

Chinese Pathology 2

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Table of Contents

Chinese Pathology 2.....	1
Stg of Liver Qi.....	1
Hyperactivity of Liver Yang.....	2
Liver Blood deficiency.....	2
Brewing Damp heat in the liver and gall bladder.....	2
Liver wind.....	2
Stagnation of cold in liver jing-lou (channels).....	4
Nutrition.....	4
Kidney Yin Deficiency.....	5
Basic.....	5
Liver-kidney.....	7
Heart-kidney.....	8
Lung Kidney.....	9
Kidney yang Deficiency.....	9
Water-phlegm may flood upward.....	10
Kidney – spleen.....	11
Kidney Qi	11
Insufficient Kidney Essence (Jing).....	11

Stg of Liver Qi

Liver has to do with emotional stuff

- x Symptoms come and go. Anger, frustration, etc...
- x Qi stg feeling – bloating under hypochondria, pain moves around. Pain can be on either side or in the middle.
- x Qi dynamic disruption – pain that scurries around
- x Digestive complaints – liver isn't moving the qi properly (not free coursing) It overbears on the spleen or attacks the stomach. (Nausea, vomiting, acid regurgitation/reflux, pain in the belly, diarrhea)
 - If GB isn't release bile at the proper time you get jaundice, the whites of he eyes turn yellow. You can get vomiting as well.
- x Plum stone glomus.
- x Phlegm and Qi accumulate in the throat and get obstructed. The thyroid is enlarged in the front of the throat.
- x Menstrual difficulties (Ren Mai and Chong Mai become obstructed because the qi sin't moving as smoothly as it should. PMS, cramps, period isn't regular, breast lumps are also included with this pattern.)

A person can have some of these or all of these problems.

Upflaming of liver fire

stg liver qi starts to build.

You see heat signs.

It shows up in the temperament. They fly off the handle, they are impatient.

The qi is supposed to come up, but with liver fire it's coming up out of control.

The eyes are red the face/ears are red.

Headaches

The liver stores blood so if the liver is hot, the blood is hot. So you can get blood heat problems. - nosebleeds, excessive menstrual bleeding, blood in the urine, etc..

Hyperactivity of Liver Yang

(ascending liver yang)

Similar to upflaming liver fire, but not as hot.

Liver yang is going up out of control because of liver yin is deficient.

Liver Blood deficiency

blood deficiency signs

complexion isn't nourished – old yellow, wrinkles

All the things that blood nourishes are kind of dry.

Liver tissues aren't being nourished by blood (sinews and tendons) Person doesn't have free movement. Maybe they have tingle in the legs and arms. Remember the fingernails/toenails are extensions of the sinews. They will be brittle as well.

The eyes aren't being nourished either. You may have flowery or blurred vision.

Person feels dizzy

Person has insomnia.

Excessive dreaming – crazy things to think of.

Can cause problems with sterility or menstrual problems due to a lack of blood.

Brewing Damp heat in the liver and gall bladder.

All the signs of heat and dampness.

Could be cause for gallbladder stones. (or kidney stones)

Hepatitis could be this.

Liver wind

Convulsions, wind strike (stroke)

Chick feet spasms – little tremors in the body. (like parkinson's disease)

Three types of liver wind from three types of causes:

- x Extreme heat – high fever (especially in children)
- x Deficiency of liver yin that allows the liver yang to ascend out of control
- x Deficiency of liver blood can create liver wind. A vacuity can create it's own wind – like the subway tunnel.

These are all internal problems. (Exterior wind cannot attack the liver directly)

If you have a weak liver, you have more of a tendency to be effected by wind in other places. The outside wind can add to the existing problems, but not initially create them.

This internal wind impairs the function of the liver

- x It can't free course qi as well
- x It can't store blood as well (twitching of the muscles because they aren't nourished, also tingling and numbness)

Little tremors are the key symptom for liver wind.

Dizziness and headaches – liver channel comes to the vertex of the head.

Iron band sensation – like your hat's on too tight – causes headaches – feels like pressure on the head.

Tension and stiffness in the neck.

Disequilibrium – unsteady gait.

Inhibited speech.

Tetanic inversion – like a lockjaw caused by the energy going toward the inside of the body. This is a real rigid spasm of the muscles. This could be with any voluntary muscles (epilepsy).

This can lead to wind stroke.

Sudden unconsciousness

the liver yang rising can blow out the consciousness.

When they come to that may have hemiplegia. (paralysis on one side of the body)

The eyes don't track and speech can be affected.

Once the person is stable you can have some success. If you can get your hands on them within a year you can have pretty good success dealing with hemiplegia.

One of the clues to the source of the liver wind is the tongue

heat – tongue will be red, w/ yellow coat (perhaps)

liver yin deficiency – red w/ peeled or no coat (perhaps mirror tongue)

blood deficiency – tongue is pale and dry looking (maybe a pancake tongue)

pulse will also help

heat – rapid and full/strong perhaps wiry
liver yin deficiency – deficient. Rapid and thin/thready
blood deficiency – thin pulse, choppy

Stagnation of cold in liver jing-lou (channels)

Cold shan she pain.

This is fairly rare.

Hernia like disorders.

Real key is that the liver channel (which start by the big toe) goes around the genitalia.

Problems with the scrotum/testes or shrinking of the vagina.

Cold causes pain/ causes contractions.

Fullness and distention in the lower abdomen (over bladder area) because the channel is blocked.

It feels better with warmth.

Pulse is a deep pulse. It's an interior cold.

It's a wiry pulse – (the live ris involved), it could be tight and slow because of the cold.

Tongue – white and glossy, pale and wet.

Prostate problems. Prostatitis. Hernia.

Nutrition

Foods that congest liver:

- processed foods
- sweets
- too much animal fats
- chemical additives

Can cause tension and stress. Anger impatient, frustrated, edgy and rude people.

Aggressive and explosive.

A healthy liver will let a person be calm and have smooth flowing emotions.

Pitchford

Time to clean out the body from all those rich foods. Eat less – a little light fasting.

Eat more young plants – fresh greens.

Fresh sprouts and cereal grasses.

Less salty foods. - not so much soy and miso

Naturally sweet and pungent foods are good for the liver.

A little vinegar in water – 1t of cider vinegar in a glass of water. (careful, sour can hurt

the liver – don't over do it)

Beets

Carrots

Complex carbohydrates

Raw and sprouted foods (raw foods aren't always so good for deficient patients)

stagnate liver

water cress

onion family

mustard greens

tumeric

basil

bay leaf

cardemon

cumin

fennel

ginger

horseradish

mints

strawberries and peach

broccoli, cauliflower

Kidney Yin Deficiency

Basic

Stores our essence (Jing). It is the essence from our food (da qi, acquired essence) and what we picked up from our parents. (Inherited essence)

This has to do with growth/development, aging, reproduction. When it's gone you die.

It produces the medula, good for sight and hearing and memory

Kidney's are also associated with bone (and teeth)

Kidney's control water.

Kidney's themselves contain both fire (ming men ho – fire at the gate of life) and water (renal jing).

You cannot have an excessive pattern with the the kidneys. They can only become deficient.

You can be born with too little kidney essence. (If you're parents were running on low when you were conceived.) (poor bone development, slow general development, mental slowness, weak back, (lumbar), incontinence, bad teeth, thin hair)

The age of the parents has a lot to do with the inheritance of essence.

Emotion – fear/anxiety/shock (shock also hurts the heart) – fear causes the kidney qi to descend – bedwetting

Excess sexual activities also hurts the kidneys – this goes back to the Huang-ti – unregulated affairs of the bedroom or excessive labors of the bedroom

Chronic Illness can exhaust the kidneys as well.

Kidney essence declines with age. This is what causes the signs of aging. (ears, back, knees, teeth, head hair, sexual function declines)

Too much physical or mental work injures the kidneys. (This hurts the kidney yin – burning the candle at both ends...)

Bad dietary habits can injure the yin of the body – eating too fast, skipping meals, eating late at night.

Symptoms

- x vertigo
- x dizziness
- x tinnitus
- x poor-memory
- x deafness

specific yin deficiency

- x night sweats
- x dry mouth
- x five palm heat
- x thirst – just enough to moisten the mouth
- x an ache deep in the bones.
- x Red-cheeks
- x low-grade fever in the afternoon
- x hot-flashes
- x nocturnal emissions
- x constipation
- x dark and scant urine

The kidney water is deficient. It's not producing enough marrow to nourish the brain (vertigo and dizziness) Also the ears aren't being nourished or moistened – deafness and tinnitus. Poor memory is caused the same way.

Dizziness that is slight. This is a deficiency problem so it is a deficiency dizziness.

Tinnitus is deficiency as well. Like water rushing or crickets, it's not like the liver fire tinnitus.

Dry mouth, dry urine, dry constipation – caused by the lack of water fluids. See the definition.

Sore back and achy in the bones and knees. - the bones are being nourished.

Causes:

x see above

x inappropriate use of herbs – lots of medicines.

Pulse: thready, fine, thin, and rapid

Tongue: red, peeled coat (or mirror tongue) Look way back on the tongue – that's where the kidneys are. There can also be cracks and crevices in the tongue.

The yin grounds things. When the yin is deficient. It cannot hold the defensive qi at night, so you get night sweats. The wei Qi sleeps in the yin at night. Night sweats are especially hard at night. It's a pathological sweat. Chinese – you are sweating out your bones – evaporation from the bones. As opposed to sweating out the muscles as occurs with exercise. It actually compounds the problem and makes it worse.

Emaciation – they looked dried out.

Insomnia as well

Treatment Principle –

nourish the kidney yin.

KD-3 – shu stream point for the kidneys

Liver-kidney

Kidneys are the root of both the yin and the yang of the body. The kidney's are especially the root of the liver and the heart. (mother of liver, grandmother of heart). The kidney and liver yin share the same root. When the kidney yin is deficient, the liver yin will be deficient too. (Maybe the liver is in excess and sucks all the energy out of the kidneys.)

Headache – (liver yin/blood deficiency problems) In the occipital region (on ub channel) Or the headache can be on the top of the head (liver on the vertex of the head)

Blurry vision/dry eyes/loss of visual acuity/floaters

sallow complexion

Insomnia

numbness in the limbs

dream disturbed sleep

irregular or delayed periods (or scanty periods)

All the other signs of the kidney yin deficiency are still there (empty heat, etc...)

Same red tongue, no coat or peeled coat

Pulse – fine and thready, it could also be kind of pulse because of the liver bld/yin

deficiency.

Causes:

same as kidney yin deficiency.

Stress mental/physical

excess sexual activity

natural essence decline

poor diet

emotions are also added in – anger, frustration, etc..

Treatment principles

nourish liver and kidney yin

Heart-kidney

All the signs of kidney yin deficiency plus signs of the heart.

Water of the kidneys control the fire of the heart. The basic balance of fire and water in the body.

When the kidney yin is weak, the heart yin is affected.

We see deficiency heat signs

We see mental restlessness

Insomnia – waking up several times a night

Palpitations

Tip of the tongue can be red

Poor memory, deafness, tinnitus

Excessive dreaming

Feelings of heat in the afternoon

night sweats

red cheeks

treatment principles

nourish the kidney and heart yin.

Causes

mental strain, overwork, excessive sexual activities

emotional problem of sadness, depression, emotional shock

Sadness after a relationship breakup.

Chronic heart yin deficiency can cause kidney yin deficiency.

Lung Kidney

Symptoms

This is a chronic type of problem.

Emaciated – thin – weak looking arms and legs

Steaming bone tidal fever. - it's worse than night sweats.

(Tuberculosis)

A kidney yin deficiency signs plus

sore and weak in back and needs

red checks, etc. etc. etc....

Lungs symptoms as well

Dryness in the lungs – weak, dry cough

Expectoration of blood

Tongue is red with little to no coat – little comma's in the upper jiao where the lung is.

Pulse - thready and rapid.

Treatment Principles

Nourish the lung and kidney yin to increase the body fluids.

Kidney yang Deficiency

This is where the kidneys are cold. The ming men ho is burning kind of small – it's not keeping the body warm enough.

This is characterized by cold signs

aversion to cold

cold in arms and legs

cold complexion – drained white complexion

feel dizzy – tinnitus

person can't think, they are spaced out. - old age dimension (apathy) (hebetude of jing-shen

lack will-power

can cause problems with the nourishing of blood – so tired and listless, exhausted right down to the bone.

Pain/Limpness of the knees/lumbar

loose teeth

The back can feel cold. - they want warm on their back.

When the kidneys are cold, the essence is cold as well. The sexual energy doesn't get nourishment. Impotence in men, or premature ejaculation, seminal emission during the day (prostate problems). Cause for frigidity in women, infertility, irregular periods (cold freezing up the cycle)

Long micturation with copious clear urine. Urine isn't cooked off properly.

Incontinence

Water isn't cooked off properly so water swelling as well. Edema – often in the legs and ankles.

Nocturia – getting up and going to the bathroom more than once a night

Oliguria – Urinary block. If it's very deficient you might get a very little urine. It can go either way. Even then, the urine is still clear, there is no pain on voiding. It's not damp heat in the bladder.

Tongue: swollen, pale, scallops, moist – shows fluids are accumulating in the body. (can also be a thin tongue sometimes, more of a white coat.)

Pulse: frail, weak, slow, weaker in the kidney position.

Treatment principle – tonify and warm the kidneys

Cause:

chronic illness

excessive sexual activity – especially if exposed to cold after intercourse.

Dampness over a long period of time can damage the kidneys and cause this type of kidney yang deficiency

Old age – depletes the kidney yang.

Water-phlegm may flood upward

Severe case of kidney yang deficiency can affect the heart and/or lungs.

This is pulmonary edema or pleural effusion. - too many fluids in the upper jiao.

They prevent things from working right. Fluids can also accumulate under the skin as well.

Palpitations

cold hands

dyspnea with rapid breathing

a good juicy cough/asthma/breathlessness on exertion

inability to assume a recumbent position.

Sputum is foamy/white/and watery

you can hear this in the lungs

This happens over a long period of time. It's chronic

Causes

long time dampness problem

Treatment – tonify and warm the kidneys. Help the body transform the fluids.
Warm and tonify the heart or warm and tonify the lung qi depending on what organ is most affected.

Kidney – spleen

This is the most common combination of kidney yang deficiency

Kidney Qi

Insufficient Kidney Essence (Jing)

(This is also where there is a big dip is in the back. - kidney essence)