

# Kidney Patterns

DSY class 6

- Main Kidney function is storing Essence and governing birth, growth and reproduction.
- Since the Essence of the Kidneys can never be in excess but can only be deficient, Chinese medical theory holds that the Kidneys do not have Excess patterns but only Deficiency ones.
- Kidney patterns are either of the Deficiency type or the combined Deficiency/Excess type.

- Central to any Kidney pathology is the duality of Kidney-Yin and Kidney-Yang.
- Kidney-Yin represents the Essence and the fluids within the Kidneys. Kidney-Yang is the motive force of all physiological processes and it is the root of transformation and movement.
- Kidney-Yin is the material foundation for Kidney-Yang, and Kidney-Yang is the exterior manifestation of Kidney-Yin.
- Every pathological condition of the Kidneys will necessarily manifest itself as a deficiency of Kidney-Yin or Kidney-Yang

- Kidney-Yin and Kidney-Yang have the same root and they are but two manifestations of the same entity.
- It follows that in pathological conditions, a deficiency of Yin of the Kidneys will also necessarily imply, to a lesser degree, a deficiency of the Yang of the Kidneys and vice versa.
- However, it must be stressed that the deficiency will always be primarily either of Yin or Yang: it can never be 50% Yin and 50% Yang deficient.

- The Kidneys are called the "Root of Pre- Heaven Qi" because they store Essence.
- The Kidneys are nearly always affected in chronic diseases. There is a saying in Chinese Medicine: "A chronic disease will inevitably reach the Kidneys".
- The Kidneys are also the root of all the other organs, as Kidney-Yin is the foundation for the Yin of Liver and Heart, whilst Kidney-Yang is the foundation for the Yang of Spleen and Lungs. Thus most chronic diseases will eventually manifest with a Kidney disharmony, either Kidney-Yin or Kidney-Yang deficiency.

# GENERAL ETIOLOGY

- HEREDITARY WEAKNESS
- The Pre-Heaven Qi of each person is formed at conception from the union of the parents' Kidney-Essences. The inherited constitution will depend on the strength and quality of the parents' Essences in general and at the time of conception in particular.
- If the parents' Essences are weak, the child's Kidneys will also be weak.

- EMOTIONS
- The emotion pertaining to the Kidneys is fear. This includes fear, anxiety and shock. It is said in Chinese Medicine that fear makes Qi descend. In children this will be manifested with enuresis.
- In adults, however, very often fear and anxiety do not make Qi descend but rise. Very often a long-standing situation of anxiety may induce Empty-Fire within the Kidneys, which rises to the head causing dry mouth, malar flush, mental restlessness and insomnia.

- EXCESSIVE SEXUAL ACTIVITY
- Traditionally, the idea that excessive sexual activity can weaken the Kidneys is very old and can be found in the Yellow Emperor's Classic.
- Excessive sexual activity weakens the Kidney energy because sexual energy is a manifestation of the Kidney-Essence, and the orgasm quite simply tends to deplete the Kidney-Essence.



- CHRONIC ILLNESS
- As mentioned before, most chronic diseases eventually affect the Kidneys. In the late stages of a chronic disease a pattern of Kidney-Yin or Kidney-Yang deficiency can nearly always be seen.

- OLD AGE
- Kidney-Essence declines with age and in fact, Chinese Medicine sees the process of aging as the result of the decrease of Kidney-Essence throughout our life.
- Most of the symptoms and signs associated with old age are due to deficiency of Kidney-Essence. Hearing decreases because Kidney-Essence cannot reach the ears, bones become brittle and weak because Kidney-Essence fails to nourish bones and bone-marrow, the sexual function decreases because the declining Kidney-Essence and the Fire of the Gate of Vitality cannot nourish the sexual organs.

- OVERWORK
- Physical overwork over a long period of time will weaken Kidney-Yang.
- Mental overwork under conditions of stress will eventually weaken Kidney-Yin. The result is that, instead of using Yang energies which are quickly replenished by the Post-Heaven Qi, the body starts using the Yin essences which are stored in the Kidneys. This eventually causes Kidney-Yin deficiency.
- If, in addition, there is great stress, worry and anxiety usually associated with overwork, this may also give rise to Empty-Heat.

# KIDNEY-YANG DEFICIENCY

- Clinical manifestations
- Lower backache, cold weak knees, sensation of cold in the back, feeling of cold, weak legs, bright-white complexion, tiredness, lassitude, impotence, premature ejaculation, decreased libido, abundant-clear urination, night urination, apathy, edema of the legs, infertility in women, poor appetite, loose stools.
- Tongue: Pale, Wet.
- Pulse: Deep-Weak.
- Key symptoms: cold in the back, abundant-clear urination, Pale tongue, Deep Pulse.

- Pathology
- This is the classical pattern of Yang deficiency and it is therefore characterized by interior Cold symptoms.
- When Kidney-Yang is deficient, the Fire of the Gate of Vitality fails to warm the body, causing the feeling of cold in the back and knees and the aversion to cold.
- When Kidney-Yang is deficient, the Kidneys have not enough Qi to give strength to bones and the back, hence the soreness of the back and weakness of the legs and knees.

- Kidney-Yang deficient fails to warm the Essence, hence the sexual energy is deprived of the nourishment of the Essence and warmth of Kidney-Yang.
- This results in impotence and premature ejaculation in men and infertility or frigidity in women.
- When Kidney-Yang is deficient it fails to transform the fluids which therefore accumulate, resulting in abundant and clear urination.
- In special cases when Kidney-Yang is so deficient that it cannot move the fluids at all, there may be the opposite, i.e. scanty (but clear) urination.

- If the fluids accumulate under the skin there will be edema of the legs. The accumulation of fluids in the tongue makes it Swollen and wet.
- From a psychological point of view, it is manifested with apathy, lack of will power and unwillingness to undertake any project.
- The poor appetite and loose stools are due to the Spleen lacking the nourishment from the Kidneys.
- GM gives symptoms such as dizziness and tinnitus, but these are more commonly due to Yin or Essence deficiency

- Etiology
- 1. A chronic illness can cause Kidney-Yang deficiency after a protracted period of time.
- 2. Excessive sexual activity can also cause Kidney-Yang deficiency.
- 3. Retention of Dampness (resulting from Spleen deficiency) over a long period of time will eventually affect the Kidneys by obstructing the movement of fluids and therefore leading to deficiency of Yang.
- 4. Old age, in the sense explained above.



# Treatment

- Principle: tonify and warm the Kidneys, strengthen the Fire of the Gate of Vitality.
- Formula: You Gui Wan (Restore the Right (Kidney) Pill)
- Points: BL-23, Du-4, Ren-4, Ren-6, KI-3, KI-7, BL-52, extra point Jinggong (0.5 cun lateral to BL-52).
- Method: reinforcing, moxa should be used.
- Explanation
- KI-3, KI-7, BL-23 tonify Kidney.
- Du-4 strengthens the Fire of the Gate of Vitality..
- Ren-4, Ren-6 ( both with moxa) tonifies Kidney-Yang.
- BL-52 tonifies the Kidneys and the will power.
- Jinggong tonifies Kidney-Yang and warms the Essence.

# KIDNEY-YIN DEFICIENCY

- Clinical manifestations
- Dizziness, tinnitus, vertigo, poor memory, deafness, night sweating, dry mouth / throat at night, 5-palm heat, thirst, lower backache, ache in bones, nocturnal emissions, constipation, dark-scanty urine, infertility, premature ejaculation, anxiety.
- Tongue: Normal or Red with no coating, cracks.
- Pulse: Floating-Empty and Rapid
- Key symptoms: dry mouth at night, night sweating, Red-Peeled tongue.

- Pathology
- This pattern is characterized by deficiency of Yin and also Essence of the Kidneys, as Essence is part of Kidney-Yin.
- Kidney-Yin deficient fails to produce enough Marrow to fill the brain resulting in dizziness, tinnitus, vertigo and poor memory. The dizziness would be slight and the tinnitus would be of gradual and slow onset with a sound like rushing water.
- The deficiency of Kidney-Yin leads to lack of Body Fluids and ensuing dryness, resulting in a dry mouth at night, thirst, constipation and scanty-dark urine.

- The deficiency of Kidney-Yin leads to Empty-Heat in the Kidneys, hence the 5-palm heat, night sweating, Red tongue and Rapid pulse.
- Kidney-Yin deficiency may cause deficiency of Essence which results in nocturnal emissions.
- The sore back and ache in the bones are due to the failure of Kidney-Essence in nourishing bones.

- Etiology
- Chronic illness
- 2. Overwork over a period of several years.
- 3. Excessive sexual activity.
- 4. Depletion of Body Fluids after a febrile disease.
- 5. Loss of blood over a long period of time.
- 6. Overdosage of Chinese herbal medicines to strengthen Kidney-Yang or administration of wrong medicine.

# Treatment

- Principle: nourish Kidney-Yin.
- Formula: Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
- Points: Ren-4, KI-3, KI-6, KI-10, KI-9, SP-6, Ren-1.
- Method: reinforcing method, no moxa.
- Explanation
- Ren-1, Ren-4 tonify Kidney-Yin and Kidney Essence.
- KI-3 tonifies the Kidneys.
- KI-6, KI-9, KI-10 tonify Kidney-Yin.
- SP-6 tonifies Liver and Kidney Yin

# KIDNEY-QI NOT FIRM

- Clinical manifestations
- Soreness and weakness of the back, weak knees, clear frequent urination, weak-stream urination, abundant urination, dribbling after urination, incontinence of urine, enuresis, urination at night, nocturnal emissions without dreams, premature ejaculation, spermatorrhoea, in women prolapse of uterus, chronic vaginal discharge, recurrent miscarriage.
- Tongue: Pale.
- Pulse: Deep-Weak especially in the Rear positions.
- Key symptoms: dribbling after urination, nocturnal emissions without dreams.

- Pathology
- This pattern is usually considered as a Cold pattern even if there are no obvious cold symptoms. It is basically a type of Kidney-Yang deficiency pattern and it is to be treated as such.
- It is characterized by a weakness of one of the two "lower Yin orifices" (urethra) and the "Sperm Gate", leading to manifestations of "leaking".
- Kidney Qi is weak in the Lower Burner, Qi cannot hold fluids and sperm, hence the leaking character of most of the manifestations.



- When Kidney-Qi is weak, the urine cannot be held and this causes frequent urination, incontinence, enuresis, weak- stream urination and dribbling after urination.
- When Kidney-Qi is deficient it cannot hold the sperm (or vaginal secretions in women), causing spermatorrhoea, premature ejaculation, nocturnal emissions without dreams and chronic vaginal discharge.
- The nocturnal emissions are without dreams because they are caused by a totally Deficient condition, so that the sperm leaks out because Kidney-Qi cannot hold it in. If nocturnal emissions are accompanied by vivid sexual dreams, this indicates that there is some Empty-Fire within the Kidneys arousing sexual desire.

- There is urination at night because Yang Qi is not Firm, Yang cannot control the Yin at night, hence Yin predominates and the person needs to urinate during the night.
- When Kidney-Yang is deficient, it fails to nourish the Spleen which, in turn, fails in its function of raising Qi, hence the prolapse of the uterus.
- The chronic vaginal discharge can also be seen to be a manifestation of the sinking of Qi from chronic Kidney and Spleen deficiency.

- Etiology
- 1. Excessive sexual activity is the most important and frequent cause of this pattern.
- 2. In women, too many childbirths too close together can cause this pattern to arise.

# Treatment

- Principle: reinforce and stabilize Kidney-Qi.
- Formula: Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
- Points: BL-23, Du-4, KI-3, BL-52, Ren-4, extra point Jinggong.
- Method: reinforcing, moxa is applicable.
- Explanation
- Ren-4 with moxa, BL-23 tonifies Kidney-Yang.
- Du-4 tonifies the Fire of the Gate of Vitality.
- KI-3 tonifies the Kidneys.
- BL-52 tonifies Kidney-Yang and strengthens will power.
- Jinggong tonifies Kidney-Yang and firms the Sperm Gate.

# KIDNEYS FAILING TO RECEIVE QI

- Clinical manifestations
- Shortness of breath on exertion, rapid and weak breathing, difficulty in inhaling, cough, asthma, sweating, cold limbs, cold limbs after sweating, swelling of the face, thin body, mental listlessness, clear urination during asthma attack, soreness of the back.
- Tongue: Pale.
- Pulse: Weak, Tight, Deep.
- Key symptoms: shortness of breath on exertion, sweating, clear urination.

- Pathology
- This is basically a dysfunction of the Kidney function of reception of Qi, and is also to be considered as a type of Kidney-Yang deficiency pattern.
- When the Kidneys are weak and fail to receive and hold Qi down, Qi accumulates above, resulting in Excess above in the chest, and Deficiency below in the abdomen, hence the shortness of breath and asthma.
- Kidneys control inhalation, hence the asthma is characterized by difficulty in inhalation more than exhalation (the Lungs control exhalation).

- When Kidney-Yang is deficient, all the Yang energies of the body are deficient, including Defensive Qi, hence the sweating and cold limbs.
- Deficiency of Kidney-Yang also causes the abundant and clear urination, typically during an asthma attack.
- This pattern can only appear in long-standing, chronic conditions, hence the general lassitude, thin body and mental exhaustion.
- When Kidney-Yang is deficient, the fluids cannot be transformed and this can give rise to edema which, in this case, is localized in the face because of the Lung involvement.

- Etiology
- 1. Hereditary weakness of Lungs and Kidneys.
- 2. A long-standing, chronic disease which inevitably reaches the Kidneys, particularly if transmitted from the Lungs.
- 3. Excessive physical exercise particularly during puberty and excessive lifting and standing.



# Treatment

- Principle: tonify and warm the Kidneys, stimulate the Kidney reception of Qi, stimulate the Lung descending function.
- Formula: Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)
- Points: KI-3, LU-7, KI-6, ST-36, BL- 23, Du-4, Ren-6, Ren-17, KI-25, Du-12, KI-7.
- Method: reinforcing. Moxa is applicable.
- Explanation
- KI-3 tonifies the Kidneys.
- LU-7 and KI-6 in combination open the Directing Vessel, stimulate the Lung descending function and the Kidney function of reception of Qi and benefit the throat.
- ST-36 tonifies Qi in general

- BL-23 and Du-4 tonify Kidney-Yang.
- Ren-6 draws Qi down to the abdomen.
- Ren-17 stimulates the Lung descending function.
- KI-25 is a local chest point to stimulate the Kidney reception of Qi and improve breathing.
- Du-12 tonifies Lung Qi, important in chronic conditions.
- KI-7 tonifies Kidney-Yang.

# KIDNEY-ESSENCE DEFICIENCY

- Clinical manifestations
- In children: poor bone development, late closure of fontanelle, mental dullness or retardation.
- In adults: softening of bones, weakness of knees and legs, poor memory, loose teeth, falling hair or premature greying of hair, weakness of sexual activity, lower backache, infertility (M/F), dizziness, tinnitus, dull mental function.
- Tongue: Pale (Yang xu) or no coating (Yin xu).
- Pulse: Floating-Empty or Leather.
- Key symptoms: children: poor bone development; adults: weak knees, falling hair, weak sexual activity.

- Pathology
- This pattern can be considered as a type of Kidney-Yin deficiency pattern, as Kidney-Essence is part of Yin.
- However, there is also a Yang aspect to Kidney-Essence, so that a deficiency of Kidney-Essence can also be seen on a background of Kidney-Yang deficiency.
- In this case the Tongue would be Pale and the Pulse would be Deep and Weak.
- When this pattern is present against a background of Kidney-Yin deficiency, there may be other symptoms of Yin deficiency such as tinnitus and dizziness.

- This pattern is characterized by a deficiency of Essence: its manifestations therefore affect growth, reproduction and bones, all of which are under the control of Essence.
- When the Kidney-Essence is deficient, it will fail to generate Marrow and nourish the bones, hence the poor bone development, late closure of fontanelle, softening of bones and weakness of knees and legs.

- Teeth are seen as an extension of bone tissue, hence the looseness of teeth.
- The Kidney-Essence generates Marrow which fills the Brain; if the Essence is deficient, not enough Marrow is generated to fill the Brain, hence the poor memory in adults and mental dullness or retardation in children.
- The Kidney-Essence also dominates the growth of head-hair, hence the falling of hair or premature greying of hair.
- The Kidney-Essence is the material basis for a healthy sexual function, hence the weakness of sexual activity.

- Etiology
- 1. In children: poor hereditary constitution (which can be due to parents being too old or in poor health at the time of conception).
- 2. In adults: old age, or excessive sexual activity, especially at puberty time.

# Treatment

- Principle: nourish the Essence.
- Formula: Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia)
- Points: KI-3, KI-6, Ren-4, BL-23, Du-4, GB-39, Du-20, Du-14, BL-15, BL-11.
- Method: reinforcing. Moxa is applicable unless there is marked Yin deficiency with Empty-Heat.
- Explanation
- KI-3 tonifies Kidney-Yin and Essence.
- KI-6 tonifies Kidney-Yin.
- Ren-4 tonifies the Essence.
- BL-23 tonifies the Kidneys.



- Du-4 tonifies the Yang aspect of the Essence.
- GB-39 tonifies the Bone Marrow.
- Du-20 stimulates the Marrow to fill the Brain.
- Du-14 stimulates the Marrow to reach the Brain.
- BL-15 tonifies the Heart to house the Mind, hence it tonifies the brain.
- BL-11 nourishes the Bones.

# KIDNEY-YANG DEFICIENT, WATER OVERFLOWING

- Clinical manifestations
- Edema especially of legs and ankles, cold feeling in legs and back, fullness and distension of abdomen, soreness of lower back, feeling cold, scanty-clear urination.
- 1. Water overflowing to the Heart: the above symptoms plus palpitations, breathlessness, cold hands.
- 2. Water overflowing to the Lungs: the above symptoms plus thin-watery-frothy sputum, cough, asthma and breathlessness on exertion.

- Tongue: Pale, Swollen, wet with white coating.
- Pulse: Deep-Weak-Slow.
- Key symptoms: edema of ankles, Deep-Weak pulse, Pale-Swollen tongue.
- a. Water overflowing to the Heart: all the above plus palpitations.
- b. Water overflowing to the Lungs: all the above plus thin-watery-frothy sputum.

- Pathology
- This is a severe case of Kidney-Yang deficiency, when Kidney-Yang fails to transform the fluids which accumulate under the skin and form edema.
- From the 8-Principle point of view, this is a Deficiency/Excess pattern since Kidney-Yang deficiency leads to the accumulation of fluids, which, in itself, is an Excess condition.
- Besides affecting the Kidney itself, in certain cases, the deficiency of Yang can affect the Heart or the Lungs as well.

- If it affects the Heart it will be manifested with palpitations and cold hands, which are due to deficiency of Heart-Yang.
- If it affects the Lungs, it will be manifested with a thin-watery-frothy sputum which is indicative of Phlegm-Fluid formation.
- In addition, the deficiency of Kidney-Yang implies a failure of the Kidney function of reception of Qi, hence the cough and asthma.
- This is necessarily a very chronic condition.

- Etiology
- 1. Chronic retention of Dampness which interferes with the Kidney function of transformation of fluids.
- 2. Transmission from Spleen-Yang deficiency due to excessive consumption of cold-raw foods.
- 3. In the case of Water overflowing to Heart: poor constitution and emotional problems affecting the Mind.
- 4. In the case of Water overflowing to Lungs: retention of exterior cold within the Lungs, not expelled and turned into Phlegm-Fluid in the Interior.

# Treatment

- Principle: tonify and warm the Kidneys, transform Water, warm and tonify Spleen-Yang.
- Formula: Zhen Wu Tang (True Warrior Decoction)
- In case of Water overflowing to Heart or Lungs, warm and tonify Heart-Yang or Lung-Qi respectively.
- Points: Du-4, BL-23, BL-22, BL-20, Ren-9, ST-28, SP-9, SP-6, KI-7.
- 1. For Water overflowing to the Heart: Du-14 (moxa), BL-15.
- 2. For Water overflowing to the Lungs: LU-7, BL-13, Du-12.
- Method: reinforcing on points to tonify Yang and Qi. Reducing method on all the other points. Moxa is applicable.

- Explanation
- Du-4 strengthens the Fire of the Gate of Vitality.
- KI-7, BL-23 tonify Kidney-Yang.
- BL-22, ST-28, SP-9, SP-6 transform fluids in the Lower Jiao.
- BL-20 tonifies Spleen-Yang (with moxa).
- Du-14, BL-15 with moxa tonify Heart-Yang.
- LU-7 opens the Water passages and resolves edema.
- BL-13 and Du-12 tonify Lung-Qi.



# KIDNEY-YIN DEFICIENT, EMPTY-FIRE BLAZING

- Clinical manifestations
- Malar flush, mental restlessness, night-sweating, low-grade fever, afternoon fever, feeling of heat in the afternoon/evening, insomnia, scanty-dark urine, blood in the urine, dry throat especially at night, thirst with desire to drink in small sips, lower backache, deafness, tinnitus, nocturnal emissions with dreams, excessive sexual desire, dry stools.
- Tongue: Red-Peeled, cracked, red tip.
- Pulse: Floating-Empty, Rapid.
- Key symptoms: malar flush, mental restlessness, dry throat at night, feeling of heat in the afternoon, Red-Peeled tongue.

- Pathology
- This pattern corresponds to an advanced stage of Kidney-Yin deficiency which has given rise to Empty-Fire: GM classifies it as a combined Deficiency/ Excess pattern, the Empty-Fire representing the Excess condition.
- Most of the symptoms are caused by the flaring of Empty-Fire and dryness from Yin deficiency.
- The malar flush is a redness of the face, but only on the small area of the cheek-bones, not the whole cheek. The afternoon fever is typical of Empty-Heat; it can simply be a feeling of heat in the afternoon, rather than an actual fever.

- The Empty-Fire arising from Kidney-Yin deficiency can ascend to disturb the Heart and therefore the Mind, hence the insomnia and "mental restlessness".
- The insomnia is characterized by falling asleep easily but waking up in the middle of the night several times, or also in the early hours of the morning.
- The deficiency of Yin leads to the exhaustion of body fluids and therefore dryness; the Empty-Heat further contributes to drying up the Body Fluids, hence the dry throat at night, concentrated urine and dry stools. In severe cases, the Empty-Heat can also cause Blood to rush out of the blood vessels resulting in blood in the urine.

- The deficiency of Yin leads to deficiency of Essence, hence the nocturnal emissions. These are accompanied by vivid sexual dreams because the Empty-Fire agitates the mind and creates a strong sexual desire.
- The tongue is Red because of the Empty-Heat and Peeled because of the Yin deficiency. The cracks also reflect deficiency of Yin.
- The Floating-Empty and Rapid pulse reflects deficiency of Yin and Empty-Heat.

- Etiology
- This is the same as for Kidney-Yin deficiency with the addition of emotional problems such as chronic anxiety and worry.

# Treatment

- Principle: nourish Kidney-Yin, clear Empty-Fire, calm Mind.
- Formula: Coptis and Hide-Glue Decoction (Huang Lian E Jiao Tang)
- Points: KI-3, KI-6, KI-2, KI-9, Ren-4, KI-10, SP-6, HE-5, LU-7, LU-10.
- Method: reinforcing on points to nourish Kidney-Yin and reducing on the others. Positively no moxa.
- Explanation
- KI-3 tonifies the Kidneys.
- KI-6, KI-9, KI-10 tonify Kidney-Yin.
- Ren-4 tonifies Kidney-Yin and calms the Mind.

- KI-2 clears Empty-Fire from the Kidneys.
- SP-6 tonifies Kidney-Yin and calms the Mind.
- HE-5 and LU-7 are used to conduct Heat downwards away from the head (where it disturbs the Mind).
- LU-10 clears Lung-Heat and is used if there are symptoms of Heat in the Lungs (dry cough, bloody sputum).
- It also conducts Heat downwards away from the head.

# COMBINED PATTERNS



# KIDNEY- AND LIVER-YIN DEFICIENCY

- Clinical manifestations
- Dizziness, tinnitus, deafness, dull occipital or vertical headache, insomnia, numbness of limbs, malar flush, dry eyes, blurred vision, lower backache, dry throat, dry hair and skin, vaginal dryness, night sweating, dry stools, nocturnal emissions, scanty menstruation or amenorrhea, delayed cycle, infertility.
- Tongue: Normal or Red with rootless or no coating.
- Pulse: Floating-Empty (or Choppy).
- Key symptoms: dry eyes, dry throat, night sweating, scanty menstruation, Red-Peeled tongue.

- Pathology
- This pattern includes symptoms and signs of both Liver- and Kidney-Yin deficiency.
- Dry eyes are a symptom of Liver-Yin deficiency, due to the Yin of the Liver being unable to moisten the eyes.
- Insomnia, numbness, blurred vision and scanty menstruation or amenorrhea, are all symptoms of Liver-Blood deficiency which is part of Liver-Yin deficiency.

- The headache is also due to Liver-Blood deficiency and would be either on the occiput (related to the Kidney) or on the vertex of the head (related to the Liver channel).
- When Liver-Yin is deficient, Liver-Yang may ascend, in which case the headache would be on the temples and be of a throbbing rather than dull character.
- The infertility in women would be due both to deficient Liver-Blood failing to nourish the uterus, and to deficient Kidney-Essence unable to promote conception.
- The pulse will be either Floating-Empty reflecting the Yin deficiency, or Choppy reflecting only a Blood deficiency, particularly in the beginning stages of the condition.

- Etiology
- This is the same as for Kidney-Yin deficiency and Liver-Blood deficiency, but with the additional component of emotional problems due to anger, frustration and depression.
- This pattern may also develop from Liver- Blood and Liver-Yin deficiency.

# Treatment

- Principle: nourish Liver and Kidney Yin.
- Formula: Qi Ju Di Huang Wan (Lycium, Chrys & Rehmannia Pill)
- Points: KI-3, KI-6, LIV-8, Ren-4, BL-23, BL-20, BL-17, BL-18, BL-10, Du-20.
- Method: reinforcing.
- Explanation
- KI-3, KI-6, Ren-4, BL-23 tonify the Kidneys.
- LIV-8, BL-18 tonify Liver-Blood and Liver-Yin.
- BL-17, BL-20 tonify Blood.
- BL-10 can be used for occipital headache.
- Du-20 can be used for vertex headache

# KIDNEY AND HEART NOT HARMONIZED

- Clinical manifestations
- Palpitations, mental restlessness, insomnia, dream-disturbed sleep, anxiety, poor memory, dizziness, tinnitus, deafness, lower backache, nocturnal emissions with dreams, fever or feeling of heat in the evening, night sweating, 5-heart heat, scanty-dark urine.
- Tongue: Red-Peeled, tip redder, midline crack reaching tip.
- Pulse: Floating-Empty, Rapid or Deep weak rear with front Overflowing.
- Key symptoms: palpitations, insomnia, night sweating, Red-Peeled tongue with redder tip and midline crack.

- Pathology
- This is basically characterized by Kidney-Yin deficiency failing to nourish Heart-Yin which also becomes deficient. This leads to the flaring up of Heart Empty-Fire. In 5-Element terms, it corresponds to Water not flowing upwards to nourish and cool Fire.
- Water and Fire must assist each other: the Fire of the Heart must descend to warm the Kidneys, and the Water of the Kidneys must ascend to cool the Heart.

- When Kidney-Yin is weak and Heart-Yin is deficient, Empty-Fire flares within the Heart, resulting in mental restlessness, insomnia (waking up several times during the night), palpitations and a red tip of the tongue.
- Poor memory, dizziness, tinnitus and deafness are all due to deficiency of Kidney-Yin failing to nourish the brain and open into the ear.
- The fever or feeling of heat in the afternoon, dark urine, Red tongue and Rapid pulse are all due to the flaring of Empty-Heat within the Kidneys.



- Etiology
- 1. The same as for Kidney-Yin deficiency, with the additional component of emotional problems such as anxiety, sadness and depression. Emotional shocks and the ensuing sadness from breakup of relationships are a common cause of Heart-Yin deficiency in this pattern.
- 2. This pattern can also develop from chronic Heart-Yin deficiency.

# Treatment

- Principle: nourish Kidney and Heart Yin, clear Empty-Heat.
- Formula: Tian Wang Bu Xin Dan (Emperor of Heaven's Special Pill to Tonify the Heart)
- Points: HE-7, HE-6, HE-5, Yintang extra point, BL-15, Ren-15, GB-13, Du-24, KI-3, KI-10, KI-9, Ren4, P-6, SP-6.
- Method: reinforcing on points to nourish Kidney-Yin, reducing on points to clear Heart Empty-Heat , even method on the others.

- Explanation
- HE-7, Ren-15, P-6 calm the Mind.
- HE-5, HE-6 clear Empty-Heat.
- Yintang, G.B.-13, Du-24 calm the Mind.
- KI-3, KI-9 and KI-10 tonify Kidney-Yin.
- Ren-4 nourishes Kidney-Yin and Kidney-Essence.
- SP-6 tonifies Yin and calms the Mind.

# KIDNEY- AND LUNG-YIN DEFICIENCY

- Clinical manifestations
- Dry cough which is worse in the evening, dry throat and mouth, thin body, dizziness, tinnitus, breathlessness on exertion, lower backache, night sweating, 5-heart heat, scanty urination.
- Tongue: Normal or Red with rootless or no coating.
- Pulse: Floating-Empty, possibly rapid.
- Key symptoms: dry cough, tongue with rootless or no coating.

- Pathology
- This pattern combines Lung Yin and Kidney Yin deficiency.
- The Yin deficiency leads to exhaustion of body fluids and ensuing dryness, hence the dry cough and dry mouth.
- The breathlessness on exertion is caused by the failure of the Kidney in receiving and holding Qi.
- All the other symptoms are typical of Kidney- Yin deficiency (night sweating, afternoon fever, 5-palm heat and Floating-Empty pulse).

- Etiology
- 1. All the same causes as for Kidney-Yin deficiency, with the additional component of worrying over a long period of time leading to injury of the Lung energy.
- 2. This pattern can also develop from a chronic condition of Lung-Yin deficiency.

# Treatment

- Principle: nourish Lung and Kidney Yin, increase body fluids.
- Formula: Mai Wei Di Huang Wan (Eight Immortals Teapills)
- Points: KI-3, LU-7, KI-6, BL-43, LU-9, LU-1, SP-6, Ren-4.
- Method: reinforcing, no moxa.
- Explanation
- KI-3 tonifies Kidney-Yin.
- LU-7 and KI-6 tonify Lung and Kidney Yin.
- LU-1, LU-9, BL-43 tonify Lung-Yin.
- SP-6 tonifies Kidney-Yin and promotes fluids.
- Ren-4 tonifies Kidney-Yin and Essence.

# KIDNEY- AND SPLEEN-YANG DEFICIENCY

- Clinical manifestations
- Lower backache, cold weak knees, desire to lie down, abdominal distension, poor appetite, feeling cold, cold limbs, abundant-clear or scanty-clear urination, loose stools, diarrhea at dawn, edema of the legs, feeling of cold in the back, chronic diarrhea, borborygmi, watery diarrhea.
- Tongue: Pale, wet.
- Pulse: Deep, Weak.
- Key symptoms: chronic diarrhea, feeling of cold in the back, Deep-Weak pulse.



- Pathology
- This represents a stage further than Spleen-Yang deficiency, from which it usually develops.
- Weakness of the Fire of the Gate of Vitality causes the cold symptoms (feeling of cold in back and legs).
- Deficient Kidney-Yang cannot transform Water and fluids accumulate, hence the edema and the abundant urination.
- Also possible is scanty urination, if the Yang is so deficient that it cannot move the fluids at all.
- Deficient Kidney-Yang fails to transform the fluids in the abdomen and to help the Spleen to transport and transform, resulting in chronic diarrhea.

- Etiology
- 1. Same as for Kidney-Yang deficiency, with the additional component of excessive consumption of cold-raw foods.
- 2. This pattern can also develop from a chronic condition of Spleen-Yang deficiency.

# Treatment

- Principle: tonify and warm Spleen and Kidney-Yang.
- Formula: Fu Zi Li Zhong Wan (Prepared Aconite Pill to Regulate the Middle).
- Points: KI-3, KI-7, BL-23, Du-4, BL-20, BL-21, ST-36, Ren-6, ST-37, ST-25, BL-25.
- Method: reinforcing, moxa should be used.
- Explanation
- KI-3, KI-7, BL-23, Du-4 tonify Kidney-Yang.
- BL-20 and BL-21 tonify Spleen-Yang.
- ST-36, Ren-6 tonify Qi.
- ST-25, ST-37, BL-25 stop diarrhea.