Slow: Excess Cold >. Pain quality + tongue coat Thick, white coat, excruciating.

Prefer warmth, pain on pressure but like to have warmth + kd7, du4, cv4, Cv8, bl20, bl23, ren6, + ST34 + ST (mouth), LI (anus) GV1, BL30, LV (genitals) + LV5

Deep + choppy: Blood stasis in the LJ + purple, purple spots, distended veins, + sp10/bl17, ST29, + dysmenorrhea, amenorrhea, sharp stabbing pains in the lower abdomen +

Shao Fu Zhu Yu Tang, Tao Hong Si Wu Tang, Gui Zhi Fu Ling Wan, Shen Tong Zhu Yu Tang

Deep + Excess pulse ((choppy, wiry, rapid) = lower jiao.

Deep + rapid + Forceful: excess in lower jiao, yangming heat, constipation, UB Excess Heat + thick/thin yellow coat - dry, black, brown, + constipation, thirst, yellow urine, fever, sweating on limbs, urinary difficult, feverish, abdominal dissension, + LI11, LI4, ST44, ST25 +ST37, (SP6, ST28, ren3), Ren6, KD5, + da cheng qi tang, ma zi ren wan,

Deep + Wiry: Liver qi stagnation in lower jiao + T: twc. + distending pain in lower abdomen, fluctuates with moods, irregular menses, pms, small bitty goat like stools. + LV3, GB34, REn6, ST27, LV13/14, + Si Ni San, chai hu shu gan san, Xiao Yao san

Slow: yang def and/or excess

Rapid:

Rapid: Excess Heat + thin/thick yellow coat + dry, constipation, yellow urine, fever, thirst, Red eyes, headaches, anger issues, + Li11, LV2, HT8/9, PC8/9, LU10/11, BL66, ST44, + sp6 (kd6)

+ Long Dan Xie Gan T. Jw Xiao Yao san, Dou Chi San, Zhu Sha An Shen Wan, Ba Zheng San, Yu Nu Jian, Ma Xing Shi Gan Tang, Xie Bai San, Huang Lian Jie Du Tang, Clear Heat

Thready + Rapid: Yin Def. thready (how much fluids are in the vessels) + rapid (def heat):

+ red, and peeled, no coat, geographic + sp6, kd6, kd9/10, st36, cv12, lu9, HT6

Empty: (no fluids in the vessels): blood def, qi def, yin def (essence)

+ qi: tbc + fatigue, lethargy, sob, no appetite, ab. Dissension after eating, weak muscles + ST36, cv12, sp3, bl20, bl21, lu9, ht5, (kd qi: kd3, bl23, + yang or yin)

Si Jun Zi Tang,

Empty + choppy + dry coat, pale sides, orange + insomnia, anxiety, pale skin, nails, brittle hair,  
Poor memory, forgetful, menses issues, + Si Wu Tang, Xiao Yao san,

Floating and empty:

Full: Excess

Surging/ overflowing / Flooding: - within + , Yang (heat) >>> Def (yin fluids): yangming heat: 4 Bigs. > big fever, Big thirst, big pulse, big sweat + Bai Hu Tang + LI11, LI4, DU14

— qi sinking/ qi not hold: Bu Zhong Yi Qi Tang: + depression, organ prolapse, bleeding disorder.

+ DU20, Ren6, ST36, Du1, ST21, ST19,

- yin def -

thin: blood def, yang def (slow + deep + thready), qi def, yin (thready + rapid)

Slippery, rolling: + greasy coat + Yellow + distension, nausea and vomiting, copious sputum, cloudy urine, hypo dissension, leukorrhea, heavy feeling, headache (wet towel), genital issues, Damp

Phlegm

Food stagnation: nausea, poor appetite, belching, acid regurgitation, no hunger, constipation.

+ sp3, cv12, st36, SP9, SP6,

ST40: phlegm

SP9: damp

ST44/inner neiting: food stag.

Er Chen Tang, Wen Dan Tang, Bao He Wan,

HEAT -

Pregnancy (normal)

Choppy

Blood Def = pale, dry, + LR8, St36, Cv12, SP3, BL20, BL21, BL18, HT7 +

Blood Stasis + tao hong si wu tang, Tao he cheng qi tang, xue fu zhu yu tang. Tong Xiao Huo Xue Tang

Ge Xin Zhu Yu Tang, Shao Fu zhu Yu Tang

Wiry. String taut: Liver Disorders, Pain, Phlegm:

Liver disorders + Liver symptoms

Pain +

Phlegm: + greasy, slippery, curdy + dizziness, muzziness, mental disorders, depression, copious sputum /scanty, abdominal.

Mucus stools, + manic depression, cv12, st36, sp3, LU7 + Lu1, phlegm fluids: kd7, moxa, +

Tight: cold + slow and tight/tense/ + floating and tense/tight: + thick white coat + feeling cold, Excrutiating pain, better with warmth +

Soggy/soft: Excess / Def: qi def + Damp accumulation. Sp/ lu. + qi; lethargy, no appetite, ab. Distension

Heaviness, copious sputum, leukorrhea, damp urine, damp bm, loose stools, + cv12, st36, bl20, bl21,

SP9, SP6, BL22, BL39, SJ4,

Weak: qi def,

blood:

weak and deep: yang

Hasty: irreg. Irreg. + slightly fast: Heart Fire/ Ht Qi: + red, yellow coat + insomnia, thirst,

emotional outbursts, restless, manic, mouth ulcers, constipation and yellow urine, sweating, fever, +

Knotted: ht yang def/

ht blood stasis: + purple at the tip + stabbing pain in the chest radiate down the arm or to the back. + BL17, SP10, DU14, LV3, LV14, PC6, Ren17,

Ht yang def: wet, swollen, (bluish hue), cold hands, stuffiness chest, sob, , spontaneous sweat, listlessness, bluish complexion, cyanosis of the lips, + pc6, HT5, DU14, Ren17, BL15, Ren6, kd7 +