

Class 5: Lateral costal pain, Gallbladder inflammation, Gallstones, Jaundice

Xianhui Li

Lateral costal pain

xie tong

- Includes:
 - Hepatitis, hepatomegaly, cholecystitis, cholelithiasis,, costal chondritis, and intercostal neuralgia

Etiology and pathogenesis

- Liver and gallbladder
- Repletion: qi stagnation, blood stasis, damp heat
- Vacuity: yin deficiency

Patterns

- Stagnation of Liver qi
- Stasis of Liver blood
- Liver and Gallbladder damp heat
- Vacuity of Liver Yin

Stagnation of Liver qi

- **Key symptoms:**
 - Distending pain of indeterminate location in the costal region and oppression in the chest, frequent sighing, irritability or mental depression, acid regurgitation.thin white coating, wiry pulse.
- **Treatment method:** soothe the liver, rectify qi, relieve pain
- **Formula:** chai hu shu gan san
- **Acupuncture:** UB18 gan shu, LV14 qi men, LV3 tai chong, SJ6 zhi gou, GB34 yang ling quan

Formula and modifications

- chai hu shu gan san
 - Chai hu, bai shao yao, xiang fu zi, chuan xiong, chen pi, zhi ke, zhi gan cao
- Modifications:
 - For severe costal pain, add qing pi, chuan lian zi, yu jin
 - For liver heat that injures liver yin, delete chuan xiong, add dang gui, he shou wu, gou qi zi, shan zhi zi, ju hua
 - For liver qi stagnation invading the spleen, add bai zhu, fang feng, fu ling, yi yi ren

Stasis of Liver blood

- **Key symptoms:**
 - Stabbing pain of definite location in the costal region which increases with external pressure and intensifies at night. Or mass under the ribs. Dark purple tongue, deep wiry pulse.
- **Treatment method:** rectify qi, dispel blood stasis, relieve pain
- **Formula:** Ge xia zhu yu tang
- **Acupuncture:** UB17 ge shu, LV14 qi men, LV3 tai chong, LI4 he gu, SP6 san yin jiao, GB25 jing men, SP21 da bao

Formula and modifications

- Ge xia zhu yu tang:
 - wu ling zhi, dang gui, tao ren, hong hua, chuan xiong, mu dan pi, wu yao, xiang fu zi, chi shao yao, yan hu suo, gan cao
- Modifications:
 - To traumatic injury, use fu yuan huo xue tang
 - For mass, add san leng, e zhu, zhe chong

Liver and Gallbladder damp heat

- **Key symptoms:**
 - Severe costal pain, bitter taste in the mouth, oppression in the chest, loss of appetite, nausea, vomiting, jaundice, dark urine. Yellow sticky tongue coating, slippery rapid wiry pulse.
- **Treatment method:** clear heat, disinhibit dampness, relieve pain
- **Formula:** Long dan xie gan tang
- **Acupuncture:** LV14 qi men, GB24 ri yue, SJ6 zhi gou, GB34 yang ling quan, LV3 tai chong, SP9 yin ling quan

Formula and modifications

- Long dan xie gan tang:
 - long dan cao, huang qin, zhi zi, chai hu, mu tong, che qian zi, ze xie, sheng di huang, dang gui, gan cao
- Modifications:
 - To reinforce the effects of the prescription, add chuan lian zi, qing pi, yu jing, ban xia
 - For fever and jaundice, add yin chen hao, huang bai
 - For stone, add jin qian cao, yu jin, hai jin sha

Vacuity of Liver Yin

- **Key symptoms:**
 - Dull or inistinct costal pain aggravated by overwork, irritability, dry mouth and throat, dizziness and vertigo. Red tongue with little coating, thin wiry rapid pulse.
- **Treatment method:** nourish yin, soothe the liver, relieve pain
- **Formula:** Yi guan jian
- **Acupuncture:** LV14 qi men, UB18 gan shu, UB23 shen shu, SP10 xue hai, SP6 san yin jiao, KI3 tai xi

Formula and modifications

- Yi guan jian:
 - Bei sha shen, mai men dong, dang gui, sheng di huang, gou qi zi, chuan lian zi
- Modifications:
 - To increase the pain-relieving effects, add yan hu suo
 - For irritability, palpitation, and insomnia, add zhi zi, suan zao ren
 - For dizziness and vertigo, add nv zhen zi, hanlian cao, huang jing
 - For distending costal pain, add xiang fu zi, yu jin
 - For bitter taste in the mouth and dry throat, add huang qin, bai mao gen, pu huang

Gallbladder Inflammation, Gallstones

dan nang yan, dan shi zheng

- It is the result of blockage of the bile ducts, retention of bile and subsequent infection by intestinal bacteria

Etiology and pathogenesis

- Emotion, heat or cold, improper diet and eating habits, especially for greasy food, parasites
- Liver and gallbladder qi stagnation, accumulation of damp-heat, heat toxin

Patterns

- Stagnation of Liver qi and Gallbladder qi
- Liver and Gallbladder damp heat
- Heat toxins of Liver and Gallbladder

Stagnation of Liver qi and Gallbladder qi

- **Key symptoms:**
 - Dull upper right abdominal pain or tenderness that spread to the right shoulder and back, increase in pain following a fatty meal, fullness of the epigastrium and abdomen. Thin coating, wiry pulse.
- **Treatment method:** disperse the liver, disinhibit the gallbladder, rectify qi and relieve pain
- **Formula:** Qing gan xing qi tang
- **Acupuncture:** GB34 yang ling quan, GB24 ri yue, UB19 dan shu, M-LE-23 dan nang xue, UB18 gan shu, LV3 tai chong

Formula and modifications

- Qing gan xing qi tang
 - Chai hu, zhi ban xia, yu jin, yan hu suo, mu xiang, chuan lian zi, huang qin, bai shao yao, xiang fu zi, zhi ke, gan cao
- Modifications:
 - For gallstones, add jin qian cao, hai jin sha, ji nei jin, da huang
 - For spleen deficiency with dampness, add dang shen, cang zhu, bai zhu, fu ling
 - For yin deficiency, add sheng di huang, mai men dong, shi hu
 - For blood stasis, add: dan shen, chi shao yao

Liver and Gallbladder damp heat

- **Key symptoms:**
 - Distending or twisting pain of the right upper abdomen aggravated by external pressure, radiating to the right shoulder and back. Bitter taste in mouth, constipation, yellow urine, jaundice. Red tongue sticky yellow coating, wiry slippery rapid pulse.
- **Treatment method:** disperse the liver, disinhibit the gallbladder, clear heat and drain dampness
- **Formula:** Qing dan li shi tang
- **Acupuncture:** GB34 yang ling quan, GB24 ri yue, UB19 dan shu, M-LE-23 dan nang xue, SP9 yin ling quan, ST36 zu san li

Formula and modifications

- Qing dan li shi tang:
 - Chai hu, zhi ban xia, shan zhi zi, che qian zi, mu tong, huang qin, yu jin, yin chen hao, da huang
- Modifications:
 - For gallstones, add jin qian cao, hu zhang
 - For severe pain, add yan hu suo, chuanlian zi

Heat toxins of Liver and Gallbladder

- **Key symptoms:**
 - Constant severe pain of the right upper abdomen aggravated by external pressure, radiating to the right shoulder and back. Bitter taste in mouth, constipation, yellow urine, thirst, high fever, chills, jaundice. In severe cases, loss of consciousness and delirium. Red or deep red tongue dry yellow coating, wiry slippery rapid pulse.
- **Treatment method:** disperse the liver, disinhibit the gallbladder, clear heat and resolve toxins
- **Formula:** Qing dan xie huo tang
- **Acupuncture:** GB34 yang ling quan, GB24 ri yue, UB19 dan shu, M-LE-23 dan nang xue, DU14 da zhui, LI11 qu chi

Formula and modifications

- Qing dan xie huo tang:
 - Chai hu, zhi ban xia, yin chen hao, yu jin, ban lan gen, lian qiao, mang xiao, huang qin, long dan cao, shan zhi zi, mu xiang, jin yin hua, da huang
- Modifications:
 - For loss of consciousness and delirium, add an gong niu huang wan

Jaundice

huang dan

- Yellow discoloration of the eyes and skin as well as dark yellow urine
- Include acute and chronic hepatitis, pancreatitis, cholecystitis, cholelithiasis, and hepatic cirrhosis

Etiology and pathogenesis

- Improper diet, over-consumption of liquor or rich sweet foods, exterior damp-heat
- Dampness
- Yang and yin jaundice

Patterns

- Yang jaundice
 - Heat predominant Yang jaundice
 - Damp predominant Yang jaundice
 - Acute Yang Jaundice
- Yin Jaundice

Heat predominant Yang jaundice

- **Key symptoms:**
 - Bright yellow discoloration of eyes and skin, fever, thirst, oppression in the chest, nausea, vomiting, distention and fullness of epigastrium and abdomen, dark yellow scanty urine, constipation. Yellow sticky coating. Rapid wiry pulse.
- **Treatment method:** clear heat, disinhibit dampness, free the stool, dispel jaundice
- **Formula:** yin chen hao tang
- **Acupuncture:** DU9 zhi yang, GB34 yang ling quan, LV3 tai chong, UB18 gan shu, UB19 dan shu, DU14 da zhui

Formula and modifications

- Yin chen hao tang:
 - Yin chen hao, zhi zi, da huang
- Modifications:
 - To dispel jaundice, add zhu ling, ze xie, che qian zi, hua shi
 - For sever costal pain, add chai hu, yu jin, chuanlian zi
 - For vexation and nausea, add huang lian, zhu ru
 - For distention and fullness of the abdomen, add zhi shi, hou po

Damp predominant Yang jaundice

- **Key symptoms:**
 - Bright yellow discoloration of eyes and skin, unsurfaced fever, heavy body, fullness and discomfort of the chest, abdomen and epigastrium, poor appetite, nausea, vomiting, thirst with little liquid intake, loose stools with difficult elimination, dark scanty urine. Slight yellow sticky coating. Slippery wiry pulse.
- **Treatment method:** disinhibit dampness, clear heat, dispel jaundice
- **Formula:** yin chen wu ling san
- **Acupuncture:** DU9 zhi yang, GB34 yang ling quan, LV3 tai chong, UB18 gan shu, UB19 dan shu, SP9 yin ling quan

Formula and modifications

- Yin chen wu ling san:
 - Yin chen hao, ze xie, fu ling, zhu ling, bai zhu, gui zhi
- Modifications:
 - To reinforce transformation of dampness and dispel jaundice, add huo xiang, bai dou kou
 - For nausea and vomiting, add jiang ban xia, chen pi
 - For abdominal distention, add da fu pi, zhi shi

Acute Yang Jaundice

- **Key symptoms:**
 - Jaundice of sudden onset and rapid development, high fever, vexing thirst, costal pain, abdominal fullness, loss of consciousness, delirium, epistaxis, hemafecia or derma stasis macules. Dark red tongue, wiry rapid or thready pulse.
- **Treatment method:** clear heat, resolve toxins, cool the blood, open the orifices, dispel jaundice
- **Formula:** Xi jiao san
- **Acupuncture:** DU9 zhi yang, GB34 yang ling quan, LV3 tai chong, UB18 gan shu, UB19 dan shu, DU14 da zhui

Formula and modifications

- Xi jiao san:
 - Xi jiao, huanglian, sheng ma, shan zhi zi, yin chen hao
- Modifications:
 - To increase the effects of clearing heat, resolving toxins and cooling the blood, add da qing ye, pu gong ying, sheng di huang, mu dan pi
 - For loss of consciousness and delirium, use zi xue dan
 - For bleeding, add di yu, ce bai ye

Yin Jaundice

- **Key symptoms:**
 - Dull yellow discoloration of the eyes and skin, feelings of heaviness and fatigue, oppression of epigastrium, reduced food intake, abdominal distention, loose stools, lassitude, physical cold, no thirst. Pale tongue with white sticky coating, soft slow deep pulse.
- **Treatment method:** supplement the spleen, harmonize the stomach, warm and transform cold dampness
- **Formula:** Yin chen zhu fu tang
- **Acupuncture:** UB20 pi shu, UB19 dan shu, ST36 zu san li, SP9 yin ling quan, SP6 san yin jiao, Ren12 zhong wan

Formula and modifications

- Yin chen zhu fu tang:
 - Yin chen hao, bai zhu, gan jiang, zhi fu zi, rou gui, zhi gan cao
- Modifications:
 - To move qi and disinhibit dampness, add yu jin, fu ling, ze xie
 - For dampness accumulation, delete zhi gan cao, add cang zhu, hou po