

# Diagnosis and Treatment of Liver Excess (Blood Stasis)

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## 1. What is Blood Stasis?

The Blood Stasis is the Blood which did not circulate normally and became stagnated, mainly at the sub-costal region, lower abdomen and lower back (sacral region). This can be understood as an excess of the Liver Channel. However, since a disease doesn't occur without deficiency, the patterns are Lung Deficiency Liver Excess or SP Deficiency Liver Excess. Also, blood stasis is a condition in which blood is stagnated and doesn't flow, not a condition that in which there is a lot of blood. Or rather, I would like you to consider it as a condition wherein the blood stagnates, gets hard and dries up.

## 2. Causes of the Blood Stasis: Pathology and Pattern.

- ① Fetal toxin=inheritance from parents, Eczema due to blood stasis.

The cause of many diseases like allergies such as atopic dermatitis, etc. and constitutional diseases is blood stasis. It manifests with pressure pain at inguinal region (abnormality of Dai Mai). There is right sub-costal tightness and heat in the chest. The pulse sometimes feels Sinking and Thin but is excess at the left 2<sup>nd</sup> position. Most appear as Lung Deficiency Liver Excess Pattern.

- ② Blood Stasis due to Depression, Depression causes stagnation of Ki and the circulations of blood worsen. Depression tends to cause Lung Deficiency Liver Excess Pattern or SP Deficiency Liver Excess Pattern.

Tightness in right sub-costal region or tightness in both sides. The pulse is Sinking and Thin. When you have blood stasis, the usual tendency is toward constipation, but with this pattern, sometimes there is diarrhea. However, even if there is diarrhea, there is not loss of appetite. Depression, Stomachache, Stomach or duodenal ulcer.

- ③ Blood Stasis due to excess consumption of present-day medicine, Usage of drug likes marijuana, etc, and food.

Excess consumption of animal protein worsens the circulation of blood and causes the blood stasis.

Too much drinking causes Liver Heat and once the heat decreases, it becomes Liver Excess Blood Stasis. Most are SP Deficiency Liver Excess Pattern. Pressure pain at right ST19, CV17. Chest heat. Pressure pain, water stasis and tightness in right sub-costal region.

The pulse is Sinking, Wiry and Excess. Sometimes Slow. Chest pain, cardiac diseases, moral instability, malignant tumor, chronic hepatitis, etc.

- ④ Blood Stasis due to Injury, Surgery, Physical Labor like lifting heavy objects

Blood stagnates at the area of injury. There are knots in lower abdomen or sacral area, and all the muscles in the body decrease in elasticity and easily tighten. Muscular rheumatism (pain) occurs easily.

The pulse is Sinking, Thin, Excess or Sinking, Wiry, Slow. Various muscle pains, neuralgia, shoulder tightness, joint pain, etc.

- ⑤ Blood Stasis due to Irregular Menstruation, Childbirth, Miscarriage, etc.

At a young age, mainly these are SP Deficiency LR Excess Pattern and have blood stasis in the lower abdomen. The pulse is Sinking and Thin. The tendency is to have constipation and heat in upper warmer and cold in lower warmer. In old age, it transfers to LU Deficiency LR Excess, and the pulse is Sinking, Wiry, and Slow. This becomes a cause of malignant tumor. There is tightness in right sub-costal region, blood stasis in lower abdomen, and pressure pain in inguinal region.

⑥ Blood Stasis due to Fever or Liver/Gall Bladder Disease

If becoming feverish a lot, heat from Shao Yang Channel to Liver Channel occurs. The heat in Liver Channel causes Blood Heat. The blood that received heat stagnates and becomes blood stasis. Liver/Gall Bladder diseases cause the stagnation of Liver Blood and the blood stasis. Pressure pain, tightness and water stasis below the xiphoid process. Tightness in right sub-costal region and blood stasis in lower abdomen.

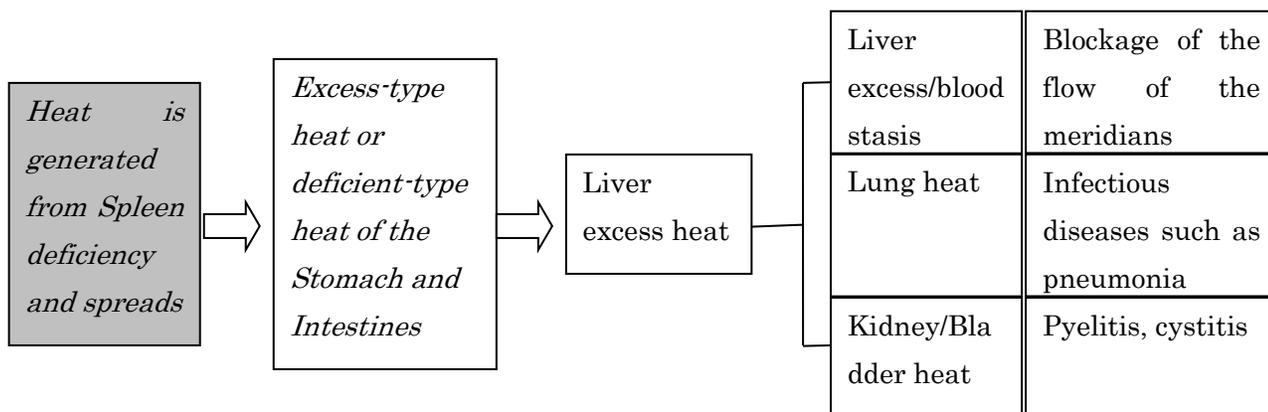
## IV. Spleen Deficiency Heat Pattern Diagnosis and Treatment 2

### Pathology

The condition in which Liver excess heat is added to a Spleen deficiency heat pattern is called a Spleen deficiency Liver excess heat pattern. Heat has been added to blood in this condition. However, if that heat disappears and blood stagnation becomes prominent, the condition is referred to as a Spleen deficiency Liver excess pattern. This is also known as a blood stasis pattern. A blood stasis pattern can be divided into those that present mainly in the subcostal area and those that present mainly in the lower abdomen.

#### [1] Spleen Deficiency Liver Excess Heat Pattern

Diagram 1-19: Pathology of a Spleen Deficiency Liver Excess Heat Pattern



#### [2] Spleen Deficiency Liver Excess Pattern (The Subcostal Type)

Blood stasis can develop from various causes, one being when blood alone remains in the areas controlled by the Liver and Liver channel after the heat of Liver excess heat has come down. Additionally, it can be caused by traffic accidents, endogenous factors, and internal organ disorders (hepatic or cholecystic disorders, duodenal ulcers). These types of blood stasis are called subcostal blood stasis. When blood stasis develops, the creation/generation function of the Liver is weakened. Because of that, many people become emotionally depressed when they develop blood stasis, and then present

with psychosomatic disorders such as stomach ulcers or neurotic type symptoms such as insomnia.

Moreover, there is a tendency to develop indurations and present with pain and stiffness due to the poor circulation of blood in the meridians because of blood stasis. This possibility exists in all the meridians.

**[3] Spleen Deficiency Liver Excess Pattern (The Lower Abdominal Type)**

It is possible for blood stasis to increase mainly in the Liver channel in the lower warmer once Liver excess develops after Liver excess heat. When blood stasis develops in the lower warmer, the Bladder takes on heat and the fluids of the Kidney dry out. Because of that, it is possible to develop urinary organ disorders such as urethritis. Alternatively, the person could be come constipated and present with signs of derangement

Women who constitutionally have a lot of blood stasis will also develop a Spleen deficiency Liver excess pattern. Although the condition is one of Spleen deficiency, there is often not much Stomach and Intestine symptomology other constipation. If anything, there is a hearty appetite. However, this condition is easily mistakable for a cold pattern since the pulse is thin.

This pattern of imbalance as well can cause blockages in the flow of blood through the various meridians, form indurations that present with pain and stiffness.

Spleen Deficiency Liver Excess Heat Pattern and Liver Excess Pattern			
Examination		Treatment	
Looking	With Liver excess heat, the face is red, eyes bloodshot or yellowish, and the tongue is dry or coated. With a lot of blood stasis, the complexion is blackish.	Basic Points	For Spleen deficiency tonify PC-7, PC-8, SP-2, and SP-3.
Listening Smelling	Emotional depression. Speaking very softly.	Liver Ex. or Liver Ex. Heat	Disperse GB-38, GB-36, TW-5, TW-3, LR-2, LR-3, LR-4, LR-8, SP-10, SP-6.
Questioning	Causes include: traffic accidents; internal organ disorders such as of the liver; presently taking long-term medications; holding one's temper; childbirth. Deterioration with cooling or at night. With Liver excess heat: alternations of cold and heat; constipation; nausea; loss of appetite; low-grade fever. With Liver excess blood stasis: chills in the lower limbs and hot flashes in the upper body; constipation; emotional depression; interscapular stiffness.	Heart Heat	Tonify KI-2. Disperse GB-41.
		Spleen Heat	Disperse ST-36, ST-37, and ST-39.
		Lung Heat	Tonify PC-5, SP-5, LU-10.
		Kidney Heat	Disperse BL-40.

Palpation	<p>With Liver excess heat: resistance and pressure pain the subcostal area. With Liver excess blood stasis: resistance in the right subcostal area, and pressure pain and resistance in the lower abdomen.</p> <p>With Liver excess heat: the pulse is either wiry and rapid or choppy and excess. With Liver excess blood stasis: the pulse is wiry and excess, slippery and excess, or thin and excess. The left middle position is always excess.</p>	Supplementary Points	<p>For Spleen Deficiency Liver excess heat: LR-14, BL-17, BL-18, BL-19, BL-20, and BL-21.</p> <p>For Spleen Deficiency Liver excess: BL-25, and the so-called <i>Eight Bone Holes</i> [BL-31 to BL-34].</p>
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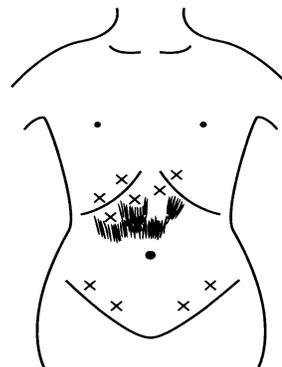
### 【Spleen Deficiency Liver Excess Pattern】

Chilling accompanies blood stasis, and so the patient will emphasize being cold, but the chilling does not extend internally. Because of that, even though the patient may speak with a weak-sounding voice, he or she will have a healthy appetite and a tendency to be constipated. Also, there will be stiffness from the interscapular area to the neck. The patient will most likely tend to be somewhat emotionally depressed, and so you should ask if he or she tends to feel down or blue.

### Palpation

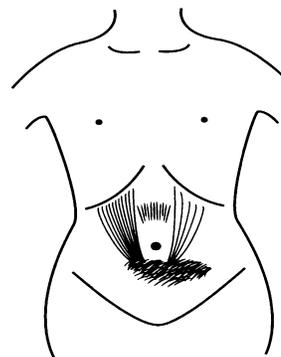
#### SP-LR Ex. Heat

Left Wrist		Right Wrist
<b>Wiry - Deficient</b>	Distal	Wiry
<b>Wiry - Excessive</b>	Middle	<b>Wiry - Deficient</b>
Wiry	Proximal	Wiry - Deficient



#### SP-LR Excess

Left Wrist		Right Wrist
<b>Minute</b>	Distal	Normal
<b>Sinking - Excess</b>	Middle	<b>Wiry - Deficient</b>
Normal	Proximal	Wiry - Deficient

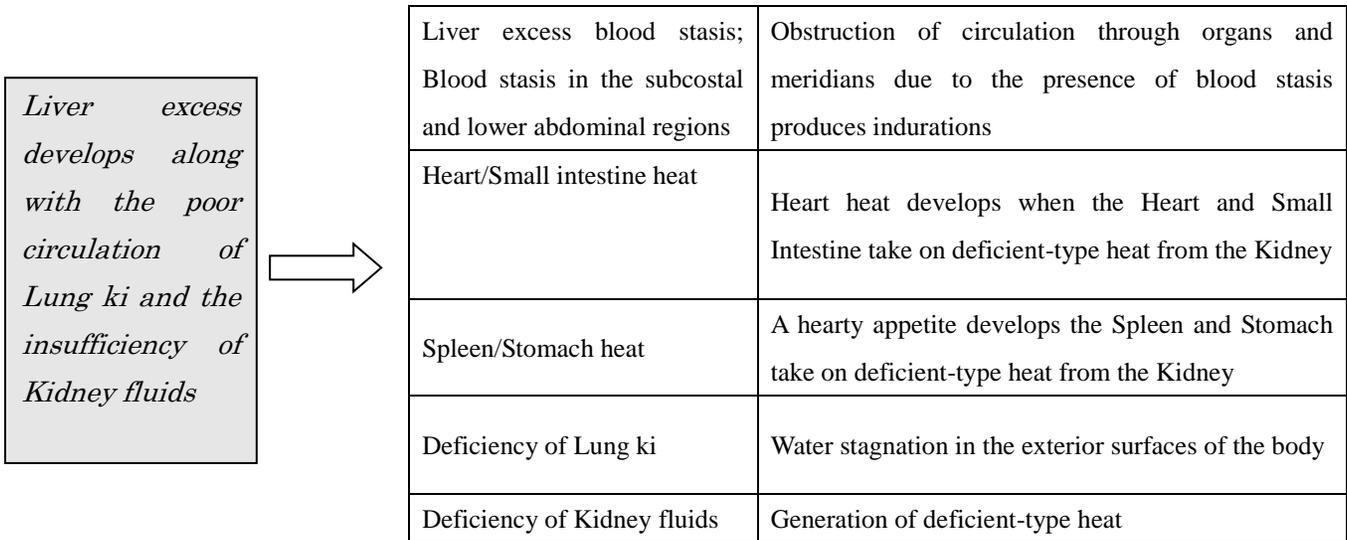


# Lung Deficiency Liver Excess Pattern Diagnosis and Treatment

## Pathology

A Liver deficiency heat pattern arises when the Liver takes on heat, but Liver blood stagnates, resulting in a Liver excess pattern in those who naturally have a lot of blood stasis. This is called a Lung Deficiency Liver excess pattern. It is a condition in which there is poor circulation of blood due to poor circulation of Lung ki while there is a deficiency of Kidney fluids, which causes a further worsening of the blood circulation and finally blood stagnation. Blood stasis increases in both the subcostal regions and in the lower abdomen. This pattern of imbalance tends to manifest in people from middle age on who had a Spleen Deficiency Liver excess pattern.

The ki and blood circulation in all the organs and meridians is obstructed with the development of blood stasis, resulting in the manifestation of various Symptomology and causing a variety of diseases. Moreover, indurations will be formed in the meridians, which will present with pain.



## Symptomology

Emotional depression. Feeling of obstruction in the throat. Heavy headedness. Headache. Vertigo. Anxiety neurosis. Insomnia. Hardness of hearing. Palpitations. Shortness of breath. Dry mouth. Constipation. Chills in the lower limbs and hot flashes in the upper body. Myalgia such as low back pain. Stiffness from the interscapular region to the neck. These are the essential symptomology of a Lung Deficiency Liver excess pattern.

Diabetes. Fifty-year-old's shoulder. Chronic hepatitis. Hypertension. Trigeminal neuralgia. Various tumors. Various women's diseases. Various intractable diseases. These are the symptomology and disorders that tend to manifest due to blood stasis that results from a Lung Deficiency Liver excess pattern.

Kidney Deficiency Heat Pattern and Lung Deficiency Liver Excess Pattern			
Examination		Treatment	
Looking	Big, reddish-black ears. Balding. Bloating. Blackish skin. Edema of the legs. Redness between the eyebrows. Too much luster in the face.	Basic Points	Tonify LU-5, KI-7, KI-10, and KI-1.
		Liver Excess	Disperse LR-2 and LR-8.
Listening Smelling	Humble demeanor. Easily surprised. Quite if there is blood stasis.	Heart Heat	Tonify KI-2. Disperse PC-4.
		Spleen Heat	Disperse SP-8 and ST-36.
Questioning	Causes such as: working on one's feet; overindulgence in sex; chilling of the legs and lower back. Deterioration with chilling of the feet and in the winter. Heat vexation in the feet. Nocturnal urination. Palpitations. Diarrhea without abdominal pain. Hearty appetite.	Lung Heat	Disperse LI-2, LI-4, LU-5, and LU-6.
		Kidney Heat	Disperse BL-65 and BL-63.
Palpation	Loss of strength from the conception vessel inferior to the navel and tension in the Stomach channels to both side of the navel. Heat in the chest.	Supple -mentary Points	CV-3, CV-4, ST-25, C-12, CV-17, CV-14, BL-13, BL-23, BL-26, BL-28, BL-25 For Lung Deficiency Liver excess: CV-17, CV-12, ST-25, LR-14, GB-24, CV-5, BL-13, BL-18, BL-10, BL-23, BL-26, BL-25, and the Glomus Root.
	The overall pulse is floating, slippery, and deficient, or possibly hollow. The right distal and left proximal positions are deficient at the deep level. The pulses of areas that have taken on heat are excess.		

## Palpation

### KD Heat

Left Wrist		Right Wrist
Slippery - Excessive	Distal	<b>Minute</b>
Slippery - Excessive	Middle	Wiry
<b>Slippery - Deficient</b>	Proximal	Slippery - Deficient

### LU-LR Excess

Left Wrist		Right Wrist
Slippery - Excess	Distal	<b>Overflowing</b>
<b>Excess</b>	Middle	Excess
<b>Deficient</b>	Proximal	Deficient

