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Liver Qi Stagnation

Binding depression of Liver Qi

The liver is responsible for the free coursing of Qi in the body.

It is associated with the five-phase emotion of Anger.

Six things can happen with the liver qi is stagnate.

Tongue: Normal, purplish on the sides (lv,gb)

Pulse: Wiry – bounces up and hits the finger, the energy isn't moving properly/smoothly

Note: This is not just qi stagnation. Qi stagnation (Bi Syndrome – organ/meridian pathology) is different from liver qi stagnation. Liver qi stagnation

- ◆ is a systemic organ problem.
- ◆ Contains emotional components

General Qi stagnation is not.

Liver Qi never becomes deficient. It tends to stagnate over a long period of time. Or it can tend to be in excess.

Emotions

Abnormal emotional states.

- ◆ Anger
- ◆ depression
- ◆ impatience
- ◆ over-reacting
- ◆ Frustration

- ◆ resentment
- ◆ irritation
- ◆ passive-aggressive behavior

With liver qi stagnation, the emotions will not flow smoothly either. They will tend to fluctuate.

Qi Dynamic Disruption

These are the “scurrying” pains that move or come and go. Since Qi is the active principle, qi pains are moving pains. This is opposed to Blood stagnation pain which is a fixed pain.

Can caused a stuck feeling in the chest in the hypochondriac region.

To differentiate this stuck feeling:

Damp:

Tongue: wet, swollen, frothy

Pulse: Slippery

Lv Qi Stg

Tongue: normal/purple

Pulse: Wiry

Digestive Complaints

Liver Qi invading the Sp/St

This is the liver qi invading the spleen and/or stomach. The liver is overbearing/correcting too much.

The types of digestive complaints include:

- ◆ Counterflow qi (hiccup or burp)
- ◆ Epigastric pain
- ◆ poor appetite
- ◆ churning feeling in the stomach
- ◆ abdominal distention
- ◆ boryburegmis

In contrast to Sp-qi diarrhea – key digestive complaint for Lv Qi invading the sp/st is the emotional complaint.

These symptoms will come and go, and are brought on by emotions.

IBS diarrhea/constipation can be brought on by emotions or it can be a spl qi deficiency.

Note: If Liver Qi stagnation is combine with blood deficiency, the tongue will be orange on the sides.

Bile Obstruction

Alternately, the liver qi can cause a bile obstruction. This can cause nausea and the vomiting of bile. The liver qi has to move smoothly to allow the GB to release bile at the appropriate time.

This can cause jaundice – skin and eyes will tend toward yellow.

Tongue – will show heat signs, red, greasy/slimy & yellow.

There's a damp heat component to this obstructed bile.

When bile cooks down it becomes gall stones.

Liver Qi Ascending (Counterflow)

Plum stone glomus – A feeling of something stuck in the throat due to qi stagnation. There is an inability to swallow.

Remember that the liver channel goes through the throat.

This feeling can come and go.

TX: CV22 & PC6.

Qi & Phlegm Obstruction each other

Soft swellings on both sides of the laryngeal prominence that move up and down when the patient swallows.

Thyroid enlargement/goiter/swollen lymph nodes. - TCM says there are Qi stagnation.

Ren Mai & Chong Mai

These two channels control a woman's hormonal cycle.

Stagnation of liver qi will cause the blood in the Ren Mai and Cong Mai channels to not move properly/smoothly. This can cause:

- Painful periods
- irregular cycles (avg. 28 days)
- breast tenderness
- breast lumps (note: there's a relationship between breast cancer and resentment)
- menstrual block – the period is stuck/or not coming

treatment principle: disperse liver qi

LV3 – is the shu stream of the liver channel, it promotes balance.

Upflaming Liver Fire

This is due to an excess of heat in the liver. It is accompanied with the standard excess heat signs:

- x Red complexion
- x dry mouth
- x dry/hard stools
- x insomnia (over heating at night/dream disturbed sleep)
- x ocular rubor (red eyes)

Specific liver signs include:

- ◆ severe headache in the temporal area (LV2)
- ◆ Impatience/irritability
- ◆ Acute/sudden tinnitus or deafness
- ◆ vomiting of sour/bitter fluid

Tongue: red/dry yellow fur. The sides will be built up like a wall

Pulse: slippery, wiry, forceful, and rapid.

Cause: Long standing negative emotional states or diet.

Blood storage affected

If blood storage is affected by this upflaming of liver fire, you will get a reckless movement of blood as well (expectoration of blood, hematmesis (throwing up blood), nosebleeds, menorrhagia (excessive menstrual bleeding). The blood in these cases will tend to be a bright red blood.

Ascendant Hyperactivity of Liver Yang

This is the liver yang rising. It's not as hot as Liver fire rising.

Liver yang rising is due to a deficiency of yin.

Symptoms can include:

- x irascibility
- x reddening of the ears
- x dizziness
- x ocular redness
- x tinnitus
- x insomnia

- x palpitations
- x upbearing fire flush
- x pressure/pain in the head.
- x Tongue: distinctly red (may show liver yin deficiency w/ peeled coat or pale w/ red sides.)
- x Pulse- wiry more liver yang., possibly fine – more liver yin-blood deficiency.

Liver yang rising can be a mix of excess yang and deficiency yin. Since the Kidney and liver share the same root of yin, you usually do not see a liver yin deficiency all by itself.

Liver Blood Deficiency

The liver store the blood. Liver blood deficiency happens with the is not enough nourishing blood. It has the standard blood deficiency signs such as:

- x dull, pale, yellow, lusterless complexion
- x pale lips
- x insomnia

These will be accompanied by specific liver symptoms of:

- x dizziness
- x insomnia
- x excessive dreaming
- x lusterless nails (brittle and soft)
- x inhibited sinews/vascular movement (tingling of limbs)
- x flowery/blurred vision
- x Reduced menstrual flow/alt. Menstrual block & metrorrrahgia
- x diet/anorexic -> no period.

Pulse: thin/choppy, fine

Tongue: pale, orange.

KD, LV Jing-Blood Depletion

KD's help in the formation of blood and essence to build blood and Qi. A kidney essence deficiency is a deep and severe problem. The Liver and Kidney's need each other. If both of them are deficient, this is the sign of a deeper disease.

This will include the above signs plus:

- x LBP
- x sterility

- x Emaciation
- x seminal emission
- x menstrual blood block
- x tidal fever