



Pulse Classic: A Translation of the Mai Jing

By Wang, Shu-he, translated by Yang, Shou-zhong

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The Mai Jing or Pulse Classic was written in the late Han dynasty by Wang Shu-he. It is the first book in the Chinese medical literature entirely devoted to pulse diagnosis. As such, it is the undeniable and necessary foundation text for anyone seriously interested in understanding the rationale for and method of reading the pulse in Chinese medicine. Although not an easy read, this book is a mine of valuable information for those wishing to go more deeply into a study of the pulse.

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