

诊脉歌 // PULSE SONG

Full lyrics & translations

[INTRO]

上个世纪一位中医的把脉笔记

shàng gè shì jì yí wèi zhōng yī de bǎ mài bǐ jì

During the 20th century, a Chinese physician outlined how to take the pulse

内容精辟 我要看懂把它传下去

nèi róng jīng pì wǒ yào kàn dǒng bǎ tā chuán xià qù

His notes were so detailed and useful, I had to study them and pass down the knowledge

[VERSE 1]

要学习把脉 实在不容易

yào xué xí bǎ mài shí zài bù róng yì

Learning how to take the pulse is truly not easy

要留心分析 脉象极细密

yào liú xīn fēn xī mài xiàng jí xì mì

One must analyse it carefully as its fluctuations are very fine

要谨慎切脉 才能病治愈

yào jǐn shèn qiè mài cái néng bìng zhì yù

By reading it with precision, we can cure the body of disease

要断定疗方 谨记这道理

yào duàn dìng liáo fāng jǐn jì zhè dào lǐ

To determine treatment, remember these principles

[CHORUS]

把脉三指 食指中指无名指 [Yo, got it!]

bǎ mài sān zhǐ shí zhǐ zhōng zhǐ wú míng zhǐ [Yo, got it!]

Three fingers to read the pulse - index finger, middle finger, ring finger [Yo, got it!]

寸口三部 寸部关部还有尺部 [Yo, got it!]

cùn kǒu sān bù, cùn bù, guān bù, hái yǒu chǐ bù [Yo, got it!]

Three parts on the wrist - *cun*, *guan*, and *chi* [Yo, got it!]

辨证八纲 寒热虚实表里阴阳

biàn zhèng bā gāng hán rè, xū shí, biǎo lǐ, yīn yáng

The Eight Cardinal Syndromes for treatment - coldness, heatiness, weakness, strength, outward, inward, *yin yang*

[VERSE 2]

生命的根本 在于胃里的元气
shēng mìng de gēn běn zài yú wèi lǐ de yuán qì
The root of life is the *qì* in the stomach

元气能调和 自然脉象就有力 [Hmph!]
yuán qì néng tiáo hé zì rán mài xiàng jiù yǒu lì [Hmph!]
When the *qì* is balanced, the pulse will naturally be strong [Hmph!]

五行的生克 主宰五脏的元气
wǔ xíng de shēng kè zhǔ zǎi wǔ zàng de yuán qì
The balance of the Five Elements dictates the vitality of our five main organs

元气的向逆 十二时辰来探析
yuán qì de xiàng nì shí èr shí chén lái tàn xī
The inverse and reverse flow of *qì* takes 24 hours to analyse

[VERSE 3]

浮动滑长数 阳脉强有力
fú dòng huá cháng shǔ yáng mài qiáng yǒu lì
Floating, beating, flowing, long, fast are the powerful *yang* pulses

涩沉弦促虚 阴脉弱而迟
sè chén xián cù xū yīn mài ruò ér chí
Rough, deep, tight, short, weak are the slow *yīn* pulses

外感却阴气 征兆不吉利
wài gǎn què yīn qì zhēng zhào bù jí lì
If one feels the *yīn* from the outside, then one's condition isn't good

内虚却阳盛 症状就紧急
nèi xū què yáng shèng zhèng zhuàng jiù jǐn jí
If the inside is weak but one feels *yang* from the outside, then one's condition is critical

[BRIDGE]

要知道脉象 偏于一方 就会致病
yào zhī dào mài xiàng piān yú yì fāng jiù huì zhì bìng
A pulse that is either too 'over' or 'under' will lead to illness

要知道脉象 突然变异 就需谨慎
yào zhī dào mài xiàng tū rán biàn yì jiù xū jǐn shèn
When the pulse suddenly turns abnormal, one must examine it very carefully

[CHORUS]

把脉三指 食指中指无名指 [Yo, got it!]

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[OUTRO]

Everybody 看好自己

Everybody kàn hǎo zì jǐ

Everybody, look after yourselves

Everybody 照顾好身体

Everybody zhào gù hǎo shēn tǐ

Everybody, take care of your bodies