

AETIOLOGY, PATHOLOGY AND TREATMENT OF QI STAGNATION

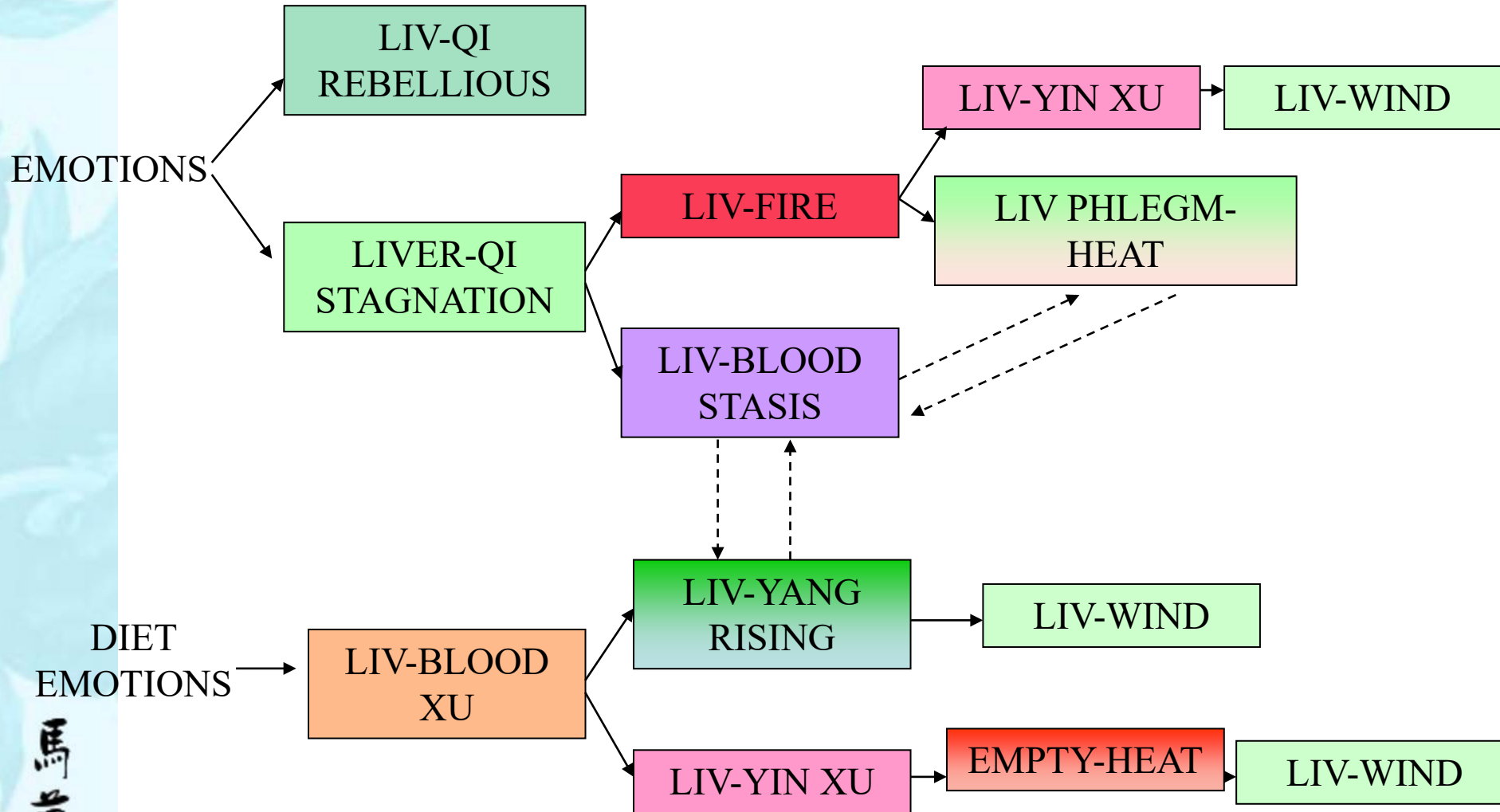


馬
萬
里

Giovanni Maciocia
Copyright Giovanni Maciocia

馬
萬
里

AETIOLOGY OF QI STAGNATION (LIVER)



EFFECTS OF EMOTIONS ON QI

EMOTION	ORGAN	EFFECT ON QI	QI ASC/DESC
ANGER	LIVER	LIV-Qi stagnation (anger repressed)	No free flow
		LIV-Qi rebellious.....	Qi wrong direct.
		LIV-Yang rising (anger manifested)	Asc. too much
	STOMACH	Qi stagnation.....	Not descending
Food retention.....		Not descending	
INTESTINE	Qi stagnation	Not descending	
HEART	Blood Heat		
WORRY	LUNGS	Qi stagnation.....	Not descending
	SPLEEN	Qi stagnation.....	Not ascending
	HEART	Qi stagnation.....	Not descending
	LIVER	Qi stagnation.....	No free flow

EMOTION	ORGAN	EFFECT ON QI	QI ASC/DESC
PENSIVENESS	SPLEEN	Qi stagnation	Not ascending
		Qi Xu	Not ascending
	LUNGS	Qi Xu	Not descending
		Qi stagnation	Not descending
SADNESS, GRIEF	HEART	Qi Xu	Not descending
		Qi stagnation	Not descending
	LIVER	Blood Xu (women)	

EMOTION

ORGAN

EFFECT ON QI

QI ASC/DESC

SHOCK

HEART

{ Qi XuNot descending

KIDNEYS

{ Qi XuNot ascending

HATRED

LIVER

{ Qi stagnationNo free flow

HEART

{ Qi stagnation.....Not descending

GUILT

HEART

{ Qi stagnation.....Not descending

KIDNEYS

{ Qi sinkingNot ascending

{ Qi stagnation.....Not descending

EFFECT OF EMOTIONS ON QI

Anger makes Qi rise

Joy slows Qi down

Sadness dissolves Qi

Worry knots Qi

Pensiveness knots Qi

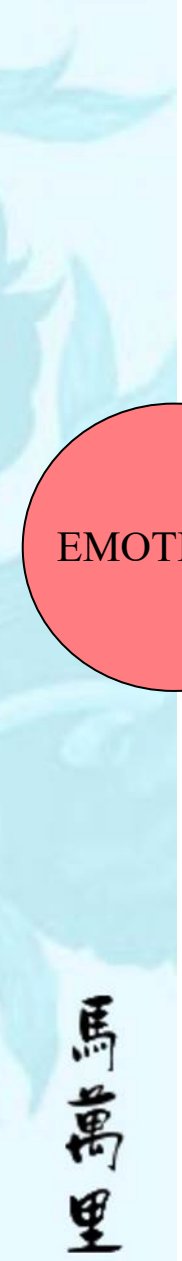
Fear makes Qi descend

Shock scatters Qi.

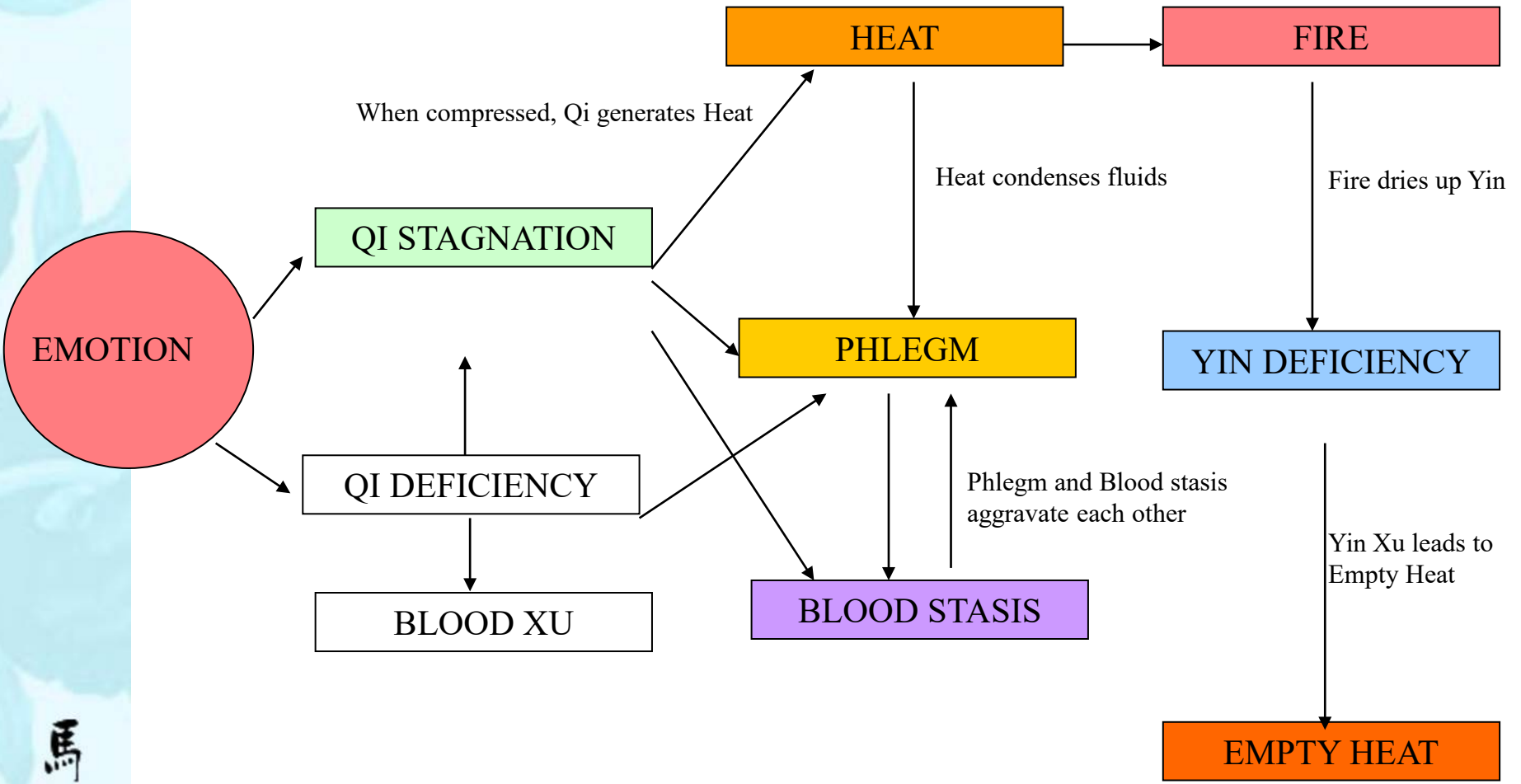
Each emotion is said to have a particular effect on the circulation of Qi. The "Simple Questions" in chapter 39 says: "*Anger makes Qi rise, joy slows down Qi, sadness dissolves Qi, fear makes Qi descend...shock scatters Qi...pensiveness knots Qi...*".

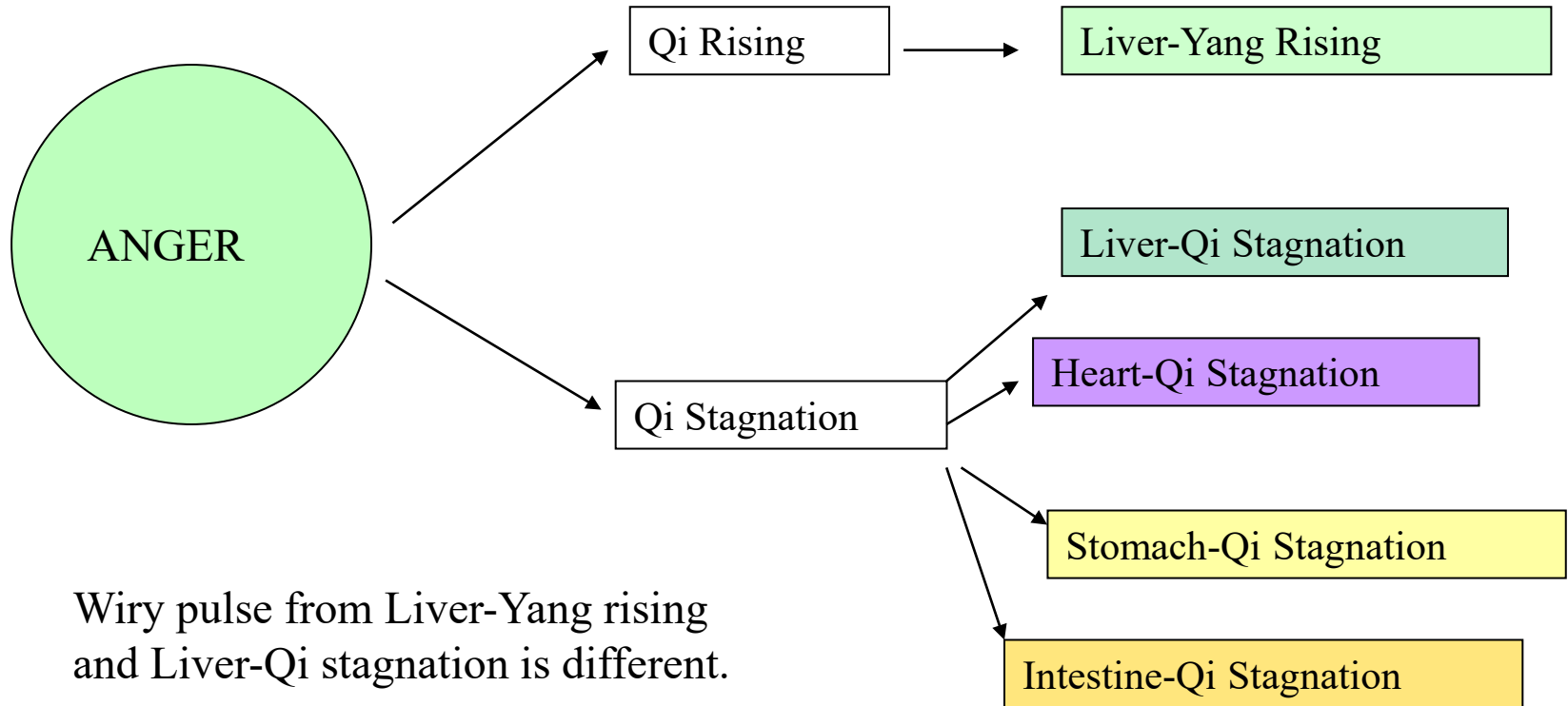
Dr Chen Yan in "A Treatise on the Three Categories of Causes of Diseases" (1174) says: "*Joy scatters, anger arouses, worry makes Qi unsmooth, pensiveness knots, sadness makes Qi tight, fear sinks, shock moves*".

However, the above are not the only terms used in the Nei Jing.



氣鬱

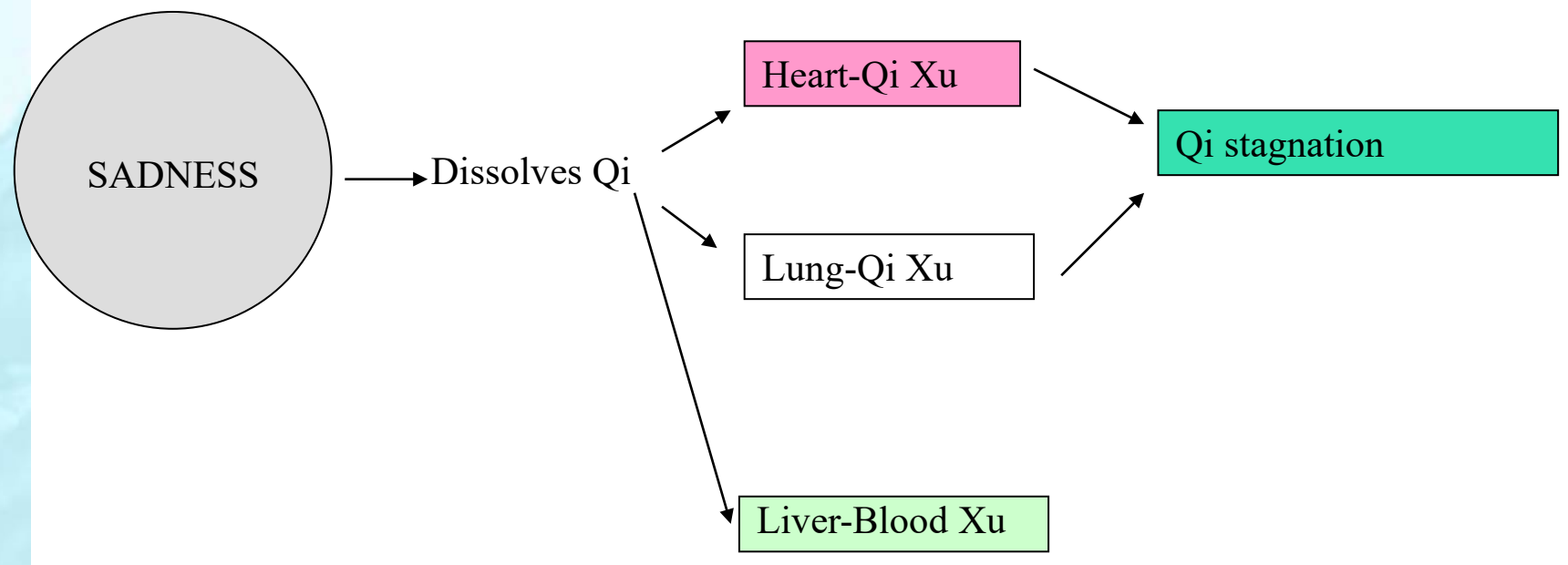


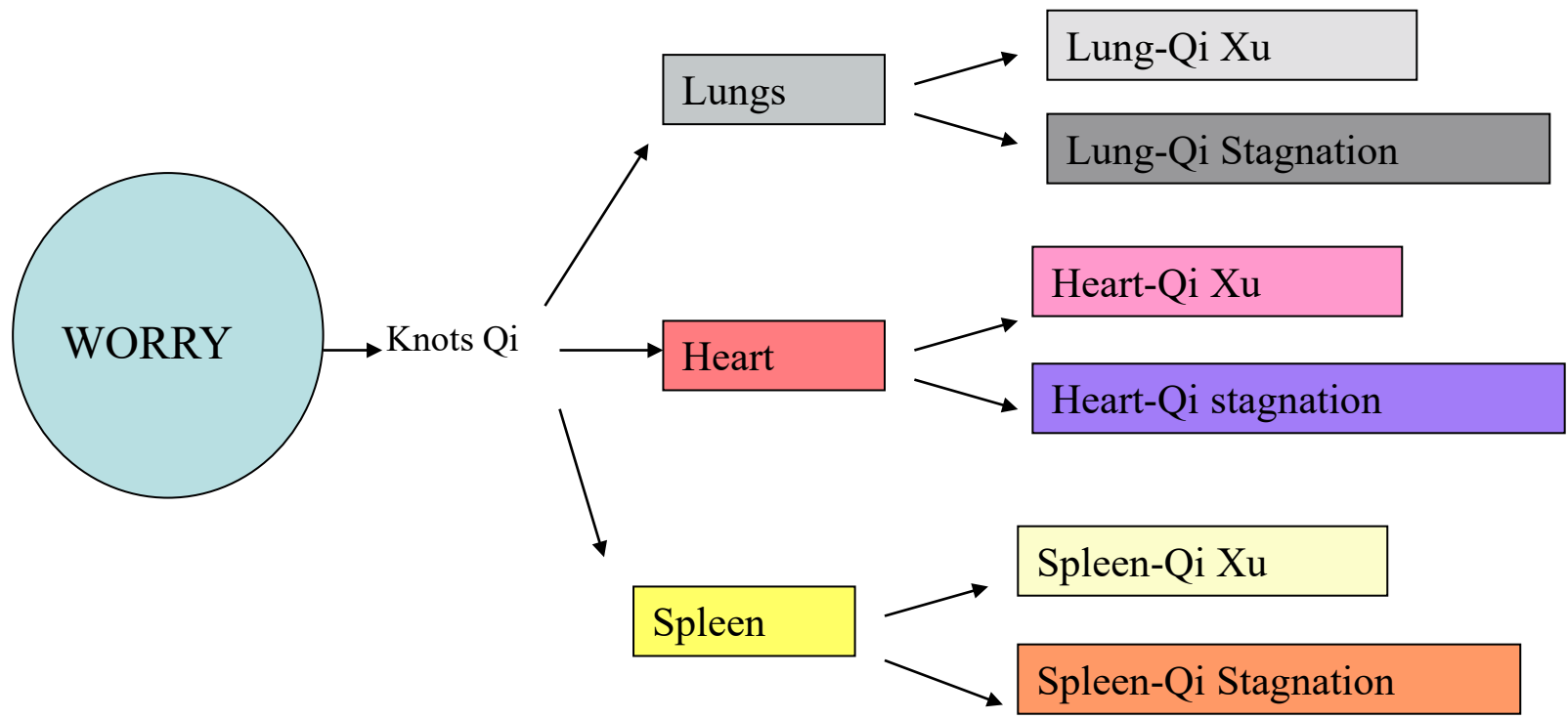


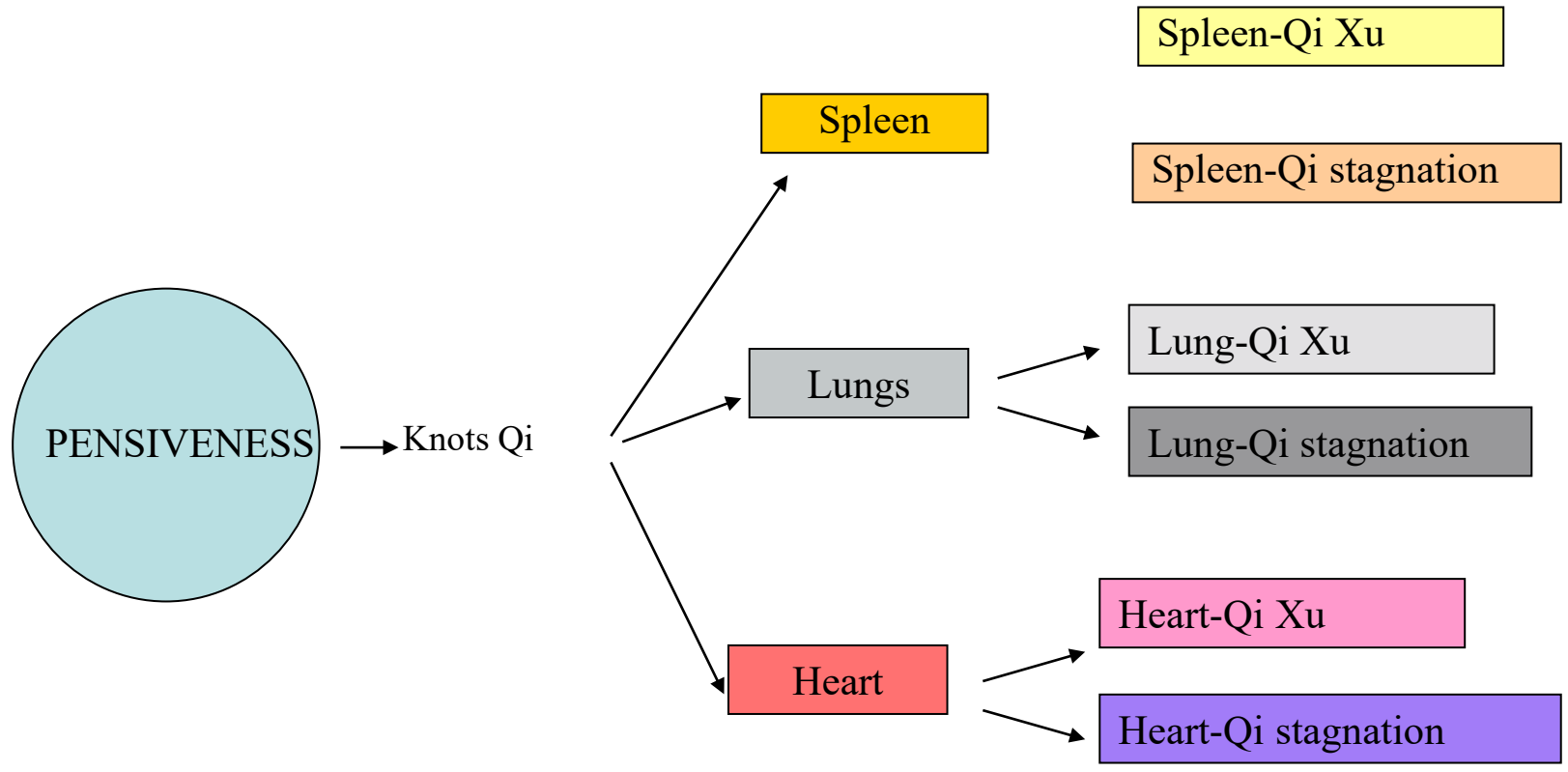
Wiry pulse from Liver-Yang rising and Liver-Qi stagnation is different.

From LIV-Yang rising it is superficial and pounding.

From LIV-Qi stagnation is Wiry but kind of stagnant and not so superficial.







SHOCK

Mental shock “suspends” Qi and affects the Heart. It causes a sudden depletion of Heart-Qi, makes the Heart smaller and may lead to palpitations, breathlessness and insomnia. It is often reflected in the pulse with a so-called "Moving" quality, i.e. a pulse that is short, slippery, shaped like a bean, rapid and gives the impression of vibrating as it pulsates.

The “Simple Questions” in chapter 39 says: *“Shock affects the Heart depriving it of residence, the Mind has no shelter and cannot rest, so that Qi becomes chaotic”*.

Shock also "closes" the Heart or makes the Heart smaller. This can be observed in a bluish tinge on the forehead and a Heart pulse which is Tight and Fine.

