

Treatment of Liver & Gallbladder Issues

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Causes of Liver Imbalance

- Dietary causes
 - Excess consumption of heat producing foods such as red meat, spices, alcohol
 - Excess consumption of greasy, fatty foods
- Medications
 - Coumadin
- Over use of herbs/supplements
- Emotional causes
 - Stress
 - Anger, frustration, resentment
- Hormonal imbalance
- Immune (Lung) disorders
- Medical conditions affecting the liver
 - Elevated Cholesterol
 - Hepatitis
 - Fatty Liver
 - Gallbladder Disease

Liver often Root Cause of Clinical Presentations

○ Musculoskeletal

- Controlling the Sinews can be involved with joint tendinopathies
- Close relationship to Gallbladder/Triple Warmer controlling Lateral Zone of body
- Tendency for qi/blood to become stagnant as controlled by Liver can lead to pain throughout body

○ Zang Fu

- Stores Blood and so influences uterine and cardiac function
- Digestive Disorders
 - Liver (wood) over controls or “invades” earth or Spleen

○ Emotional

- The Hun and its relationship to Shen as the more ethereal or heavenly aspect of Shen
- Tends to rise causing bursts of anger, stroke, headaches

Oketsu: Blood Stagnation

○ Diagnosis and Treatment Points

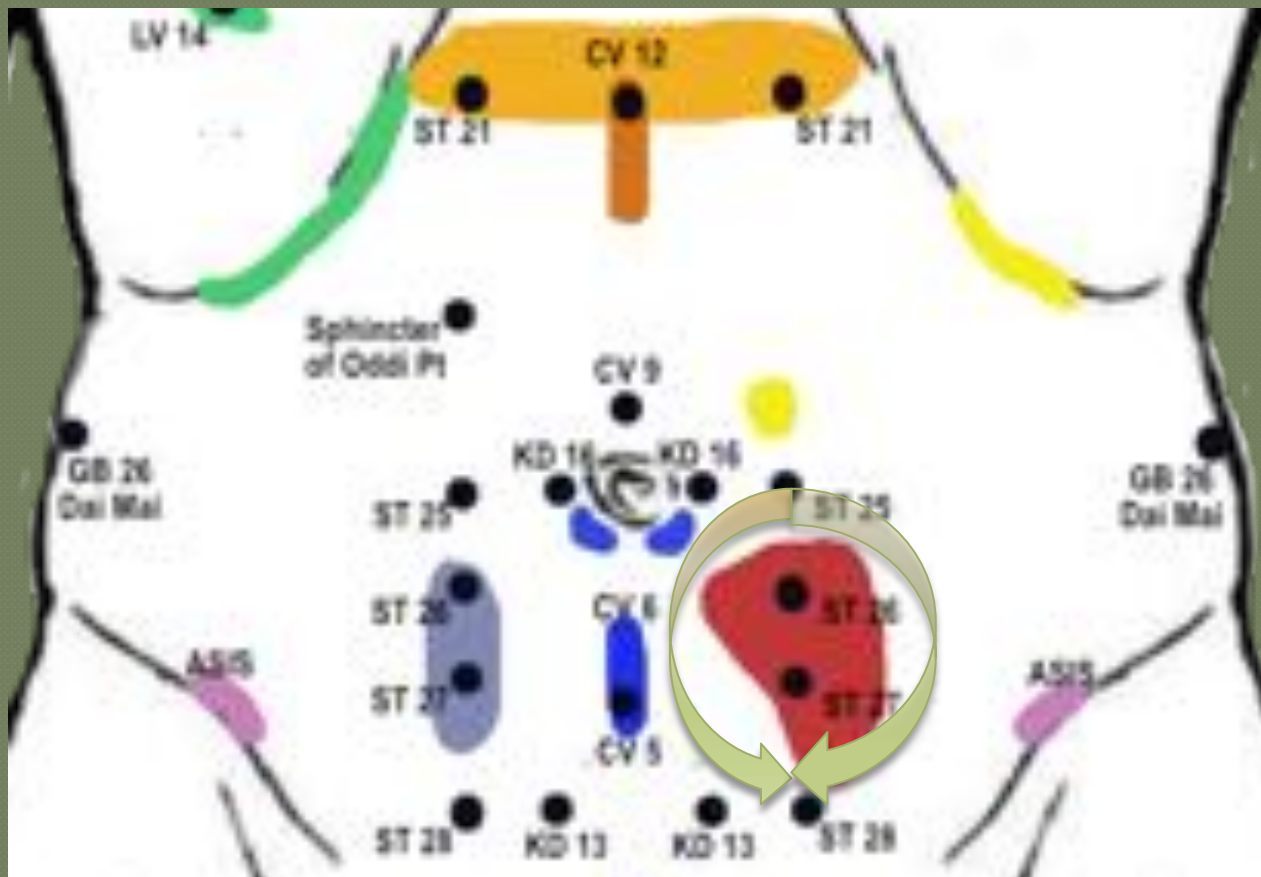
- Diagnostic Reflex Zone
 - Left ST 26-27 region
- Treatment points
 - Left LV 4
 - Left LU 5

Oketsu

- Stagnation of Blood in the Abdomen
 - Due to surgery, bruising, chronic medication or drug use, respiratory disorders and stress, hormonal imbalance, infections, high fever
 - Lu 5 may be more influential point on Oketsu if Immune/Respiratory is predominant cause
 - Use bilateral Lu 5 with Left Lv 4 in this case
- Related to rectal vein congestion (may also be associated with pressure pain at Left BL35) with toxins absorbed in blood caused by chronic constipation.

Hara: Oketsu

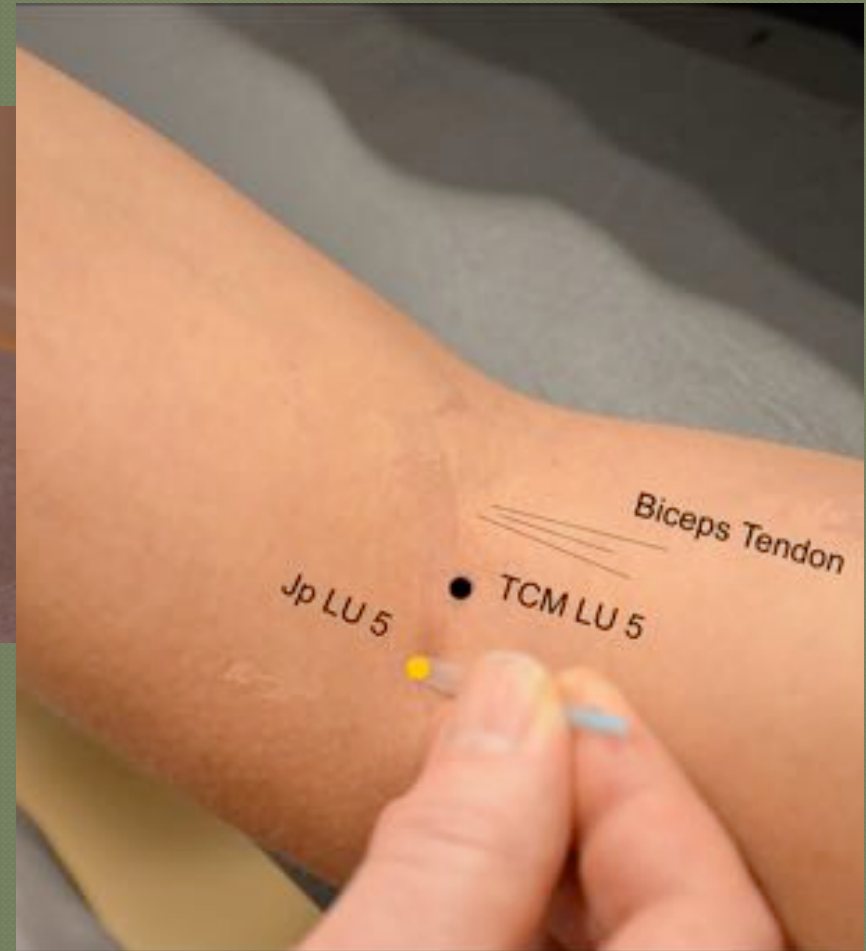
LEFT ST 26-27 region



Oketsu – Left St26-27 region



Left Lv 4 with Lu5

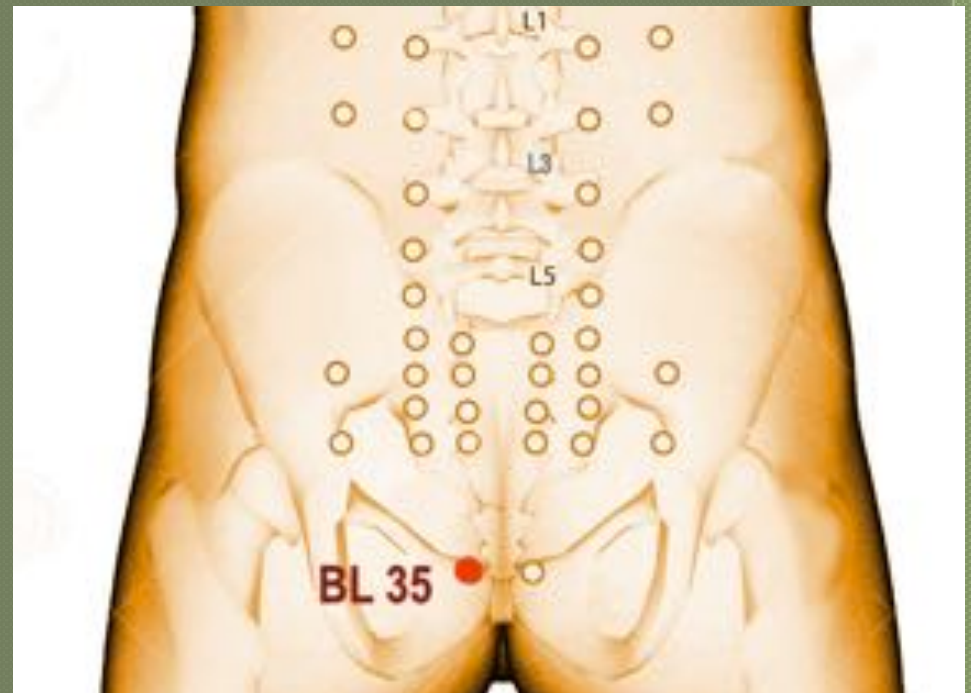


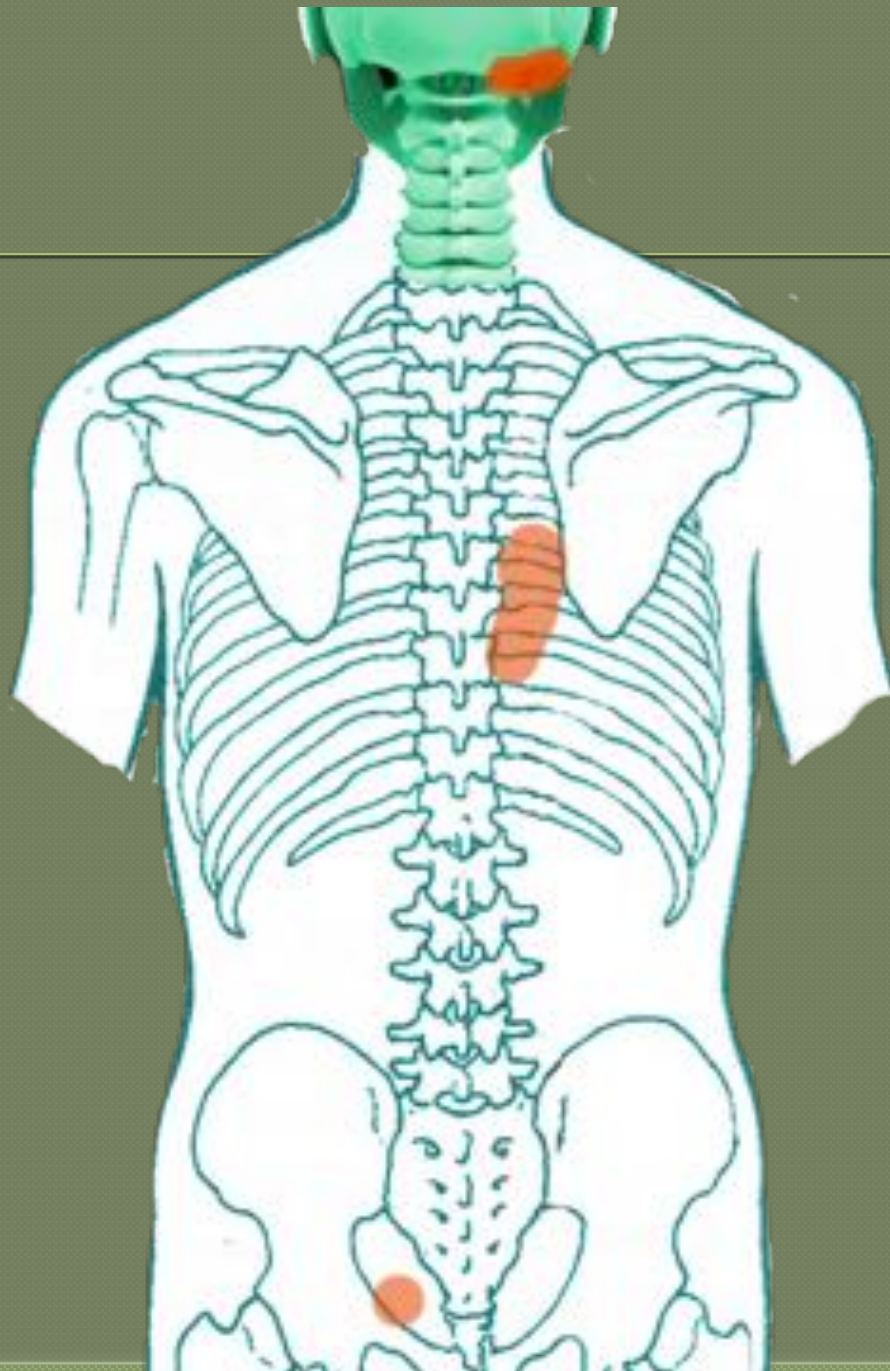
Oketsu of the Head

- Stagnation of Blood in the Head
 - Boggy tender feeling in region of GV 20 on head
 - Often associated with inability to concentrate or focus, mild dizziness and dull headache at vertex
 - Use bilateral Lu 5 with Left Lv 4 in this case
 - Add Spleen treatments (SP 3.2 or SP 6 with SP 9)
- Can be related to toxic buildup in body, constipation and blood stagnation

Points in addition to LV 4 & LU 5

- Oketsu of back
 - Add Left BL 35 and local treatment right BL 17-19 region
- Oketsu of the head
 - Add Spleen treatments to help digestive function
- Consider Detox
 - B/L KD 9 LI 15





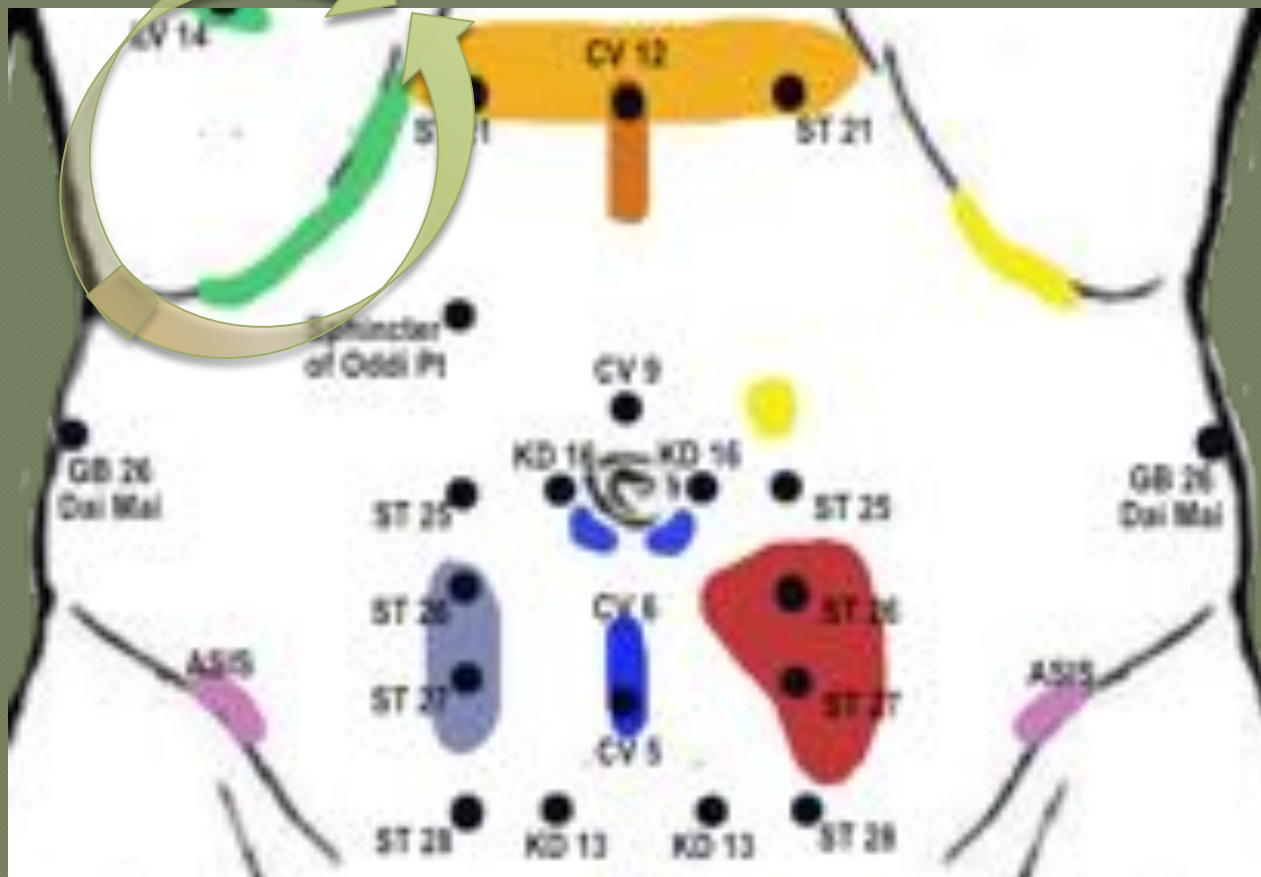
Liver Disturbance: Excess

○ Diagnosis and Treatment Points

- Diagnostic Reflex Zone
 - Liver organ itself under ribs
 - LV 14 (Liver mu point)
 - Often accompanied by Oketsu
- Treatment Points
 - If just LV 14 tenderness → LV 3
OR
 - If LV 14 and Liver organ tender → Liver excess Tx
 - Right KD 7, SP 7, HT 3 and Jap PC 4 (7,7,7)

Liver Disturbance: Excess

IV 14 and IV organ tenderness



Liver Excess

- According to Master Nagano, there are two types of Liver excess
- Pressure pain at Liv 2 (Fire Point) indicates excess in the Liver channel
 - Tendonitis, uterine fibroids, prostatitis
 - Treat LV M/W
- Sharp pain to palpation at Liv 14 and/or swelling or pressure pain in the right subcostal area indicate excess in the Liver Organ
 - Elevated liver enzymes, diabetes, hepatitis, hypercholesterolemia, overuse of alcohol/drugs, chemo/XRT, highly stressed emotional state

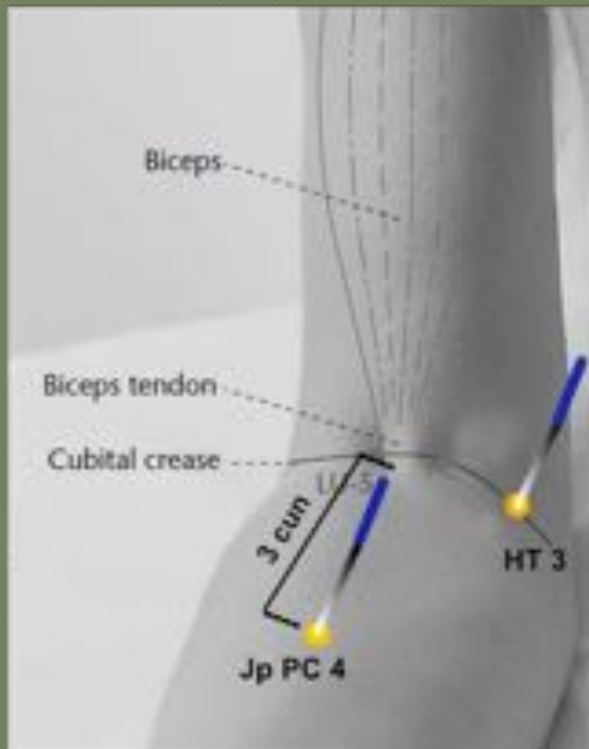
Liver Disturbance: Excess

- LV 14 tender without organ or LV2 tenderness
 - LV 3
 - Source or Yuan point

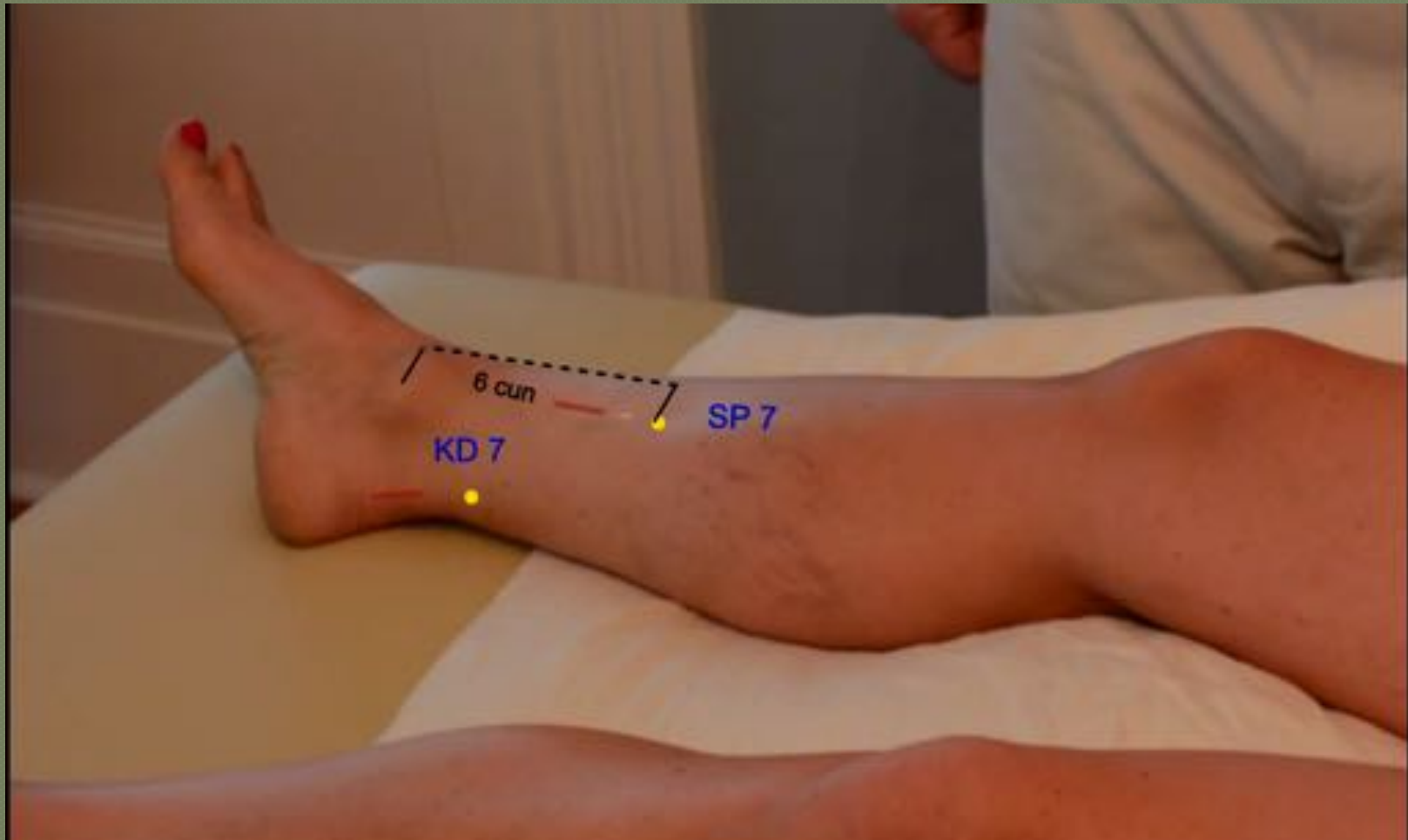


Liver Disturbance: Excess

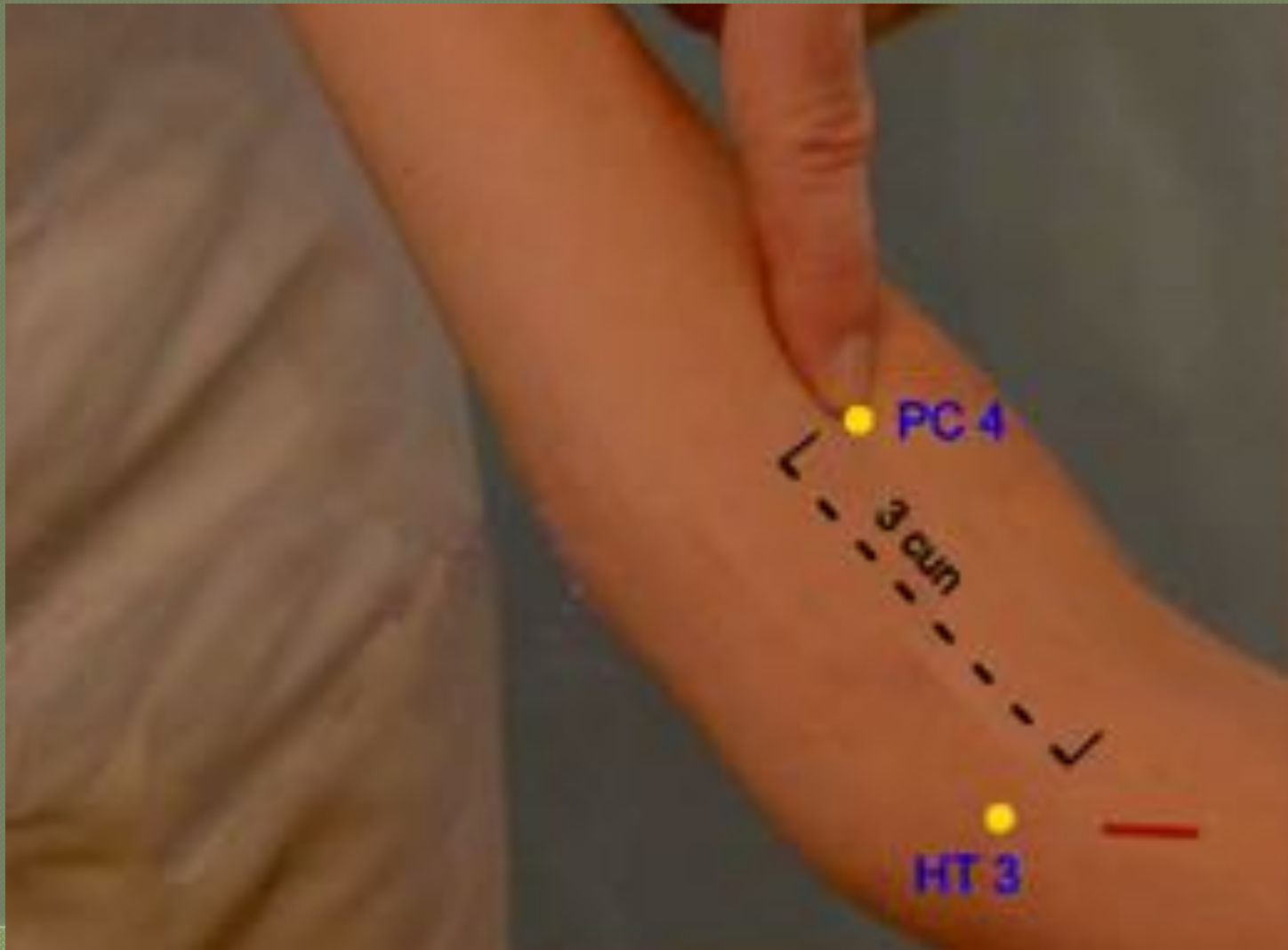
- LV organ tender
 - Right KD 7, SP 7
 - Right HT 3, Jap PC 4



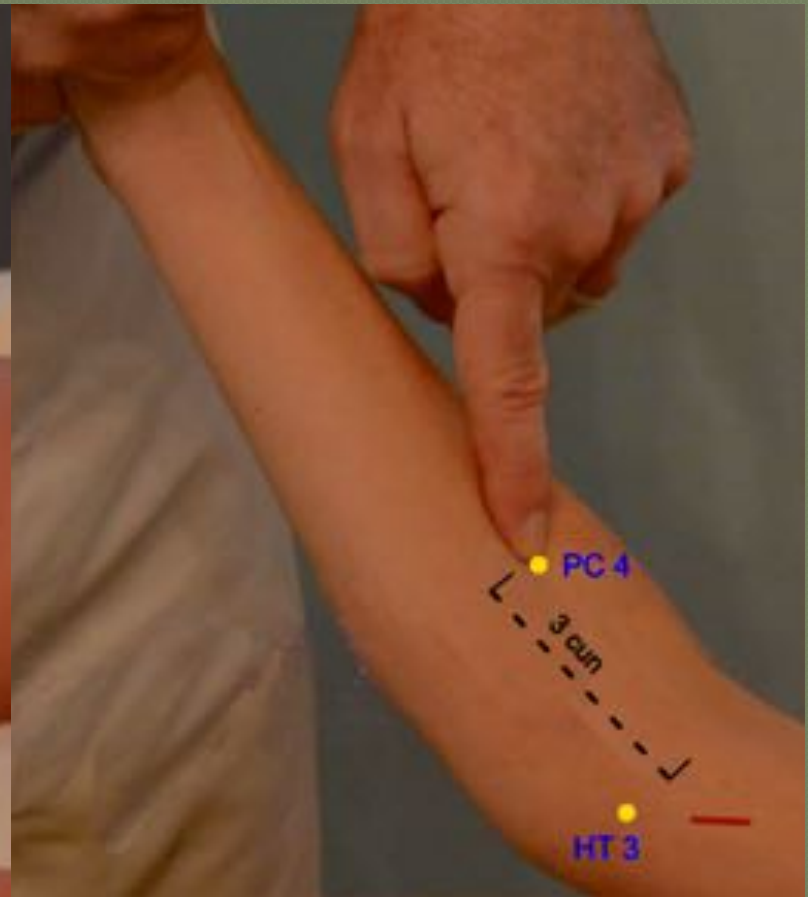
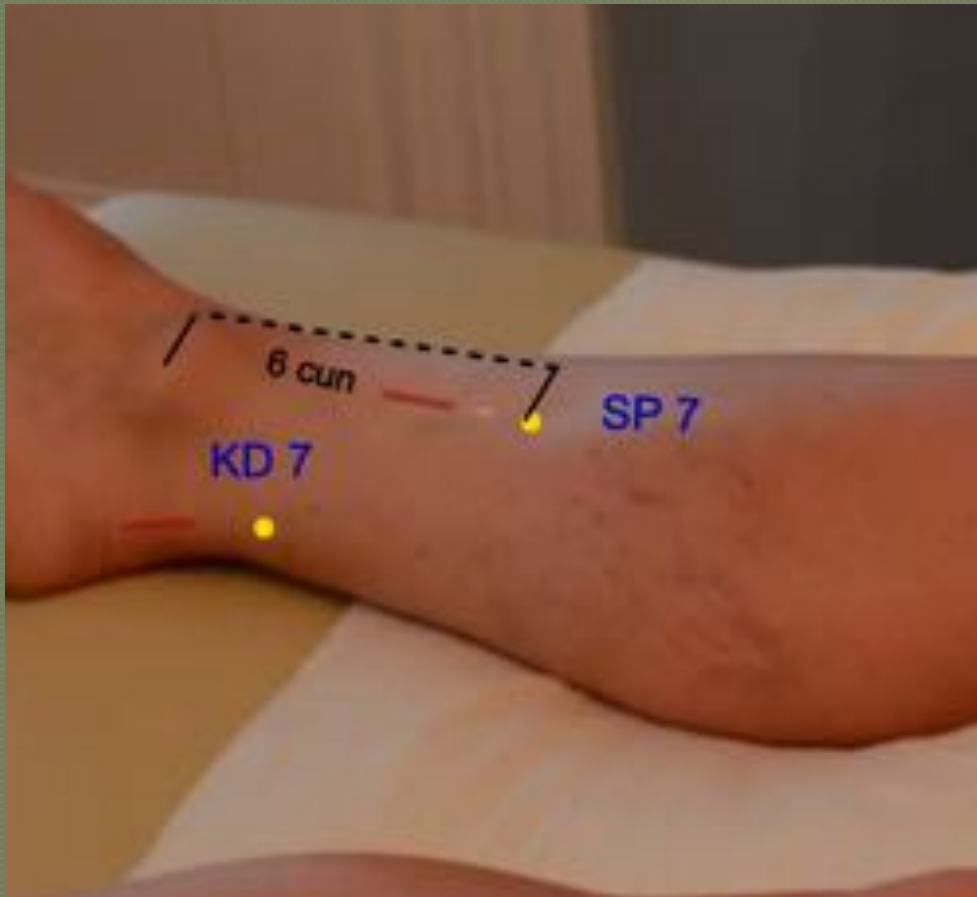
Liver Excess Treatment: Right Leg



Liver Excess Treatment: Right Arm



Liver Excess Treatment



Liver Disturbance: Deficiency

○ Diagnosis and Treatment Points

- Diagnostic Reflex Zone
 - Right C3
 - Trophedema over right LV 14 region
- Treatment Points
 - LV 1 → 4 options

Liver deficiency

- Presentation: blood thinner medications, itchiness without a rash, muscle/pain in mid-back and shoulder region on Right side
- Diagnosis: Tightness or pressure pain at right C3, thick skin/edema at right LV 14
- Treatment: LV 1- 4 possible locations, mainly on right side but sometimes bilateral treatment needed
 - LV 1 is Wood on Wood point
 - Called Horary Point, nourishing or tonifying for an organ
 - Cold Toe may need moxa

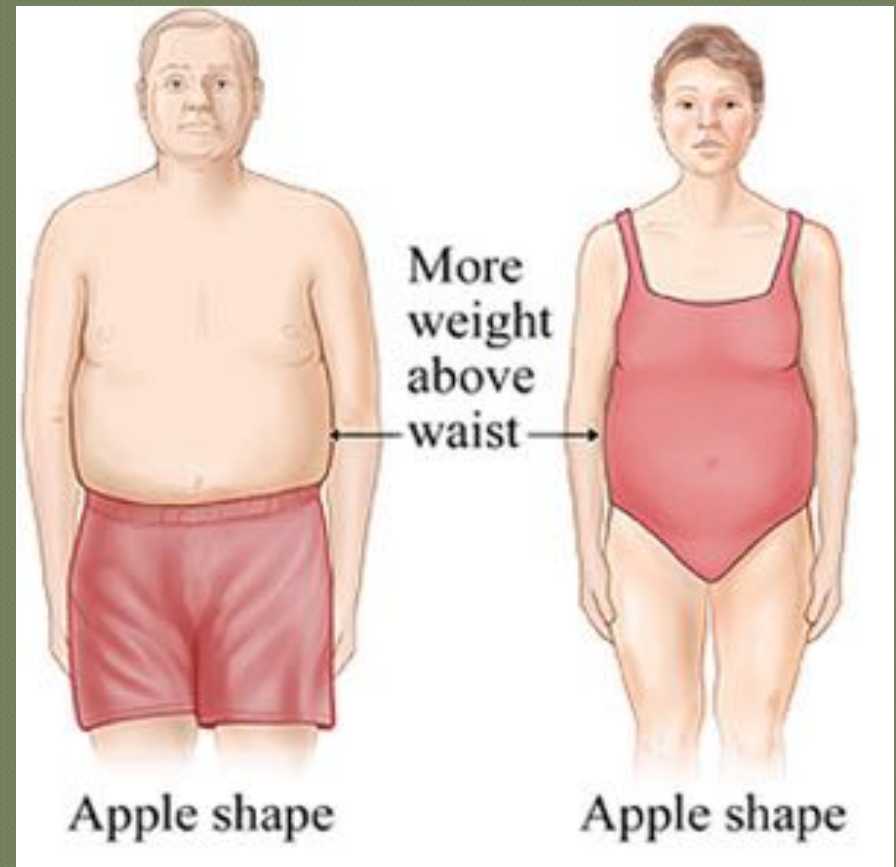


Liver Deficiency & Excess

- Tender in subcostal region of Liver on right
 - Treat KD 7, SP 7, HT 3, and JpPC4
 - Liver exam better but still residual tenderness
- Check C3 tenderness on right side and if present
 - Add right LV 1 treatment

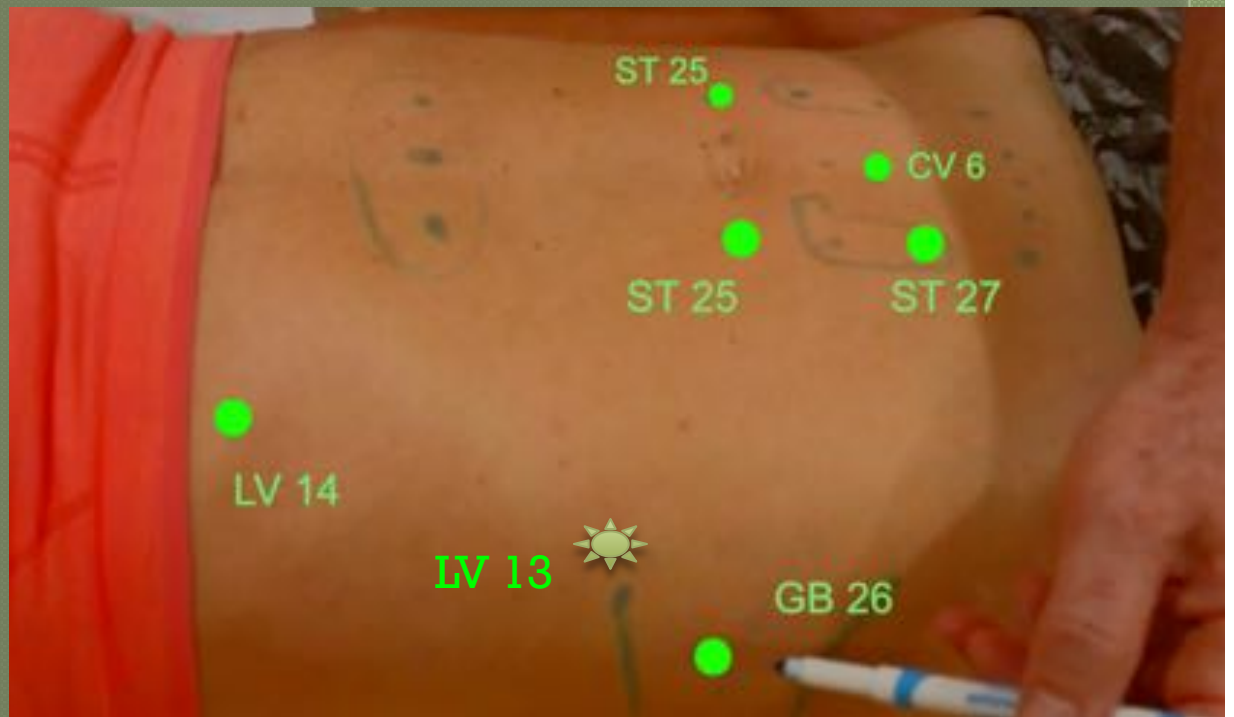
Fatty Liver

- Often seen in obese patients with fat metabolism issues
- Palpatory findings
 - Dull pressure pain may be found under the ribs on right often with swollen liver (Not as tender as in Liver Excess)
 - Western medical diagnostics often helpful



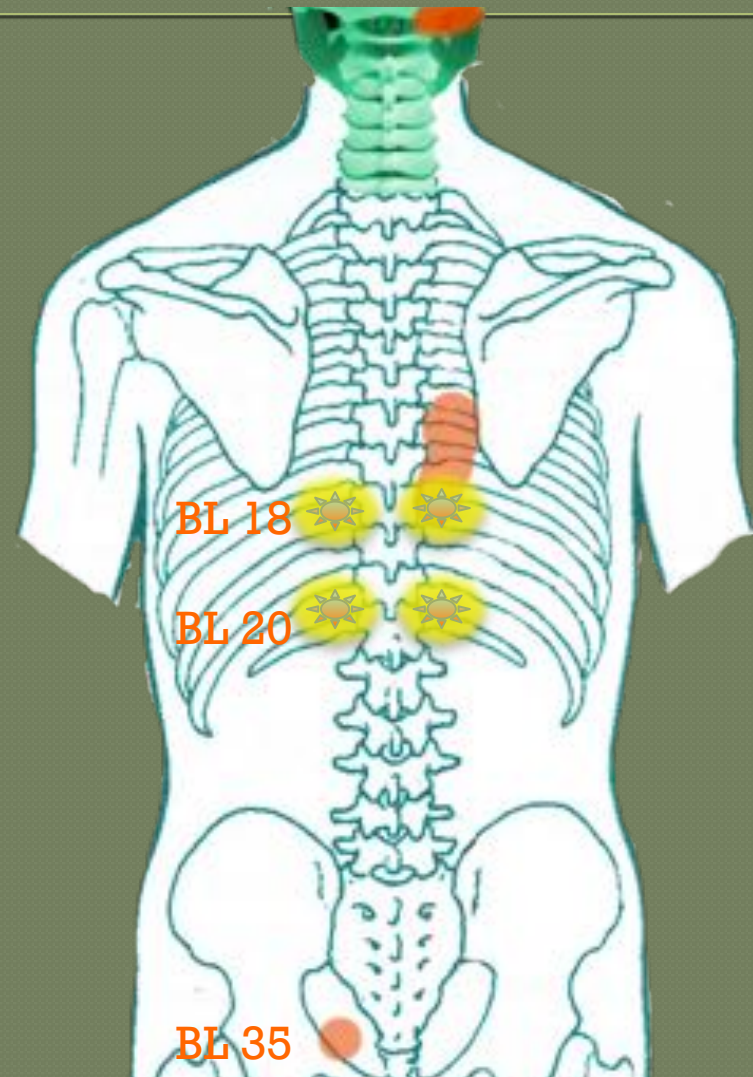
Nagano's Fatty Liver Treatment

- Needle and/
or Moxa:
 - Right Liv 14
 - Left GB26
 - Bilateral St25
and St27
 - CV 6
 - Can add LV 13
Spleen Mu



Dorsal Treatments

- Important to add Dorsal treatments to reinforce Liver treatments outlined
 - Liver Shu Points
 - BL 35
 - Local treatment to right BL17-19 region
- Often Spleen Shu points will also be active
 - Spleen and Liver dysfunction often go together
 - Liver (wood) invades Earth in control cycle of 5 elements



Other Liver Presentations

- **Cardiac Presentations**
 - Often involved (Liver (wood) nourishes Heart (fire))
 - Spleen also involved with Cardiac treatment
- **Digestive Disorders**
 - Liver invades Spleen (wood over-controlling earth)
- **Angular cheilitis: considered by Master Nagano to be Liver excess**
 - Treated with bilateral Liv 3 and Sp 3.2
- **Uterine Fibroids**
 - Often accompanied by LV fire point
 - Treat with Liver M/W
 - Moxa on LV 8 (water point) important
- **Breast Cysts**
 - Liver 8 critical point – Moxa 21 times
- **Sinusitis**
 - GB 40 and GB 13 region can be helpful to drain sinuses

Headache Presentations

- Migraine Headaches
 - Often associated with pain in region of eye
- Blood Stagnation Headache
 - Not as severe as migraine
 - Felt more on vertex of head or whole head
 - Associated with loss of concentration and may be associated with a sense of dizziness
 - Can relate to constipation and need for Detox
- Right Sided cervicogenic headache with right sided occipital pain
 - Part of Oketsu of back presentation
 - Also can be related to right C3 Liver deficiency presentation
- Temporal Headaches
 - Often related to Liver and Gallbladder
 - Shao Yang treatments may be involved (TW/GB combination with addition of Liver treatments)

The Liver controls the sinews

- Liver (tendons, ligaments, cartilage) and Spleen (muscles of the limbs/skeletal muscles) closely related
 - Weakness of the limb muscles related to Spleen
 - Cramps, contractions, joint stiffness related to Liver
 - Tendonitis and Ligamentous sprains
- **GB 34** : the Gathering Point for sinews
- **LV 8** : Water point, can cool fire in inflamed sinews (add LV 4 metal point)

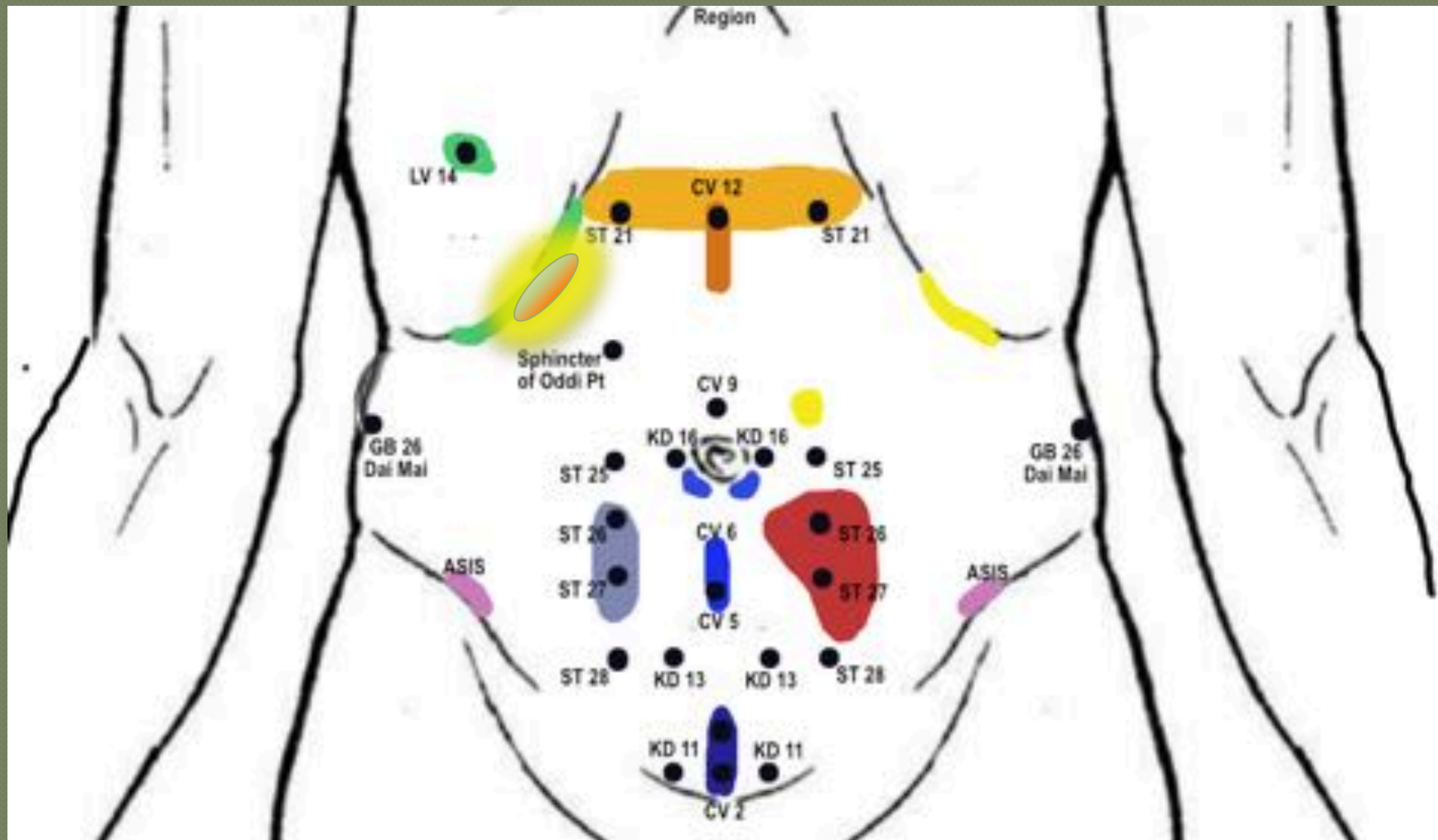
Functions of the Gallbladder

- Gallbladder
 - Stores and excretes bile
 - Controls decisiveness
 - Controls the sinews
- Liver and Gallbladder depend on one another to perform their respective functions
 - The Gallbladder function of storing and excreting bile depends on the Liver function of the smooth flow of Qi
 - The Liver relies on Gallbladder-Qi to aid its function of the smooth flow of Qi
 - Ascending of Liver-Qi relies on Gallbladder-Qi
 - Liver's influence of planning our life depends on the Gallbladder's capacity to help make decisions

Gallbladder Exam

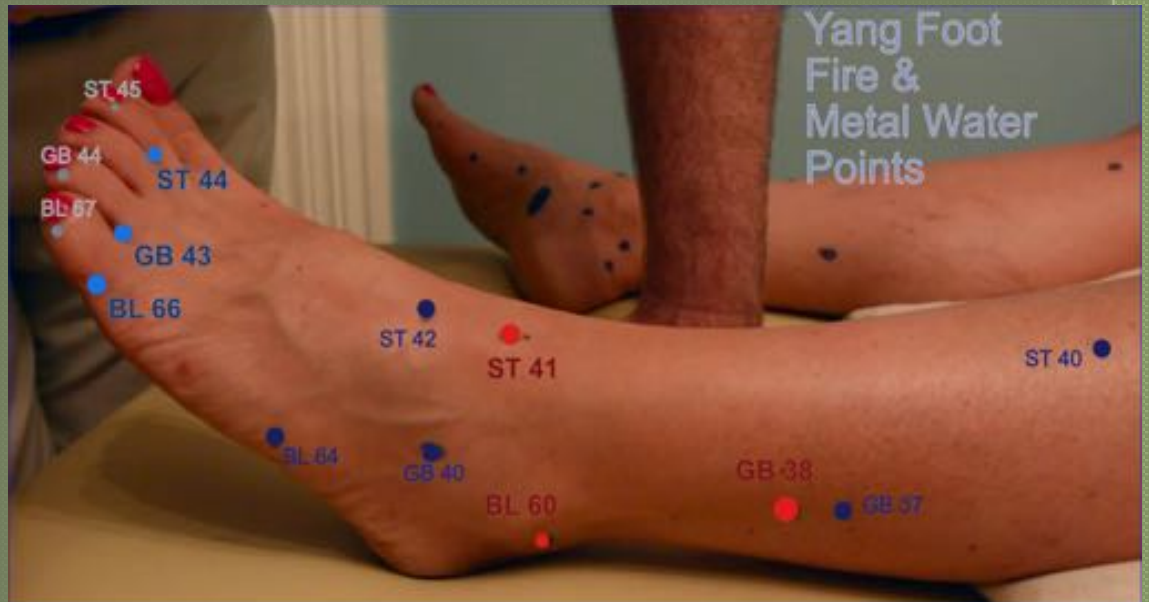
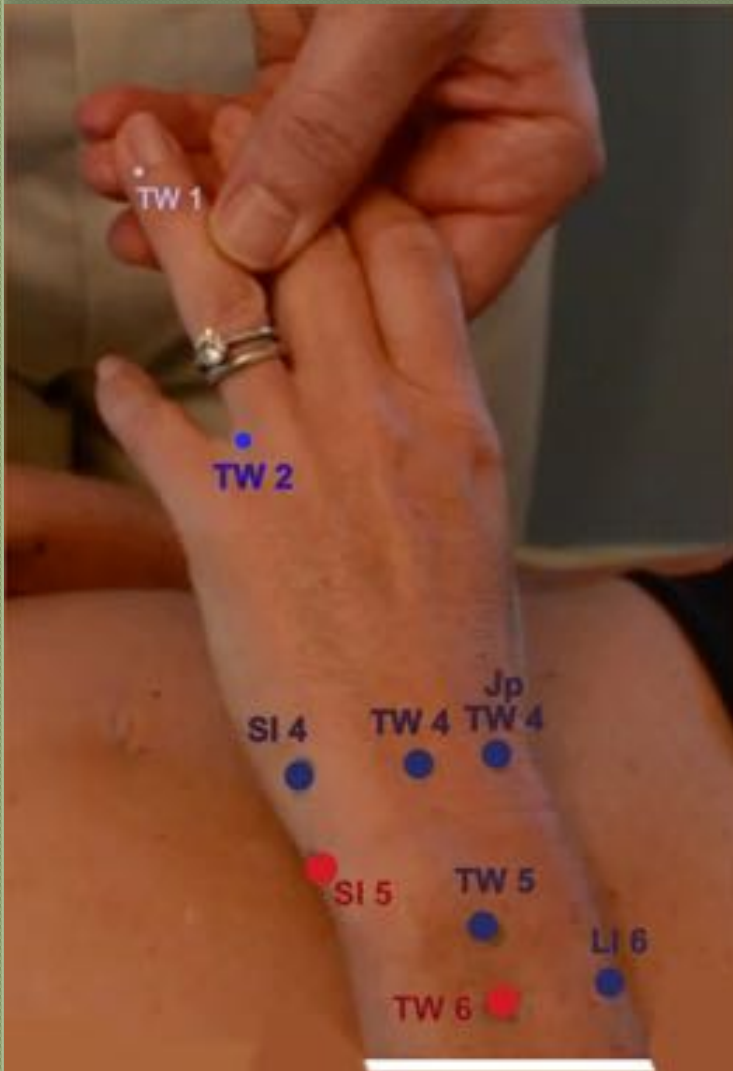
- Examination of the gallbladder is similar to Liver Excess exam in subcostal region of right abdomen but more focal
 - More focal findings
 - Murphy's sign is tested for during an abdominal examination; it is performed by asking the patient to breathe out and then gently placing the hand below the costal margin on the right side at the mid-clavicular line (the approximate location of the gallbladder). The patient is then instructed to inspire (breathe in).
 - Medical History – sensitivity to fatty foods
 - Imaging

Gallbladder Diagnosis



Gallbladder Organ Treatment

- Right Metal Water points of the Gallbladder and Triple Warmer meridians
 - Gallbladder metal: GB44
 - Dorsal aspect of the 4th toe at the proximal lateral corner of the nail
 - Gallbladder water: GB43
 - Between the 4th and 5th toe half a cun proximal to the margin of the web
 - Triple warmer metal: TW1
 - Dorsal aspect of the 4th finger at the lateral corner of the nail
 - Triple warmer water: TW2
 - Dorsal aspect of the hand at the proximal end of the web between the 4th and 5th fingers



The Gallbladder Channel

- Regulation of Autonomic nervous system
 - Points on the Gallbladder meridian are used with Triple Warmer points in the Shao Yang treatment
- Inflammatory Conditions
 - Points on the Gallbladder meridian are often used to treat inflammatory problems, such as tendonitis, pelvic inflammatory disease, cholecystitis
 - GB m/w
 - GB 34
- Structural imbalances of the lateral aspect of the body
 - Dai Mai, hip and piriformis muscle pain
 - When using TW/GB treatments always consider using contralateral side if ipsilateral side not helpful
 - GB 31 for piriformis release

GB 31 & 34



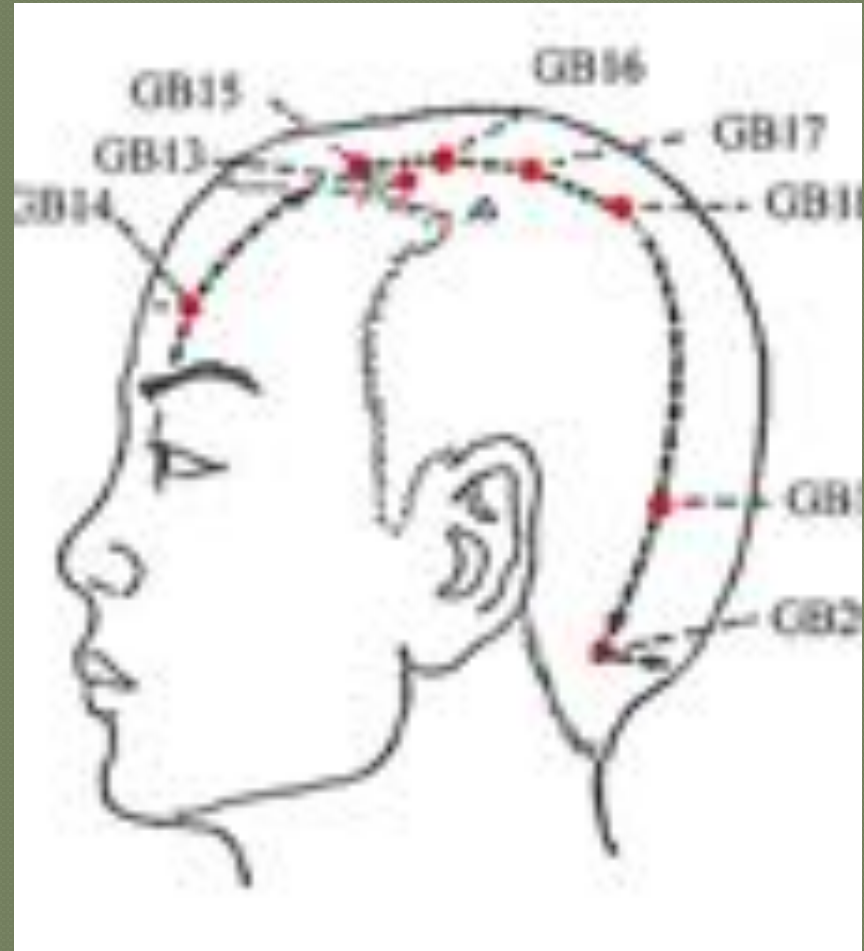
GB 34 is on the lateral aspect of the lower leg, in the depression anterior and inferior to the head of the fibula.

Other Gallbladder Points

- GB 39 is Meeting point of Marrow
 - Can help with any Spine disorder
 - Can help with neurological issues related to spinal cord and/or brain (marrow in TCM)
- GB 40
 - Against flow of meridian helpful for sinusitis
- GB 13 region
 - Helps drain Sinuses, can be used with GV 23

GB regions of Head

- GB 15-18 region
 - Represents Dorsolateral Prefrontal Cortex (DLPFC)
 - Important region for memory and executive function
 - Can be involved with executive control of limbic based memories in emotional traumas and treatment of this line can help with Chronic Pain conditions where PTSD is involved



Summary

- From a constitutional point of view, the Liver plays an extremely important role in a myriad of clinical presentations
 - Relates to its TCM function of “storing blood”
 - Controlling sinews
 - Emotions
- Always assess Spleen Function in addition to Liver as they interact on the Control cycle
 - Often when treating one the other needs treatment as well
- Liver and Gallbladder are closely tied in function and often require treatment together
- Also Liver plays an important role in regulating Headaches, Cardiac presentations, and Digestive function and Emotions