

Liver Patterns 2

DSY class 3

Deficiency Patterns

DEFICIENCY OF LIVER-BLOOD

- Clinical manifestations: Dizziness, numbness of limbs, insomnia, blurred vision, "floaters" in eyes, scanty menstruation or amenorrhoea, dull-pale complexion, pale lips, muscular weakness, muscle spasms, cramps, withered and brittle nails, dry hair and skin.
- Tongue: Pale body especially on the sides which, in extreme cases, can assume an orange colour, and Dry.
- Pulse: Choppy or Fine.
- Key symptoms: blurred vision, scanty periods, dull-pale complexion, Pale tongue.

- Pathology
- The Liver stores Blood and any deficiency of Blood often manifests in the Liver sphere. As the Liver opens into the eyes, when Liver-Blood is deficient the eyes will lack nourishment and moisture so that they cannot see clearly.
- The Liver controls the sinews and when Liver-Blood is deficient these will lack nourishment and moistening and the person will experience muscular weakness or cramps.

- Dizziness, pale lips, dull-pale complexion are all signs of general Blood deficiency. As the Liver manifests in the nails, when Liver-Blood is deficient they will lose nourishment and become withered and brittle.
- Liver-Blood is closely related to the Directing and Penetrating Vessels which are dependent on the Liver for their Blood supply. Thus, when Liver-Blood is deficient, the Directing and Penetrating Vessels will also lack Blood, resulting in scanty periods or no periods at all.
- The tongue is Pale and in severe cases it becomes slightly orange on the sides.

- Etiology
- A diet poor in nourishment or lacking in protein can weaken the Spleen which, in turn, cannot make enough Blood. When not enough Blood is produced by the Spleen, not enough Blood is stored by the Liver.
- A serious hemorrhage (such as during childbirth) can also lead to deficiency of Liver- Blood.
- The Kidneys play a role in the formation of Blood and a deficiency of Kidney-Qi or Kidney-Essence can lead to deficiency of Blood. Therefore, any of the causes of Kidney deficiency, can also lead to deficiency of Liver-Blood.

Treatment

- Principle of treatment: tonify the Liver, nourish Blood
- Formula: Si Wu Tang (Four-Substance Decoction)
- Points: BL-18, BL-20, BL-23, BL-17, LIV-8, SP-6, ST-36, Ren-4.
- Method: reinforcing, moxa can be used.
- Explanation
- LIV-8, BL-18 tonify Liver-Blood.
- BL-20 tonifies the Spleen to produce Blood.
- BL-23 tonifies the Kidneys to produce Blood.
- BL-17, Ren-4 with direct moxa, tonify Blood.
- ST-36 and SP-6 tonify the Post-Heaven Qi to produce Blood.

LIVER-YIN DEFICIENCY

- Clinical manifestations: Dizziness, numbness or tingling of limbs, insomnia, blurred vision, "floaters" in eyes, diminished night vision, scanty menstruation or amenorrhoea, dull-pale complexion without luster but with red cheekbones, muscular weakness, cramps, withered and brittle nails, very dry hair and skin, depression, feeling of aimlessness.
- Tongue: normal color, no coating or with rootless coating.
- Pulse: Floating Empty.
- Key symptoms: blurred vision, dry eyes, uncoated tongue.

- *If Empty Heat: malar flush, anxiety, a feeling of heat in the evening, night sweating, heat in palms, soles and sternum, thirst with desire to drink in small sips, heavy menstrual bleeding
- Tongue: Red without coating
- Pulse: Floating Empty and slightly rapid

- Pathology
- This pattern is very closely related to Liver-Blood deficiency. The main differentiations are dry eyes, red cheekbones and tongue without coating.
- Etiology
- Same as deficiency of Liver-Blood.

Treatment

- Principle of treatment: tonify the Liver, nourish Yin, clear Empty Heat if necessary
- Formula: Yi Guan Jian (Linking Decoction)
- Points: LIV-8, SP-6, ST-36, Ren-4, KI-3, KI-6, LIV-2.
- Method: reinforcing (except LIV-2), no moxa.
- Explanation
- LIV-8, ST-36, SP-6, Ren-4: Same points to nourish Liver Blood
- KI-3, KI-6: nourish Kidney and Liver Yin
- LIV-2: clear heat from Liver

Deficiency/Excess Patterns

LIVER-YANG RISING

- Clinical manifestations: Headache which may be on the temples, eyes or lateral side of the head, dizziness, tinnitus, deafness, dry mouth and throat, insomnia, irritability, feeling worked-up, shouting in anger.
- Tongue: Red, especially on the sides, though may vary with underlying condition.
- Pulse: Wiry.
- Key symptoms: headache, irritability, Wiry Pulse.

- Pathology
- This is a mixed Deficiency/Excess pattern as it derives from deficiency of Liver-Yin and/or Kidney-Yin causing the rising of Liver-Yang.
- In 5-Element terms, Water is deficient and fails to nourish and "submerge" Wood, which becomes too dry and causes the rising upwards of Liver-Yang.
- This pattern is therefore characterized by an imbalance between Liver-Yin (which is deficient) and Liver-Yang (which is in excess). The manifestations described above are only those of the rising of Liver-Yang.

- The main difference between the pattern of Liver-Yang rising and that of Liver-Fire blazing is that in Liver-Fire blazing there is "solid" Fire drying up the Body Fluids and causing symptoms and signs of dryness such as constipation, scanty-dark urine, red eyes and face and bitter taste which are absent in Liver-Yang rising.
- Liver-Fire blazing is a purely Excess pattern, while Liver-Yang rising is a combined Deficiency/Excess pattern characterized by an imbalance between Yin and Yang, without "solid" Fire.

- Most of the manifestations are due to the rising of Liver-Yang to the head: tinnitus, deafness (both of sudden onset), propensity to outbursts of anger and headache.
- The headache is one of the most common and distinctive signs of rising of Liver-Yang. Typically, it would be on either temple, but it can also be on the lateral side of the head (Gall-Bladder channel) or in or just above the eye. It is usually unilateral.

- The tongue and pulse reflect the rising of Liver-Yang. However, it should be emphasized that, in practice, they can often be very different. This happens when the pulse and tongue reflect the underlying Deficient condition of Liver- Blood or Liver-Yin deficiency rather than the rising of Liver-Yang itself.
- In these cases, the tongue is often Pale (rather than Red) and the pulse is often Choppy and Fine (rather than Wiry), if there is Liver-Blood deficiency. In case of Liver and Kidney Yin deficiency, the tongue would be Red and Peeled, and the pulse would be Floating-Empty.

- Etiology
- The most common cause of rising of Liver-Yang is from emotional problems, in particular anger, frustration and resentment over a long period of time.

Treatment

- Principle of treatment: subdue Liver-Yang, tonify Yin.
- Formula: Tian Ma Gou Teng Yin (Gastrodia and Uncaria Decoction)
- Points: LIV-3, T.B.-5, P-6, G.B.-43, G.B.-38, BL-2, Taiyang extra point, GB-20, G.B.-9, G.B.-8, G.B.-6.
- If Liver Yin or Liver Blood deficiency: KI-3, KI-6, SP-6, LIV-8, ST-36
- Method: reducing method on points to subdue Liver-Yang and tonifying method on points to tonify Yin.

- Explanation
- LIV-3 subdues Liver-Yang. This is the main point.
- LI-4, TB-5, GB-43, GB-38 subdue Liver-Yang and are used as distal points for headaches.
- BL-2, Taiyang, GB-20, GB-9, GB-8 and GB-6 subdue Liver-Yang and are used as local points for headaches.
- LIV-8 tonifies Liver-Yin.
- SP-6 and KI-3 tonify Kidney-Yin.

LIVER-WIND

- There are four distinct types of Liver-Wind from different causes. These are:
- Extreme Heat generating Wind
- Rising of Liver-Yang leading to Liver-Wind
- Liver Fire generating Wind
- Deficiency of Liver-Blood leading to Liver-Wind.

- The general clinical manifestations of Liver-Wind are: tremor, tic, numbness, dizziness, vertigo, headache and convulsions or paralysis.
- Internal Wind signs are characterized by movement or the absence of it, hence the tremor and convulsions or paralysis (as in Wind-stroke).

EXTREME HEAT GENERATING WIND

- Clinical manifestations: High temperature, convulsions, rigidity of the neck, tremor of limbs, opisthotonos, in severe cases coma.
- Tongue: Deep-Red, Stiff, thick yellow coating.
- Pulse: Wiry-Rapid-Full.
- Key symptoms: high temperature, convulsions, Stiff tongue.

Pathology

This is a pattern encountered only in acute febrile diseases, when the exterior pathogenic Heat has penetrated deeply into the Blood level and given rise to internal Wind of the Liver.

This is an Excess type of Internal Wind.

Internal Wind causes signs which are characterized by movement hence the tremor of limbs and the convulsions. It also causes rigidity of the neck and opisthotonos.

In severe cases, the extreme Heat and Wind can cloud the Mind and cause coma.

- Etiology
- This is due to invasion of exterior Heat or Wind-Heat penetrating to the Blood level (which is the deepest level) and generating internal Wind.
- Note: This pattern may correspond to acute diseases such as meningitis and it is given here for reference only: in such cases, the patient obviously needs urgent Western medical treatment.

Treatment

- Principle of treatment: clear Heat, disperse the Liver, subdue Wind.
- Formula: Ling Jiao Gou Teng Tang (Antelope Horn and Uncaria Decoction)
- Points: LIV-3, Shixuan extra points, Du-20, Du-16, GB-20.
- Method: reducing method, bleeding of the Shixuan points.
- Explanation
- LIV-3 disperses the Liver and subdue Wind.
- Shixuan points (ten points on each of the fingertips) clear Heat, subdue Wind and restore consciousness.
- Du-20, Du-16 and GB-20, all subdue Internal Wind.

LIVER-YANG RISING CAUSING WIND

- Maciocia gives three subtypes of this pattern:
- a) Liver-Yang Rising deriving from Liver-Yin Deficiency
- b) Liver-Yang Rising deriving from Liver- and Kidney-Yin Deficiency
- c) Liver-Yang Rising deriving from Liver-Blood Deficiency

- a) Liver-Yang Rising deriving from Liver-Yin Deficiency
- Clinical manifestations: Tremor, facial tic, severe dizziness, tinnitus, headache, hypertension, dry throat, dry eyes, blurred vision, numbness or tingling of limbs, poor memory
- Tongue: Normal colored without coating
- Pulse: Wiry-Fine

- Treatment
- Principle of treatment: nourish Liver-Yin, subdue Liver-Yang, extinguish Wind.
- Formula: Zhen Gan Xi Feng Tang (Sedate the Liver and Extinguish Wind Decoction)
- Points: LIV-3, GB-20, L.I.-4, TB-5, Du-19, SP-6, LIV-8, KI-3
- Method: reducing on points for yang or wind, reinforcing on the others.

- Explanation
- LIV-8 tonifies Liver-Yin.
- LIV-3, GB-20 subdue Liver-Yang and Liver-Wind.
- LI-4, TB-5 subdue Yang
- LIV-8, SP-6, KI-3 tonify Yin.
- Du-19 extinguishes Wind.

- b) Liver-Yang Rising deriving from Liver- and Kidney-Yin Deficiency
- Clinical manifestations: same as above but with backache, scanty urine, night sweats
- Tongue: Normal colored without coating
- Pulse: Wiry-Fine
- Principle of treatment: nourish Liver- and Kidney-Yin, subdue Liver-Yang, extinguish Wind.
- Points: same as above, add KI-6, Ren-4 to nourish Kidney Yin

- c) Liver-Yang Rising deriving from Liver-Blood Deficiency
- Clinical manifestations: Tremor, dizziness, tinnitus, headache, hypertension, dry throat, blurred vision, numbness or tingling of limbs, poor memory, insomnia
- Tongue: Pale and Thin
- Pulse: Wiry-Fine
- Principle of treatment: nourish Liver-Blood, subdue Liver-Yang, extinguish Wind.
- Points: same as (a), add BL-17, Ren-4 to nourish Blood

LIVER-FIRE GENERATING WIND

- Clinical manifestations: Irritability, propensity to outbursts of anger, tinnitus/deafness (sudden onset), 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: Wiry-Rapid.

- Pathology & Etiology
- Same as Liver Fire Blazing; clinical signs will emphasize dizziness and tinnitus of sudden onset
- Treatment
- Principle of treatment: clear the Liver, drain Fire, extinguish Wind.
- Formula: Jia Wei Xiao Yao San (augmented rambling powder)
- Points: LIV-2, LIV-3, GB-20, GB-1, L.I.-11, SP-6, LIV-1, DU-8
- Method: reducing method, no moxa.

- Explanation
- LIV-2 drains Liver-Fire.
- LIV-3, GB-20, GB-1, LIV-1 extinguish Liver Wind.
- L.I.-11 drains Fire
- SP-6 nourishes Yin
- DU-8 relieves spasm

LIVER-BLOOD DEFICIENCY GENERATING WIND

- Clinical manifestations: Fine tremor, dizziness, blurred vision, numbness or tingling of limbs, poor memory, insomnia, scanty periods
- Tongue: Pale and Thin
- Pulse: Wiry-Fine

- Pathology
- This is a Deficient type of internal Wind.
- The shaking of the head, tic and tremor are all due to the internal Wind. The numbness is due to deficient Blood not nourishing muscles and sinews.
- When Wind is caused by Liver-Blood Deficiency, the tremors are less marked than in Full Wind.
- Etiology
- Same as Liver-Blood Deficiency

- Treatment
- Principle of treatment: nourish Liver-Yin, subdue Liver-Yang, subdue Wind.
- Si Wu Tang (Four-Substance Decoction)
- Points: LIV-3, GB-20, L.I.-4, TB-5, Du-19, SP-6, LIV-8, KI-3, BL-17, Ren-4
- Method: reinforcing on points to nourish blood; reducing on points to extinguish wind and subdue yang.

- Explanation
- LIV-8 tonifies Liver-Yin.
- LIV-3, GB-20 subdue Liver-Yang and Liver-Wind
- LI-4, TB-5 subdue Yang
- LIV-8, SP-6, KI-3 tonify Yin
- Du-19 extinguishes Wind
- BL-17, Ren-4 nourish Blood

LIVER COMBINED PATTERNS

- The combined patterns of the Liver are:
- Liver and Kidney Yin Deficiency
- Liver invading the Spleen
- Liver invading the Stomach
- Liver-Fire insulting the Lungs.
- The pattern "Liver and Kidney Yin Deficiency" will be discussed under the Kidney patterns.

LIVER INVADING THE SPLEEN

- Clinical manifestations: Irritability, abdominal distension and pain, alternation of constipation and diarrhea, stools sometimes dry and bitty and sometimes loose, flatulence, tiredness.
- Tongue: Red on the sides or Pale.
- Pulse: Weak on the right and Wiry on the left.
- Key symptoms: alternation of constipation and diarrhoea, abdominal distension and pain.

- Pathology
- The Liver is responsible for the smooth flow of Qi throughout the body. When Liver-Qi stagnates in the abdomen, it often disturbs the Spleen function of transformation and transportation: in Chinese Medicine terms, it is said that the "Liver invades the Spleen", or that "Liver and Spleen are not harmonized".
- In 5-Element terms, it corresponds to Wood overacting on Earth. In 8-Principle terms, it is a pattern of mixed Deficiency and Excess: Excess of the Liver (stagnation of Liver-Qi) and Deficiency of Spleen-Qi.

- When the stagnation of Liver-Qi predominates there is constipation with dry, difficult and bitty stools. When the deficiency of the Spleen predominates, there are loose stools.
- The distension and pain of the abdomen are caused by the stagnation of Liver-Qi in the abdomen. Distension is the most characteristic symptom of stagnation of Qi. There may be some pain too (typically "distending pain"), but not severe.

- This pattern can present itself with two different situations characterized by a different emphasis.
- In one situation the Liver is primarily in Excess and stagnant and it actively "invades" the Spleen interfering with its transformation and transportation function. This pattern is primarily an Excess pattern: there is constipation more frequently than diarrhea and the abdominal distension and pain are quite marked.
- In another situation the Spleen is primarily deficient and "allows" itself to be invaded by the Liver. This pattern is primarily a Deficiency pattern: there are loose stools more often than constipation and the abdominal pain is slight.

- This explains why the tongue could either be Red on the sides or Pale.
- In the first case, when the Liver actively invades the Spleen, it would be Red on the sides.
- In the latter case, when the Spleen is weak and allows itself to be invaded by the Liver, the tongue would be Pale.

- Etiology
- This pattern is usually caused by emotional problems which affect the Liver, such as anger, frustration and resentment. These emotions, over a long period of time, cause Liver-Qi to stagnate and this interferes with the Spleen functions.
- However, the emotional factors are usually combined with other factors that cause Spleen deficiency, such as irregular diet and overwork.

Treatment

- Principle of treatment: harmonize the Liver and tonify the Spleen.
- Formula: Xiao Yao San (Rambling Powder)
- Points: LIV-14, LIV-13, G.B.-34, LIV-3, Ren-6, Ren-12, ST-25, SP-15 ST-36, SP-6, P-6 and SP-4
- Method: reducing for points to harmonize the Liver, reinforcing for points to tonify the Spleen.

- Explanation
- LIV-14 harmonizes the Liver, smoothes flow of Liver-Qi.
- LIV-13 harmonizes Liver and Spleen.
- G.B.-34, LIV-3, TB-6 promote the smooth flow of Liver-Qi
- Ren-6 moves Qi in the abdomen
- Ren-12 and ST-36 tonify the Spleen.
- SP-6 harmonizes Liver and Spleen
- P-6 & SP-4 open the Penetrating Vessel.

LIVER INVADING THE STOMACH

- Clinical manifestations
- Irritability, distension and pain in epigastrium and hypochondrium, fullness in epigastrium, sour regurgitation, belching, nausea, vomiting.
- Tongue: Red on the sides or Pale.
- Pulse: Weak on the right and Wiry on the left.

- Pathology
- This pattern is characterized by stagnation of Liver-Qi invading the Stomach and interfering with the descending of Stomach-Qi: this results in the ascending of Stomach-Qi, hence the belching, nausea and vomiting.
- The stagnation of Liver-Qi in the Middle Burner also interferes with the Stomach rotting and ripening of food resulting in fullness in the epigastrium and sour regurgitation.
- Etiology
- This is also caused by emotional problems combined with irregular diet and overwork.

Treatment

- Principle of treatment: harmonize the Liver and tonify the Stomach.
- Formula: Xiao Yao San (Rambling Powder)
- Points: LIV-14, LIV-13, G.B.-34, Ren-13, Ren-10, ST-36, BL-21.
- Method: reducing for points to harmonize the Liver and reinforcing for points to tonify the Stomach.

- Explanation
- LIV-14 and LIV-13 harmonize the Liver and Stomach.
- G.B.-34 harmonizes the Liver, stimulates the smooth flow of Liver-Qi particularly in the hypochondrium.
- Ren-13 subdues rebellious ascending Stomach-Qi.
- Ren-10 stimulates the descending of Stomach-Qi.
- ST-36, BL-21 tonify the Stomach.

LIVER-FIRE INSULTING THE LUNGS

- Clinical manifestations: Breathlessness, asthma, fullness and stuffiness of the chest and hypochondrium, cough, yellow or blood-tinged sputum, headache, dizziness, red face, thirst, bitter taste, scanty-dark urine, constipation.
- Tongue: Red, redder on the sides, swollen in the front part, yellow coating.
- Pulse: Wiry and Slippery.
- Key symptoms: breathlessness, asthma, fullness of hypochondrium, headache, Wiry pulse.

- Pathology
- The Liver controls the smooth flow of Qi: this has an influence on the descending of Lung-Qi. If Liver-Qi stagnates over a long period of time, it turns into Liver-Fire. Fire tends to rise and therefore Liver-Qi rebels upwards towards the chest. Here it prevents Lung-Qi from descending resulting in breathlessness and asthma.
- The stagnation of Liver-Qi causes hypochondriac and a feeling of distension of the chest.

- The rising of Liver-Fire causes headache, dizziness, red face, thirst and bitter taste. Fire in the body causes scanty-dark urine, constipation and blood-tinged sputum.
- From the 5-Element point of view, this pattern is described as Wood insulting Metal.
- The deep-red colour of the sides of the tongue reflects the presence of Liver-Fire. The swelling in the front part reflects the stagnation of Qi and Fire in the chest area.

- Etiology
- This pattern is caused by anger which causes the formation of Liver-Fire, usually after a prolonged time of Liver-Qi stagnation.
- It is also compounded by the excessive consumption of hot and greasy foods which tend to create Heat.

- Treatment
- Principle of treatment: clear Liver-Fire, harmonize the Liver, stimulate the descending of Lung-Qi.
- Formula: Jia Wei Xiao Yao San (augmented rambling powder)
- Points: LIV-2, LIV-14, Ren-17, Ren-22, P-6, LU-7, L.I.-11.
- Method: reducing.

- Explanation
- LIV-2 clears Liver-Fire.
- LIV-14 harmonizes Liver-Qi in the chest.
- Ren-17 and Ren-22 stimulate the descending of Lung-Qi.
- P-6 harmonizes Liver-Qi in the chest.
- LU-7 stimulates the descending of Lung-Qi.
- L.I.-11 clears Heat.

HEART AND LIVER BLOOD DEFICIENCY

- Clinical manifestations: Palpitations, dizziness, insomnia, dream-disturbed sleep, poor memory, anxiety, propensity to be startled, dull-pale complexion, pale lips, blurred vision, "floaters" in eyes, diminished night vision, numbness or tingling of limbs, scanty menstruation or amenorrhea, cramps, muscular weakness, dry hair and skin, depression, feeling of aimlessness. withered and brittle nails.
- Tongue: Pale, Thin, slightly dry.
- Pulse: Choppy or Fine.
- Key symptoms: palpitations, dizziness, blurred vision, insomnia, poor memory, Pale tongue.

- Pathology & Etiology
- Same as previously discussed under Heart Blood and Liver Blood deficiency. The pattern is basically a combination of these two patterns.
- Maciocia mentions this as a very common problem in women.

Treatment

- Principle of treatment: tonify Liver and Heart, nourish Blood, calm the Mind, settle the Ethereal soul
- Formula: Suan Zao Ren Tang (Sour Jujube Decoction)
- Points: HE-7, P-6, Ren-14, Ren-15, Ren-4, BL-17, BL-18, BL-20, BL-23, LIV-8, SP-6, ST-36.
- Method: reinforcing, moxa can be used.

- Explanation
- HE-7 tonifies Heart-Blood and pacifies the Mind.
- P-6 tonifies Heart-Qi and pacifies the Mind.
- Ren-14 and Ren-15 tonify Heart-Blood and pacify the Mind.
- Ren-4, BL-17, BL-18, BL-20, BL-23 tonify Blood.
- LIV-8 tonifies Liver-Blood.
- ST-36 and SP-6 tonify Post-Heaven Qi to produce Blood.