Paper and reading log due end of this week!
– title of e-mail should include: Name, ATD2 and whether you are attaching the paper or the log.

**Hepatitis and Hypochondriac Pain**

### Biomedical Discussion

Hepatitis is a common thing to see in the clinic. Hepatitis C is the most complicated and the most serious and potentially deadly, thus is the biggest danger to acupuncturists. Never touch the blood!!

Widely seen in clinic. In the US there are 32,000 new cases each year. 1 person in 8500 will contract it. 350 million worldwide.

By definition, is inflammation of the LV, usually caused by viral infection, drugs, toxins, parasites which is characterized by

- diminished appetite
- nausea
- abdominal pain
- jaundice
- enlarged liver

The symptoms of hepatitis are not always this obvious. Many of the types of hepatitis do *not* have the symptom of jaundice. Only Hep A reliably shows this. Look for it in the eyes, urine, skin and on the soft palate. You may not always pick up on the enlarged liver either until it’s very severe.

Most of the time the sx are digestive only. Look for intolerance to oils and fried stuff indicating the biliary function isn’t working so well. You might also note fatigue, often extreme. Oil + Exhaustion are the major markers, especially in combination.

More specific symptoms

- **Acute stage**
  - Flu like sx
  - Light colored stool
  - Yellowing of skin/eyes
    - Might also see red palms – in TCM it’s called “liver palms.”
  - Abdominal pain
  - Extreme fatigue
  - Nausea
  - Vomiting
  - Dark (yellow) urine
Chronic stage:
- Malaise
- Weight loss
  - Emaciation is common – can’t take in nutrients
- Loss of appetite
- Jaundice
- Enlargement of the Liver

The etiology is caused by viruses, drugs, alcohol and parasites.

Viruses: There are types A, B, C, D and E. A and E are usually orally transmitted via eating/drinking. B and D are often blood related. Hep D tacks itself on to B as it is too weak to invade alone.
  - Hep A – 1 month incubation. Fecal/oral transmission, usually indirectly
  - Hep B – 6 month incubation. Blood transmission
  - Hep C – 3 month incubation. Blood/fluid transmission
  - Hep D – unknown. Comes along with Hep B
  - Hep E -

Drugs: Worldwide there are different qualities of drugs. Generation 1 insulin for instance is a cheap drug that is fast in action but is harsh on the body. Generation 2 drugs are more expensive, but less harsh to the Liver.

Alcohol/Toxins: Long term consumption of alcohol is toxic to the liver for instance. Since the Liver is a blood filter alcohol and other toxins are processed out through the liver causing inflammation, damage to the organ.

Parasites: travel from the digestive tract up the biliary tract. Cause infections to the liver and gallbladder. Lower chance of this in the US than in other parts of the world.

Hepatitis is diagnosed by symptoms, by serology and an antibody test. Also use Liver function tests to check albumin, ALP, ALT. Specifically, you use a 2 ½ blood test.

<table>
<thead>
<tr>
<th>Test Name</th>
<th>Type</th>
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<tbody>
<tr>
<td>HBsAg(antigen)</td>
<td>Ab (antibody)</td>
</tr>
<tr>
<td>HBeAg</td>
<td>Ab</td>
</tr>
<tr>
<td>HBcAG</td>
<td>Ab</td>
</tr>
</tbody>
</table>

Blood tests can find HBs antigens and antibodies, HBe antigens and antibodies, but only the Antibody for the HBc can be detected. Hence the two (pairs) and ½ (pair) test.

If you test positive for the antibody, the body is producing antibodies to attack a present antigen (active virus). You are thus positive for the virus. If you have only the antigen, you are definitely positive for the virus but the body isn’t producing antibodies yet – acute infection and are thus really infectious. If you have only an antibody you are relatively safe.
Treatment is difficult because the virus is difficult.

- Rest – 3 months to a year
- Protect Liver – vitamin B complexes
- Anti virus - ribavirin, alpha interferon and Chinese herbs
  The liver has to still process these. You have to toggle the frequency of the herb treatments down to let the liver rest. Tian Ji Huang – a grass growing between fields in China is very good for liver.
- Steroids – very acute and ferocious types
- Liver transplants – severe progressions

TCM Etiology

- Invasion of external pathogens
  Extreme damp and humid weather can cause damp blockage.

- Emotional disorder
  Easy to anger → Liver qi stagnation, liver fire, liver heat. Temper often gets worse in hepatitis patient!

- Irregular diet
  Hep A and E for instance are related to eating/drinking. Oily foods exacerbate liver problems, hepatitis included.

TCM Types

This is definitely test material!

Yang Huang
Look for the bright yellow symptoms. Yang Huang is caused by dampness and heat (which is yang). The formula is Yin Chen Hao Tang – damp heat. Frequency of herb formula ingestion = 1 to 2 times per day. May need to alternate doses between higher and lower in order to let liver rest.

Yin Huang
Might lighter yellow. This is dampness and cold. This is the more likely type you will see in clinic. Formula is Yin Chen Si Ni Tang for damp cold.
This table is from the Cholecystitis chapter, but is an interesting discussion of Yang Huang and Yin Huang.

<table>
<thead>
<tr>
<th>TCM Mechanism</th>
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<tbody>
<tr>
<td>Damp and heat in the liver organ – Five element related disorder</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Differentiation and Treatment</th>
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</thead>
<tbody>
<tr>
<td><strong>Basic Points</strong></td>
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<tr>
<td><strong>Basic Points</strong></td>
</tr>
</tbody>
</table>

Also: 
- **DU-14** - drain heat; **UB-20**; **ST-36** - strengthen SP to transform dampness; **UB-34**; **SJ-6**; **UB-40, 17; LIV-2** - add for chronic Hepatitis
- **SP-9**; **SP-6** - facilitate urination

- **LV 3** – yuan source point to nourish
- **LV 8** – he sea point - tonify blood and tonify liver
- **LV 14** - soothes the Liver
- **GB 34** – damp heat. good point for jaundice.
- **DU 9** - The very best point for jaundice
- **UB 18 and 19** – Liver and Gallbladder Back Shu’s
Damp Heat Retention

<table>
<thead>
<tr>
<th>Damp Heat Retention</th>
<th>Acute Yang jaundice</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Acute onset</td>
<td>- Red</td>
</tr>
<tr>
<td>- Chills, fever</td>
<td></td>
</tr>
<tr>
<td>- Digestive: poor appetite; gas/bloating; diarrhea or loose stools; nausea, vomiting</td>
<td></td>
</tr>
<tr>
<td>- Muscular or joint pain</td>
<td>- Yellow, Greasy</td>
</tr>
<tr>
<td>- Jaundice, bitter taste, thirst</td>
<td>P: Slipper, wiry, may be fast</td>
</tr>
<tr>
<td>- Distension of chest &amp; hypochondria; irritability; headache</td>
<td></td>
</tr>
</tbody>
</table>

Remove D-H; Regulate MJ

<table>
<thead>
<tr>
<th>Liver Qi Stagnation</th>
<th>Soothe LIV Qi; Regulate MJ</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Latent pathogen related dz</td>
<td>- Basic +</td>
</tr>
<tr>
<td>- Bitter taste, nausea; decreased appetite, thirsty</td>
<td>SJ: LI-11; SP-9; ST-40; GB-43</td>
</tr>
<tr>
<td>- Dizziness</td>
<td>ST-44 (if more H)</td>
</tr>
<tr>
<td>- Emotional d.o.: stress, depression, PMS, restlessness</td>
<td>&gt; Yin Chen Hao Tang</td>
</tr>
<tr>
<td>- Hypochondriac pain &amp; distension</td>
<td>&gt; Zhi Zi Bai Pi Tang</td>
</tr>
<tr>
<td>T: Normal</td>
<td>&gt; Da Chai Hu Tang</td>
</tr>
<tr>
<td>C: Thin, white</td>
<td>&gt; Shen Ren Tang</td>
</tr>
<tr>
<td>P: Wiry</td>
<td>&gt; Hao Qin Qing Dan Tang</td>
</tr>
<tr>
<td></td>
<td>&gt; Lian Po Yin</td>
</tr>
<tr>
<td></td>
<td>&gt; Yin Chen Zhi Zhi Jin Hua Tang</td>
</tr>
</tbody>
</table>

LI 11 clears the heat
ST 40 for phlegm
SJ 5 for water/damp
SP 9 – dampness
GB 43 for heat since is the ying spring
ST 44 only if there is stomach heat.

Liver Qi Stagnation
With Liver overacting on Spleen. This too is acute.
Patients often have stress. Very emotional related.

Soothe LIV Qi; Regulate MJ

<table>
<thead>
<tr>
<th>Look at these sx. What’s the differentiation?</th>
</tr>
</thead>
<tbody>
<tr>
<td>☰ Frequent anger</td>
</tr>
<tr>
<td>☰ Sadness sometimes</td>
</tr>
<tr>
<td>☰ Belching</td>
</tr>
</tbody>
</table>
Loss of appetite
- Sour regurgitation, but no undigested food expelled. (not due to food retention)

Answer: This is Liver/Stomach disharmony.
Points: 4 gates, PC 6, ST 36, Ren 12, ST 25, SP 15, LV 13, UB 18, UB 21.

**Excessive Toxic Heat**
This is an acute form and is very ferocious and potentially fatal. Lots of pain, high fever. Look for the 3 yellows: skin, urine, eyes. Scarlet tongue – beyond red.

<table>
<thead>
<tr>
<th>Excessive Toxic Heat</th>
<th>Remove Toxic Heat; Calm Shen; Protect Liver</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute Hepatitis A, E</td>
<td>Basic +</td>
</tr>
<tr>
<td>May be fatal</td>
<td>UB-40, SP-10</td>
</tr>
<tr>
<td></td>
<td>DU-14</td>
</tr>
<tr>
<td></td>
<td>P-6</td>
</tr>
<tr>
<td></td>
<td>&gt; Qing Gong Tang</td>
</tr>
</tbody>
</table>

UB 40 – bleeding at this point to release heat.
SP 10 – blood and blood heat.
DU 14 – release heat, bleed here.
P 6 – nausea vomiting

**Spleen Qi Xu**
Liver overacting on Spleen including retention of dampness.

<table>
<thead>
<tr>
<th>Spleen Qi Xu</th>
<th>Tonify SP Qi; Regulate MJ</th>
</tr>
</thead>
<tbody>
<tr>
<td>(LIV→SP)</td>
<td>Basic +</td>
</tr>
<tr>
<td>[due to Retention of Dampness]</td>
<td>ST-36; SP-6; REN-12; UB-20, 21</td>
</tr>
<tr>
<td>Chronic</td>
<td>&gt; Wei Ling Tang</td>
</tr>
<tr>
<td></td>
<td>&gt; Shen Ling Bai Zhu San</td>
</tr>
<tr>
<td></td>
<td>&gt; Shi Pi San</td>
</tr>
<tr>
<td></td>
<td>&gt; Xiang Sha Liu Jun Zi Tang</td>
</tr>
<tr>
<td></td>
<td>&gt; Yi Qi Jian Pi Tang</td>
</tr>
</tbody>
</table>

Ren 12 – front mu of fu organs
Qi Yu and Blood Stasis
Refers to hard liver – cirrhosis – and enlargement. Look for edema, ascites. These are late stage.

| Qi Yu & Blood Stasis | - Liver cirrhosis and liver cancer Pts [Chronic hepatitis w/ syndromes of Qi Stagnation & Blood Stasis & Deficient SP Qi ]
- Enlarged liver and/or spleen (can detect through palpation), or mass
- Fixed, needle pain; worse at night
- Distending & fullness, esp. in the area of the liver
- Breast fullness
T: Purple, w/ purple spots
P: Wiry, hesitant/choppy | Promote Qi & Blood circulation;
Remove Xue Stasis
Basic +
SP-10, UB-40, UB-17
Local and ashish pts in the liver area:
LIV-14, GB-22, 23, 24
> Yi Hua Tang
> Xing Qui Hao Xue Fu Gan Tang

SP 10 and UB 17 - first importance
LV 14 – soothe the liver
GB 22 – side of the trunk to help with flank pain and distention.

Kidney and Liver Yin Xu

| Liver & Kidney Yin Xu | - Chronic hepatitis or w/ liver cirrhosis, or in those Pts who take interferon therapy
- Tenderness or dull pain; or burning pain in the hypochondriac area (liver)
- Night sweats, palm heat
- Thirsty; emaciation (LIV Yin Xu)
- KID Yin Xu: low back pain, dizziness, vertigo
T: Small, thin; may be dark red
C: Peeled, no coating on the sides
P: Thin, wiry; may be fast | Nourish LIV & KID Yin;
Support the LIV
Basic +
KID-3, 6, SP-6, LIV-8
UB-43, 18, 23, 52
*Herbal therapy is stronger
> Bu Gan Tang; Xiao Yao Yi Guan Jian

From 1st and esp. 3rd types
Cholecystitis

Gallbladder inflammation. Can be acute or chronic. By definition is an inflammation of the gallbladder. Caused by bacterial infection, blockage, and bile secretion. Characterized by and results in gallstones.

The duct is only a certain size, so cannot pass all stones. How large must stones be before you must do surgery? Stones less than .5 centimeters in the gallbladder or less than 1.5 cm the duct don’t require surgery.

Symptoms:
- Pain! Upper right side abdominal pain
  Can radiate to the shoulder, usually right scapula
- Biliary colic – spasmodic upper abdominal pain
- Biliary colic after a fatty meal
- Abdominal discomfort
- Fever
- Nausea/Vomit
- Jaundice is still possible – bile cannot discharge to the intestines, floats back to the liver, gets into the blood stream.
- Flatulence
- Itching skin – due to the bilirubin in the skin.
- Pale stool

Signs:
- Positive for Murphy’s sign
  Sign of inflammation of gallbladder.

Differentiate from appendicitis!

Treated by antibiotics and surgery.

TCM Etiology

- Irregular diet
  Fried foods are common to induce a gallbladder attack. Eat oil and body discharges bile – if the gallbladder is inflamed and cannot do this, hurts a lot.

- Emotional disorder
  Many people with the inflammation and stones generally easily lose their temper. Liver Qi is not able to flow freely.
TCM Mechanism

Obstruction of Gallbladder channel due to emotional disorders or irregular diet.

<table>
<thead>
<tr>
<th></th>
<th><strong>Yang jaundice</strong></th>
<th><strong>Yin jaundice</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sx</strong></td>
<td>Lustrous, bright yellow/orange: shiny</td>
<td>Sallow, dark yellow, “dirty”</td>
</tr>
<tr>
<td><strong>Onset</strong></td>
<td>Acute</td>
<td>Chronic</td>
</tr>
<tr>
<td><strong>Etiology</strong></td>
<td>D-H, H, toxic D-H (in SP/ST or LIV/GB) Can change into Qi &amp; Xue stasis (HT, KID)</td>
<td>D-C, SP Xu, Xue Xu, Xue Stasis</td>
</tr>
<tr>
<td><strong>Property</strong></td>
<td>Excess (may affect many organs)</td>
<td>Deficiency or combination</td>
</tr>
<tr>
<td><strong>Px</strong></td>
<td>Good</td>
<td>Bad</td>
</tr>
<tr>
<td><strong>Tx</strong></td>
<td>Sedation</td>
<td>Tonify or combination</td>
</tr>
</tbody>
</table>

TCM Differentiation/Treatments

Deficiency of Qi and Blood
Excess Damp and heat
Disharmony of Liver and Spleen

**Basic points**

<table>
<thead>
<tr>
<th>Basic points</th>
<th>GB-24, 34, 41; LIV-14; UB-18, 19, 48; DU-9, 10 (special for jaundice)</th>
</tr>
</thead>
</table>

GB 24 – fm of gallbladder
UB 19 – back shu of gallbladder
GB 34 – always good for LV and GB problems, espe for damp heat
GB 41 – exit point – clears the heat
LV 14 – FM of LV
UB 18 – back shu of LV
UB 48 – GB yin for chronic problems – same level as UB 18 (T10)
DU 9 - Best point on the body for jaundice
DU 10 – jaundice and for balancing Yang

Dan Nang Xue extrapoint - Stops pain. Again, be certain of the diagnosis before you do! (Make sure it isn’t something else more fatal/problematic.

**Cholecystitis (Jaundice) due to Retention of Damp heat**

This is an acute excess. Yang Huang. This is infection related. Gas/bloating – also damp related. Look for the yellow and greasy coating on the tongue. How can you tell whether the damp is greater than the heat or vice versa or are equal? More on that later.
**Cholecystitis (Jaundice)**

<table>
<thead>
<tr>
<th>d/t Retention of Damp-Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute, Excess Infection related</td>
</tr>
<tr>
<td>Yang Jaundice</td>
</tr>
</tbody>
</table>

- Acute onset – yang jaundice
- Bright or lustrous yellow skin and sclera – bright color
- Damp Heat sx’: fever, thirsty, bitter taste;
- Constipation; may have diarrhea w/ strong odor; scanty, yellow or dark yellow urine w/ strong odor
- Nausea or vomiting, reduced appetite, thirsty
- Heavy sensation in whole body, may be burning pain on hypochondriac region
- Maybe chills and fever - flu like symptoms
- Stiffness of chest, heaviness of body
- Epidemic pathogenic factors – heat more severe than damp: bleeding under skin, may have coma

T: Red C: Yellow, sticky OR yellow greasy
P: Wiry and rapid

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**Liver/Spleen Disharmony causing Cholecystitis**

- Sallowish color of sclera, skin
- Prickly, needlelike pain on the hypochondriac region (fixed); worse at night
- Gas, bloating
- Heaviness of the body; epigastric stuffiness; loss of appetite; cold limbs; lassitude; poor memory, etc.

T: Pale
C: Thin white coat
P: deep, slow

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**Remove Damp-Heat; Promote circulation**

<table>
<thead>
<tr>
<th>Basic points +</th>
</tr>
</thead>
<tbody>
<tr>
<td>SJ-3, LI-11; SJ-5; SP-9; GB-43</td>
</tr>
<tr>
<td>LIV-2; LI-4; GB-40; SP-6; ST-40</td>
</tr>
</tbody>
</table>

If referred to epidemic pathogenic factors, prick to blood let to clear heat: Du-14 (if severe heat) Du-26 (if coma); HT-9

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Du 9 – always first pt for jaundice
GB 34 also
LI 11, ST 40 for damp heat
SJ 5 for damp heat, though best when heat is more than damp. Clear the heat in the water.
ST 40 of SP 9 for damp and heat with more damp.

Sj 3 - If patient feels heavy and painful, go for SJ

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**Cholecystitis d/t Disharmony between the LIV & SP**

<table>
<thead>
<tr>
<th>Chronic</th>
</tr>
</thead>
<tbody>
<tr>
<td>(If jaundice: will have liver cirrhosis or cancer)</td>
</tr>
</tbody>
</table>

Might also see slippery or deep pulse. If no cold, no slow.
4 gates
Ren 12, ST 25, S 15 are most important.

Back shu’s will tonify and nourish more than the front mu’s will. Front Mu’s will clear the heat and treat Qi problems, treat the acute – when function is less.
Cholecystitis due to Qi and Blood Xu

| Cholecystitis d/t Qi & Xue Xu | - Pale face or sallow color  
- Fatigue & tired; poor appetite; palp; dd sleep; poor memory; bad concentration: gas, bloating; loose stool or diarrhea  
- Pale, scanty menses  
- If long history, will change to Qi yu and blood stasis: Needling or pricking pain in hypochondriac region, worse at night  
| T: Pale  
C: Thin white  
F: Thin, weak, thready |  
| ☯ UB 17 for stasis/blood deficiency  
☯ Can also use Liver and gallbladder points on the ear – but never cross the Midsagittal point of the body. Always use light stimulation. Can cause scarring and bumps on the ear.  
☯ Sympathetic point is best to stop the pain.  
☯ Dan nang xue extrapoint. | ☯ Tonify Qi & Xue  
Basic +  
UB-17, 20, 21; REN-6, 12  
ST-36; SP-6 |

Long term problem. Can be very late stage. Might be gallbladder cancer, rare in the US. If a person has a long term liver or gallbladder problem suddenly develops all over itching is a bad sign. Many cancers will cause this just prior to spreading. True of intestinal, pancreatic and liver cancer metastatic activity.

- UB 17 for stasis/blood deficiency
- Can also use Liver and gallbladder points on the ear – but never cross the Midsagittal point of the body. Always use light stimulation. Can cause scarring and bumps on the ear.
- Sympathetic point is best to stop the pain.
- Dan nang xue extrapoint.

Case Study

Zhong, 34 yo male

History: Pt has contacted with hepatitis carrier and had weak and nauseous for 2 weeks. His appetite was poor. He had nausea and general heaviness. He also had pain and fullness in the LV area with dark yellow urine.

Examination: bright yellowing of sclera and skin. HT and LU negative, abdomen flat and soft, LV with tenderness on pressure/percussion. SGPT.

Tongue coating is yellow and greasy

Pulse is wiry, thin, rapid on the left, slippery and fast on the right.

Damp is more than heat. Yang Huang damp heat. Principle is to clear the damp heat and soothe the liver. Points to choose: SP 6, 9, ST 40, SJ 5, LI 11 for damp and heat. UB 18 for liver, DU 9 for jaundice. Yin chen hao tang formula taken 2ce per day, rest 2 days during the weekend, so take 5 days, off 2 days. Tian Ji Huang is the best single herb as a tea that you can use. (He’s jotting that down…on the test?)