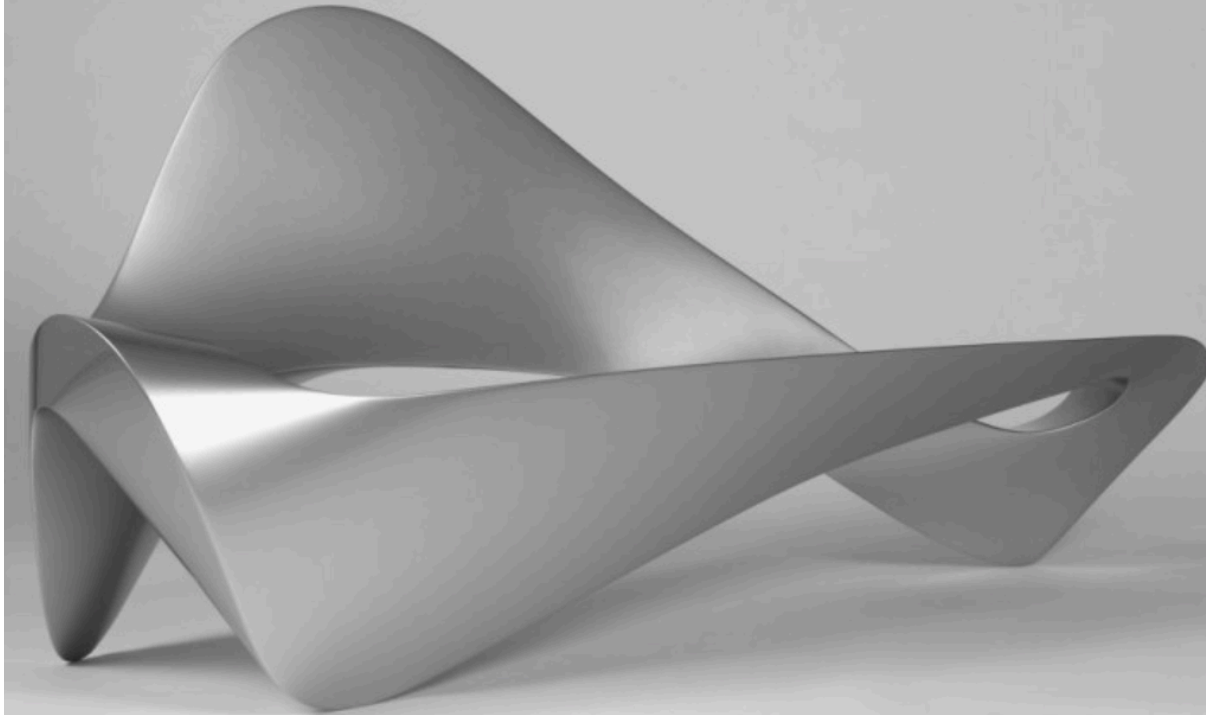


Case Studies in Liver and Gallbladder Treatments

Joseph Audette, MD

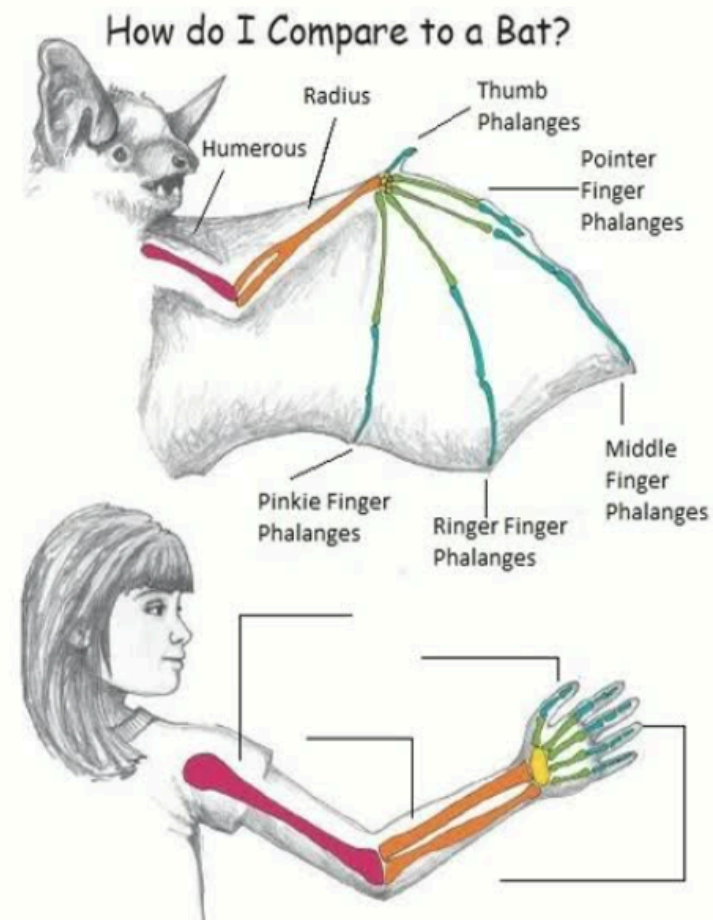
Form follows Function

- Core architectural and biological principle that also informs Chinese Medicine



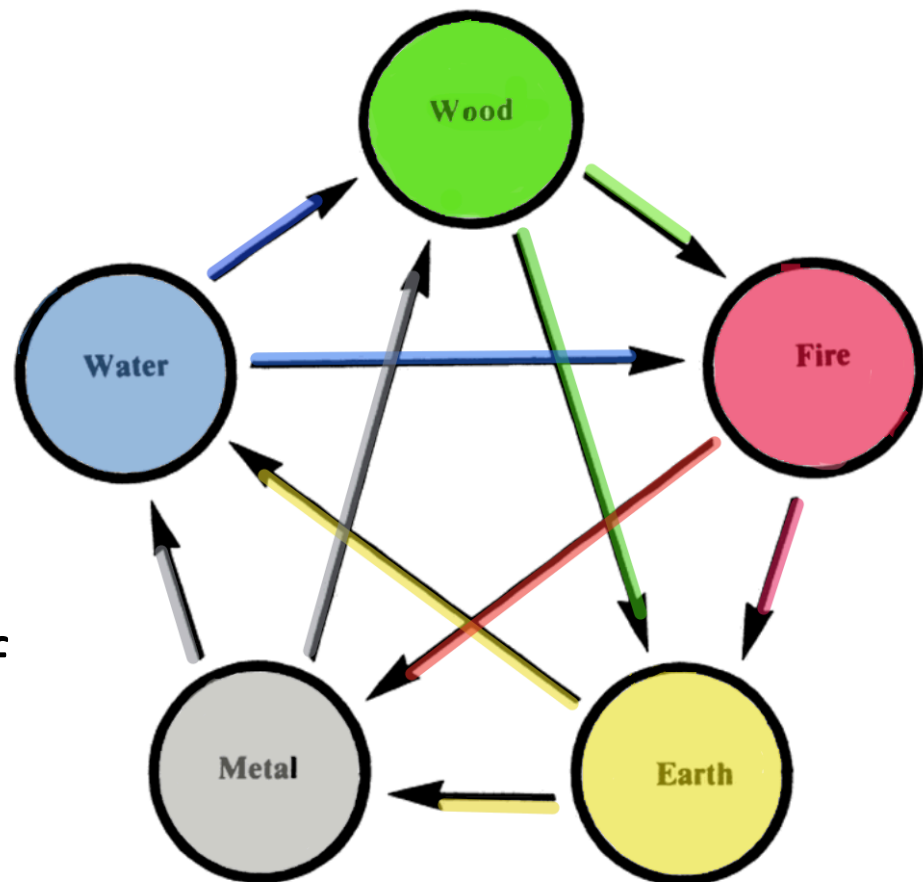
Application: Chinese Medicine

- The Macrocosm of the whole body form follows the constitutional microcosm of organ function
- Body habitus, bone structure, muscle tone and bulk and skin type all manifest in Chinese Medicine as a complex relationship between our underling jing (genetics) and the complex energetic interaction between the organs



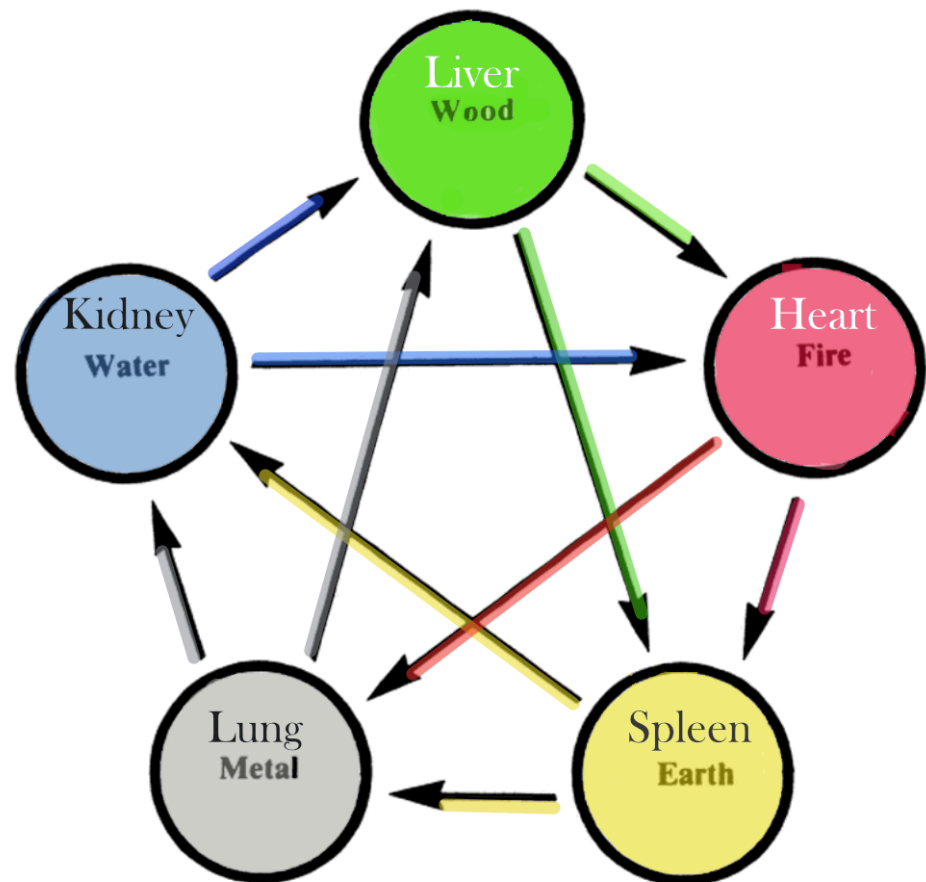
5 Elements is the Root

- Careful observation of a patient's appearance – Facial structure and markings, body habitus and structure, gives us clues about the underlying balance of organs based on the 5 phase system



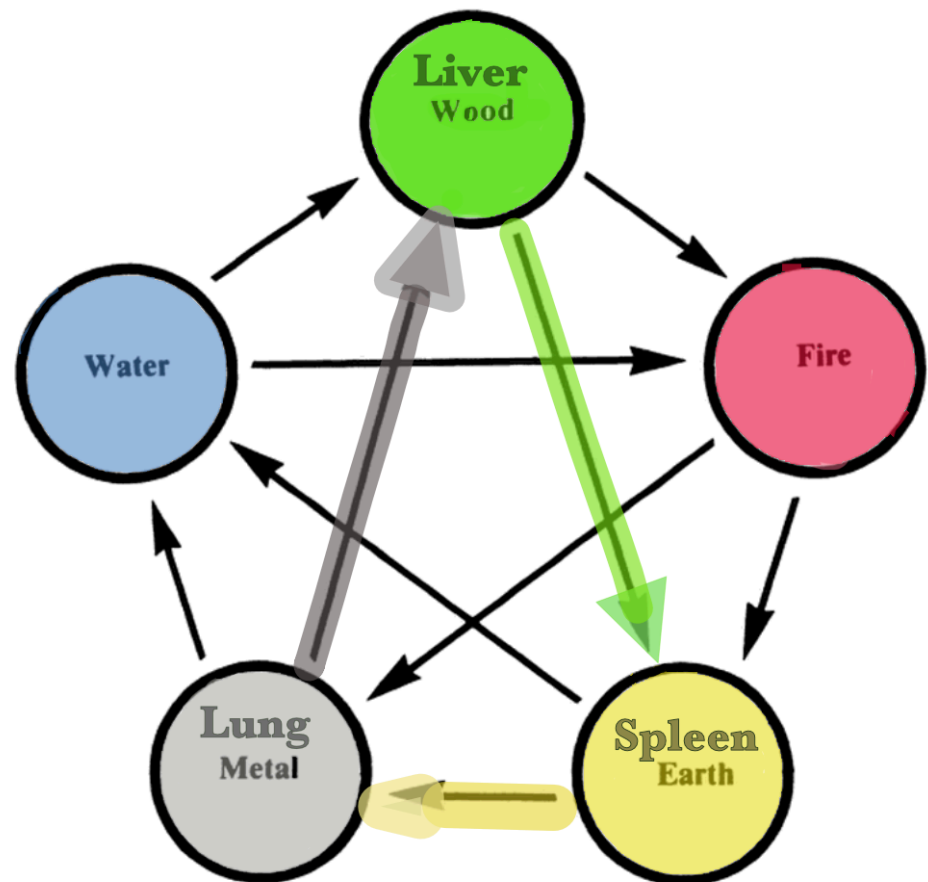
5 Elements and the 5 Yin Organs

- From a constitutional point of view, patients manifest certain tendencies
 - Liver (wood) type
 - Spleen (earth) type
 - Lung (metal) type
 - Heart (fire) type
 - Kidney (water) type



5 Elements and Organ Imbalances

- Organs interact in complex ways
 - Creation cycle
 - Water creates wood
 - Kidney nourishes Liver
 - Control cycle
 - Metal controls Wood
 - Lung controls Liver
 - Wood invades Earth
 - Liver invades Earth



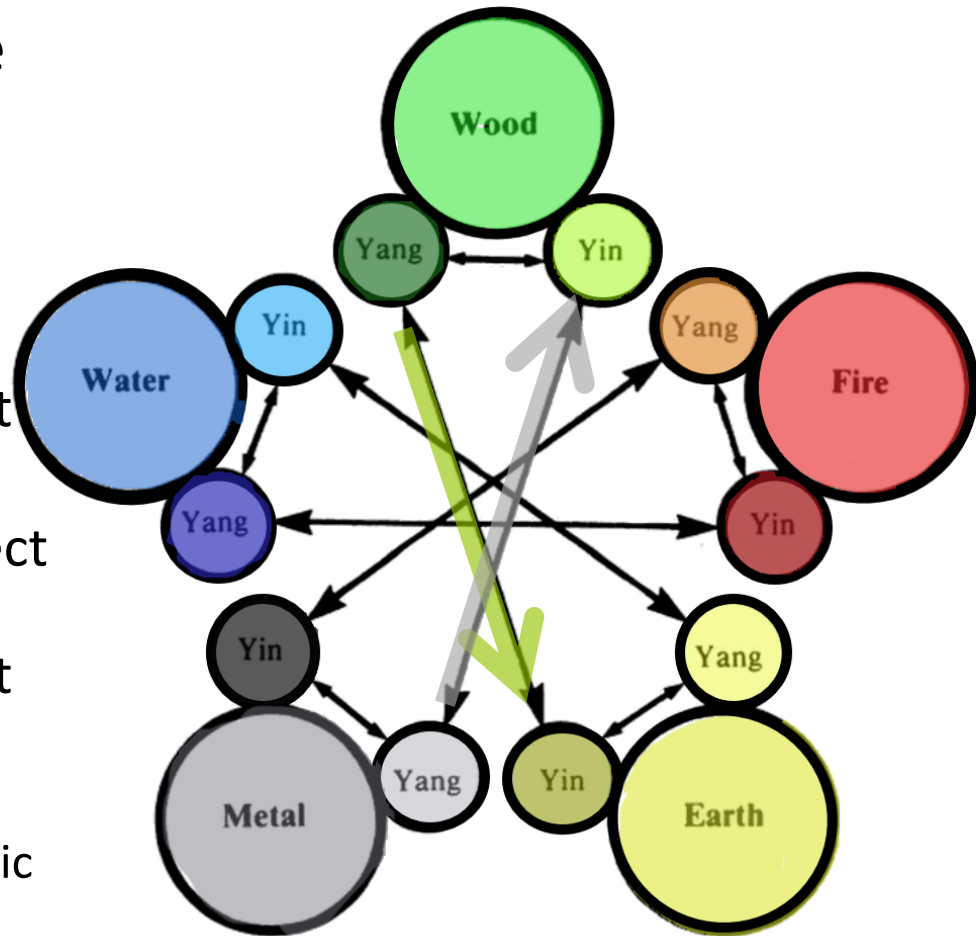
5 Elements and Human Emotions

- **Excitement** (joy) Fire /Heart
- **Worry** Earth /Spleen
- **Grief** Metal /Lung
- **Fear** Water /Kidneys
- **Anger** Wood /Liver



Liver - Gallbladder

- Liver and Gallbladder the Yin and Yang aspect of Wood
 - In control cycle it is the Gallbladder or Yang aspect that controls the Yin aspect of Earth
 - Similarly it is the Yang aspect of Metal (Large Intestine) that controls the Yin aspect of Wood (Liver)
 - In this regard, adding the Immune points in our 5 basic constitutional treatments helps with releasing Oketsu (Blood Stagnation)



Key Psychological Elements of Liver and GB Wood Function

- Liver

- Like a Military General the liver moves the body and blood into action
- If action is frustrated by external or internal forces for too long, bursts of anger can manifest
- Liver is ascendant in children and too many rules and limitations on action can lead to tantrums
- ADHD like behaviors can also develop if outlets for action not provided

- Gallbladder

- Decision making aspect – Once decision made, the Liver acts
- Also provides the underlying courage to make and act on a decision
- Important in making changes in one's life
- Depression, even mania can ensue due to lack of decisiveness and/or courage leading to poor control of the actions of the Liver aspect of gallbladder

Key Physical Elements in Liver and Gallbladder Function

- Liver

- Controls the sinews and movement with capacity
- Controls the movement of blood and qi which if not functioning well can lead to various pain conditions with inflammation due to stagnation
- Toxicity due to excess meds, blood thinners, environmental factors can disturb liver and lead to stagnation
- Extreme cases of stagnation can lead to sudden explosion of qi and blood movement upwards causing severe migraines, strokes, or seizures
- Stores blood and so very important in regulation of normal menses

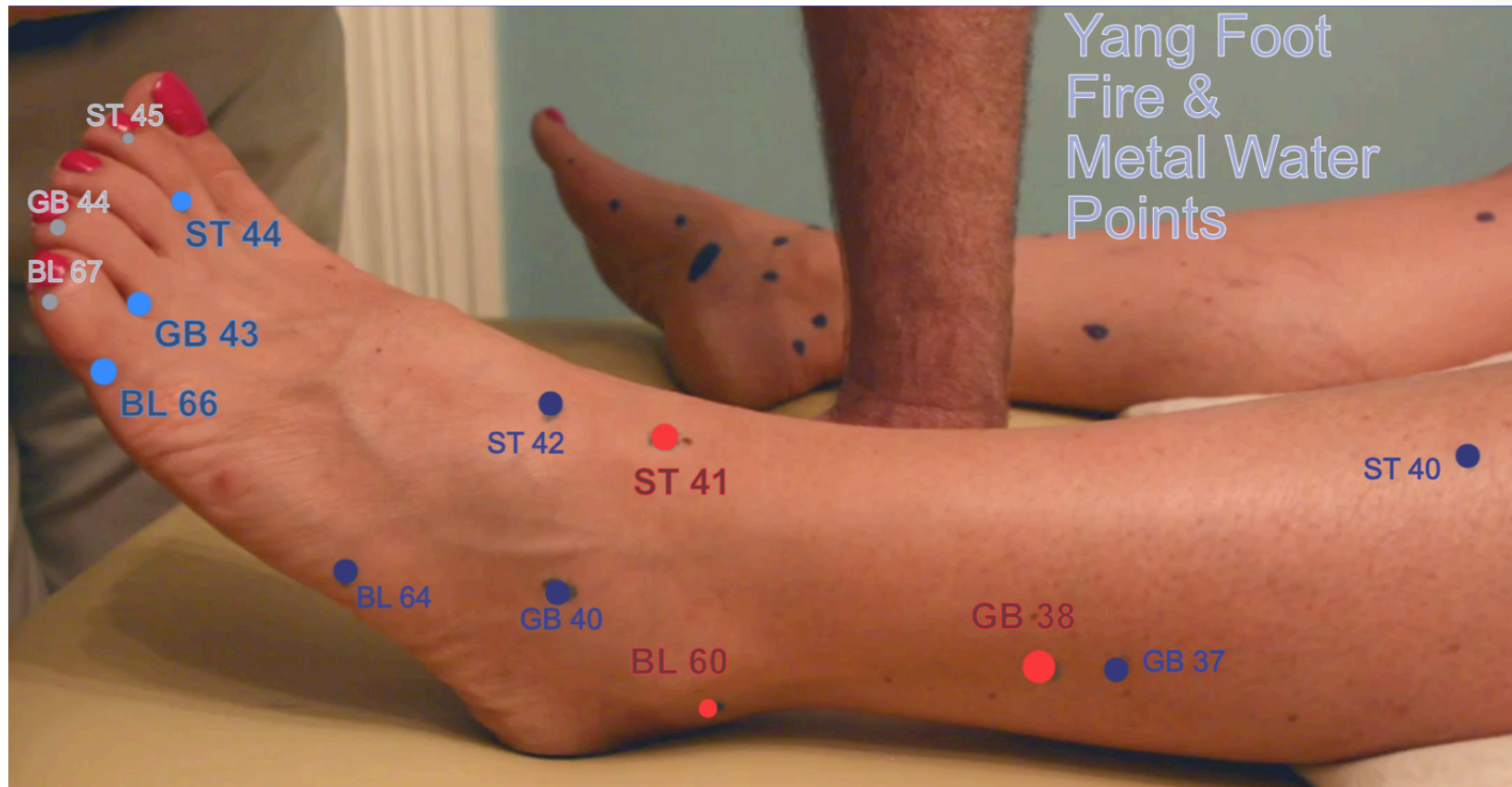
- Gallbladder

- Controls the sinews, tendons in similar way to Liver
- Allows quick, agile movements to change direction
- Also assists with digestive function with bile but can damage digestion if not balanced

Right ankle sprain

- Injury to right ankle when playing soccer, turned ankle in causing lateral ankle pain and swelling.
- Tender at GB 38 (GB fire point)
- Patient with clear signs of constitutional weakness in the LV/GB organ system with co-existing digestive issues related to the LV/GB control of Earth (SP/ST)
 - Treatment included GB metal/water points (GB44/GB43) LV1 for liver deficiency and SP 3.2 and ST QI to strengthen earth – digestive function

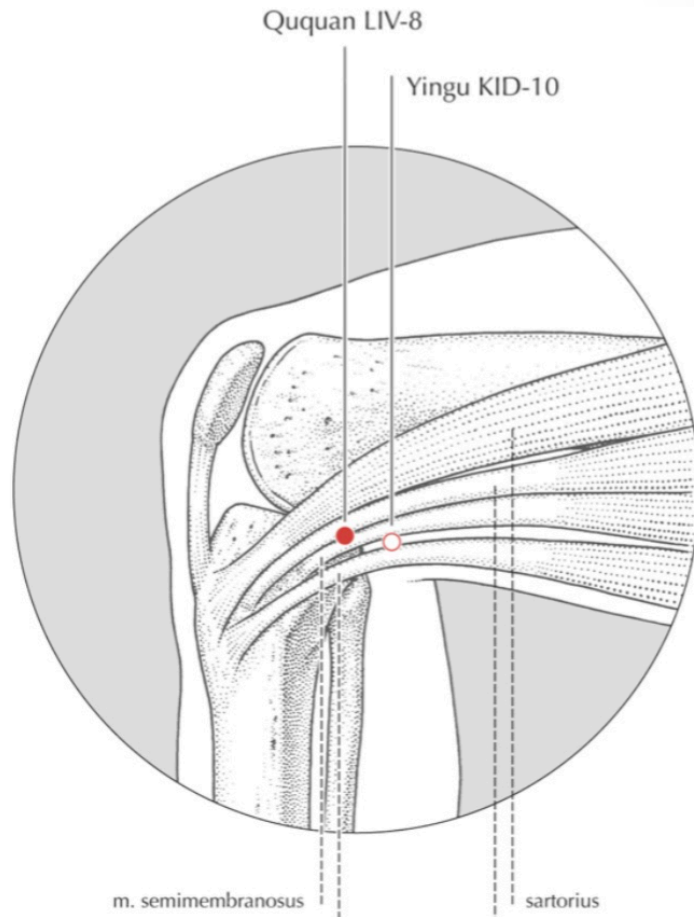
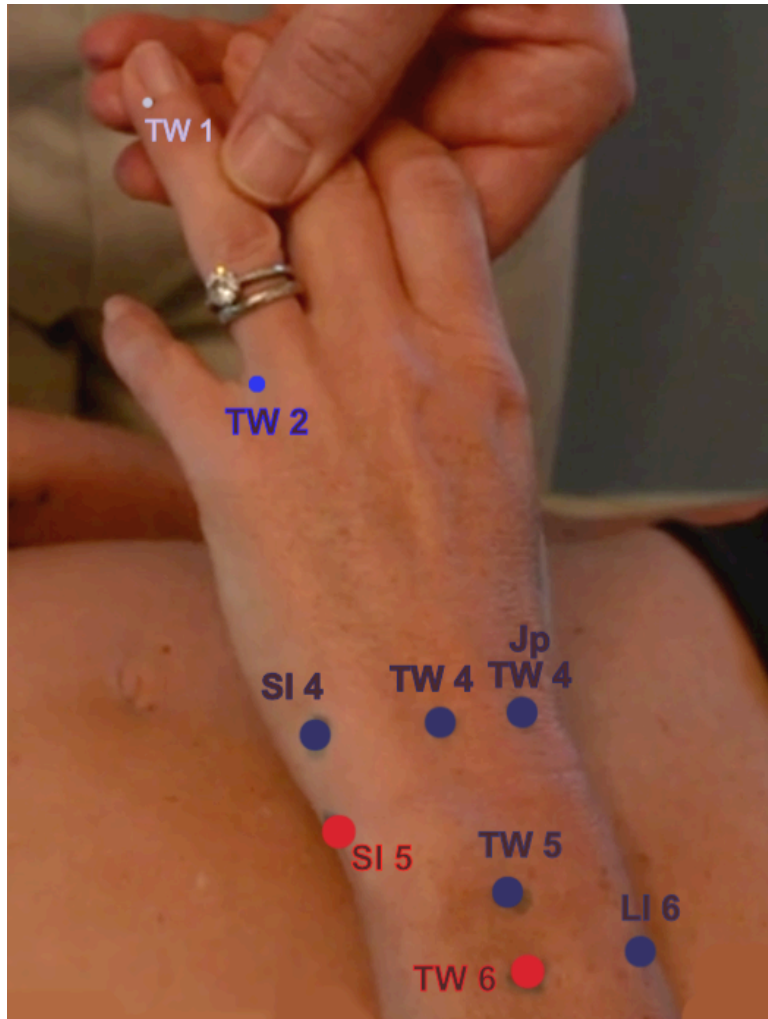
Gallbladder Fire and Metal/ Water points



Chronic Right Shoulder Pain

- 55 year old with h/o multiple right shoulder surgeries after injury as toll collector when arm pulled by motorist
- Also with time find that patient is also recovered alcoholic and has liver cirrhosis
 - On chronic opioids due to chronic shoulder pain
 - Never able to return to work
 - Limited shoulder movement in Shoulder
 - Literally “Stuck”
 - Issues with inability to move – stagnation
 - Inability to get on with life or change
 - Actual liver organ damage
- Patient with Oketsu but also had stubborn Hara – hard to release reflexes
 - Treated Oketsu with Left LV4 and LU5
 - Added Detox treatment
 - Bilateral KD 9, KD 27 and LI 15
 - Kidney nourishes liver (Mother of liver) and LI controls liver (yang aspect of metal in control cycle)
 - Liver exam – showed more GB tenderness than Liver excess
 - Treated with Right GB44/GB43 (metal.water) and right TW1/TW2 (metal/water)
 - Added LV 8 to directly relieve Shoulder pain and improve movement – water point on liver to relieve inflammation

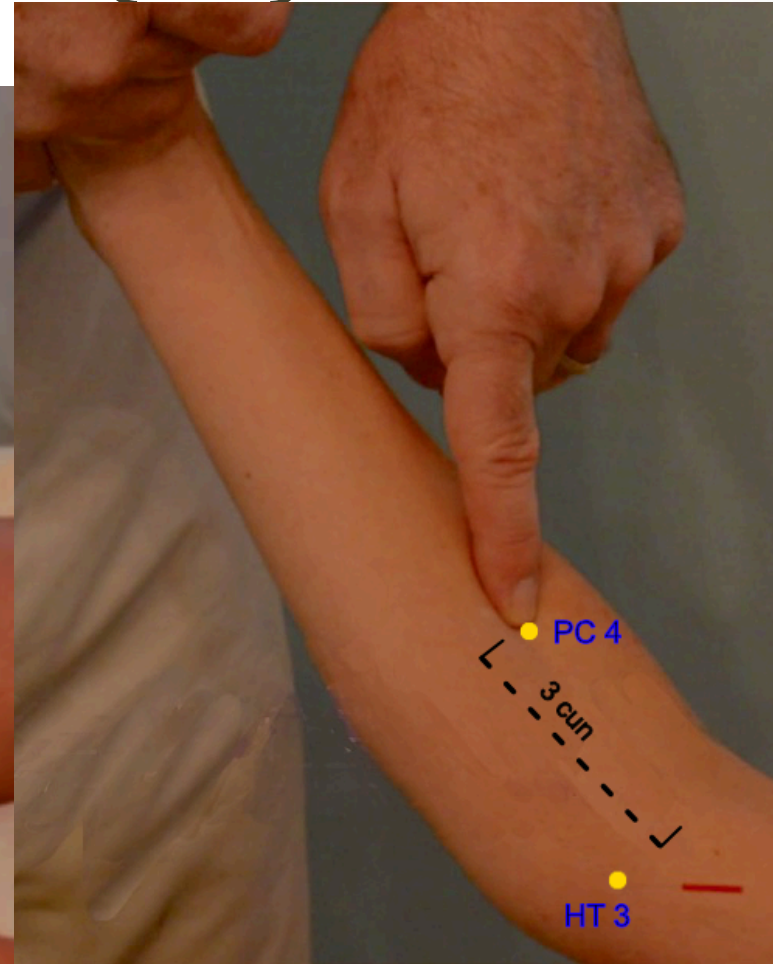
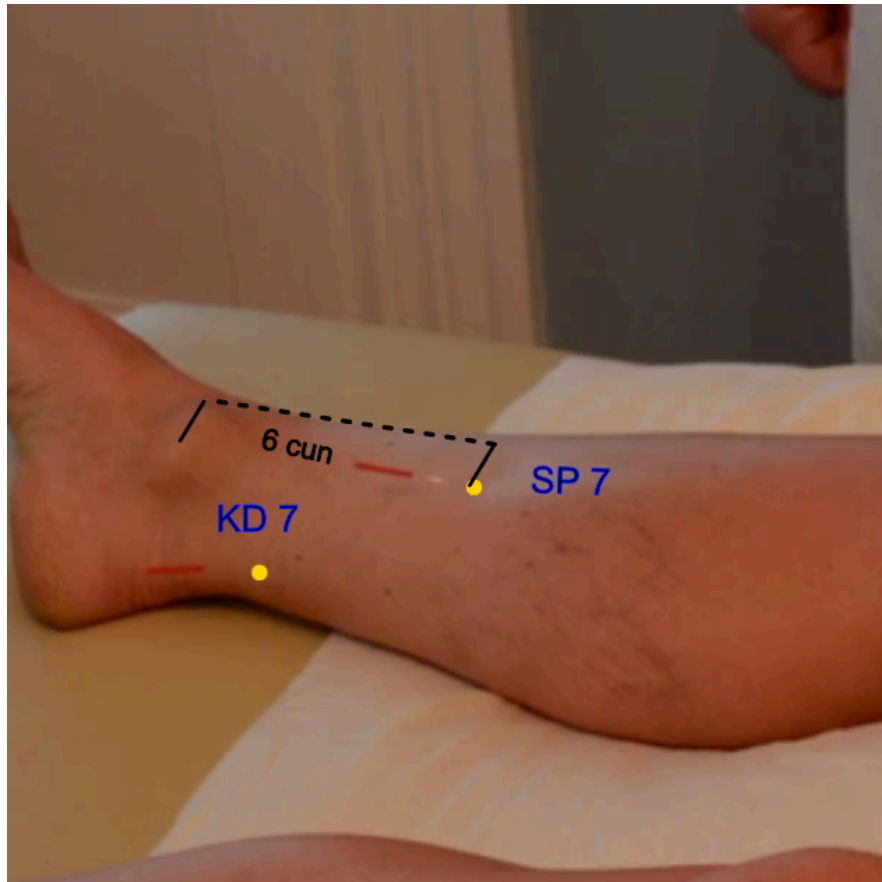
TW metal/water and LV8



Migraine Headaches

- 28 year old with frequent migraine headaches with depression, ADHD and chronic pain in mid scapular region and digestive issues (IBS)
 - Patient also has a tendency towards anemia with heavy menstruation
- Abdomen showed Oketsu as well as signs of liver excess. Also tender at CV12 (Stomach Mu) and CV17 (Pericardium Mu)
 - Oketsu treatment with Left LV4 and LU5
 - Liver excess treated with Right KD7, SP7, HT3, JpPC4
 - SP 6 and PC 6 treated on left with left BL 15

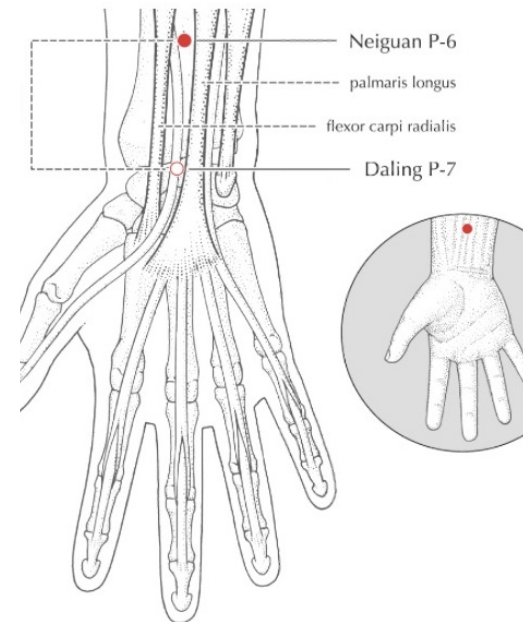
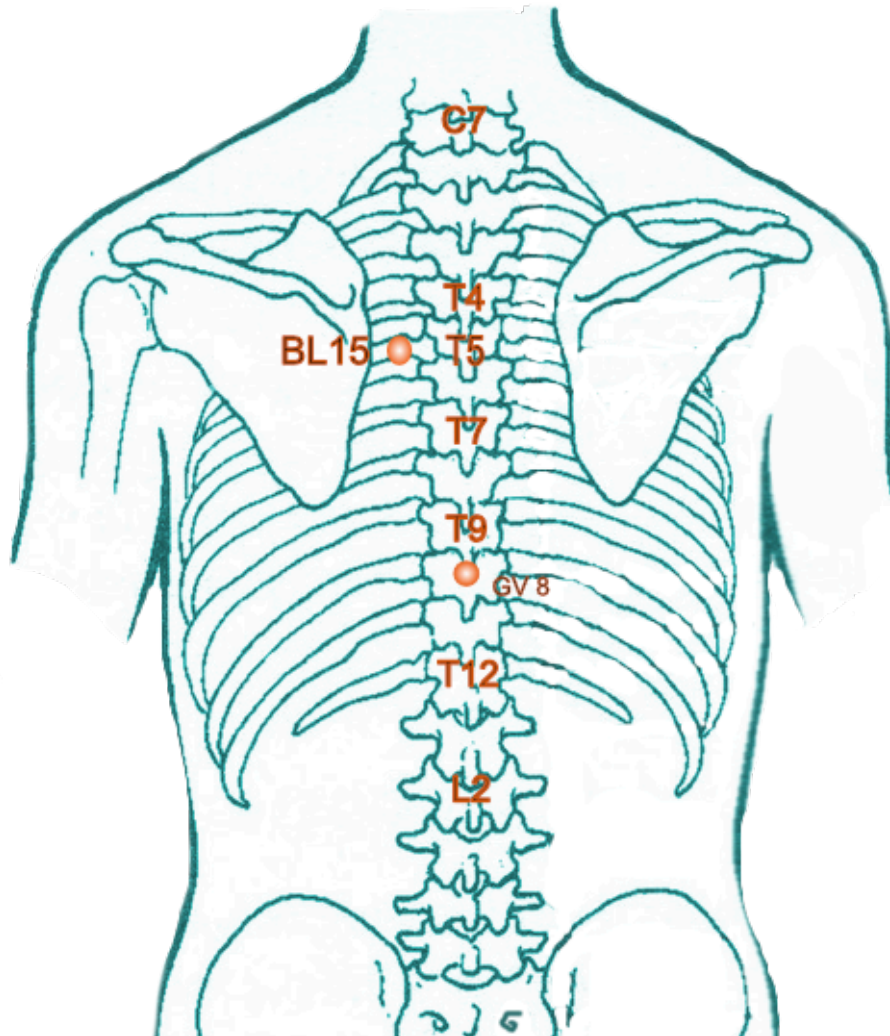
Liver Excess Tx: Right KD7, SP7, HT3 + JpPC4 (=7)



Migraine Headaches

- 28 year old with frequent migraine headaches with depression, ADHD and chronic pain in mid scapular region and digestive issues (IBS)
- Mid-scapular pain in region of T5 and is worse on left side (Shen disturbance)
 - Relates to CV12 and CV17 findings
 - Also the CV12 or Stomach Mu sensitivity (and the digestive issues) can often relate to a shen disturbance and is best treated with Left Heart Shu (BL 15)
 - Digestive issues in this case likely caused by the LV/GB being in excess and over controlling (invading) the Spleen (Earth) function
 - The Heart/Shen issues relates to the Liver disturbance (Hun) with the ADHD – frustration leading to anger, explosion of qi and blood upwards causing migraine

Shen Tx for CV17 and CV12

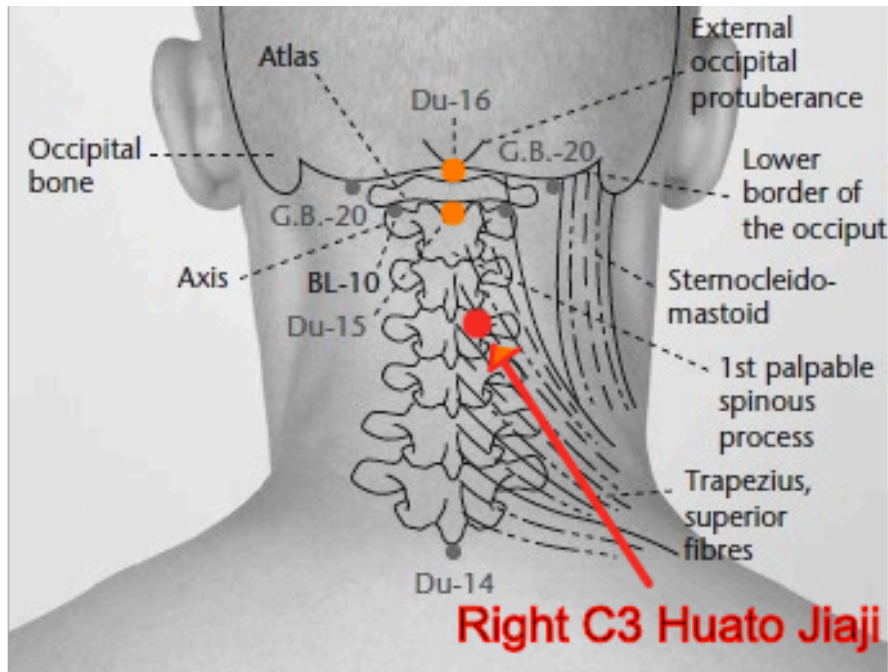


Neck Pain

- 34 year old woman with right sided neck pain with radiation into right scapular area
- Abdomen with positive Oketsu with some fullness in right upper quadrant of abdomen but not tender. Neck tender in right C3 region.
 - Treatment with Left LV4 and LU5
 - Right LV1 for Liver deficiency

Liver Deficiency

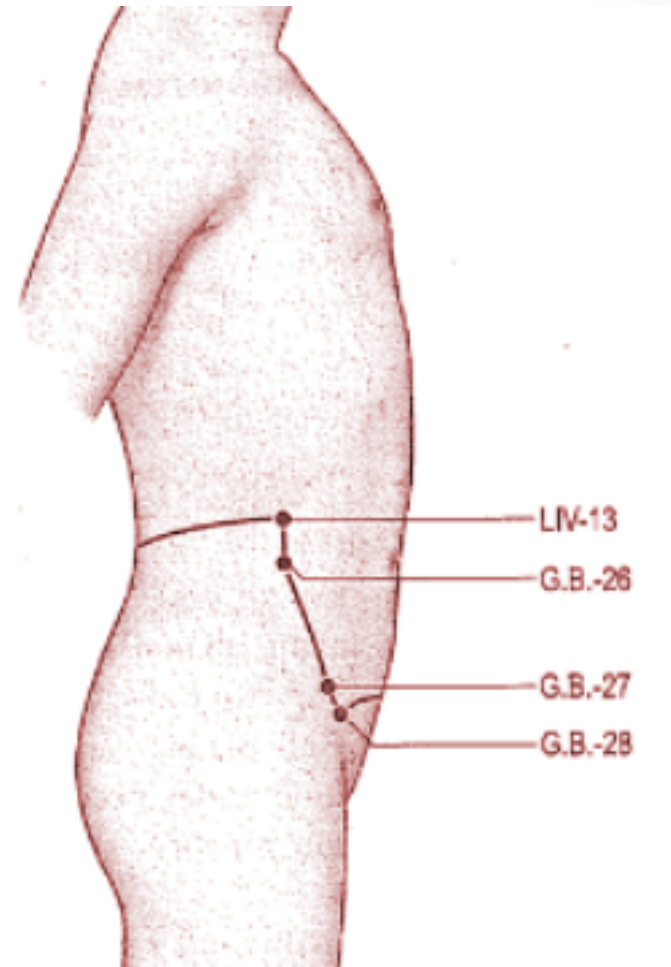
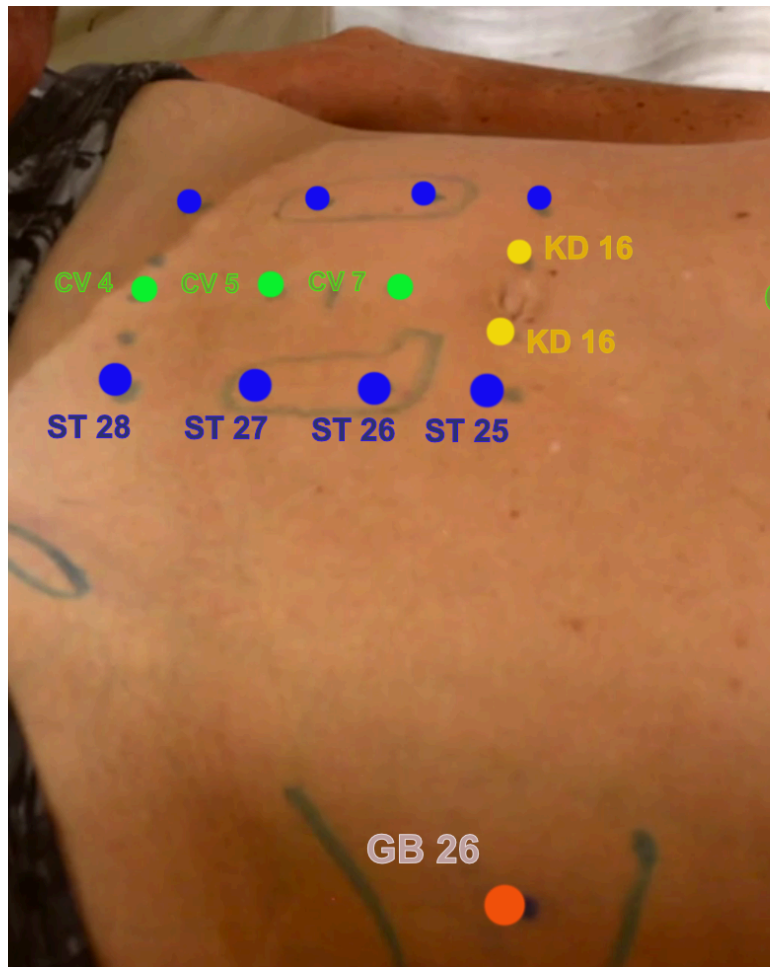
Diagnosis and Treatment



Back pain after fall on ice

- 56 year old woman with back pain after a fall on ice that involved a twisting injury. Pain in Sacroiliac joint and gluteal region on right side
- Twisting injuries and sudden, unexpected injuries tend to injure the LV/GB system and the related extraordinary vessel Dai Mai (belt channel which circles waist and has as it's main point GB 26 that is also called Dai Mai)

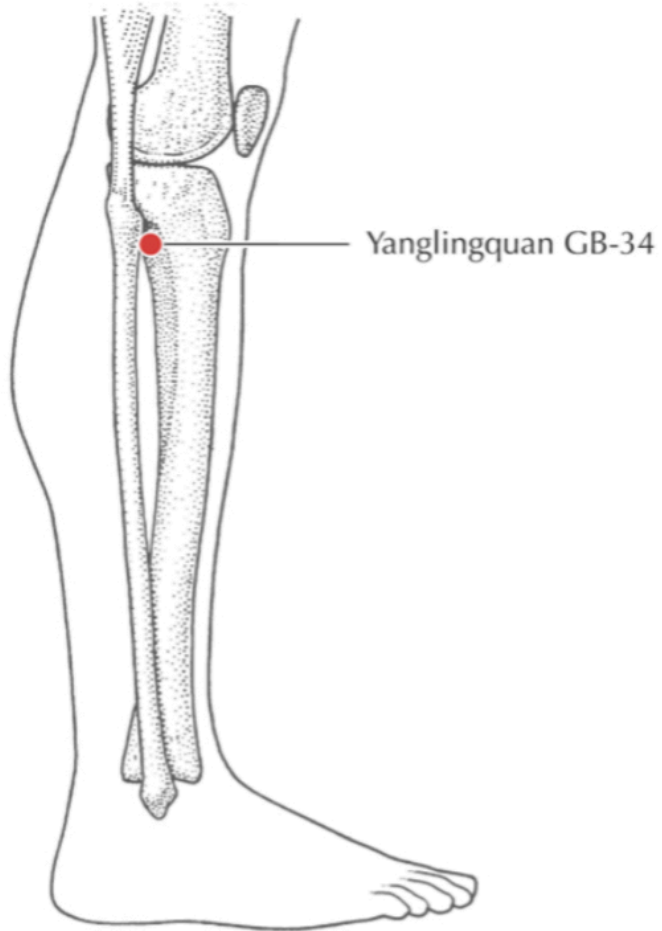
Dai Mai



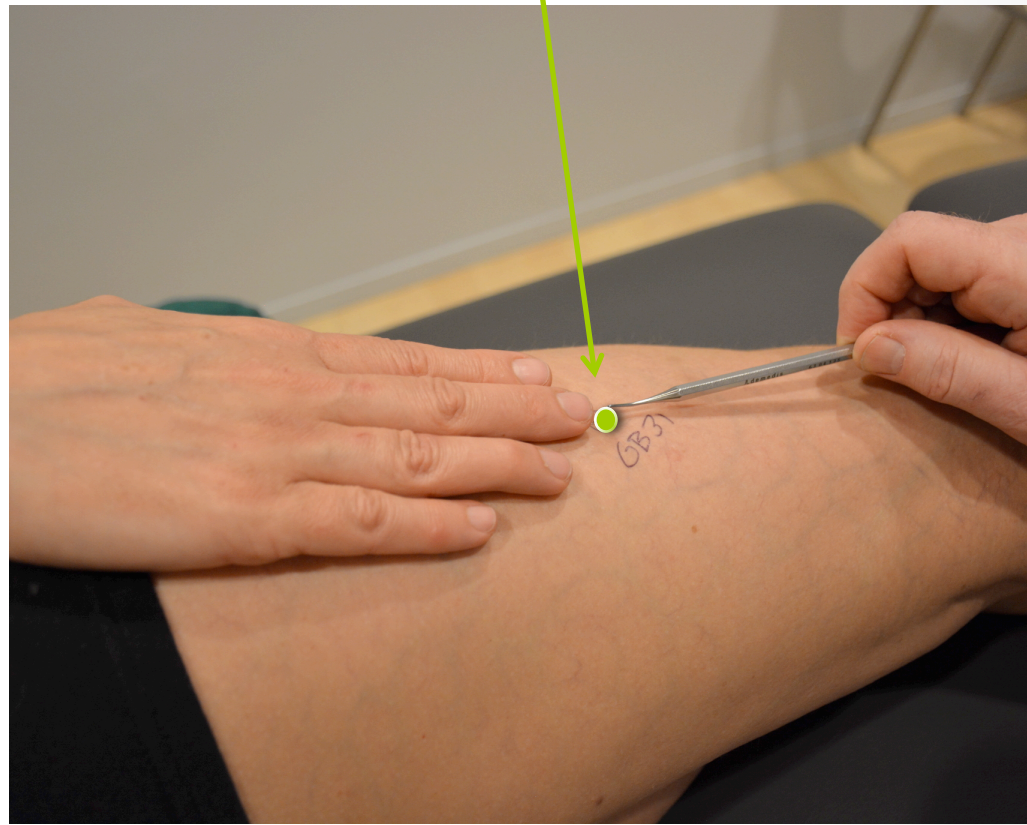
Back pain after fall on ice

- 56 year old woman with back pain after a fall on ice that involved a twisting injury. Pain in Sacroiliac joint and gluteal region on right side
- Key points included left GB 26 (Dai Mai) on opposite side of body and right sided GB 34 for the SI joint pain and GB 31 for the gluteal pain (piriformis)
 - Often the belt channel (Dai Mai) shows irritation on opposite side of body with twisting injury

GB 31 and GB 34



GB 31

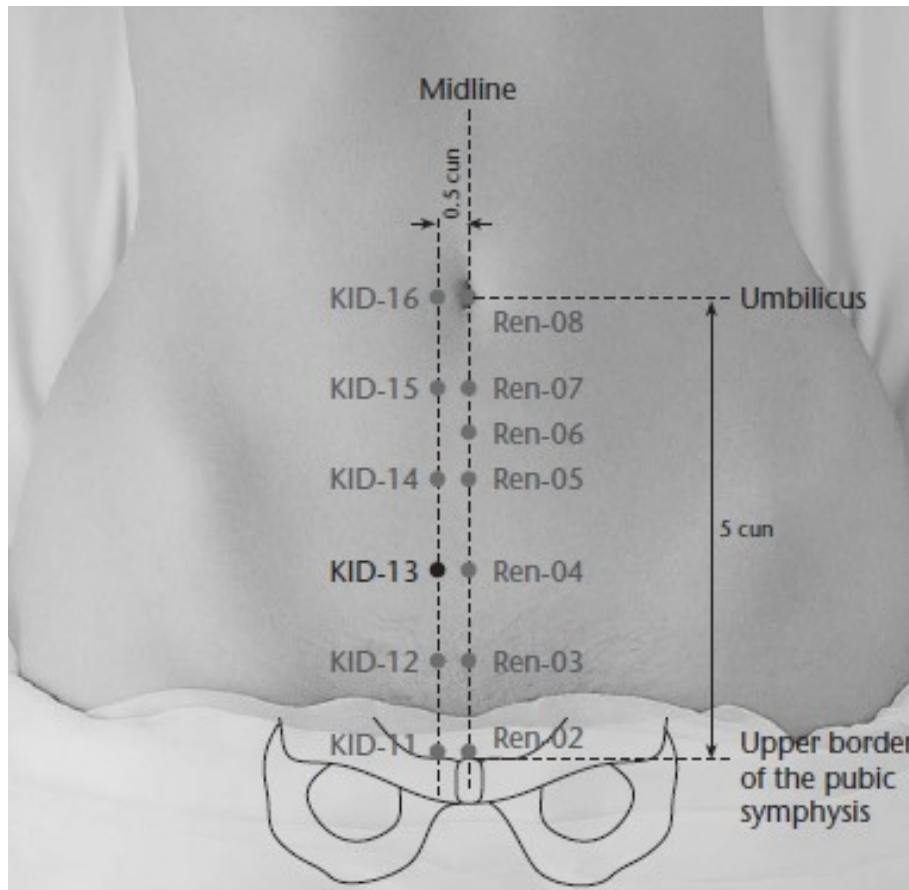


Painful Menses with Headaches

- 26 year old woman with severe headaches during menses as well as back and lower abdominal pain
 - Hara with Oketsu (Stagnation) and tenderness over the Uterus reflex (KD 13 bilaterally). Also tender over Liver and at C3 on right
- Treatment focused on releasing the Oketsu reflex with left LV4 and LU 5 with Liver excess/deficiency treatment
 - Excess – Right KD7, SP7 and Right HT3 + JpPC4
 - Deficiency – Right LV1
- Still tender over KD 13 Uterus reflex
 - Added bilateral LV8 and SP3.2
- LV 8 cools fire (water point)
- SP 3.2 helps reduce spasm/cramping

KD 13 and SP 3.2 (JpSP3)

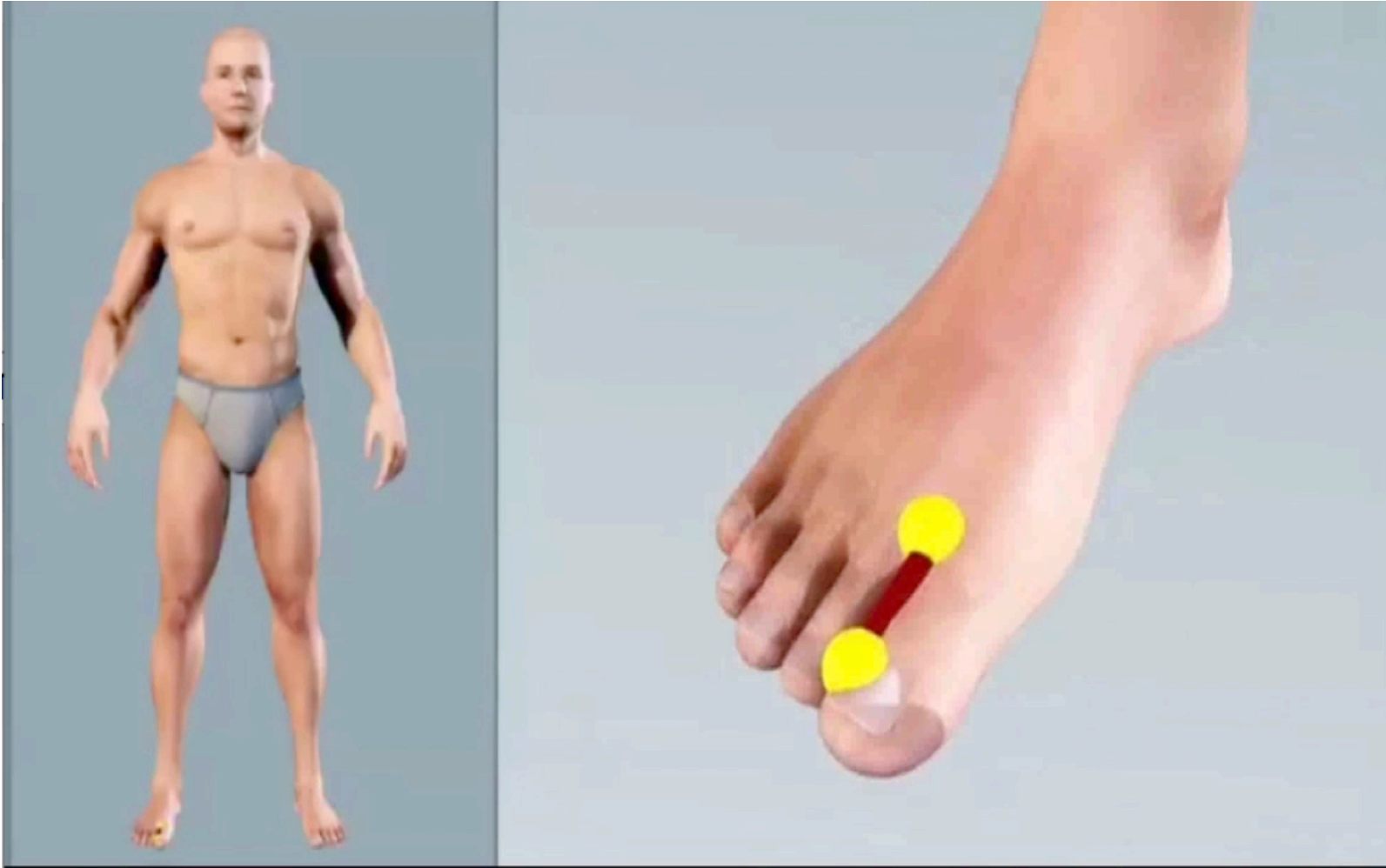
SP 3.2



Testicular pain

- 42 year old with testicular pain after hernia repair surgery on right side
- Abdomen tender in region of ASIS, ST 28 and Dai Mai (GB 26) on right side
- Liver has a strong influence on pain in the external genitalia as the liver meridian passes through the genitals on way up into abdomen and chest

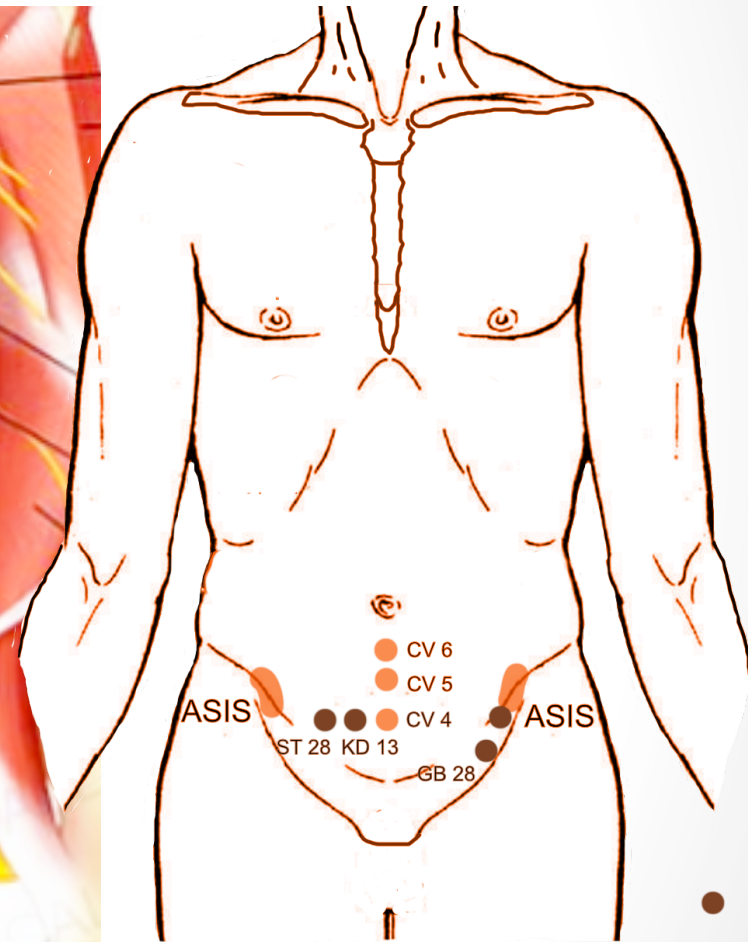
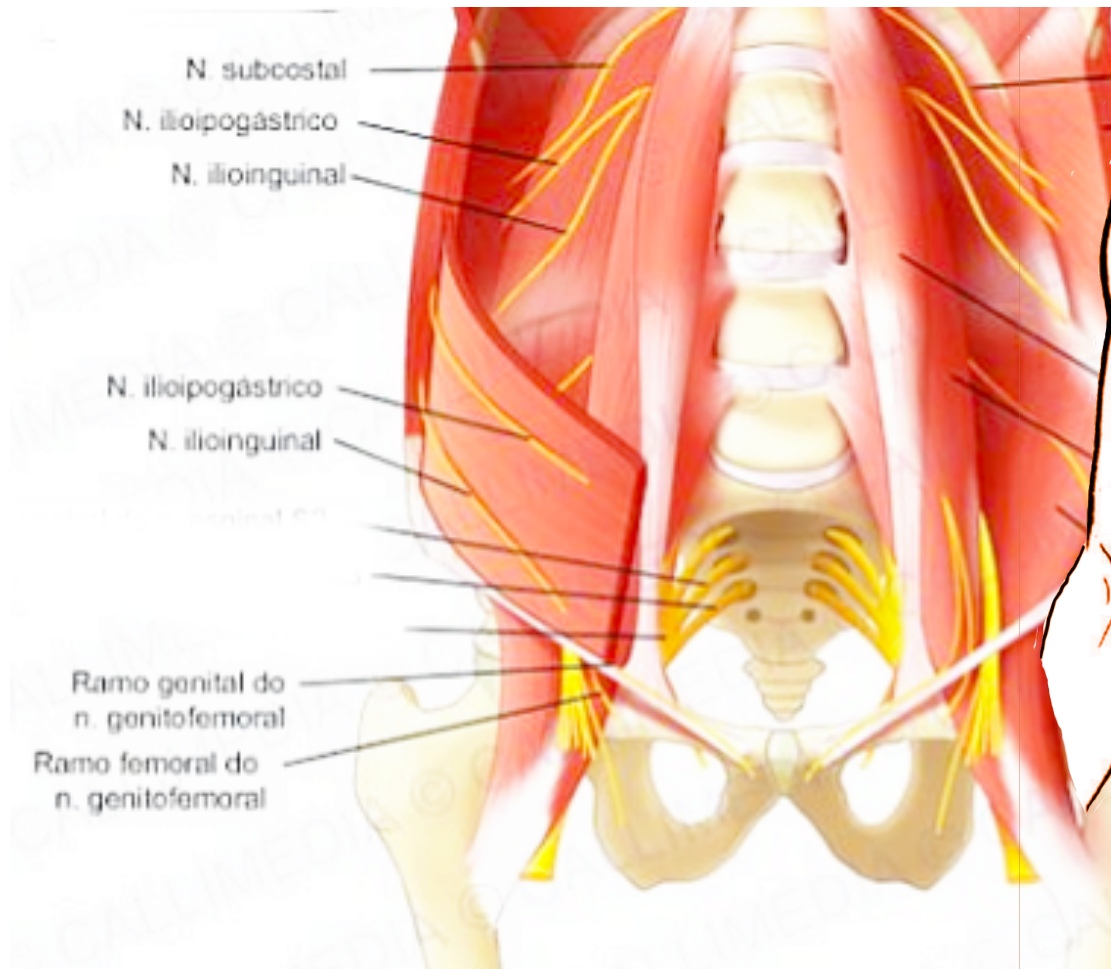
Liver Trajectory



Testicular pain

- 42 year old with testicular pain after hernia repair surgery on right side
- Abdomen tender in region of ASIS, ST 28 and Dai Mai (GB 26) on right side
- Treatment included distal release of right sided Dai Mai (GB26) with right KD7 and distal release of right ST28 region with LV8 and SP5
- Once these abdominal regions released, then local needling done at Dai Mai and ST 28 region (abdominal oblique muscle trigger point to release pressure on ilioinguinal nerve)

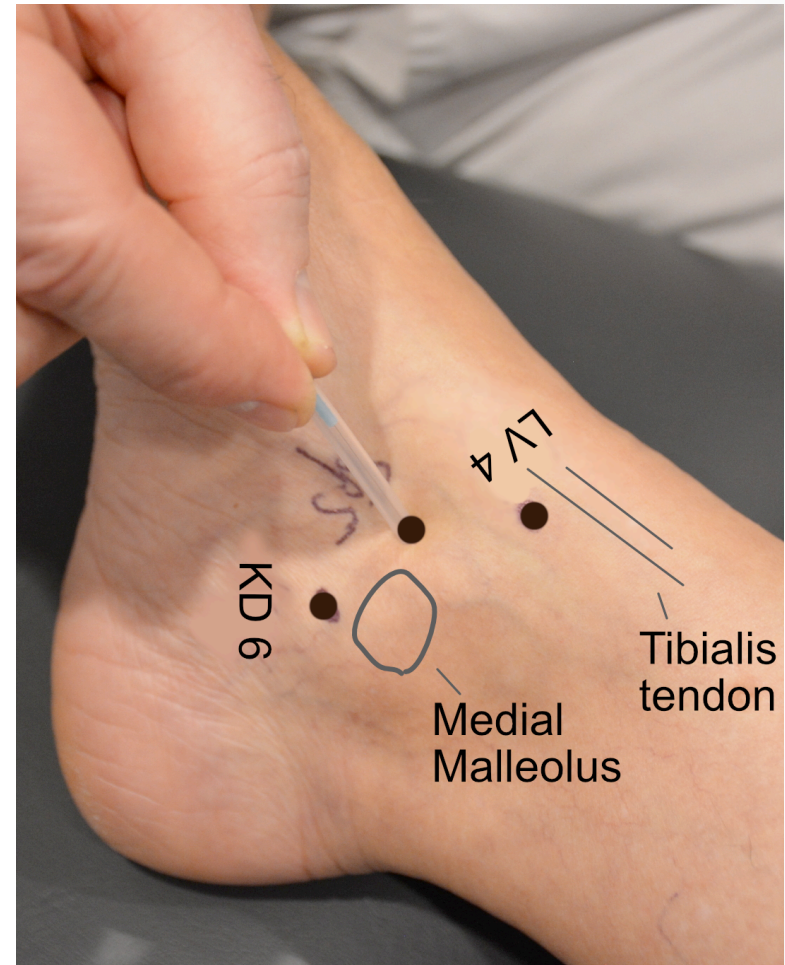
Ilioinguinal n. and Obliques



Anti-inflammatory Points:

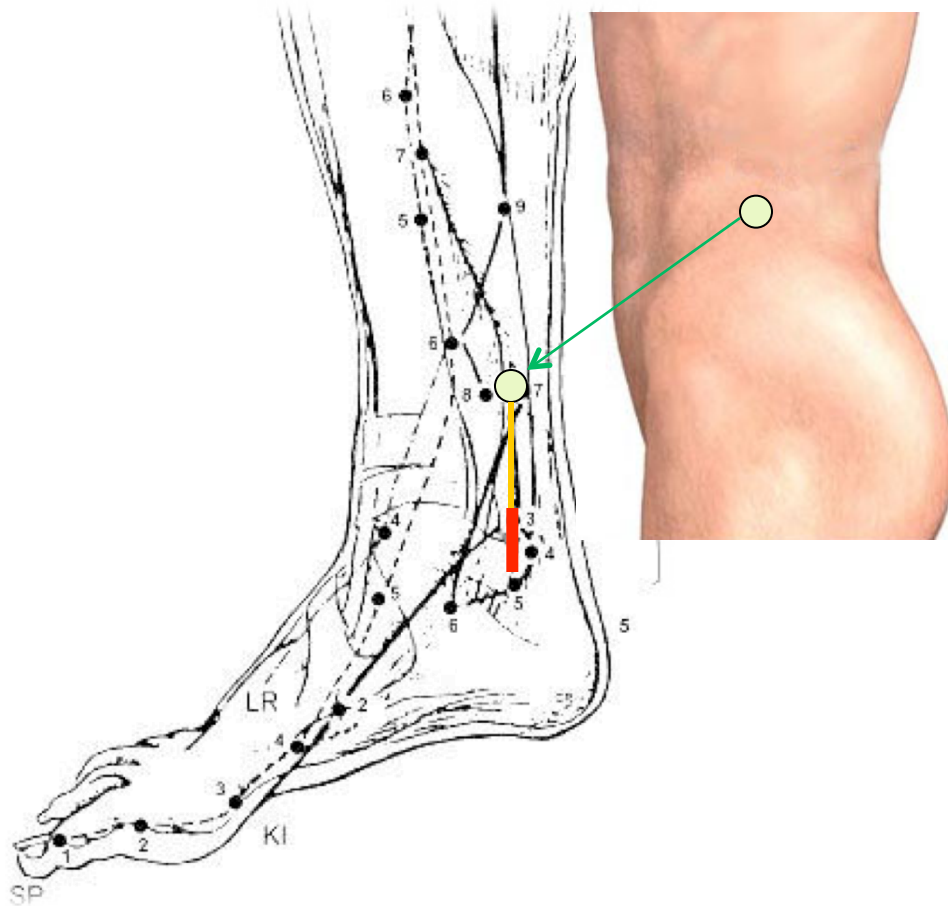
LV 8 with SP 5

- LV8 with SP5 can be used in combination for pain issues that affect the musculoskeletal system
- It is also particularly good for pelvic pain issues
- LV8 in particular helpful for pain in genital area (other options could be LV3 (source point) or LV2 against flow (Fire point))



Adrenal Treatments: Dai Mai and KD 7

Kid 7 if tender at Dai Mai (GB 26)



Summary

- Points on the Liver and Gallbladder meridian can be helpful for a broad range of musculoskeletal, neurological and gynecological pain issues
 - Related to Liver's importance in relieving stagnation, which leads to pain in Chinese Medicine
 - Also relates to issues related to constitutional weakness caused by family, societal and political issues having adverse effects on decision making (GB) and action (LV). These lead to frustration and anger, disturbing the Hun and the LV/GB harmony
 - The concept of rising liver fire can lead to headaches, strokes and other neurological conditions
 - Certain points also helpful related to Liver and Gallbladder's controls of the sinews which can be injured with activity
 - Important in both issues of the external genitalia as well as playing a key role in menstruation

Key Points

- Oketsu
- Liver/GB nourished by Kidney, controls Spleen/Stomach
- Control of Sinews
- Control of Inflammation
- Stores blood
- Left LV 4, LU 5
- Often can combine with KD and SP points to support treatment
- LV 8 and GB 34
- LV 8 and SP 5
- LV and SP can help with menstruation issues