SHEN-HAMMER: CONTEMPORARY CHINESE PULSE DIAGNOSIS:

OUTLINE OF 2 hour Class:

A. INTRODUCTION:
   i. Historical Context
      1. Leon Hammer's intention is to help reawaken an awareness of Chinese pulse diagnosis to Chinese Medicine and possibly the future of health care.
      3. Traditionally always taught by master-apprentice.
      4. Teaching within a small group setting is a new way to transmit this system.
      5. TCM & pulse diagnosis is historically in a state of transition; like a circle it can expand. Students need to adopt an experimental attitude toward the pulse.

B. PULSE SYSTEMS:
   1. Tradition & Revision:
      a. Review of Literature.
      b. Examples of Tight & Wiry Qualities: current classification Vs current clinical experience.
   2. Dr. Shen's Method in the context of Modern Practice.
   3. Classification & Terminology: crisis in terminology---again refer to NCCA chart.
   4. Leon Hammer is attempting to find a common language of felt sensation and terminology in order to:
      a) Classify Qualities.
      b) Interpret Qualities.
      c) Integrate the interpretation of combinations of Qualities.
      d) Integrate with other diagnostic models such as the tongue.
      e) Develop a tentative management and treatment strategy.
      f) Recommend some specific treatment possibilities.
   5. Classify by Sensation rather than Condition [the most immediate felt message from client to clinician--e.g. Tight to deficient Static Heat].
   6. The differentiation of Qualities according Shen/Hammer.
   8. Pulse is not meant to be used alone--only with other modalities.

C. POSITIONS:
      a. Principal Individual Positions [+ a short discussion].
      b. Complementary Individual Positions.
   5. Description & discussion @ 'rolling one's fingers' on the pulse [includes discussion @ Qualities on the Middle Burner overshadowing the other Burners]

D. FINGER PRESSURE AND THE 3 DEPTHS
   Discuss while demonstrating the 3 Depths:
   1. a. The movement is all in the wrist.
      b. The total distance between the surface and the Qi Depth and between the depths is perhaps less than 1/32nd of an inch.
   2. Tendency to press too hard. The boundaries of the pulse are exact and subtle.
   3. Key to the depths are in the fingers, wrist and the arm of the practitioner.
   4. Common error: The Qi Depth is where one 1st feels the pulse & then to access the other depths from there.
   5. Qi Depth is at a predetermined pressure. Give example.
   6. Large Vs Medium Vs Thin size of the patient and the effect it has on the pulse.
   7. The most sensitive part of the finger is the center of the curve between the nail and the pad of the finger.
   8. Do not attempt to evaluate Qualities at this time. Just practice finding & feeling the location of the 3 Depths.

E. THE 6 PRINCIPLE INDIVIDUAL AND 22 COMPLEMENTARY POSITIONS
   1. 6 Principle Individual Positions:
      a. Discussion and comparison with Nei Qing and Li Shi Zhen--refer to chart].
      b. Demonstrate and have them practice in pairs.
   2. Question as to why Yang organs such as L.I. & S.I. are sections of a Yin organ position.
   3. 18 Complementary Positions:
      These special positions are either medial or lateral to, between, or at the distal and proximal aspects of the 6 Principal Positions.
a. Complementary Individual Positions: Which have the same quality under normal conditions as the Principal Positions.
b. Complementary Individual Positions: Which have no quality under normal conditions.

F. PULSE TAKING METHOD
1. Time required for examination.
2. Emphasize again---Middle position overshadows other positions.
4. Initially access both wrists simultaneously because:
   a. Sensation of a particular quality can vary from one person to another. When at first felt Tight can on simultaneous comparison with other positions and qualities, be re-evaluated as relatively more Tense & Taut. Then give example of a women with a Thin pulse.
   b. Therefore, assessing the overall sense of a person's pulse and condition to begin with, prepares one to look at that person's qualities in terms of their body condition rather than in terms of general expectations.
   c. Then talk about what many of us did with pulse learning and practice: which was to emphasize more our intuition over objective findings.
   d. Quick reading of the uniform qualities on the entire pulse, on the sides, at the 3 Depths: The Qi, Blood and Organ Depths, and at the different Burners except for the Upper Burner.
   e. One can also evaluate quickly the rarely occurring but extremely important differences in Rate & Rhythm between the 2 sides (if there is one).
5. Again emphasize the placement and location of the index finger contiguous to the scaphoid bone to access the Distal Position. Demonstrate this again.

G. Interpretation of Findings:
Dr. Leon Hammer strongly emphasizes that it is best to approach the Pulse from the largest issue to the smallest one.

1. First Step: Rhythm & Rate

2. Initial Overall Impressions of Large Segments of The Pulse:
   1. The initial overall impression is made taking the pulses on both wrists simultaneously.
   2. The next step is to get a quick impression of other qualities, which are uniform on the entire pulse or only on one side.
   3. a. Qualities that are uniform on the entire pulse & on other large segment such as the Burners & the sides.
      b. Such Qualities lend special interpretations to diagnosis different from those made when the same qualities are found in only one position. Give example.

3. The Most Common Qualities Found On The Entire Pulse Are: See handout.

   1. Normal Wave Form.
   2. Unusual Wave Forms.

7. The Three Depths:
   1. The Qi Depth:
      a. How & where to feel and when it is not there.
      b. Most common Qualities felt in this position.
      c. When not felt below the Qi Depth: The Empty Quality.
   2. The Blood Depth: How & where to feel.
      a. Deficiency: Thin quality
      b. Excess
         i. 'Blood Unclear'
         ii. 'Blood Heat'
         iii. 'Blood Thick'
         iv. 'Full-Overflowing'
   3. The Organ Depth:
      a. Normally has greatest substance & offer greatest resistance.
      b. Represents cardinal functional and especially the material aspect of the Yin Organs.
4. Review all Qualities already mentioned for the Large Segments of the Pulse.
5. Demonstrate through finding easily recognized Qualities on some of the students and having everyone feel these qualities.

8. THE PRINCIPAL INDIVIDUAL POSITIONS (see handout)

A. THE LEFT SIDE
1. PRINCIPAL LEFT DISTAL POSITION: HEART
   a. Accessing this position.
   b. Distinguish sensations: distal to proximal Vs proximal to distal.
   c. Qualities most frequently found in this position.
   d. Less frequently found Qualities.

2. PRINCIPAL LEFT MIDDLE POSITION: LIVER
   a. Finding the correct position.
   b. Most common Qualities found in this position.

3. PRINCIPAL LEFT PROXIMAL POSITION: KIDNEY YIN & JING
   a. Finding the correct position.
   b. Most frequently found Qualities.
   c. Less frequently found Qualities.
   d. Harder Qualities Vs more pliable Qualities.
   e. Excess Qualities.

B. THE RIGHT SIDE
1. RIGHT PRINCIPAL DISTAL POSITION: LUNGS
   a. Finding the correct position.
   b. Delineating the sensation that comes to the lateral side of the index left index finger from distal to proximal position.
   c. Most frequently found Qualities.

2. RIGHT PRINCIPAL MIDDLE POSITION: STOMACH/SPLEEN
   a. Finding the correct position.
   b. Harder Qualities Vs more pliable Qualities Vs other Qualities.
   c. Spleen position.
   d. When Spleen Qi Deficiency & Stomach Heat co-exist.

3. RIGHT PROXIMAL POSITION: BLADDER/KIDNEY YANG
   a. Dr. Shen: Bladder is found in the center of this position.
   b. Leon Hammer: has found that this is true only when there is pathology in the Bladder, S.I. or pelvic organs. Otherwise, Dr. Hammer considers this position to represent Kidney Yang.
   d. Severe Kidney Yin deficiency manifest here with the harder Qualities of [Tight, Wiry].
   e. Most frequently found Qualities.
   f. Less frequently found Qualities.
   g. Excess Qualities.

THE 22 COMPLEMENTARY INDIVIDUAL POSITIONS: see handout.

Left Side:
1. The Left Special Lung Pulse
   a. Position; varies from person to person; found with the flat pad of the right index finger.
   b. Most frequent found qualities.
   c. rolling one's finger on the pulse & what it informs us about areas of the Lung and the Material & Energetic aspects of the Right Lung.

2. Left Neuro-Psychological Pulse
   a. Position
   b. Qualities and what is the current understanding.

3. Pericardium and Large Vessels of the Heart
Pericardium
   a. Position
   b. Quality--Most common Quality: Tight & occasionally accompanied by Slipperiness.
Large Vessels of the Heart
   a. Position
   b. Qualities: sometimes Inflated [aneurysm]; or Tense-Tight Full-Overflowing Quality [hypertension].

4. Heart Valve
5. Heart Enlarged
6. Left Diaphragm pulse

10. Gall Bladder
11. Large Intestine
12. Pelvis/Lower Body
Right Side:
13. The Right Neuro-Psychological
14. The Right Special Lung Pulse
15. Pleura
16. Right Diaphragm
17. Esophagus
18. Spleen
19. Stomach Pyloric Extension
20. Duodenum
21. Small Intestine
22. Right Pelvis Lower Body