Liver and Gall Bladder Pattern
Liver Pattern

Introduction
Physiological characteristics

- Liver is a unyielding organ (刚脏), staunchness and restlessness. It takes blood as its body and qi as its function (体阴用阳)
- Its nature is growth and flourish, likes being soothed and dispersed, and dislike depression. It belongs to the wood, corresponding to growth-qi
- Correspondence to Spring

Channel passway

- Passes through external genitals and bilateral lower abdomen, the distributes in costal region, finally arrives to top of head
## Physiological relationship with others

<p>| | |</p>
<table>
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<tr>
<td><strong>Spirit</strong></td>
<td><strong>Soul (Ethereal spirit)</strong></td>
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<tr>
<td>Internally-externally connection</td>
<td>Gall bladder</td>
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<td>Open orifice</td>
<td>Eye</td>
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<td>Controls</td>
<td>Tendons (sinews)</td>
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<td>Manifestation on</td>
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<td>Related fluids</td>
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<td>Related emotion</td>
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<td>related season</td>
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<td>Five element</td>
<td>Wood</td>
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<td>related six climatic factors</td>
<td>Wind</td>
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</table>
Physiological Function

Liver govern coursing and discharging

- Assistant digestion and absorption
- Maintain blood and Qi circulation smooth
- Regulating water metabolism
- Regulating reproductive functions
- Regulating emotional activities
Liver stores blood

Nourish Liver

Controls Liver yang

Prevents bleeding

Increase volume when active

Decrease volume when rest

Regulates blood volume
Stores blood → Blood sufficient → Liver been nourished → Coursing and discharging smooth, yin and yang balanced

Governs coursing and discharging → Qi circulation smooth → Blood circulation smooth → Coursing and discharging smooth, yin and yang balanced
Other function

- Governs strategy and thinking
- Origin (root) of tiredness (罢极之本): when liver have pathological changes, there are fatigue, or easy to be tired
- Store “ministerial fire” （相火）
Physiological function and pathological symptoms

**Stores blood:** liver stores blood and regulars the volume of blood in the whole body

<table>
<thead>
<tr>
<th>Physiological function</th>
<th>Major pathological manifestations</th>
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</thead>
<tbody>
<tr>
<td><strong>Stores blood:</strong> nourishes liver, controls liver yang and prevent bleeding</td>
<td>Failed to stores blood: bleeding, vomiting with blood, nose bleeding, cough with blood, profuse menstrual bleeding or metrorrhagia and metrostaxis</td>
</tr>
<tr>
<td><strong>Regulates blood volume:</strong> following the body activities, liver controls blood volume inside body to nourishes organs and tissues.</td>
<td>Insufficient of storage (Liver blood deficiency): dizziness, blurry vision, hands and feet trembling, limbs numbness, or women with scanty menstruation or even amenorrhea</td>
</tr>
</tbody>
</table>
- **Governs coursing and discharging** (疏泄): liver ensures the smooth flow qi in entire body

<table>
<thead>
<tr>
<th>Physiological function</th>
<th>Major pathological manifestation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Regulate emotional activities:</strong> qi circulation smooth, then person feels calm, happy and easy</td>
<td>Lack of discharging: liver qi stagnate, result depression, suspicion, anxiety and frequent sigh&lt;br&gt;Over course: liver qi hyperactive, lead irritability, angry, headache, insomnia</td>
</tr>
<tr>
<td><strong>Assists digestion:</strong> liver ensures the smooth flow of qi will help spleen ascending and stomach descending harmony, as well as gall bladder secrete bile</td>
<td>Liver and stomach disharmony: epigastria distending pain, poor appetite, belching, hiccup, acid regurgitation&lt;br&gt;Liver and spleen disharmony: abdominal distending pain, loose stool with undigested food&lt;br&gt;Liver and gall bladder disharmony: pain in hypochondria, bitter taste in mouth, dislike food, or jaundice</td>
</tr>
<tr>
<td>Physiological function</td>
<td>Major pathological manifestation</td>
</tr>
<tr>
<td>-----------------------------------------------</td>
<td>-----------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Maintain blood circulation smoothly:</strong> when qi moves smooth, then blood will moves without stagnated.</td>
<td>Qi stagnation lead blood stagnation: pain or mass (s) in hypochondria area</td>
</tr>
<tr>
<td></td>
<td>Bleeding followed by qi rebellious: bleeding, vomiting with blood, cough with blood, or profuse menstrual bleeding, metrorrhagia and metrostaxis</td>
</tr>
<tr>
<td><strong>Regulate water metabolism:</strong> qi moves then will maintains water metabolism (distribution and excretion) normally</td>
<td>Qi stagnation lead water metabolism disorder: cause phlegm, edema</td>
</tr>
<tr>
<td><strong>Regulate menstruation and semen excretion:</strong> regular menstruation for women and seminal ejaculation for men depends on the normal coursing and discharging functions</td>
<td>Coursing and discharging disorder: Women: irregular menstruation Men: difficult ejaculation, or abnormal frequency ejaculation</td>
</tr>
</tbody>
</table>
Common symptoms and signs for liver pattern

- Emotional disorder: depression, mood swing, worry, unhappy, irritability, easy angry, anxiety
- Hypochondria distention, pain or mass
- Wind syndrome: dizziness, vertigo, tinnitus, limbs spasm or trembling, or even hemiplegia.
- In women, menstruation disorder
- For men, inguinal hernia, scrotum or testicular pain, abnormal ejaculation
- Wiry pulse
Etiology and pathogenesis of Emotional disorder

- Qi stagnation: Depression, worry, melancholy, suspicion, frequently sighs
- Lack of course: Emotional stress, improper diet, chronic illness, exopathogens
- Coursing & discharging: Mentally relax, happy, calm and good mood
- Over discharging: Irritability, easy angry, anxiety
- Qi counterflow: Emotional disorder

Improper diet
Chronic illness
Exopathogens
Etiology and pathogenesis of Hypochondriac pain

- Constitution
- Chronic illness
- Improper diet

- Qi, blood, yin or yang deficiency

Liver channels

- Liver
- Blood
- Qi
- Phlegm

Liver

- Exopathogens
  - Emotional stress
  - Improper diet

Hypochondriac area

- Distending, or dull pain

- Failed to nourish

- Pass through

- Blocks channel

Distending, pain or mass

- Qi, blood, yin or yang deficiency

- Improper diet

- Chronic illness

- Exopathogens
Liver

Sinew

Blood

Liver

Dizziness, vertigo, tinnitus, headache

Emotion stress
Pathogenic heat
Over consume alcohol

Yang rising, heat string up

Disturbs brain

Chronic illness
Improper diet
Bleeding

Blood deficient

Failed to anchors yang

Consumes blood

Failed nourish

Wind syndrome

Blood nourishes

Blood controls

Blood stores

Hand and feet trembling, limbs spasm, stiff tongue

Over consume alcohol

Pathogenic heat

Proper diet
Etiology and pathogenesis of Menstruation disorder

Blood stagnation

Qi stagnation

Dysmenorrhea

Amenorrhea

Irregular menstrual cycle

Blood volume controls

Liver

Scanty bleeding, or amenorrhea

Profuse bleeding

Failed coursing and discharging

Emotional stress

Improper diet

Pathogenic heat/cold

Chronic illness

Weak constitution

Liver

Uterus

overfill

lack
Etiology

- Exopathogenic factors: wind, cold, heat, dryness, dampness, summer heat, or pestilence (疠气)
- Emotional stress: angry, depression, worry, fear, sad, fright, etc.
- Improper diet: over consumes hot spicy or pungent food, alcohol, or medications
- Congenital defect
- Chronic illness
Liver patterns

Excess pattern
- Liver qi stagnation
- Liver fire blazing
- Liver wind agitating within
- Cold stagnation in liver channel

Excess/deficiency pattern
- Liver yang rising
  - Extreme heat stirring wind
  - Liver Yang transform into wind
  - Blood deficiency generate wind
  - Yin deficiency generate wind

Deficiency pattern
- Liver yin deficiency
- Liver blood deficiency
Liver blood deficiency pattern

- **Definition**: it refers a syndrome due to blood insufficient lead liver and other organs lack of nourishment.

- **Symptoms and signs**: dizziness, tinnitus; blurry vision, dry eyes, or night blind, or floaters; pale, brittle or withered nails, numbness of limbs, muscle twitching, joints stiffness, trembling of hand and feet. In women, scanty menses with light color bleeding, or amenorrhea; pale lips and tongue, wiry and thready pulse.
Key points:
symptoms and signs due to malnourishment of tendons, eyes, and nails, plus blood deficiency symptoms and signs

Etiology and pathogenesis

Liver Blood deficiency

- Failed to nourish the head and eye → Blurry vision, night blindness, dizziness
- Fails to nourish sinews, tendons, and muscles → Limb numbness, tremor stiffness, muscles, twitching
- Fails to fill Chong and Ren channels → Scanty menses, light color, or amenorrhea
- Fails to nourish tissues and organs → Pale dim complexion, dizziness, pale tongue, thready pulse
Liver yin deficiency pattern

- **Definition**: it occurs when there is not enough yin fluid in the liver
- **Symptoms and signs**: dizziness, tinnitus; dry eyes, blurred vision; there may be pain in the hypochondrium with burning sensation; tidal fever or low fever, feverish sensation in five center area, night sweating, trembling of hands and feet, red tongue with dry coating, a wiry, thready and rapid pulse
Key points:

- Eye problems, trembling, hypochondriac pain, plus yin deficiency symptoms and signs.

Etiology and pathogenesis

- Later stages of febrile disease
- Chronic illness, aging
- Emotional stress

Liver yin deficiency

- Failed to nourish tissue and organs
- Yin fails to balance yang, creating deficiency heat
- Liver yin deficiency with heat

- Dizziness, dry eyes with blurry vision, poor vision, tinnitus, and dry mouth
- Tremor of heads and feet
- Faint burning pain in hypochondria region
- Night sweating, hot flashes, five center heat sensation
- Red tongue with little coating, a wiry and rapid pulse
## Liver blood deficiency vs. Liver yin deficiency

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Liver yin deficiency</th>
<th>Liver blood deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>common</td>
<td>dizziness, tinnitus, blurry vision, dry eyes, trembling hands and feet, wiry and thready pulse</td>
<td>Blood failed nourishes: pale face, nail and tongue, night blindness. In women, scanty or light color menses, amenorrhea</td>
</tr>
<tr>
<td>different</td>
<td>Deficiency heat: tidal fever, or low fever, heat sensation in five centers area, night sweating, bitter taste in mouth</td>
<td>Pale tongue, dry coating</td>
</tr>
<tr>
<td>tongue</td>
<td>Red, or cracked tongue with little or no coating</td>
<td>Wiry tongue, dry coating</td>
</tr>
<tr>
<td>Pulse</td>
<td>Wiry, thready and rapid</td>
<td>Wiry and thready, or weak</td>
</tr>
</tbody>
</table>
Liver qi stagnation pattern

- **Definition**: refers to the syndrome that liver fails to conduct and disperse lead qi unable flow smoothly.

- **Symptoms and signs**: distending pain in the hypochondrium and in the lower abdomen, sensation of oppression in the chest, preference for sighing, depression or anger. Or irregular menstrual cycle, PMS, distending pain in the breasts, dysmenorrhea, a wiry pulse. There are may have Globus hystericus (plum-pit) or goiter
Key points:

- Depression, distending pain in hypochondrium or lateral abdomen (少腹), irregular menstrual cycle, wiry pulse

Etiology and pathogenesis

- Chronic illness
- Long term or sudden emotional stress
- Improper diet

Liver qi stagnation

- Stagnates qi in the Liver channel
- Constrains qi
- Fails to course and discharge
- Combines with phlegm/blood stasis

- Distention and channeling pain in the hypochondria or lateral abdomen, breast distention, dysmenorrhea or amenorrhea
- Depression, melancholy, frequent sighing
- Irregular menstrual cycle
- Plum-pit syndrome, goiter, abdominal mass
# Liver qi stagnation vs. rebellious of liver qi

<table>
<thead>
<tr>
<th></th>
<th>Liver qi stagnation</th>
<th>Liver qi rebellious</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Etiology</strong></td>
<td>Emotional stress</td>
<td>Over coursing or conducting, lead liver qi counterflow attacking other organs (spleen, stomach, heart, or lung)</td>
</tr>
<tr>
<td><strong>Pathogenesis</strong></td>
<td>Lack of discharging or dispersing lead qi stagnate</td>
<td></td>
</tr>
<tr>
<td><strong>Common symptoms</strong></td>
<td>Distending pain in hypochondria region, emotional changes, wiry pulse</td>
<td></td>
</tr>
<tr>
<td><strong>Different symptoms</strong></td>
<td>Depression, in low spirit, dislike talk, frequently sighs</td>
<td>Irritability, easy angry, moving pain in hypochondria and epigastria area, nausea, vomiting</td>
</tr>
</tbody>
</table>
Liver fire blazing pattern

**Definition:** a syndrome caused by the adverse flow of qi and fire in the liver channel

**Symptoms and signs:** dizziness, distending headache, flushed face, conjunctival congestion, bitter taste and dryness in the mouth, irritability, burning pain in the chest and hypochondrium, insomnia, and dream disturb sleeping, sudden tinnitus and deafness, dry stool and yellow urine, nose bleeding or hematemesis, red tongue with yellow coating, a wiry and rapid pulse
Key points:
symptoms and signs due to heat in Liver or excess heat following the Liver channel.

Etiology and pathogenesis

- Emotional stress
- Improper diet

Liver Fire blazing

Heart disrupted by Liver and Gallbladder fire

Distention headache, dizziness, red eyes and face, irritability, easily angry, burning pain in hypochondria, insomnia, dream disturb sleep, tinnitus, bitter taste in the mouth, wiry pulse

Excess heat disturbs inside

Thirst, constipation, scanty yellow tongue coating or red tongue with yellow coating, a rapid pulse
<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Liver fire blazing</th>
<th>Heart fire blazing</th>
</tr>
</thead>
<tbody>
<tr>
<td>common</td>
<td>Insomnia, irritability, dream disturbed sleep, bitter taste in the mouth, red face, thirst and preference of cold water, yellow urine, dry stool, red tongue with yellow coating, rapid pulse. Or even nose bleeding, hematemesis.</td>
<td>Vexation and hot sensation in chest, or tongue ulcers, rapid and forceful pulse. Or manic behavior, delirium,</td>
</tr>
<tr>
<td>different</td>
<td>Dizziness, distending headache, conjunctival congestion, burning pain in the chest and hypochondrium, sudden tinnitus and deafness,</td>
<td></td>
</tr>
<tr>
<td>Treatment</td>
<td>Clear Liver fire</td>
<td>Clear Heart fire</td>
</tr>
<tr>
<td>Formula</td>
<td>Jia Wei Xiao Yao</td>
<td>Qing Xin Tang, Dao Chi San</td>
</tr>
</tbody>
</table>
Liver yang raising

- **Definition:** it refers to syndromes caused by hyperactivity of the liver yang due to yin deficiency of the liver and kidney.

- **Symptoms and signs:** dizziness, tinnitus, distending pain the head and eyes, flushed face, congested eyes, vexation, lassitude in the loins and legs, feeling heavy in the head “top-heavy”, insomnia and dream disturb sleeping, amnesia, red tongue, wiry and rapid pulse.
Key points:

distending pain in the head and eyes, dizziness, and vertigo, “top-heavy” feeling, lumbar and knee soreness and weakness

Etiology and pathogenesis

- Emotional stress
- Sexual overstrain
- Aging

Liver yang rising

- Yang rising up disturbs Heart and Shen

Top-heavy

- Soreness and weakness in the lower back and knee
- Tongue is red with scanty coat, pulse is wiry

Tinnitus, dizziness and vertigo, red face

Dream disturbed sleep, insomnia, irritability, easily angry
<table>
<thead>
<tr>
<th></th>
<th>Liver fire blazing</th>
<th>Liver yang rising</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Common</strong></td>
<td>Fire and yang all tends to upward, so, symptoms are most related with head and face, such as dizziness, tinnitus, distending pain in the head and eye, red face and eye, irritability and easy angry</td>
<td></td>
</tr>
<tr>
<td><strong>Characteristics</strong></td>
<td>Acute onset, short course</td>
<td>Gradually onset, long course</td>
</tr>
<tr>
<td><strong>Different</strong></td>
<td>Excess heat sign and symptoms: Headache, red eye, burning pain sensation in the hypochondria, bitter taste in mouth, constipation, yellow urine.</td>
<td>Yin deficiency with yang rising, belongs to excess above with deficiency below: dizziness, distending pain in head and eye, knee and back weakness, with “top-heavy” feeling</td>
</tr>
<tr>
<td><strong>Tongue/pulse</strong></td>
<td>Red tongue with yellow coating, wiry, rapid and forceful pulse</td>
<td>Red tongue, with thin yellow coating or dry coating, wiry and thready pulse</td>
</tr>
</tbody>
</table>
Liver yang rising Vs. Liver yin deficiency

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Liver yin deficiency</th>
<th>Liver yang rising</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deficiency</td>
<td>“Ben” (本) deficiency, “Biao” (标) excess</td>
<td></td>
</tr>
<tr>
<td>common symptoms</td>
<td>Dizziness, tinnitus, distending pain in hypochondria, red tongue, wiry, thready and rapid pulse.</td>
<td></td>
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<tr>
<td>different symptoms</td>
<td>Five centers heat sensations, hot flushes, night sweating, hectic fever, dry mouth, thirst, dry eyes, hands and feet trembling,</td>
<td></td>
</tr>
<tr>
<td>Tongue</td>
<td>dry</td>
<td></td>
</tr>
<tr>
<td>Pulse</td>
<td>Thready forceful</td>
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</tbody>
</table>
## Liver yang rising vs. wind due to Liver yang rising

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<th>Pathogenesis</th>
<th>Liver yang rising</th>
<th>Liver yang rising wind</th>
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</thead>
<tbody>
<tr>
<td>Common</td>
<td>All belongs to excess combine with deficiency pattern (excess above with deficiency below), wind caused by liver yang hyperactivity pattern is developed from liver yang rising.</td>
<td></td>
</tr>
<tr>
<td>Different</td>
<td>Kidney and liver yin deficiency, lead liver yang rising, excess above</td>
<td>Liver yang abnormal rising and uncontrollable stirred liver wind</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Common</th>
<th>Different</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dizziness, tinnitus, distending pain in head and eye, red face and eye, red tongue, wiry and rapid pulse, or wiry, thready and rapid pulse</td>
<td>Vetigo, dizziness, headache worse with movement, stiff neck, hands and feet trembling, limbs numbness, difficult speech, or sudden fall</td>
<td></td>
</tr>
</tbody>
</table>
Liver wind Agitating within

A series pattern which characteristics by swinging symptoms likes vertigo, tending to fall, tremor and contraction. According to etiology and pathogenesis, it can be classify into four of the following

- Extreme heat stirring wind
- Liver yang transforming into wind
- Blood deficiency producing wind
- Yin deficiency producing wind
(1) Liver yang transform into wind

Definition: a pattern caused by liver yang rising, uncontrollable hyperactive, result a series wind symptoms.

Symptoms and signs: dizziness and vertigo, tending to fall, shaking head, headache, neck stiffness, slurry speech, limbs numbness, hand and feet trembling, staggering, red tongue with white or greasy coating, a wiry, thready and forceful pulse. Or sudden lost consciousness, deviated mouth and eyes, hemiplegia, difficult speech, rattling sound in throat.
Key points:
A history of dizziness and headaches with Liver yang rising signs and symptoms, sudden onset of wind signs and symptoms, or sudden collapse combined with hemiplegia.

Etiology and pathogenesis

- Emotional stress
- Chronic illness, aging

Liver yang transforming into wind

Yang rising → Distention headache, dizziness, tendency to fall

Yin deficiency → Limb tremor or numbness, neck stiffness, slurred speech

Qi and blood inverse and chaos → Tongue is red with scanty coat, pulse is wiry

Sudden collapse, loss of consciousness
(2) Extreme heat stirring wind

- **Definition:** a pattern due to extreme heat consumes body fluid, leads sinews/tendons spasm because of lack of nourishment. Or extremely heat invade into the pericardium reversely during the course of exogenous febrile disease.

- **Symptoms and signs:** high fever, irritability, fidget, coma, spasm and convulsion, and stiff neck. Or opisthotonus, lock jaw, upward or straight staring eyes. A deep red tongue with dry yellow coating, and a wiry and rapid pulse.
Key points:

High fever plus signs and symptoms of wind.

Etiology and pathogenesis

Exopathogenic heat

- Extreme heat stirring wind

  - Heat disturbs the clear orifices
    - Irritability, fidgeting, coma

  - Heat damages yin, fails to nourish tendons, sinews and muscles
    - Spasms, convulsions, and stiff neck; or opisthotonus, lock jaw, upward or straight staring of eyes

  - Excess heat
    - A deep red (crimson) tongue with dry yellow coating, and a wiry rapid pulse
(3) Blood deficiency producing wind

- **Definition:** a pattern characterized by the malnutrition of tendons and meridians resulting in blood deficiency

- **Symptoms and signs:** numbness of the limbs and stiffness of the joints, muscle spasm, trembling of hands and feet, dizziness accompanied with symptoms of deficiency of the liver blood
Key points:

Tremors in extremities, muscle twitching, numbness, or itching, plus blood deficiency signs and symptoms.

Etiology and pathogenesis

- Blood deficiency generating wind
  - Fails to nourish tendons, sinews, and muscles
  - Fails to nourish Liver

- Numbness of the limbs, stiffness of the joints, muscle spasms, trembling of hands and feet, itching
- Dizziness, tinnitus, dull complexion, pale tongue, blurry vision, dry eyes, night blindness, scanty menstrual flow or amenorrhea

- Bleeding
- Chronic illness

Blood deficiency generating wind
(4) Yin deficiency producing wind

Definition: a pattern caused by liver and kidney yin deficiency.

Symptoms and signs: Trembling or flaccid hands and feet, dizziness, tinnitus, afternoon or evening tidal fever, five centers heat, bone-steaming fever, flushed cheeks, emaciation, dry mouth and throat. Small red tongue or cracked tongue with scanty or peeling coating. Thin rapid pulse.
**Key points:**

Hands and feet tremor, dizziness, plus Liver yin deficiency signs and symptoms

**Etiology and pathogenesis**

- **Exopathogen**
- **Later stages of febrile disease**
- **Chronic illness**

- **Yin deficiency generating wind**
  - Fails to nourish tendons, sinews, and muscles
  - Yin deficiency generates deficiency heat
  - Fails to fill vessels and nourish shen
  - Tremor and twitching, flaccidity
  - Five center heat, hot flashes, night sweating, red tongue, rapid pulse.
  - Dizziness, cracked tongue, thready pulse
<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th>Extreme heat</th>
<th>Liver yang</th>
<th>Blood Xu</th>
<th>Yin Xu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat damages body fluid lead tendon lost nourishment</td>
<td>Kid/Liv yin xu, liver yang hyperactive, uncontrollable</td>
<td>Blood and yin insufficient, lead tendon lost nourishment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disease nature</td>
<td>Excess heat</td>
<td>Heat, excess above with deficiency below</td>
<td></td>
<td>Deficiency, (heat)</td>
</tr>
<tr>
<td>Main symptoms</td>
<td>Convulsion, stiff neck, locked jaw, opisthotonus, upward or straight staring eye</td>
<td>Severe vertigo, tremor, difficult speech, or sudden coma, hemiplegia</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other symptoms</td>
<td>High fever, fidget, coma</td>
<td>Headache, stiff tongue, staggering</td>
<td>Pale face and face, dizziness</td>
<td>Tidal fever, night sweat</td>
</tr>
<tr>
<td>Tongue</td>
<td>red or deep red</td>
<td>red</td>
<td>pale</td>
<td>red, crack, little coating</td>
</tr>
<tr>
<td>pulse</td>
<td>Rapid, wiry, forceful</td>
<td>Wiry, may thready, forceful</td>
<td>Thready, weak</td>
<td>Thready, rapid, weak</td>
</tr>
</tbody>
</table>
Cold stagnated in Liver channels

- **Definition:** a pattern arise by pathogenic cold obstructed in liver channel
- **Symptoms and signs:** cold pain in bilateral lower abdomen or genital or contracture of scrotum, pain aggravated by cold and relieved by warmth, cold limbs, vomiting of clear mucus, a white slippery tongue coating, and a deep, slow and wiry pulse
Key points:

Cold pain in the lower abdomen, pudendum, and vertex; cold limbs and body

Etiology and pathogenesis

- Exopathogenics: Cold stagnation in Liver Channel
- Cold contracts and obstructs
- Liver channel passes the lateral abdomen, genitals, and top of the head
- Impairs yang
- Deep, slow, and tight pulse
- Cold radiating pain at lateral abdomen, genitals, scrotum area, pain relieved by warmth and aggravated by cold, vertex headache,
- Cold limbs, pale tongue
Liver blood stagnation

- **Definition:** pain or mass caused by blood stagnates in the Liver or blood stasis obstructs the Liver channel.

- **Symptoms and signs:** Hypochondrial or abdominal pain, vomiting of blood, epistaxis, painful period, irregular periods, menstrual blood dark and clotted, infertility, purple nails, purple lips, purple or dark complexion, dry skin (in severe cases), purple petechiae, masses in abdomen. A purple especially, or only, on the sides, in severe cases, purple spots on the side. A wiry and/or choppy pulse.
Key points: Sharp pain or masses along Liver channel, plus blood stagnation symptoms

Etiology and pathogenesis

Liver blood stagnation

- Fails to nourish organs, tissues, and channels → Hypochoncriac sharp pain, squamous and dry skin
- Blood stasis accumulation → Lumps, or mass, distended vein, choppy or irregular pulse
- Fails to nourish tissues with fresh blood → Dark complexion, purple lips and nails

- Emotional stress
- Improper diet
- Overstrain
- Chronic illness
Gallbladder Pattern

- Excreting the bile
- Storing the bile
- Decision and judgment
Location: right hypochondriac region, on the inferior surface of the Liver.

A hollow capsule shape organ and contains bile

“the fu organ of essential juice”, (中精之腑)

“fu”organ, and “extraordinary organ”

Dominate ascending

Prefers calm and quiet, dislike being harassed and bothered
Functions

- Storing and excreting bile and aiding digestion
- Dominating decision making and judgment
Etiology and pathomechanisms

emotional stress
Improper diet
Exopathogens

Pathogenic heat

Gallbladder

Bile steam upward

Bitter taste in the mouth
Etiology and pathomechanisms

Jaundice

- Emotional stress
- Improper diet
- Chronic illness
- Exopathogens

Qi

Phlegm

Blood stasis

Gallbladder

Bile effluence outward

Bile steam outward

Jaundice

Pathogenic heat

emotional stress
Improper diet
Exopathogens
Etiology and pathomechanisms

- Emotional stress
- Improper diet
- Chronic illness
- Weak constitution

Qi deficiency → Gallbladder

Gallbladder → Timid and suspicion

Fails to nourish
Fails to active and motivate
Common patterns

Gallbladder Disease Pattern

- Excess pattern
  - Heat congesting and stagnating in Gallbladder
  - Heat phlegm stagnated in Gallbladder

- Deficiency pattern
  - Gallbladder qi deficiency
Gallbladder qi deficiency

- **Definition**: a pattern caused by Gallbladder qi insufficient, where Gallbladder fails in judgment and decision making.

- **Symptoms and signs**: dizziness, blurred vision, nervousness, timidity, propensity towards being easily startled, suspicion, lack of courage and initiative, difficulty making decisions when needed, insomnia, dream-disturbed sleep, shortness of breath, pale tongue, thready and wiry pulse, or weak pulse.
**Key points:**

Timidity, easily startled, suspicion and lack of courage, plus qi deficiency signs and symptoms

**Etiology and pathogenesis**

- Congenital constitution
- Chronic illness
- Gallbladder qi deficiency

- GB failed to make decision and judgment
- Qi deficiency failed to nourish
- Disrupt Heart and Liver function

- Deep, slow, and tight pulse
- Dizziness, shortness of breath, weak pulse
- Insomnia, dream disturbed sleep, wiry pulse
Gallbladder heat congesting and stagnating

Definition: “heat congestion in Gallbladder pattern”. Refers a pattern arises from heat accumulation and stagnated inside the Gallbladder.

Symptoms and signs: Fever or alternating chill and fever, a bitter taste in the mouth, unceasing retching, hypertonicity and pain below the ribs, yellow urine, bound stools, a red tongue with yellow coating, and a wiry and rapid pulse
Key points:
Bitter taste, dry throat, dizziness and tinnitus, or there is alternative chills and fever with jaundice

Etiology and pathogenesis

Exo-pathogenic heat

Emotional stress

Gallbladder heat

Streams bile upward or outward
Disrupts Hun, failed to anchor
Congested qi exit and enter
Through the channel disrupt other organs
Excess heat steam inside, consumes body fluid

Bitter taste in mouth, jaundice
Insomnia, dream disturb sleep
Alternative chills and fever
Headache, dizziness, ear pain, tinnitus, hypochondria pain or distension, nausea or vomit, or anoxia
Dry mouth and thirst, constipation, dark yellow and scanty urine, red face and tongue, rapid pulse
Gallbladder stagnation due to phlegm disturbance

- **Definition:** refers to phlegm heat disturbs gallbladder and results in gallbladder dysfunction.

- **Symptoms and signs:** dizziness, tinnitus, bitter taste in mouth, chest distress, hypochondria distention, timidness, easily startled, insomnia, and dream disturbs sleeping. Red tongue with thick yellow greasy coating, a slippery and wiry pulse.
Key points:

Palpitations, insomnia, dizziness, thoracic and hypochondriac oppression and distension, better taste in the mouth and yellowish greasy tongue coating

Etiology and pathogenesis

Emotional stress

Gallbladder stagnation due to phlegm disturbance

Heat phlegm accumulation
- Phlegm heat obstruct and disrupts shen and hun, failed to anchor
- Phlegm obstruction
- Heat following channel steam upward

Red tongue, yellow greasy coating, slippery and wiry pulse
- Insomnia, dream disturb sleep, irritable, restlessness, palpitation
- Chest distress, hypochronic distension
- Bitter taste in mouth, tinnitus, dizziness
Rebellious Liver Qi (肝气横逆) (MG)

- Hypochondrial or epigastric distension, hiccup, sighing, nausea, vomiting, belching, “churning feeling in the stomach”, irritability, in women breast distension. A normal tongue, and a wiry pulse

*Rebellious liver qi is more as pathogenesis than a pattern*

Liver qi overacting on Stomach