

Case:

A young man, 23 years old, said that his upper side of the body (hypochondriac part) was uncomfortable and it lasted about several months. Recently, the right side was worse. He thought it was hepatitis but after checking up the result showed that the function of liver was normal. It was not available that taking vitamin B or other drugs. But he felt comfortable after having a sigh. So doctor asked him whether he had some mental problems. After a while, he said he was disappointed in love. So his mood was very bad.

He also had the following symptoms: dizziness, sleeplessness, bad appetite, bitter taste in mouth, uncomfortable after discharge, taut pulse, thin and whitish tongue fur.

Analysis:

Hypochondriac pain is the main symptom. Hypochondriac distension and pain are due to emotional upsets and stagnation of liver qi which prevent free dispersion and inhibit flow of meridian qi. So the disease is belonging to liver and gallbladder. The cause is something to do with the emotional depression.

He likes to have a sigh and feels the mouth is bitter. Sighing smoothes the flow of qi that is why distension and pain are alleviated. The pulse is taut. All that shows it is the syndrome of liver qi stagnation. Emotional upsets cause qi stagnation. Qi stagnation syndrome refers to symptoms caused by qi stagnation in a certain region or a certain viscera in the human body. Qi stagnation has the following clinical manifestation: distending oppression, pain or migratory pain and attacking pain are felt over the chest, hypochondrium, epigastrium and abdomen. The distension is alleviated after sighing. Qi stagnation also can transform to fire and heat. So he felt dizziness, sleeplessness and bitter mouth. These showed there is fire in the liver.

He has the hypochondriac pain, sleeplessness, dizziness, taut pulse because of failure of the liver to disperse and stagnation of qi, failure of the liver to act freely and to disperse normally. The liver has the function of governing dredging and regulating qi. It prefers free activity to depression.

The depression of liver affects the normal function of spleen and stomach, so his appetite is not well and he doesn't feel comfortable after discharging stool.

Conclusion:

Liver is in charge of dispersing, regulating qi flow and regulating emotional activities. Whether the function of dispersing is normal always affects the movement of qi in the whole body. The emotional depression easily leads to the disorder of the qi flow. So the liver qi stagnation is the common syndrome in the liver disease.

The principle of treatment:

- to disperse liver and relieve depression.
- Persuade him to get rid of mental burden.