

# PERICARDIUM PATTERNS

DSY Class 2

# Heat in the Pericardium

- Clinical manifestations: Fever at night, mental confusion, incoherent speech or aphasia, delirium, body hot, hands and feet cold, macules
- Tongue: red and dry without coating.
- Pulse: Fine-Rapid.
- Key symptoms: Fever at night, delirium, tongue red without coating.

- Pathology
- This pattern derives from the pattern of Heat in the Nutritive Level (Ying Fen) from the Four Levels model of the Warm Disease School (Qing Dynasty).
- It is the first stage of pathogenic Heat entering the Blood and as such begins to dry up the fluids.
- The Mind, housed in the Blood, is clouded by the Heat, resulting in delirium. Fever at night is characteristic of Heat entering the Nutritive level. The hands and feet are cold due to the Heat blocking the circulation of Yang outwards.

- Etiology
- This is due to Invasion of Wind-Heat that penetrates into the Interior and transforms into Interior Heat. It is part of the diagnostic matrix of the Four Levels model of the Warm Disease School.

# Treatment

- Principle: Clear Heat from the Nutritive Qi level.
- Formula: Qing Ying Tang (Clear the Nutritive Level Decoction)
- Points: P-9, P-8, HE-9, KI-6
- Method: reducing, reinforcing for KI-6.
- Explanation:
- P-9, P-8, HE-9 clear Heat in the Pericardium
- KI-6 nourishes fluids to prevent damage to Yin

# Liver Patterns

- The main functions of the Liver are that of ensuring the smooth flow of Qi and storing Blood.
- Its influence extends all over the body and to many organs.
- It helps the Spleen to transform and transport food essences and the Stomach to rot and ripen food.
- Liver-Qi helps Spleen-Qi ascend and Stomach-Qi descend.
- It stimulates the Gall-Bladder secretion of bile and it ensures the smooth flow of Qi in the Intestines and the Uterus, thus influencing menstruation.

- The smooth flow of Liver-Qi ensures a "smooth flow" of our emotional life.
- If Liver-Qi is constrained over a long period of time, our emotional life will be characterized by depression, frustration, irritability and emotional tension.
- As the Liver ensures the smooth flow of Qi but has no part in the actual production and supply of Qi, it does not have patterns involving deficiency of Qi (although it does have patterns of deficiency of Blood and Yin).
- In relation to Qi, the most important and common pattern is that of Stagnation of Liver-Qi.



- From a pathological point of view, the most striking and apparent symptom of stagnation of Liver-Qi is distension.
- When Liver-Qi cannot flow smoothly, Qi accumulates and gives rise to a characteristic feeling of distension, which could manifest in the epigastrium, hypochondrium, abdomen or hypogastrium.
- Liver pathology is also characterized by rapid changes such as skin rashes that appear quickly, sudden tinnitus, sudden outbursts of anger, or in severe cases, sudden collapse and coma.

- The Liver stores Blood and this can easily be depleted leading to symptoms of Blood deficiency and scanty periods. Liver-Blood can also become stagnant: this is usually a consequence of stagnation of Liver-Qi.
- Qi is the "commander of Blood", when Qi stagnates, Blood congeals.
- The functional relationship between the Liver and the sinews often manifests in pathological circumstances with physical tiredness and weakness or contraction of the tendons.

- Liver Manifestations often include:
- Rapid changes
- Fluctuation / up and down / back and forth
- Moodiness
- Pain
- Eyes / Head / Upper Body
- Distension
- GYN problems

# GENERAL ETIOLOGY

- **EXTERIOR PATHOGENIC FACTORS**
- The two pathogenic factors which affect the Liver are Wind and Dampness. Exterior Wind can easily interfere with the Liver functions of ensuring the smooth flow of Qi and storing Blood.
- Exterior Wind does not attack the Liver directly (it does attack the Lung-Defensive Qi portion) but it can aggravate a situation of Interior Wind of the Liver; it could, for instance, precipitate an attack of Interior Liver-Wind causing a Wind-stroke.

- In some cases, exterior Wind can aggravate an internal Liver disharmony causing stiff neck and headaches.
- Exterior Wind can also stir the Blood stored in the Liver and manifest with skin rashes which start suddenly and move quickly, such as in urticaria.
- In such cases, the Wind usually combines with Heat to cause Heat in Liver-Blood at the superficial levels of the Blood-Connecting channels.
- The sudden onset and quick changes are typical of Wind as a pathogenic factor.

- **EMOTIONS**

- Anger is the emotion which is most related to the Liver.
- If the Liver is functioning well and its Qi flowing smoothly, the emotional state will be happy and free-going and the person will be in good spirits and freely express his or her emotions.
- If Liver-Qi stagnates and does not flow freely and unimpeded, it will stagnate and affect the emotional state causing anger, and irritability. Over a long period of time, stagnation of Liver-Qi will severely impair the circulation of Qi giving rise to a gloomy emotional state of constant resentment, repressed anger or depression.

- Constrained emotions may be "carried" in the chest, hypochondrium, epigastrium or throat. The person will experience tightness or distension of these areas. If Qi surges upward the person will be very irritable, "fly off the handle" very easily and suffer from headaches.
- Stagnation of Qi over a long period of time can lead to Fire as the implosion of Qi caused by emotional constraint generates Heat.
- This situation is often manifested on the tongue with red sides and tip, possibly with red points on the tip.

- DIET
- Excessive consumption of greasy and "hot" (e.g. lamb, beef, curries, spices and alcohol) foods can lead to Liver-Fire. Deep-fried foods are also hot.
- An inadequate consumption of warming foods, such as meat and grains, can lead to a state of Blood deficiency which can lead to deficiency of Liver-Blood.
- This is more common in women who particularly need an adequate supply of Blood-forming foods at certain times of their life, such as at puberty and after childbirth, as well as, to a lesser degree, after each period.
- A severe blood loss after childbirth can also lead to deficiency of Liver-Blood.



# STAGNATION OF LIVER-QI

- **Clinical manifestations:**
- a. Feeling of distension of hypochondrium, chest, epigastrium or abdomen, sighing.
- b. Melancholy, depression, moodiness, fluctuation of mental state, "feeling wound-up", feeling of lump in the throat.
- c. Irregular periods, painful periods, distension of breasts before the periods, pre-menstrual tension and irritability.
- Tongue: the body color may be normal, or with red sides.
- Pulse: Wiry, especially on the left side.
- Key symptoms: hypochondriac and chest distension, depression, moodiness, Wiry pulse.

- **Pathology**
- This is by far the most common of the Liver patterns and also one of the most common patterns in general.
- Not all the above manifestation need be present to warrant a diagnosis of Liver-Qi stagnation.
- Stagnation of Liver-Qi is very far-reaching and manifests its influence in a wide range of symptoms and signs.

- a. On a physical level, stagnation of Liver-Qi manifests primarily in the hypochondrium, on either side.
- The stagnation may be manifested with pain, but even more with a characteristic feeling of distension which is predominant to the pain.
- When Liver-Qi stagnates in the chest, the person will experience a feeling of distension of the chest.
- Sighing is a spontaneous way to release the stagnant Qi in the chest and hiccup is due to Liver-Qi stagnant in the diaphragm.

- b. The second group of symptoms includes several emotional manifestations which are very common and typical of Liver-Qi stagnation.
- The stagnation of Liver-Qi in the throat (where the Liver channel also flows), gives rise to the feeling of lump in the throat (this is described in Chinese Medicine as like a feeling "of plum stone in the throat"). The feeling comes and goes according to the emotional state.

- c. Stagnation of Liver-Qi can impair the movement of Blood in the Directing and Penetrating Vessels, thus affecting the Uterus, resulting in irregular and painful periods and pre-menstrual tension with distension of the breasts (which are also under the influence of the Liver channel).
- This pattern is of the Excess type and one should not be misled by the emotional state of the person which may appear to be "deficient" (i.e. the person is depressed, moody and quiet).
- In spite of its appearance, it is caused by an "implosion" of Qi due to the stagnation of Liver-Qi and, as such, it is to be treated as an Excess pattern.

- Typically, the emotional symptoms fluctuate a lot: the person goes through periods of depression when all the physical symptoms also appear, and periods when the depression is lifted and the physical symptoms disappear. This fluctuation is typical of Liver-Qi stagnation.
- As Qi "is the commander of Blood and when Qi stagnates Blood congeals", stagnation of Liver-Qi over a long period of time can easily induce stagnation of Liver-Blood.
- In women, there may be Blood Deficiency with this pattern, with more depression than irritability, and fine (or slightly wiry) pulse.

- **Etiology**
- Emotional problems
- Problems in the emotional life are by far the most important (if not the only) cause of Liver-Qi stagnation.
- A state of frustration, repressed anger or resentment over a long period of time can cause the circulation to be impeded so that Qi does not flow smoothly and it becomes stuck resulting in stagnation of Liver-Qi.

# Treatment

- Principle: disperse the Liver and regulate Qi.
- Formula: Chai Hu Shu Gan San (Bupleurum Powder to Spread the Liver), or Xiao Yao San (Rambling Powder)
- Points: GB-34, LIV-3, LIV-13, LIV-14, T.B.-6, P-6.
- Method: reducing method, no moxa.
- Explanation
- GB-34 regulates Liver-Qi particularly in the hypochondria.
- LIV-3 regulates Liver-Qi particularly in the throat.
- LIV-13 regulates Liver-Qi in the Middle Burner, especially with regard to the Spleen.



- LIV-14 regulates Liver-Qi in the Middle Burner, particularly when it affects the Stomach.
- T.B.-6 regulates Liver-Qi and it particularly affects the sides of the body.
- P-6 regulates Liver-Qi (by the relationship between Liver and Pericardium channels within the Terminal Yin). This point would be particularly well indicated when the stagnation of Liver-Qi is caused by emotional problems.

# STAGNANT LIVER QI TURNING TO HEAT

- Clinical manifestations: Hypochondriac or epigastric distension, slight chest oppression, irritability, melancholy, depression, moodiness, feeling of lump in the throat, feeling of heat, red face, thirst, propensity to outbursts of anger, pre-menstrual tension, irregular periods, pre-menstrual breast distension, heavy periods
- Tongue: red sides.
- Pulse: Wiry, especially on the left side, slightly rapid.
- Key symptoms: distension, feeling of heat, irritability, red sides of tongue, Wiry pulse.

- **Pathology**
- Same as Stagnation of Liver-Qi except there are signs of Heat arising from the Qi stagnation. Emotional symptoms are more "hot" as well: irritability or anger as opposed to moodiness.
- **Etiology**
- Same as Stagnation of Liver-Qi

# Treatment

- Principle: smooth the Liver, regulate Qi, clear Heat.
- Formula: Jia Wei Xiao Yao San (augmented rambling powder)
- Points: GB-34, LIV-3, LIV-13, LIV-14, T.B.-6, P-6, LIV-2.
- Method: reducing method, no moxa.
- Explanation
- GB-34, LIV-3, LIV-13, LIV-14, T.B.-6, P-6 regulate Liver-Qi
- LIV-2 clears Heat from the Liver

# STASIS OF LIVER-BLOOD

- **Clinical manifestations:** Vomiting of blood, epistaxis, painful periods, irregular periods, menstrual blood dark and clotted, abdominal pain, "masses" in abdomen, purple nails, purple lips, purple complexion, dry skin (in severe cases), petechiae.
- Tongue: Purple especially on the sides, with purplish spots.
- Pulse: Wiry.
- Key symptoms: dark and clotted menstrual blood, Purple tongue.

- **Pathology**

- This pattern always derives from stagnation of Liver-Qi. When Qi stagnates, eventually it leads to stasis of Blood.
- When Liver-Blood stagnates, the Blood in the Directing and Penetrating Vessels will also stagnate and affect the menstrual function.
- The chief manifestation of stasis of Blood in the uterus is dark and clotted menstrual blood.

- Blood stasis always leads to pain.
- Stasis of Blood of the Liver may cause pain not only during (or before) the periods, but also generally in the abdomen at other times and it affects men too.
- The pain from stasis of Blood is usually fixed in one place and is boring or stabbing in character.
- This may also be accompanied by a swelling or mass in the abdomen which is fixed (stagnation of Qi can also be manifested with abdominal masses but which come and go).
- Vomiting of blood and epistaxis are caused by stasis of Blood in the Liver channel.

- The Purple color of the tongue body reflects stasis of Blood. In severe cases there will also be purplish spots, usually on the sides.
- The Liver manifests on the nails and their purple color reflects the stasis of Blood in the Liver.
- General stasis of Blood also causes purple lips and complexion. In severe cases, stagnant Blood obstructs the circulation of fluids and the skin becomes dry. Petechiae (of a purple color) are due to bleeding under the skin caused by Blood stasis in the Blood Connecting channels.



- **Etiology**

- This is the same as for stagnation of Liver-Qi, i.e. from emotional problems. Stasis of Liver-Blood is usually a consequence of long-standing stagnation of Liver-Qi.

# Treatment

- Principle of treatment: disperse the Liver, regulate Blood.
- Formula: Xue Fu Zhu Yu Tang (Drive Out Stasis in the Mansion of Blood Decoction)
- Points: GB-34, LIV-3, BL-18, BL-17, SP-10, Ren-6.
- Method: reducing method, no moxa.
- Explanation
- GB-34 regulates Liver-Qi; in order to regulate Blood, it is necessary to regulate Qi first.
- LIV-3 regulates Liver-Qi and Blood.

- BL-18 regulates Liver-Blood.
- BL-17 is the Gathering point for Blood and it can regulate Blood (when used with needle only, without moxa).
- SP-10 regulates Blood.
- Ren-6 regulates Qi (apart from tonifying Qi) and is used to regulate Qi and move Blood in the abdomen, in cases of abdominal pain.

# LIVER-FIRE BLAZING UPWARDS

- Clinical manifestations: Irritability, propensity to outbursts of anger, tinnitus, deafness, temporal headache, dizziness, red face and eyes, thirst, bitter taste, dream- disturbed sleep, constipation with dry stools, dark-yellow urine, epistaxis, hematemesis, hemoptysis.
- Tongue: Red body, redder on the sides, yellow coating, dry.
- Pulse: Full-Wiry-Rapid.
- Key symptoms: irritability, red face, red eyes, Red tongue with yellow coating.

- Pathology
- This pattern is characterized by Full-Heat in the Liver. Liver-Fire has a natural tendency to flare upwards, hence many of the symptoms and signs reflect the rising of Liver-Fire towards the head, such as red face and eyes, temporal headache, dizziness, dream-disturbed sleep and irritability. Liver-Fire ascends to the ears and clouds the ear-orifices causing high-pitch tinnitus and deafness which will be characterized by a sudden onset.
- The headache is caused by the rising upwards of Liver-Qi and Liver-Fire and will be very intense, throbbing in character, usually on the temple or in the eye.

- The bitter taste is caused by the rising of Liver-Fire towards the throat and mouth; it will be present the whole day and not just in the morning.
- Liver-Fire dries up Body Fluids resulting in constipation with dry stools and a concentrated, dark urine.
- Liver-Fire may heat the Blood and cause it to extravasate, resulting in epistaxis or vomiting or coughing of blood.
- The Red tongue body reflects the Heat and the redder colour of the sides reflects the location of Heat in the Liver.
- The Full-Rapid quality of the Pulse reflects Full-Heat and its Wiry quality reflects the location of Heat in the Liver.

- Etiology
- The most common cause of this pattern is a long-standing emotional state of anger, resentment, repressed anger or frustration. The emotional repression makes Qi stagnate and implode giving rise to Heat.
- From a dietary point of view, the excessive consumption of alcohol, fried foods and meat (especially lamb and beef), can contribute to the formation of Heat in the Liver.

# Treatment

- Principle of treatment: sedate the Liver, clear Fire.
- Formula: Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver)
- Points: LIV-2, LIV-3, GB-20, Taiyang, GB-13, L.I.-11.
- Method: reducing method, no moxa.
- Explanation
- LIV-2 clears Liver-Fire.
- LIV-3 sedates the Liver.
- GB-20 clears Liver-Fire and subdues ascending Liver-Qi.
- Taiyang (extra point) is used for temporal headache.
- GB-13, L.I.-11 subdues Liver- Yang and calms the Mind.
- L.I.-11 clears Heat.



# **DAMP-HEAT IN LIVER**

- Clinical manifestations: Fullness and pain of hypochondrium, chest, abdomen or hypogastrium, bitter or sticky taste, nausea, vomiting, poor appetite, feeling of heaviness, yellow vaginal discharge, vulvar ezema or sores, mid-cycle bleeding or pain, pain-redness-swelling of scrotum, vaginal or genital itching or rashes, dark urine, dysuria, burning urination.
- Tongue: Red body, sticky-yellow coating.
- Pulse: Slippery-Wiry-Rapid.
- Key symptoms: fullness in abdomen and hypochondrium, feeling of heaviness, nausea, bitter or sticky taste, sticky yellow coating, Slippery pulse.

- The accumulation of Dampness in the Liver channel obstructs the smooth flow of Qi and causes stagnation of Liver-Qi resulting in distension and pain of the hypochondrium and chest.
- The stagnation of Liver-Qi from the accumulation of Damp, causes Liver-Qi to invade the Stomach and gives rise to nausea, vomiting, loss of appetite and abdominal distension.
- Dampness has a tendency to infuse downwards and if it flows down and settles in the Lower Burner it will cause vaginal discharge and itching or pain-swelling and redness of the scrotum in men.
- The stickiness or greasiness of the tongue coating is highly indicative of the presence of Dampness.

- Etiology
- Excessive consumption of dairy or greasy foods or an irregular diet.
- Long-term stagnation of Liver-Qi can lead to Liver Heat which combines with the Dampness. Any of the causes of Liver-Qi stagnation (excessive anger, etc.), therefore, can lead to this pattern.
- Finally, Damp-Heat can also be caused by external, climatic Damp-Heat. This is very common in tropical countries, but is not altogether unknown to happen in temperate or cold countries, especially in summertime.

# Treatment

- Principle of treatment: resolve Dampness, disperse the Liver, clear Heat.
- Formula: Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain the Liver)
- Points: LIV-14, GB-34, BL-18, Ren-12, SP-9, SP-6, L.I.-11, LIV-2.
- Method: reducing, reinforce Ren-12.
- Explanation
- LIV-14 regulates Liver-Qi in the hypochondrium.
- GB-34, BL-18 move stagnant Liver-Qi and resolve Dampness.
- Ren-12 tonifies the Spleen to resolve Dampness.
- SP-9, SP-6 resolve Dampness from the Lower Burner.
- L.I.-11 resolves Dampness and clears Heat.
- LIV-2 clears Liver-Heat.

# STAGNATION OF COLD IN THE LIVER CHANNEL

- Clinical manifestations: Fullness and distension of the hypogastrium with pain which refers to the scrotum and testis. Straining of the testis or contraction of the scrotum. In women there can be shrinking of the vagina. The pain is alleviated by warmth.
- Tongue: Pale, wet, white coating.
- Pulse: Wiry-Deep-Slow.
- Key symptoms: hypogastric pain referring to scrotum, Wiry-Deep-Slow Pulse.

- Pathology
- This is caused by invasion of the Liver channel by cold. The Liver channel flows around the external genitalia, hence the pain and contraction of the scrotum (Cold contracts).
- The Pulse is Deep reflecting the presence of interior Cold, Wiry reflecting affection of the Liver and Slow reflecting the presence of Cold.
- Etiology
- This is due to invasion of exterior Cold.

# Treatment

- Principle of treatment: sedate the Liver, disperse the Cold.
- Formula: Tian Tai Wu Yao San (Top-quality Lindera Powder)
- Points: Ren-3, LIV-5, LIV-1, LIV-3.
- Method: reducing method, moxa is applicable.
- Explanation
- Ren-3 with moxa disperses Cold from the Lower Burner.
- LIV-5, disperse Cold from the Liver Connecting-channel.
- LIV-1 removes obstruction of Cold from the Lower Burner.
- LIV-3 relieves spasms