

COLOR  
REFERENCE  
CHARTS  
*for*  
PULSES

*by*

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### Mài – Pulses: 30 Most Important Types

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*Pulses – 30 Primary Types – Alphabetical by Pin-Yin*

**Pulses I**

#	脈	Mài	Translation	Alternate Names
1.	長	<b>Cháng</b>	<b>Long</b>	
2.	沉	<b>Chén</b>	<b>Sunken</b>	Sinking, Submerged, Deep
3.	遲	<b>Chí</b>	<b>Slow</b>	
4.	促	<b>Cù</b>	<b>Skipping</b>	Hurried, Hasty, (Agitated (see #6), Accelerated)
5.	代	<b>Dài</b>	<b>Intermittent</b>	Interrupted
6.	動	<b>Dòng</b>	<b>Trembling</b>	<b>Agitated</b> , Moving, Mobile, Stirring, Spinning-bean
7.	短	<b>Duǎn</b>	<b>Short</b>	
8.	伏	<b>Fú</b>	<b>Hidden</b>	Buried
9.	浮	<b>Fú</b>	<b>Floating</b>	Superficial
10.	革	<b>Gé</b>	<b>Drumskin</b>	Leather(y), Tympanic
11.	洪	<b>Hóng</b>	<b>Flooding</b>	Surging, Overflowing, Tidal
12.	滑	<b>Huá</b>	<b>Slippery</b>	
13.	緩	<b>Huǎn</b>	<b>Relaxed</b>	Leisurely, Languid, Moderate, Slowed-down
14.	疾	<b>Jí</b>	<b>Racing</b>	Fast, Hurried, Swift, Rushing
15.	結	<b>Jié</b>	<b>Knotted</b>	Bound, Nodular
16.	緊	<b>Jǐn</b>	<b>Ropelike</b>	Tight, Tense
17.	芤	<b>Kōu</b>	<b>Scallion-stalk</b>	Hollow (Leek stalk, Onion Stalk)
18.	牢	<b>Láo</b>	<b>Bound</b>	Confined, Firm, Hard, Imprisoned
19.	平	<b>Píng</b>	<b>Even</b>	
20.	濡	<b>Rú</b>	<b>Soggy</b>	Soft, Frail, Weak-Floating
21.	軟	<b>Ruǎn</b>	<b>Soft</b>	aka Ru mai = Soggy (see above)
22.	弱	<b>Ruò</b>	<b>Weak/Frail</b>	Infirm
23.	散	<b>Sàn</b>	<b>Scattered</b>	Dispersed, Dissipated
24.	澀	<b>Sè</b>	<b>Choppy</b>	Rough
25.	實	<b>Shí</b>	<b>Full</b>	Replete, Excess
26.	數	<b>Shuò</b>	<b>Rapid</b>	Accelerated
27.	微	<b>Wēi</b>	<b>Faint</b>	Minute, Diminutive
28.	細	<b>Xì</b>	<b>Thready/Fine</b>	Thin, Small, Minute
29.	弦	<b>Xián</b>	<b>Wiry</b>	Bowstring, Stringy
30.	虛	<b>Xū</b>	<b>Empty</b>	Depleted, Deficient, Exhausted, Vacuous

## Pulses – 30 Primary Types – Alphabetical by Pin-Yin

### Pulses II

#	脈	Mài	Translation	<ul style="list-style-type: none"> <li>• <b>Description:</b></li> <li>▪ <b>Clinical Meaning:</b></li> </ul>
1.	長	<b>Cháng</b>	<b>Long</b>	<ul style="list-style-type: none"> <li>• extends beyond the 3 positions (cun-guan-chi)</li> <li>▪ good health or shi condition (usu. heat)</li> </ul>
2.	沉	<b>Chén</b>	<b>Sunken</b>	<ul style="list-style-type: none"> <li>• only palpable in the deep position (at the bone)</li> <li>▪ xu cond. esp. qi &amp;/or yang xu (normal during winter)</li> </ul>
3.	遲	<b>Chí</b>	<b>Slow</b>	<ul style="list-style-type: none"> <li>• 3 beats/resp.</li> <li>▪ presence of cold</li> </ul>
4.	促	<b>Cù</b>	<b>Skipping</b>	<ul style="list-style-type: none"> <li>• rapid &amp; irregular</li> <li>▪ obstruction of qi &amp; blood d/t fire; Ht qi xu</li> </ul>
5.	代	<b>Dài</b>	<b>Intermittent</b>	<ul style="list-style-type: none"> <li>• skips, pauses, then resumes, at regular intervals</li> <li>▪ deficiency of yuan qi &amp; yang; weakness of the zang</li> </ul>
6.	動	<b>Dòng</b>	<b>Trembling</b>	<ul style="list-style-type: none"> <li>• fast, tight, slippery &amp; short</li> <li>▪ yin &amp; yang struggle - the vanquished aspect is writhing</li> </ul>
7.	短	<b>Duǎn</b>	<b>Short</b>	<ul style="list-style-type: none"> <li>• does not fill all three positions, often confined to Guan (opposite of Long)</li> <li>▪ qi xu (esp. Lu, ST, Kd) leads to qi &amp; blood stasis</li> </ul>
8.	伏	<b>Fú</b>	<b>Hidden</b>	<ul style="list-style-type: none"> <li>• very deep, only found close to the bone, even then seems to arise from below</li> <li>▪ severe insufficiency of yang; extreme cold obstructing (pathogens are trapped)</li> </ul>
9.	浮	<b>Fú</b>	<b>Floating</b>	<ul style="list-style-type: none"> <li>• feels strong with light pressure, but weakens or disappears when pressure is applied</li> <li>▪ exterior condition, dz at surface, exogenous invasion</li> </ul>
10.	革	<b>Gé</b>	<b>Drumskin</b>	<ul style="list-style-type: none"> <li>• at the surface it is taut &amp; <b>firm</b>, in the center it feels empty</li> <li>▪ severe insufficiency; follows significant loss of blood or jing</li> </ul>
11.	洪	<b>Hóng</b>	<b>Flooding</b>	<ul style="list-style-type: none"> <li>• big, it rises strongly, but then fades out</li> <li>▪ shi conditions, usu. excess heat/fire (normal during summer)</li> </ul>
12.	滑	<b>Huá</b>	<b>Slippery</b>	<ul style="list-style-type: none"> <li>• extra smooth, slides/rolls by, feels round &amp; continuous vs. undulating</li> <li>▪ dampness or phlegm; food retention; pregnancy</li> </ul>
13.	緩	<b>Huǎn</b>	<b>Relaxed</b>	<ul style="list-style-type: none"> <li>• 4 beats per respiration    ▪ healthy (good aerobic fitness)</li> <li>+ floating = wind damage + deep = damp disorder + large = Lr wind stirring + weak = Ht qi xu</li> </ul>
14.	疾	<b>Jí</b>	<b>Racing</b>	<ul style="list-style-type: none"> <li>• 7+ beats per respiration</li> <li>▪ excessive heat/fire, exhausting the body's yin</li> </ul>
15.	結	<b>Jié</b>	<b>Knotted</b>	<ul style="list-style-type: none"> <li>• slow &amp; irregular</li> <li>▪ obstruction of qi &amp; blood d/t cold; Ht yang xu</li> </ul>
16.	緊	<b>Jǐn</b>	<b>Ropelike</b>	<ul style="list-style-type: none"> <li>• rises &amp; falls with strength, but vibrates to &amp; fro, feels like a rope both taut &amp; twisting</li> <li>▪ shi conditions; presence of cold; pain</li> </ul>
17.	芤	<b>Kōu</b>	<b>Scallion-stalk</b>	<ul style="list-style-type: none"> <li>• at the surface big &amp; <b>soft</b>, substantial at the edges, it is empty in the center</li> <li>▪ blood xu, d/t significant blood loss (result of heat induced bleeding)</li> </ul>
18.	牢	<b>Láo</b>	<b>Bound</b>	<ul style="list-style-type: none"> <li>• very deep, almost hidden, but once found is strong &amp; impatient</li> <li>▪ extreme excess; internal accumulation of cold; Lr qi stagnation (normal in Winter)</li> </ul>
19.	平	<b>Píng</b>	<b>Even</b>	<ul style="list-style-type: none"> <li>• clear &amp; regular; smooth &amp; supple; has root; 5 beats/resp *definition of healthy pulse</li> <li>▪ Ht qi &amp; blood is ample; Sp/St qi is robust, Kd qi &amp; jing are solid</li> </ul>
20.	濡	<b>Rú</b>	<b>Soggy</b>	<ul style="list-style-type: none"> <li>• superficial, thin, weak, &amp; soft</li> <li>▪ Sp xu and damp; severe def. of yin, blood, or jing/marrow</li> </ul>
21.	軟	<b>Ruǎn</b>	<b>Soft</b>	<ul style="list-style-type: none"> <li>• aka Ru mai = Soggy (see above)</li> </ul>
22.	弱	<b>Ruò</b>	<b>Weak/Frail</b>	<ul style="list-style-type: none"> <li>• deep, but also very thin &amp; soft</li> <li>▪ yang qi is weak (unable to raise the pulse)</li> </ul>
23.	散	<b>Sàn</b>	<b>Scattered</b>	<ul style="list-style-type: none"> <li>• diffuse; big, but without strength, is indistinct &amp; disappears with pressure</li> <li>▪ severe deficiency; injury to yuan / Kd qi</li> </ul>
24.	澀	<b>Sè</b>	<b>Choppy</b>	<ul style="list-style-type: none"> <li>• rough &amp; uneven, irregular pace, but does not skip, also thin, weak and short</li> <li>▪ depletion of yin (blood or fluids); (significant loss of fluids d/t; sweating, vomiting, diarrhea, or hemorrhage); <b>blood stasis</b></li> </ul>
25.	實	<b>Shí</b>	<b>Full</b>	<ul style="list-style-type: none"> <li>• strong and forceful (felt from superficial to deep)</li> <li>▪ shi conditions (repletion, accumulation, hyperfunction)</li> </ul>
26.	數	<b>Shuò</b>	<b>Rapid</b>	<ul style="list-style-type: none"> <li>• 6 beats per respiration</li> <li>▪ heat conditions</li> </ul>
27.	微	<b>Wēi</b>	<b>Faint</b>	<ul style="list-style-type: none"> <li>• very thin and soft, vague &amp; indistinct, virtually imperceptible, with pressure it breaks up</li> <li>▪ yang xu, yang collapse/desertion; severe def. of both qi &amp; blood</li> </ul>
28.	細	<b>Xì</b>	<b>Thready/Fine</b>	<ul style="list-style-type: none"> <li>• thin + soft &amp; weak (clearer than wei mai)</li> <li>▪ <b>blood-yin xu</b>; qi xu (considered normal in Autumn)</li> </ul>
29.	弦	<b>Xián</b>	<b>Wiry</b>	<ul style="list-style-type: none"> <li>• taut &amp; forceful, like a guitar string, does not undulate or vibrate</li> <li>▪ pain; Lr/GB pathology; (normal during springtime)</li> </ul>
30.	虛	<b>Xū</b>	<b>Empty</b>	<ul style="list-style-type: none"> <li>• weak &amp; forceless</li> <li>▪ xu conditions (depletion, insufficiency, hypofunction)</li> </ul>

## Pulse Reference

### Pulses III

Simple	Trad.	Pīn-Yīn	ZW	Character Analysis	Literal Translation
脉	脈	Mài	120/5	body's tributaries	vein, artery, pulse
	平	Píng	27/44	exhale separating	even, level, flat; peaceful
缓	緩	Huǎn	103/21	thread and pull	loose, slack
	浮	Fú	55/7	water w/ ph: hatch	float, exceed
	沉	Chén	<sup>38/7</sup> 23/57	water w/ ph: leave	sink, submerge
	伏	Fú	91/18	person crouched like a dog	prostrate, hide
	散	Sàn	77/25	separate meat	disperse, scatter
	扞	Kōu	ph: 55/12	grass over kǒng = hole	hollow stem, scallion stalk
	革	Gé	74/2	horned animal flayed	leather; transform
	牢	Láo	92/10	ox under a roof	imprison, jail; trapped
迟	遲	Chí	90/7	move w/ ph: wěi = tail	slow, late, tardy
	數	Shuò	54/37	shù strike w/ ph: lǒu = woman in middle of doing nothing = leisure	shǔ = count shù = number, several
	疾	Jí	32/22	disease like an arrow	swift, rapid
	急	Jí	14/94	heart & attain	anxious, urgent, quick
	代	Dài	45/69	person with a stake	generation; era, period, dynasty
结	結	Jié	31/5	silk thread w/ ph: jí words from scholar's mouth	tie, knot
	促	Cù	88/61	person on heels/feet	urgent, urge
实	實	Shí	95/4	string of money under roof	wealthy, substantial, solid
	虚	Xū	122/23	tiger & hill (large hill)	empty, unoccupied
	弱	Ruò	124/19	fragile plant or young bird's wings	weak
细	細	Xì	143/6	silk threads & xīn = skull	thin, fine; detailed
	微	Wēi	134/7	slender fibers = small steps	tiny, slight
	洪	Hóng	15/45	water w/ ph: gōng = 20 pairs of hands	floods
	長	Cháng	22/52	high table	duration, length, long
	短	Duǎn	69/97	arrow & platter/bean	short
	弦	Xián	59/27	bow & ph: xuán = dark, abstruse	string, bowstring
紧	緊	Jǐn	142/20	tied firmly with thread (ropes)	tight
	滑	Huá	133/3	water & bones	slippery
涩	澀	Sè	35/26	water & stop repeatedly	rough, not fluid; astringent
动	動	Dòng	76/98	heavy & strong	act, do, move
	濡	Rú	<sup>161</sup> 161/2	water & ph: xū = rain slow like beard grows = need, require	wet, moist (Hex.5)
	軟	Ruǎn	10/44	cart & lack	weak, soft, gentle

## *About the Author*

### **About the Author**

Jim Cleaver has devoted much of the last forty years to teaching many aspects of Chinese medicine, having held positions at Five Branches Institute in Santa Cruz, CA., The Oregon College of Oriental Medicine, and the last 22 years at National College/University of Natural Medicine in Portland, OR.

Using this book, students, teachers, and practitioners will benefit from his depth of experience in clinic and classroom.

As a classroom tool and an office reference, this book is an invaluable resource.

Now retired from academics, Jim is making available some of the many books he created for his classes and students during his teaching career.

These cover a wide range of topics related to Chinese Medicine, the Yi-Jing, and Chinese philosophical classics.

Jim also maintains a private practice and a Qi-Gong & Tai-Ji class begun in 1991.

