

# Syndrome of Liver Qi Stagnation

Liver qi stagnation, or wood stagnation called in Su Wen, refers to that liver qi fails to disperse normally and act freely. It is usually caused by emotional upsets, depression and rage. Zhang Jingyue held that emotion was the main factor causing syndrome of liver qi stagnation.

Its common clinical manifestations are emotional depression, migratory pain in the chest, hypochondria or lower abdomen, chest oppression, frequent sigh, thin and white tongue fur, and taut pulse as well. Or sensation of foreign body in the throat, or goiter and scrofula, or lump in the hypochondria, distending pain in chest, dysmenorrhea, irregular menstruation and even amenorrhea among women. These symptoms can be seen in neurasthenia, depression, throat—esophagus neurosis, hyperthyroidism, simple thyroid enlargement, chronic hepatitis and climacteric syndrome, etc.

## Case Study

A male; 41 years old; pains in both sides of hypochondria; poor appetite and abdominal distension; reddish tongue body; taut and rapid pulse.

### Analysis

We can see that pains in both sides of hypochondria, taut pulse are typical symptoms of the syndrome of liver qi stagnation. Reddish tongue and rapid pulse are due to liver depression transforming to fire. For the symptoms of poor appetite and abdominal distension, we may understand in this way: because the liver fails to disperse normally and act freely and liver fire transformed by liver depression, the function of spleen becomes abnormal. That is also called wood over—restrains earth in Traditional Chinese Medicine.

## Treatment

This disease should be treated by activating liver qi and improving the

function of spleen.

## **Extension**

Most of the famous traditional Chinese medicine doctors in the ancient time paid great attention to the syndrome of qi stagnation, while liver qi stagnation plays an important role in it, so liver qi stagnation is usually considered to be an independent type of syndrome. It was said in Yi guan that if the liver qi stagnation was cured, other syndromes of stagnation could be all cured.

Because that liver qi has a great effect on the function of spleen, Huang Shouren, one of the brilliant Traditional Chinese Medicine doctor, suggested that doctors should pay attention to exercising spleen during the treatment of liver qi stagnation, which can shorten the time of treatment and preventing the transformation of disease.