Liver

Aetiology

Frustration: inability to act or plan as wanted, being out of control in managing life, being restricted by circumstances i.e. Family, emotional, financial or physical. Wood needs a sense of growth and easy flow which gives a sense of self-determination and control. Limitation will stagnate Liver qi.

Anger: will stagnate Liver qi or create Liver fire and/or Liver Yang rising; may be related to frustration or deep-seated emotional issues.

Diet: greasy, hot spicy foods, alcohol creates heat and stagnation. (temporarily moves qi) Inadequate blood nourishing foods may lead to Liver Blood Xu.

Wind: Liver particularly susceptible to Wind energy because of it's flowing nature (either external or internal) Can disturb balance of Blood stored in Liver.

Excess patterns

Liver qi stagnation

Feeling tense, irritable/angry, depressed: "rules flowing and spreading"

Abdominal distension, stuffiness in chest. Sighing and hiccup: attempting to move qi. 'plum stone throat'

Constipation: smooth flow in the small intestines

Irregular or late periods, painful periods, pre-menstrual breast distension, PMT/emotional lability: Liver feeds extraordinary vessels connecting to Uterus, the Ren and Chong vessels, qi stagnation impairs movement of blood inthese vessels. Liver channel runs through the breast area giving rise to breast tenderness and also general stagnation in chest.

Fluctuation of symptoms

Tongue: normal/maybe red sides  Pulse: tense/wiry

Liver Fire Blazing

Sever irritability and out bursts of anger: Liver qi stagnation exacerbated by expansive nature of fire

Red face, severe throbbing temporal headache, dizziness: implosion of stagnant Liver qi creates intense heat. Full heat rises via GB channel to head. Red face due to heat, dizziness created by disturbed qi flow to the head.

Tinnitus and/or deafness: Ascending fire clouds orifices giving disturbed ear function. Tinnitus-high-pitched, worse for stress, sudden onset.

Dream disturbed sleep: Hun is disturbed, dreams vivid-might be fighting, flying, travelling or fires. Thirst, bitter taste, constipation with dry stools, dark, yellow urine-heat condenses body fluids.

Erractic bleeding such as blood in stools (red flag!) or nosebleeds: Fire heats blood and causes it to be reckless.

Tongue: red, especially sides, dry yellow coating  Pulse: full, wiry and rapid

Damp-Heat in Liver and Gallbladder

Fullness in chest and hypochondrium: Heat in Liver combines with Damp from Spleen qi xu/Yang xu.

Jaundice: Damp obstructs flow of bile which invades tissues giving yellow tinge.

Red complexion: Full heat giving rise to ruddy complexion

Nausea, vomiting, loss of appetite: stagnation and damp invade stomach interferring with normal descent of stomach qi

Abdominal distension, loose stools possibly with foul odour, loss of appetite: Liver invades Spleen depleting it's functions. Odour due to heat.

Pain, redness, itching of genitals: Damp-heat transmitted via luo-connecting channel.

Low grade fever

Sudden acute pain in right hypochondrium which may radiate to shoulder/sternum: stagnation of qi/blood and probably phlegm creating solid masses i.e gallstones

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Liver Blood stagnation
Irregular/late periods: "flowing and spreading", Ren and Chong mai
Severe menstrual pain: Blood stasis creates pain ('pain no flow-flow no pain")
Dark, clotted menstrual blood
Heavy/scant menstrual flow: 'not getting going followed by heavy flooding' i.e dam being breached
Fixed abdominal masses: intense blood stasis
Vomiting of blood, nosebleeds: excess heat in blood
Tongue: purple Pulse: wiry, choppy

Deficiency patterns
Gallbladder Xu
Timidity, nervousness, easily startled, lack of courage and initiative: GB takes it's drive inherent to Wood element i.e decisiveness and action (Hun: source of hope and vision)
Dizziness, blurred vision: Liver Blood xu

Liver Blood Xu
Paleness of skin, eyes, lips and nails when pressed.
Cramps, spasms, muscle weakness, numbness and tingling in limbs: tissues lack nourishment (which affects sinews "Liver benefits sinews")
Dry hair and skin, hair falling out: Blood moistens and nourishes
Blurred vision, floaters, tired, dry or gritty eyes: "opens into the eyes"
Dry brittle or withered nails: "manifests in the nails"
Infrequent, scanty periods/amenorrhoea: Liver supplies Ren and Chong mai.
Dizziness, fainting, poor memory: Severe Blood xu will affect qi and Yin, "lack of marrow, fills up the brain"
Tiredness: Blood xu results in decline of quality of qi
Vivid dreams: Hun disturbed
Tongue: pale and dry (pale orange sides) Pulse: fine/thin

Liver Wind syndromes
Fever, convulsions, tremor, vertigo, headache, tinnitus, shaking of head: may be caused by Liver Yang rising, Liver Blood xu

Common points
Liv2 – clears Liver fire, subdue Liver Yang
Liv3 – promotes smooth flow of qi, subdues Liver wind
Liv5 – moves Liver qi, resolves Damp-heat in lower jiao
Liv8 – nourishes Blood
Liv13 – Liver invading Spleen
Liv14 – Liver invading Stomach
GB34 & SJ6 – move Liver qi especially in Large Intestine causing constipation.
Sp10 – move Liver Blood (also Bl17, Bl60)
GB40 – source point of GB