

Pulse Diagnosis for Intractable Diseases, with Targeted Low-dose Therapy



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Challenges for TCM practitioners outside of China

- TCM practitioners outside of China are not eligible to prescribe pharmaceutical drugs, nor use contemporary diagnostic tools such as laboratory tests to supplement accuracy of clinical diagnosis.
- This being a problem of great importance, TCM practitioners need to develop high level of proficiency in utilisation of TCM diagnostic and treatment methods.

Sharing a case first - Squamous Cell Carcinoma

- Male Caucasian aged 69 years old complaining of Squamous Cell Carcinoma (SCC) covered right side of face a year and half ago. He was treated with Efudix cream and symptoms relieved.
- Four and half months ago, similar symptoms appeared on his left forehead towards his left cheekbone, beginning with red hard plaque, developing into ulcer with pus-like discharges.
- Repeated the same treatment strategy but results were unsatisfactory. Standard TCM heat clearing and toxin elimination strategy also unable to contain clinical symptoms.

Comparison of results before and upon utilisation of the treatment according to the pulse diagnosis



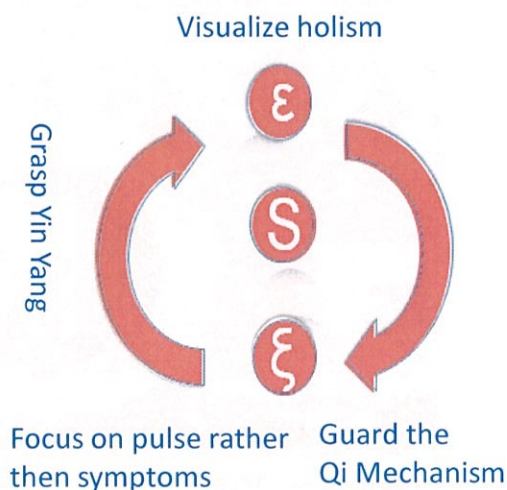
Feng, (2016)

Why pulse diagnosis and utilisation resulted in such an effective outcome?

- Today, I will discuss the use of novel pulse diagnosis methods in treatment of diseases.
- The utilised method was an integration of 2 pulse diagnostic methods: 60% Wei's S Oscillation method and 30% Li's Chang Sang Jun method along with 10% other techniques.
- Before I discuss the methods and my own experiences using pulse diagnosis for intractable diseases and targeted low dose therapy, I would like briefly introduce Wei's S Oscillation method first follow by Li's Chang Sang Jun method.

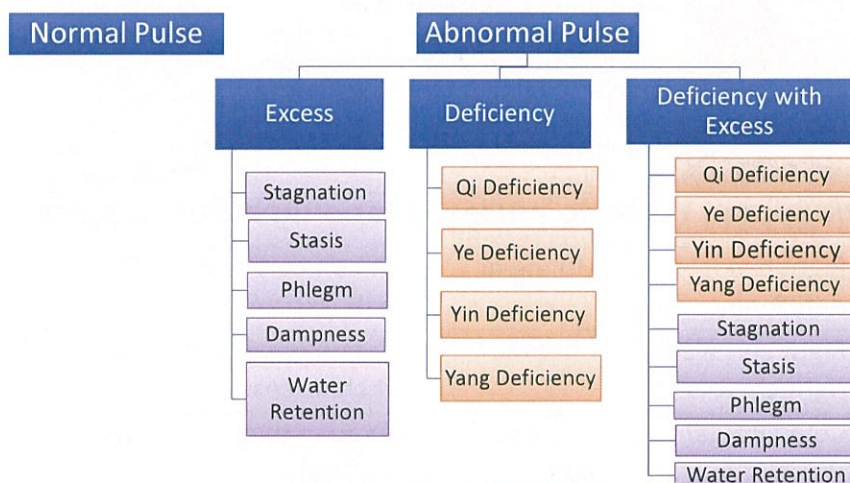
1. Wei's S Oscillation Pulse Study

- Developer of Wei's pulse study is Master Ren Wei, who inherited the theory of "huan" (otherwise known as the circle), from classical TCM (Qi, Huan, and Mai). Master Wei combined the essence of this classical method with modern technology and established S Oscillation CM Pulse Diagnosis studies.



Wei, (2016)

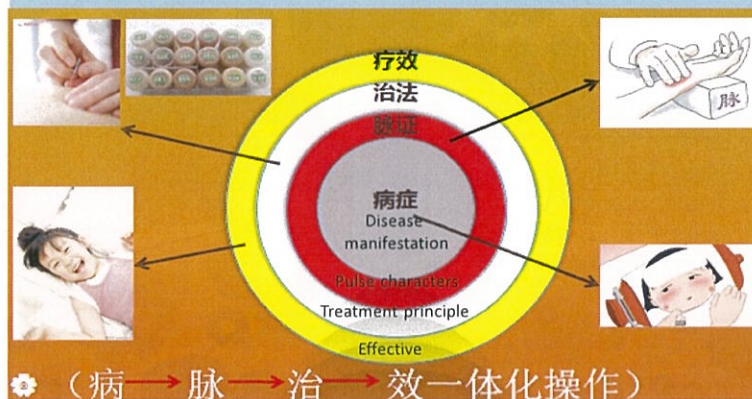
1.1 Wei's Pulse Study Systematic Hierarchy



From contents in Wei, (2016)

1.2 Wei's Pulse Characteristics

1. Focus on pulse rather than symptoms and signs
2. Mapping herbs to pulses
3. Simplifies the complexity



(Disease -> Pulse -> Treat -> Effect [Integrated operation])

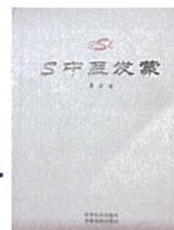
If pulse is stable, there will be no symptoms

Wei, (2016)

1.3 Mapping Herbs to Pulse



The treatment principle was based on mapping the herbs with corresponding pulses. One pulse maps to one herb, herb selections are very refined, targeting variety of diseases based on 20 or so herbs. For example:



Mapping herbs to pulse		Mapping herbs to pulse	
Right <i>cun</i> deficiency	Huang qi	Left <i>cun</i> cold and weak	Gui zhi
Right <i>cun</i> weak, right <i>chi</i> excess	Shenma	Left <i>cun</i> weak and left <i>chi</i> excess	Chai hu
Cold and damp stasis of pulse	Cao dou kou	Left <i>guan</i> damp stasis pulse	Niu xi

From contents in Wei, (2013)

2. Li's Chang Sang Jun Pulse Study

- *Li's Chang Sang Jun* pulse study was developed by Master Shushen Li who inherited the classified ancient pulse diagnostic method from Medieval Saint Chang Sang Jun which is classified as the highest hierarchy of pulse studies in Classical TCM.
- The essence of *Li's* pulse study is illustrated by the metaphor: "the passageway of the Yellow River over a thousand years could change easily, the pulse will roll to the left or right of Taiyuan location when people get older."

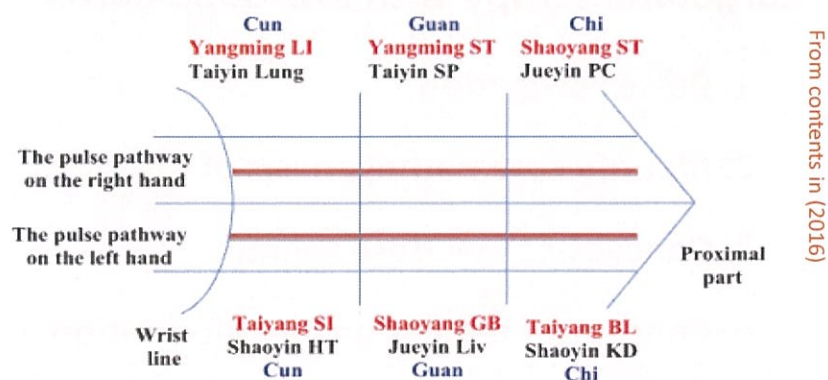


Pulse comparison between children and elderly

Li, (2016)

2.1 Li's Six Fu Viscera Pulse

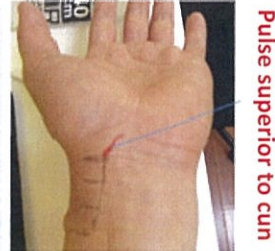
Chart of pulse navigation and identifying "Fu" viscera via leveling equilibrium



When vessel moves horizontally towards the lateral side (radial side) suggests heat retention in Yang channel; when it move horizontally towards the medial side (ulnar side), suggests cold retention in Yang Channels.

2.2 Li' s Pulse superior to Cun

- **Left Pulse superior to cun** is caused by heart and lung yin deficiency;
- **Right Pulse superior to cun** is caused by liver and kidney yin deficiency.
- Both provides clinical indication for TCM disease prevention, in particular stroke and cancers.



Classification	Pulse Manifestation	Levels of impairment
Class I	Short and weak	Yin deficiency presented.
Class II	Long and active	Yin deficiency severe, higher risk of developing into cancer, if both left and right pulse superior to <i>cun</i> are detected, then the five Zang viscera are yin exhausted, if elderly with deficient body constitution "visual bone pulse" will be detected (Li, 2016b). If weak or very weak, there is a significant risk of stroke.
Class III	Thin, mild and randomly scattered	Manifesting scattered qi superior to <i>cun</i> ; manifested as cancer in "Xue Mai".

Classification of pulse superior to *cun*

From contents in Li, (2016)

3. Treatment approach of "Pulse diagnosis for intractable diseases, targeted therapy with low-dose herbs

1. Pulse Navigation
2. Identify core pathogenesis of diseases
3. Concept of low-dose therapy
4. Concept of regulation and alternation
5. Intractable diseases

3.1 Pulse Navigation

1. Identify excess or deficiency of Qi, fluid (Ye), Ying and Yang and stagnation, stasis, of dampness and phlegm or existence of water pulse based on principles of Wei's Pulse assessment;
2. Identify cold and heat retention on the fu-viscera based on Li's levelling equilibrium;
3. Assess level of Yin Deficiency of patients based on Li's Pulse superior to cun.

3.2 Identify core pathogenesis of diseases

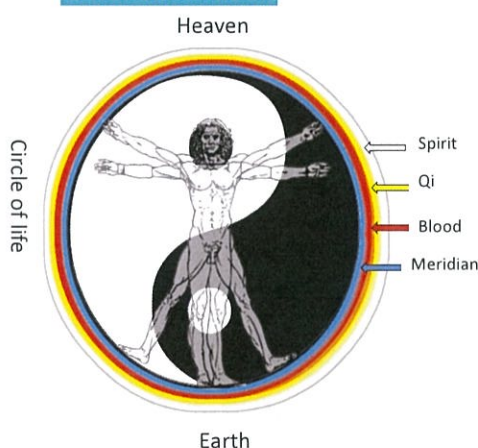
1. Based on the pulse navigation from Wei's and Li's, identify property and location of disease. To obtain the core pathogenic property is the key aspect for treatment.
2. Once the core pathogenesis is identified, target treatment with low-dose herbs to alternate the condition, and then body can promote self-healing and repair of intractable diseases.

3.3 Concept of low-dose therapy

1. Mapping herbs with corresponding pulse, hence provides strong target effect. Only use specific herbs when specific pulse is detected. For example, if right cun is deficient, use Huang qi, if left cun is weak with cold retention then use Guizhi.
2. Targeted selection, and low dose: average daily dose maintained at approximately 6 g, (equivalent to 30g of raw herbs) ; maximum 10g a day (equivalent to 50g of raw herbs)
3. Small amount of herbs is administered sublingually. As a result of the rapid absorption and direct diffusion into the venous system through the tongue's connective tissue, therapeutic effect was instant and powerful.

3.4 Concept of regulation/alternation

Regulation and alternation is not elimination



From contents in Wei, (2016)

- The classical text *Neijing* uses needles to regulate qi based on pulse diagnosis, however the new method uses low-dose (light weight) herbs to regulate qi after the disease property and location is verified via pulse navigation.
- The new method regulates the overall flow of qi and fluid, within and outside the vessels known as "huan" or the circle (Counter flow of *Yin* nutrient and *Wei* defense described in *Neijing*), achieving a therapeutic effect by regulating the holistic qi mechanics.

3.5 Concept of intractable diseases

Unsatisfactory clinical outcomes after regular treatment from both Western medicine (WM) and Chinese Medicine (CM) for more than 3 months can be summarised into two situations:

1. The yuan qi is not damaged, although treatment results are unsatisfactory from regular WM and CM treatments, it is treatable by pulse navigation methods. And the more significant the clinical manifestation, the easier to achieve a satisfactory outcome.
2. The yuan qi is damaged with inappropriate drug treatment, if the *Qi* and *Jing* is not exhausted, intractable diseases such as skin cancer, lung tumour, liver cancer, fibroids, breast lumps, amyotrophic lateral sclerosis or systematic psoriasis may still be treated effectively via pulse navigation methods.

4. Back to the SCC case described earlier : Pulse navigation diagnosis

- **Wei's pulse diagnosis:** Overall deficient pulse (thin and forceless), cold retention especially on the cun position; damp stagnation in both left and right guan position.
- **Li's pulse diagnosis:** Identifying fu-viscera with levelled equilibrium discovered coldness in the stomach and heat retention in large and small intestines; a class III pulse superior to cun was identified.

Scattered thin and random pulse
superior to cun



Feng, (2016)

4.1 Pulse diagnosis for squamous cell carcinoma

- **Pulse navigation diagnosis:** Based on the pulse analysis from both Wei's and Li's method, the author concluded the key factor contributing to the patient's condition is due to qi and fluid deficiency in the upper jiao along with cold-dampness stagnation and severe yin exhaustion in the 5 Zang viscera which manifested with the cancer *xue* pulse. Furthermore the presence of coldness in the stomach and heat in the intestines due to improper lifestyle and diet (long-term consumption of cold raw food in the morning and lack of fluid intake in general).
- **Pulse navigation diagnosis :** Despite the discrepancies between pulse navigation diagnosis and local manifestation diagnosis, treatment was given based on the pulse navigation, rather than local manifestation of burning pain on the affected site with red hard plaques, ulceration, and profuse yellow pus discharge.

4.2 Treatment process of SCC based on pulse navigation

1. Raw *Huangqi* 0.5 g, *Danggui* 0.5g, *Chuanxiong* 0.1g to alter the deficiency and cold retention in particular at *cun*; *Caodoukou* 0.3g used to alter cold-dampness stagnation pulse. After 5 minutes the overall deficiency, coldness and dampness stagnation was alleviated. However made the left *cun* pulse colder, hence add *Guizhi* 0.3g to alter the coldness at left *cun*. After another 5 minutes, the deficient cold pulse is no longer obvious, local redness and hot sensation of the face has alleviated, the burning and sharp pain has completely ceased.
2. Advise patient to adjust improper lifestyle and diet.
3. Take home prescription of 6 days to alter deficiency and damp-stagnation pulse: Raw *Huangqi* 2g, *Danggui* 2g, *Chuanxiong* 0.3g, *Danshen* 0.3g, Raw *Yiyiren* 1.5g with a total of 6.1g granulated herbs (equivalent to 30.5 grams of raw herbs.)

4.3 The treatment effect based on Pulse navigation

- A week after treatment, localised plaque, nodules and pus discharge has cleared. All deficient pulse has improved significantly, damp-stagnation pulse alleviated, but pulse superior to *cun* still exists, upon follow up, additional prescription was given, with deduction of *Huangqi* -1g and *Dangguai* -1g, and addition of *Shudihuang* 0.3 g to alter the yin fluid.
- Patient's self-determined condition completely healed hence only followed up 6 times within 3 months; during the last visit the pulse superior to *cun* has changed from a class III to class I, that indicates a reduced chance of reoccurrence of skin cancer.

5. Discussion

- Reflecting on the case study above, this case did not achieve satisfactory results from standard WMS and TCM treatments, by not prioritising the localised manifestation of redness, swelling, heat, pain, toxin and dampness retention, but prioritising pulse navigation of overall deficiency, coldness, dampness stagnation, stomach cold with heat in the intestines accompanied with 5 *Zang* yin exhaustion, the author has achieved a rapid and effective clinical outcome by alternation using low-dose herbs.
- If pulse diagnosis is disregarded, and treatment only relies on local manifestation, a possibility of misdiagnosis could be the result; hence inappropriate diagnosis and treatment.
- Today I am sharing the concept of **alternating and regulating** rather than **treating** a particulate disease. As personally I think this concept is far more important than treating specific diseases.

6. Conclusion

- Despite the limitation of diagnostic tools available to TCM practitioners outside of China, but through pulse diagnosis, we are able to obtain the information on treatment progression immediately to confirm treatment direction.
- Pulse navigation and herbal prescription is easy to adapt, provides accurate diagnosis, uses precise but low-dose herbs, avoids strong prescriptions and unpredictable safety profiles and also limits wasting of resources.
- Pulse navigation treatments provide us with a higher level of diagnostic accuracy & enlighten us with a better and effective way to improve clinical efficacy. Furthermore, they allow us to act on the early detection of intractable diseases such as stroke and cancers.

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Thank you

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