

ZANG ORGANS

LIVER	1. STORES BLOOD (Yin aspect of LV)	<ul style="list-style-type: none"> <li>● <b>Regulates Blood volume in relation to rest and activity</b> <ul style="list-style-type: none"> <li>▪ When a person moves, Blood goes to the channels, when at rest it goes to the LV</li> <li>▪ Glucose convert to glycogen and stored in LV</li> </ul> </li> <li>● <b>Regulates menstruation</b> <ul style="list-style-type: none"> <li>▪ <b>LV Blood Normal:</b> regular and normal menstruation</li> <li>▪ <b>LV Blood Deficiency:</b> scanty periods or amenorrhea</li> <li>▪ <b>LV Blood Stasis:</b> painful periods</li> <li>▪ <b>LV Blood Heat:</b> heavy periods</li> </ul> </li> <li>● <b>Moistens eyes and sinews</b></li> </ul>										
	2. SMOOTHEN FLOW OF QI (Yang aspect of LV)	<ul style="list-style-type: none"> <li>● <b>Affects emotional state:</b> frustration, depression, anger with hypochondriac pain, plum pit, irritability, breast distention, PMS</li> <li>● <b>Affects digestion:</b> stagnation invades ST preventing movement of Qi, belching, sour regurgitation, nausea and vomiting, diarrhea</li> <li>● <b>Affects secretion of bile:</b> stagnation obstructs bile flow ⇒ bitter taste, jaundice</li> </ul>										
	3. CONTROLS SINEWS	<ul style="list-style-type: none"> <li>● <b>Contraction and relaxation of sinews and tendons depends on moisture from LV Blood</b> <ul style="list-style-type: none"> <li>▪ <b>LV Blood Normal:</b> supple sinews and tendons, free movement</li> <li>▪ <b>LV Blood Deficiency:</b> cramps, numbness, tingling</li> <li>▪ <b>LV Blood Stasis:</b> stiffness of sinews, rigidity, pain</li> <li>▪ <b>LV Wind:</b> convulsions, tremors</li> </ul> </li> </ul>										
	4. MANIFESTS IN THE NAILS	<ul style="list-style-type: none"> <li>● <b>In TCM, nails are "by-product" of sinews and controlled by LV Blood</b> <ul style="list-style-type: none"> <li>▪ <b>LV Blood Deficiency:</b> ridged, dry, brittle and cracked</li> <li>▪ <b>LV Blood Stasis:</b> dark or purple</li> </ul> </li> </ul>										
	5. OPENS INTO THE EYES	<ul style="list-style-type: none"> <li>● <b>Nourished and moistened by LV Blood</b> <ul style="list-style-type: none"> <li>▪ <b>LV Blood Normal:</b> good vision</li> <li>▪ <b>LV Blood Deficiency:</b> blurred vision, floaters, myopia, dry, gritty eyes</li> <li>▪ <b>LV Yin Deficiency:</b> dry, gritty eyes</li> <li>▪ <b>LV Blood Stasis:</b> painful eyeballs</li> <li>▪ <b>LV Yang Rising:</b> watery eyes</li> <li>▪ <b>LV Fire:</b> dry, bloodshot eyes (may also be red, swollen and painful)</li> <li>▪ <b>LV Wind:</b> eyeballs moving</li> </ul> </li> <li>● <b>LV is not the only organ that affects the eyes</b> <ul style="list-style-type: none"> <li>▪ <b>Decline of KD Essence:</b> chronic eye disease</li> <li>▪ <b>HT Fire:</b> pain and redness of the eye</li> <li>▪ <b>KD Yin Deficiency:</b> failing eyesight and dryness of the eyes</li> </ul> </li> </ul>										
	6. CONTROLS TEARS	<ul style="list-style-type: none"> <li>● Related to <b>Basal tears</b> (which lubricates the eyes) and <b>Reflex tears</b> (which occur when a foreign body enters the eye) <ul style="list-style-type: none"> <li>▪ <b>LV Blood/Yin Deficiency:</b> dryness</li> <li>▪ <b>LV Yang Rising:</b> watery eyes</li> </ul> </li> </ul>										
	7. HOUSES THE ETHEREAL SOUL (HUN)	<ul style="list-style-type: none"> <li>● <b>HUN (Ethereal Soul):</b> source of life dreams, vision, aims, projects, inspiration, creativity, ideas; coming and going of SHEN <ul style="list-style-type: none"> <li>▪ <b>LV Blood Normal:</b> HUN is firmly rooted and can help with a sense of direction in life</li> <li>▪ <b>LV Blood Weak:</b> HUN is not rooted and cannot give us a sense of direction in life</li> <li>▪ <b>LV Blood/Yin Very Weak:</b> HUN may even leave the body temporarily at night during sleep or just before going to sleep</li> </ul> </li> </ul>										
	8. AFFECTED BY ANGER	<ul style="list-style-type: none"> <li>● <b>Anger: includes frustration, resentment, repressed anger and rage</b> <ul style="list-style-type: none"> <li>▪ <b>Anger causes:</b> LV Qi stagnation, LV Yang Rising, LV Fire</li> <li>▪ <b>The relationship between Anger(emotion) and LV(organ) is mutual:</b> Anger causes a LV pathology and, vice versa, a LV pathology may cause the person to become irritable</li> </ul> </li> </ul>										
	9. OTHER LV RELATIONSHIPS	<table border="1"> <thead> <tr> <th>Smell</th> <th>Color</th> <th>Taste</th> <th>Climate</th> <th>Sound</th> </tr> </thead> <tbody> <tr> <td>rancid</td> <td>green</td> <td>sour</td> <td>wind</td> <td>shouting</td> </tr> </tbody> </table>	Smell	Color	Taste	Climate	Sound	rancid	green	sour	wind	shouting
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10. DREAMS	<ul style="list-style-type: none"> <li>● <b>Excess:</b> Dreams of being angry (<b>Suwen Ch.17</b>)</li> <li>● <b>Deficiency</b> <ul style="list-style-type: none"> <li>▪ Dreams of very fragrant mushrooms. <b>In spring</b>, dreams of lying under a tree without being able to get up (<b>Suwen Ch.80</b>)</li> <li>▪ Dreams of forests in the mountains (<b>Lingshu Ch.43</b>)</li> </ul> </li> </ul>											
11. SAYINGS	<ul style="list-style-type: none"> <li>● LV is the <b>resolute organ</b></li> <li>● LV influences <b>rising and growth</b></li> <li>● LV controls <b>planning</b></li> <li>● LV is a <b>regulating, balancing and harmonizing organ</b></li> <li>● LV loathes <b>Wind</b></li> <li>● LV can cause <b>convulsions</b></li> <li>● LV arises from the <b>left side</b></li> </ul>											