

## **Calm Pulse (The Healthy Person's Pulse)**

As a rule, in order to do pulse diagnosis one must first know the seasonal pulses and time pulses, Stomach pulse and calm pulse of the organs, and thereafter may proceed to diseased pulses. However, one hardly ever meets someone with the ideal calm pulse, as each person's pulses reflect their own peculiar constitutional imbalances. Nevertheless, it is still important to have a standard, and so this section will present the classic picture of a healthy person's pulse.

### **1. STOMACH KI PULSE**

**There are three main points to understand about stomach ki.**

**1. The strength and quality of Stomach ki is ascertained mainly at the middle pulse.**

The middle pulse is crucial, as it reflects the amount of life force (the combination of yin and yang). The term middle pulse refers to the middle level or depth between the superficial and deep levels where a clear and stable pulse can be felt equally in all three fingers at the same time. A healthy middle pulse should have a certain vitality, which is an indication of plentiful stomach ki and means that the prognosis is good. A weak middle pulse indicates an insufficiency of stomach ki, which in turn indicates that the patient has a weak vital energy and a low level of natural healing power. If the middle pulse cannot be detected at all, death may be near. When there is serious damage to the middle pulse/stomach ki the body cannot be renewed and death follows. People who attempt suicide have no middle pulse. Uniformly these patients do not have deficient pulses but the middle pulse is missing. The pulse feels as if it is sinking into moist mud. This probably occurs after a considerable amount of time has been spent in worry and anxiety.

**2. Stomach ki quality should feel moderate and peaceful.** It is soft and has a bounciness or springiness. The stomach ki quality as seen in the whole pulse is not too fast or too slow, and is neither floating or sinking excessively nor overly deficient or excess. Good Stomach ki quality feels very soft like newly budding leaves.

When the amount of Stomach ki decreases, the pulse becomes harder. For example, from childhood to old age, the pulse changes from yang to yin. Therefore, there is more definition as age progresses. If we tried to give an old man a newborn's pulse, we would make him sick or younger body.

However, when the pulse is very well defined and excess you may feel the patient is doing well, but this is sometimes a mistake. In hard and strong pulses, it is not possible to detect the middle pulse. This pulse has lost its bouncy, peaceful nature. Most often, these pulses belong to people with chronic diseases and are difficult to treat. If you detect Stomach ki with middle pulse you may tell the patient, the prognosis is good, but if not, be cautious. Lack of a middle pulse is a death pulse. Terminal also with large quantities of drug patients will not regain the middle pulse. Most importantly, if there is no stomach ki pulse quality at any of the positions or in the overall pulse, it indicates that *jaki* (evil ki) has entered the corresponding area of the body.

- 3. Stomach ki can be judged as being abundant if the pulse has enough depth** (thickness) in between the superficial and deep levels. A sinking pulse, for example, is a pulse that can be easily felt at the deep level. Thus, a sinking pulse that has a lot of Stomach ki would be slightly felt at the superficial level and felt very clearly at the deep level. A pulse that cannot be felt at all at the superficial level, and that can only be felt at the deep level would be a sinking pulse with very little Stomach ki.

**First, find the pulse that lacks clear Stomach ki (middle pulse) and tonify the source ki.** Ask yourself how much ki has been lost from the Stomach ki. If there is a great deal of Stomach ki, the prognosis is good. Ask which position is the worst or most deviant from normal. The same amount of Stomach ki may be found in all positions but it may also be different in any single position. For example, deficient Stomach ki in the Liver means the Liver is not well. If the condition of all the organ declines at the same rate, a person will die peacefully and comfortably, but if only one or two deteriorate, death is difficult. The acupuncturist's duty is to equalize ki in the meridians and organs.