

THE SEVEN AFFECTS IN RELATIONSHIP  
TO CHINESE PULSE DIAGNOSIS

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## ABSTRACT

*Background:* There is lack of information pertaining to the effects of emotions on pulse in the context of pulse diagnosis for non-Chinese readers. Continuing education seminars providing instruction on application of correlations between pulse and emotions may inadvertently mislead.

*Purpose:* The study examines the relationship between pulse qualities and emotional affects in text and explores how the information is applied in clinical practice.

*Methods:* A sample of five senior level PCOM affiliated acupuncturists from the San Diego area were interviewed to discover how they personally apply information found in texts pertaining to pulse qualities and emotional affects in practice. Interviews were modeled after the person-centered ethnographical methods used in anthropology.

*Results:* Correlations observed in clinical practice were noted by three out of five participants involving anger, anxiety, and depression. The role of intuition in the context of pulse diagnosis was discussed through personal experience by four out of five participants. Cultural and educational background impacted the interview process.

*Key Words:* Pulse diagnosis, Seven Affects, Five Spirits, emotions, empathy, intuition, resonance, preventative medicine.