



# *Five Vital Substances*

- ✦ Jing or Essence
- ✦ Qi or Vital Energy
- ✦ Xue or Blood
- ✦ Jin Ye or Bodily Fluids
- ✦ Shen or Mind



# Jing

## ✦ *Prenatal Jing*

- ✦ Pre-Heaven Essence forms at Conception
- ✦ Genetic Inheritance
- ✦ Determines basic constitution for life
- ✦ Cannot increase during life but healthy living can prevent dissipation

## ✦ *Postnatal Jing*

- ✦ Derived from food and drink that has been transformed by the functions of Spleen and Stomach
- ✦ Stored in Kidneys
- ✦ Combines with Prenatal Jing in Kidney and drives growth, development and the creation of Qi, Blood and the fluids
- ✦ Circulates in 8 Extraordinary or Curious Meridians

# Kidney Jing

## ✦ Yang Aspect

- ✦ Fire aspect of Kidney
- ✦ Generates the Yuan or Source or Original Qi
- ✦ Important in Kidney function of warming, activating, transforming and moving energy in the body
- ✦ Important in the formation of Qi, Blood and Fluids

## ✦ Yin Aspect

- ✦ Water aspect of Kidney
- ✦ Forms substance
- ✦ Formation of Marrow (Brain)
- ✦ Formation of Bone Marrow
- ✦ Formation of Blood

# Kidney Jing

## ✦ Yin and Yang

- ✦ Daoist imagery shows the generation of Yin and Yang in body (Tiger = Yin and Dragon = Yang) from the Jing Cauldron

## ✦ Source or Yuan Qi

- ✦ Kidney Yin is like a cauldron holding the fluid like substance of Jing with Kidney Yang providing the fire (Ming Men or Gate of Vitality) to heat the cauldron, producing steam which is the Yuan Qi



# Kidney Jing

## ✦ Constitutional Strength

- ✦ Jing and Yuan Qi helps Strengthen Lung and our Immune system to fight against infection and pathogenic factors

## ✦ Healthy Mind or Shen

- ✦ Jing and Yuan Qi are an essential foundation for a healthy Mind or Shen
- ✦ Jing, Qi and Shen make up the San Bao or Three Treasures to be cultivated for a happy life

# Pathology of Jing: Deficiency

## ✦ Growth and Development

- ✦ Osteoporosis
- ✦ Anemia
- ✦ Tinnitus
- ✦ Dementia,  
confusion

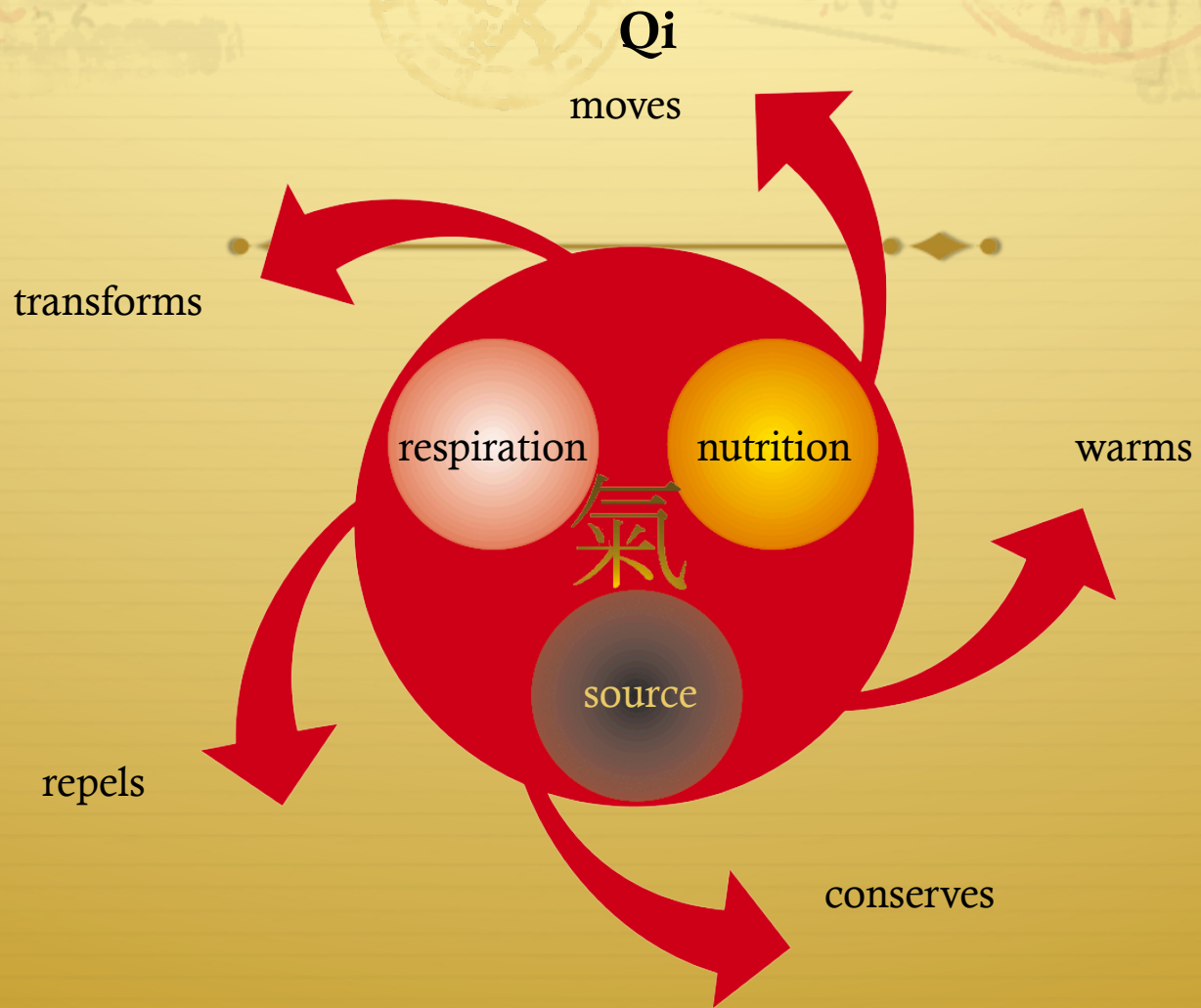
## ✦ Reproductive Issues

- ✦ Impotency
- ✦ Miscarriage
- ✦ Lack of libido

# Qi

- ✦ Qi is a fundamental principle of the Chinese culture, not just Chinese medicine.
- ✦ Qi has multiple meaning including evaporation, air, breath, influence, physical perception, sensation, function, and vitality. Many translations, as well as the commonly used term "energy" are misleading. Therefore, the term Qi is usually not translated
- ✦ Similar concepts are the ancient Greek pneuma, the Indian prana, the Tibetan rLung and the Hebrew ruach
- ✦ Qi is the basic experience of being alive. It is difficult to experience as an independent phenomenon with our senses. Qi is evident through its effects and functions and is indirectly detectable.





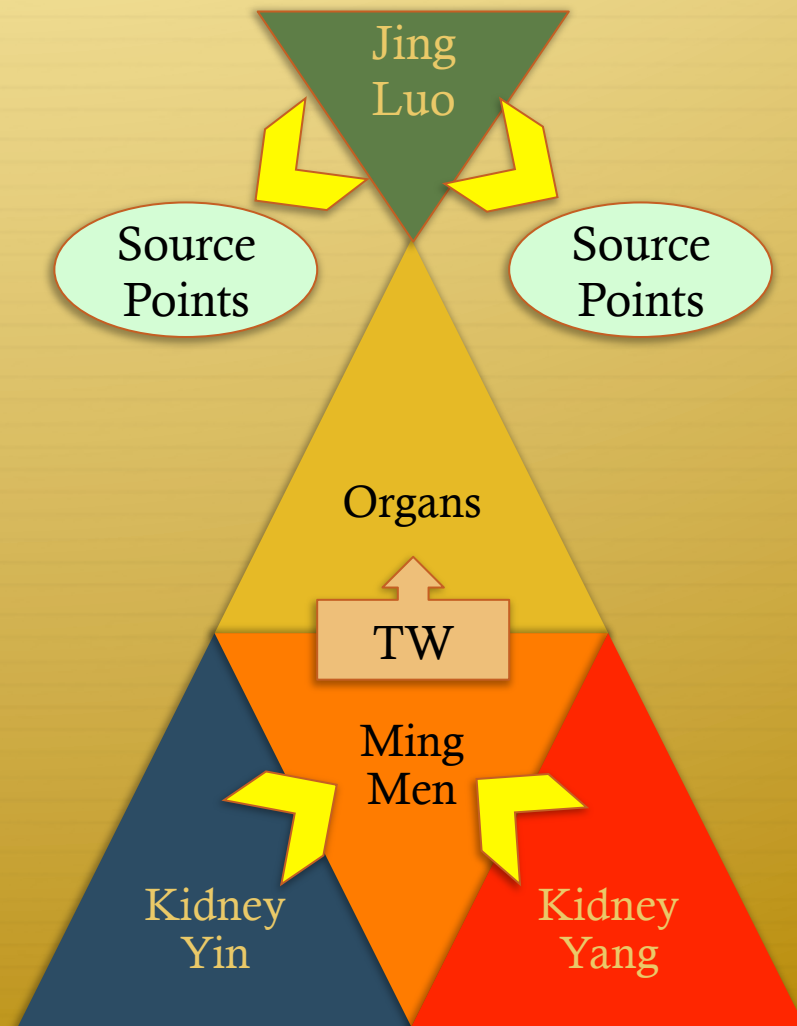
# Kidney Qi

- ✦ Source or Yuan Qi
  - ✦ Closely related to Essence or Jing
  - ✦ Requires both yin and yang aspect of kidney to form



# Yuan Qi

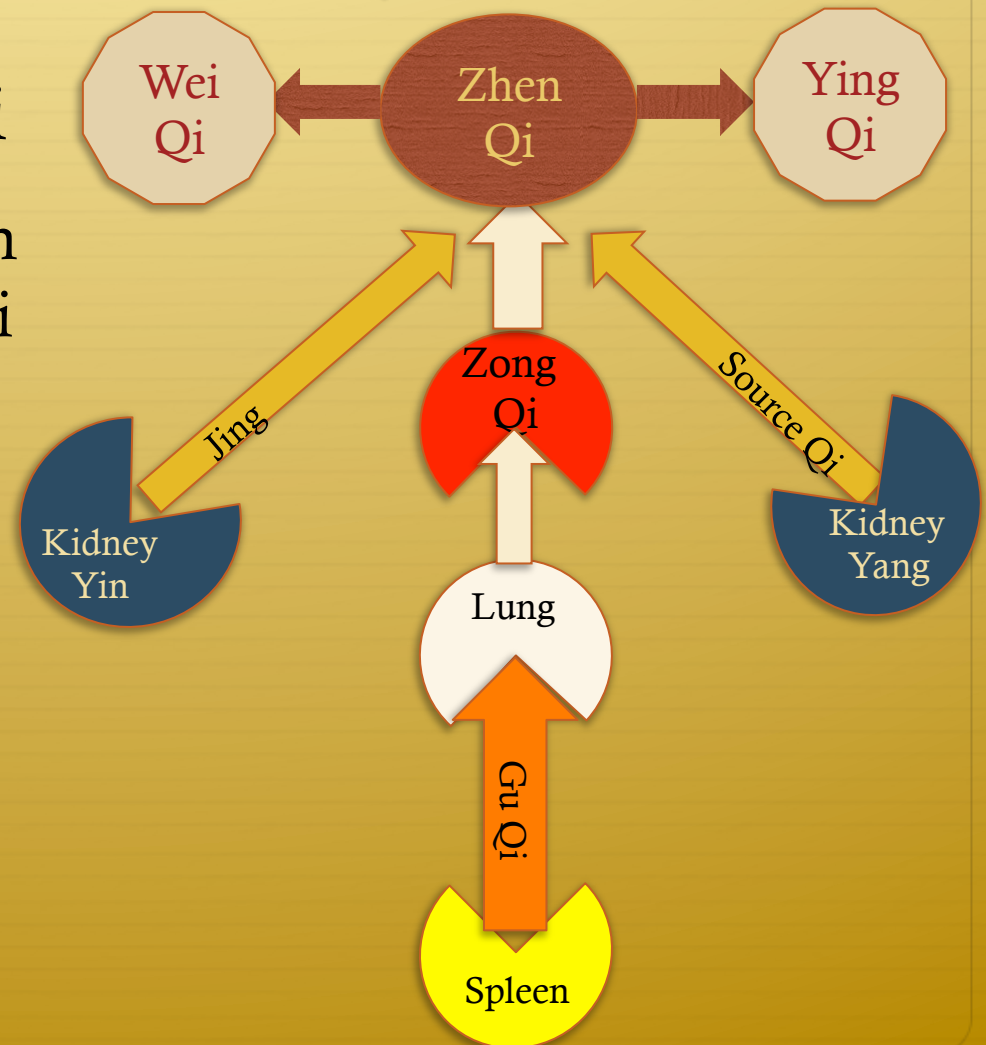
- ✦ Source or Yuan Qi
  - ✦ Activates function of all organs in the body
  - ✦ Dwells between the two Kidneys in Ming Men or Gate of Vitality (Life's Gate)
  - ✦ Spreads through whole body via the Triple Warmer to the internal organs and 12 meridians and can be activated at the source points on the meridians
  - ✦ Circulates through the 12 main meridians and provides heat to the body



# Zong and Zhen Qi

## ✦ Transformation of Qi

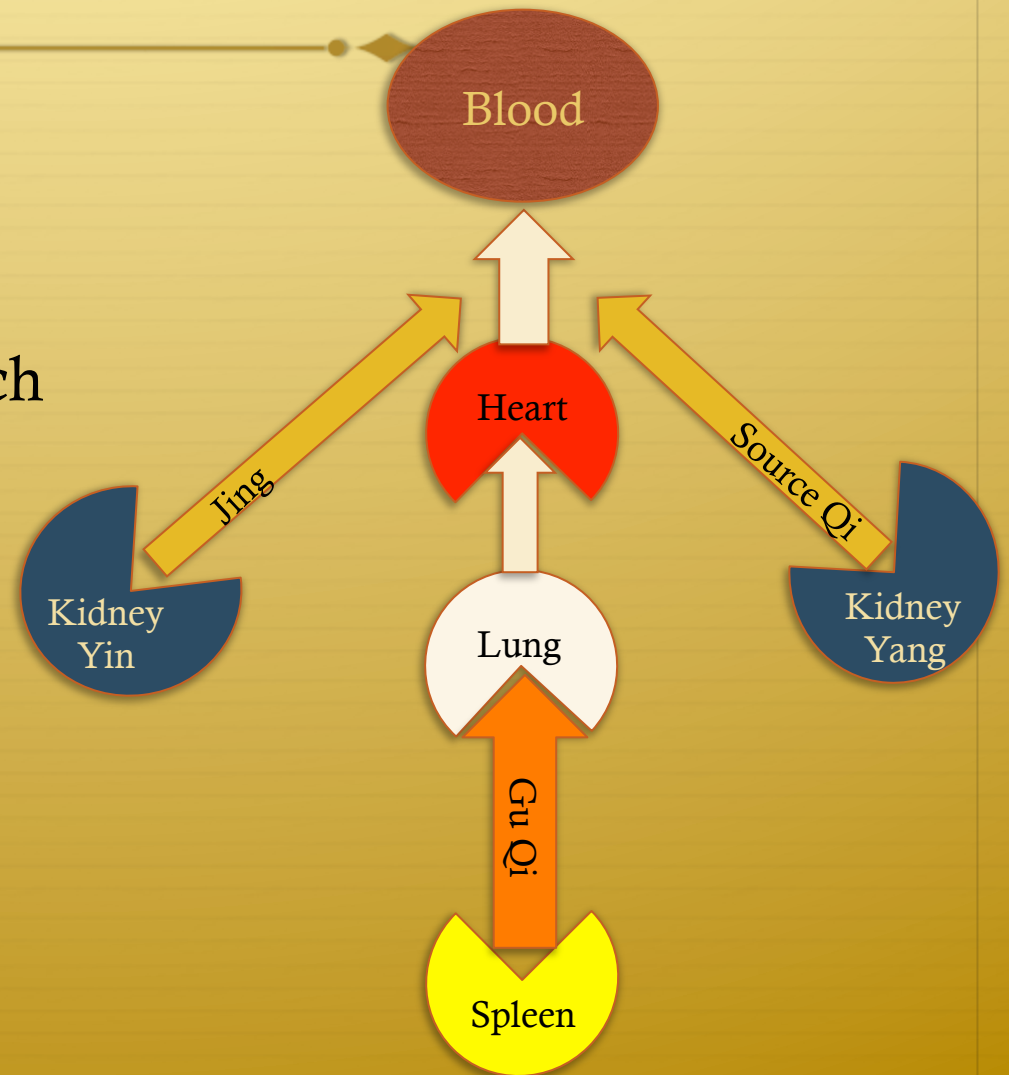
- ✦ Helps Lung transform Zong or Gathering Qi into True Qi or Zhen Qi which is basis for our Wei or Defensive Qi (Defends body from pathogenic factors) and Ying or Nutritive Qi (nourishes all organs)



# Xue: Blood

## ✦ Formation of Blood

- ✦ Spleen transforms food into Gu Qi which helps the Lung and Heart create Xue or Blood in the Heart
- ✦ Kidney also plays a key role providing Essence
  - ✦ Jing and Source Qi
  - ✦ **Erythropoietin**



# Xue

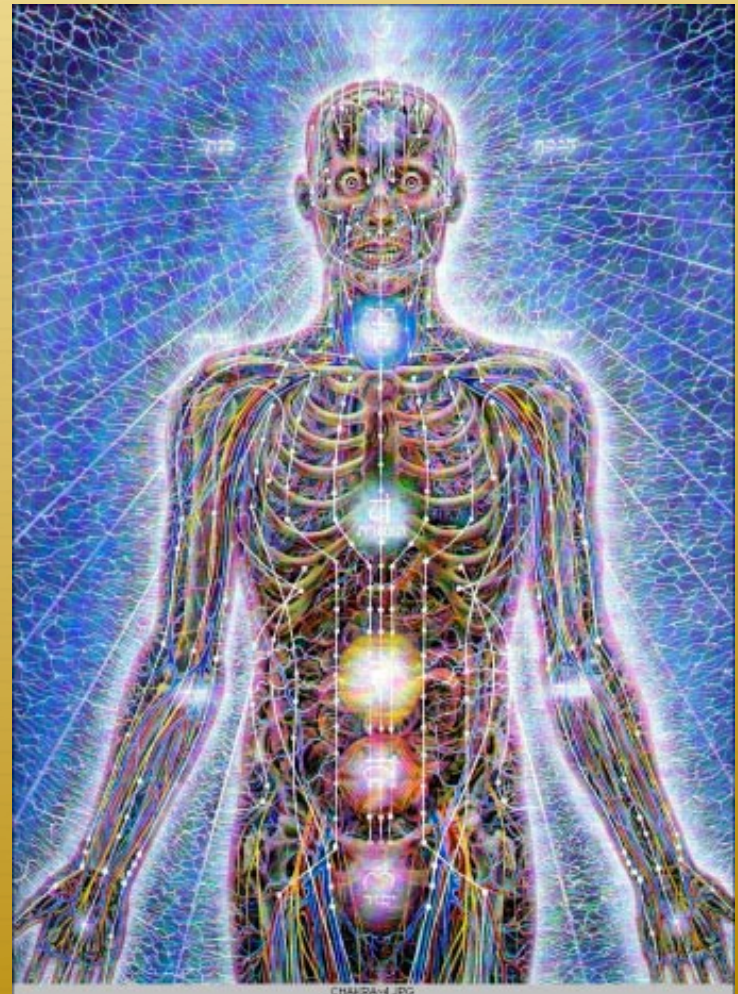
## ✦ Xue or Blood

- ✦ Considered a more substantial form of Qi
- ✦ Ying Qi intimately associated with Xue
- ✦ Has both a nourishing and moistening effects
  - ✦ Liver Blood Moistens the sinews
- ✦ Houses the Mind or Shen as stated in Ling Shu : When Blood is harmonized, the Mind has a residence



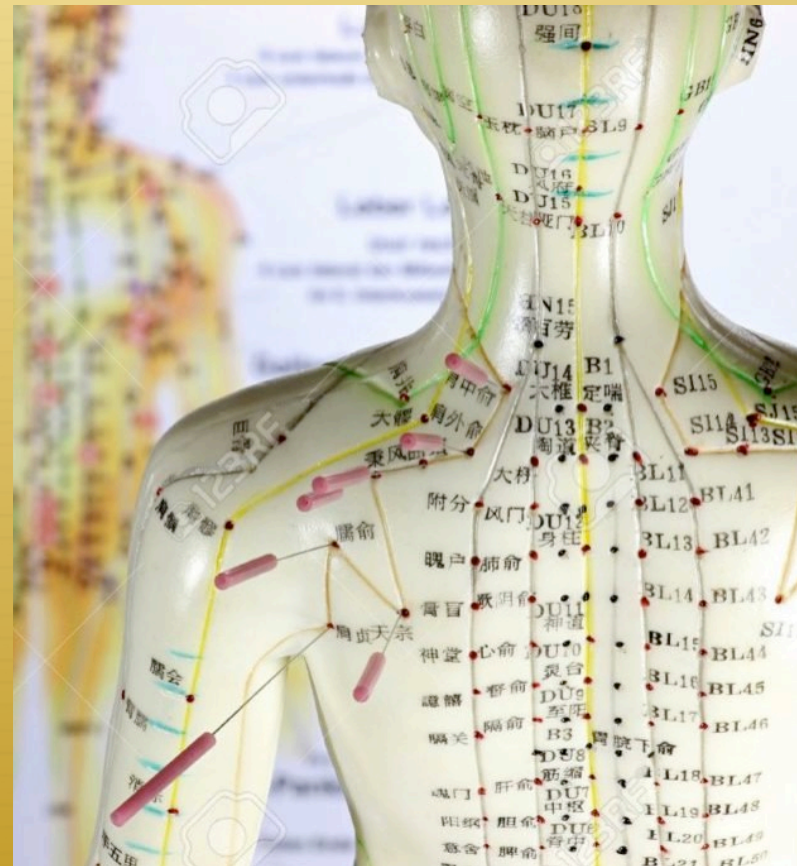
# Wei Qi

- ✦ Wei Qi or Defensive Qi
  - ✦ Circulates outside of meridians through Fascia and Cutaneous tissues
  - ✦ Immune Defensive Barrier: Defends against pathogenic factors from entering body
  - ✦ Also warms and moistens skin and muscle and regulates sweating and body temperature



# Ying Qi

- ✦ Ying Qi or Nutritive Qi
- ✦ Flows through the 12 meridians
- ✦ Nourishes internal organs and body
- ✦ Flows with Blood and is in essence the energetic component of blood





# Pathology Qi

## ✦ Pathology of Qi

### ✦ Qi Deficiency

- ✦ Especially affects Spleen, Lung, Kidney and Heart Qi
- ✦ Lack of energy, empty pulse, shortness of breath, poor appetite, palpitations

### ✦ Qi Sinking

- ✦ Prolapse – Typically found in Spleen Deficiency

## ✦ Qi Stagnation

- ✦ Most commonly affects Liver Qi
- ✦ Lack of movement in meridians
- ✦ Pain with feeling of tension, swelling that moves, not fixed

## ✦ Rebellious or Counterflow Qi

- ✦ Flow in wrong direction – Stomach Qi failing to descend causes nausea and vomiting
- ✦ Affects Stomach (nausea), Lungs (Coughing fits), Liver (Emotional irritability)

# Pathology of Blood

## ✦ Pathology of Blood

### ✦ Blood Deficiency

- ✦ Often caused by Spleen Deficiency but will then affect Heart and Liver
- ✦ Lack of Kidney Essence can also contribute
- ✦ Anemia, fatigued, forgetful, dizziness, blurred vision

## ✦ Blood Heat

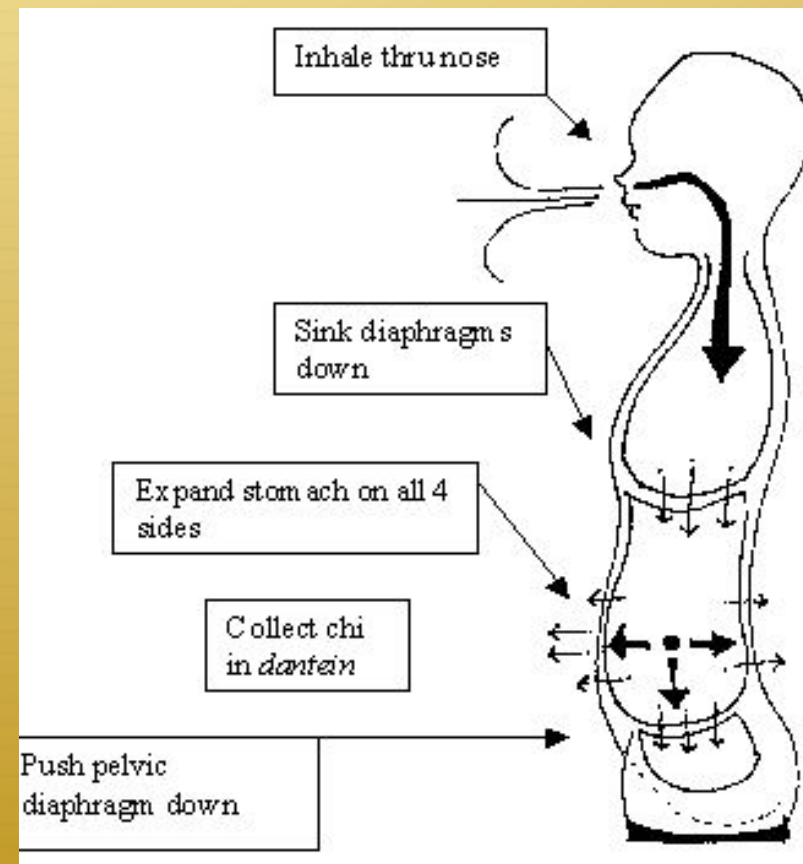
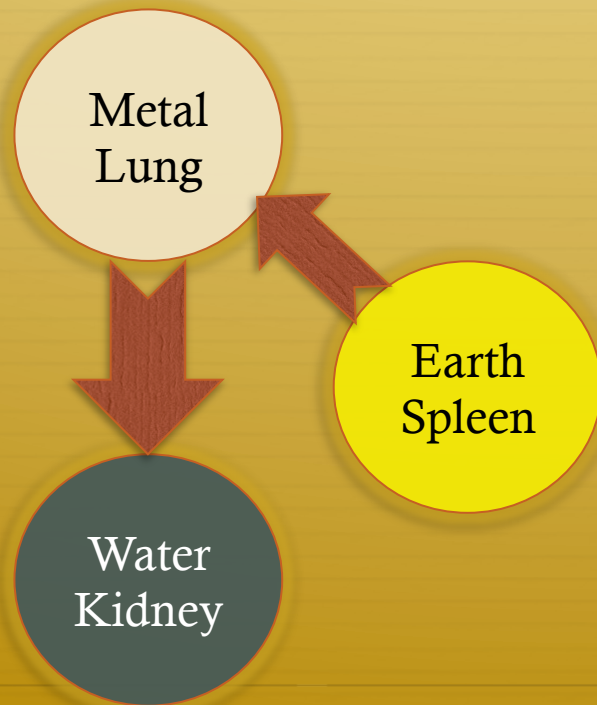
- ✦ Usually related to infection
- ✦ Bleeding, inflammation, rapid pulse, sepsis

## ✦ Blood Stagnation or Oketsu

- ✦ Related to Liver disharmony
- ✦ Pain with fixed location
- ✦ Vascular issues, menstruation issues

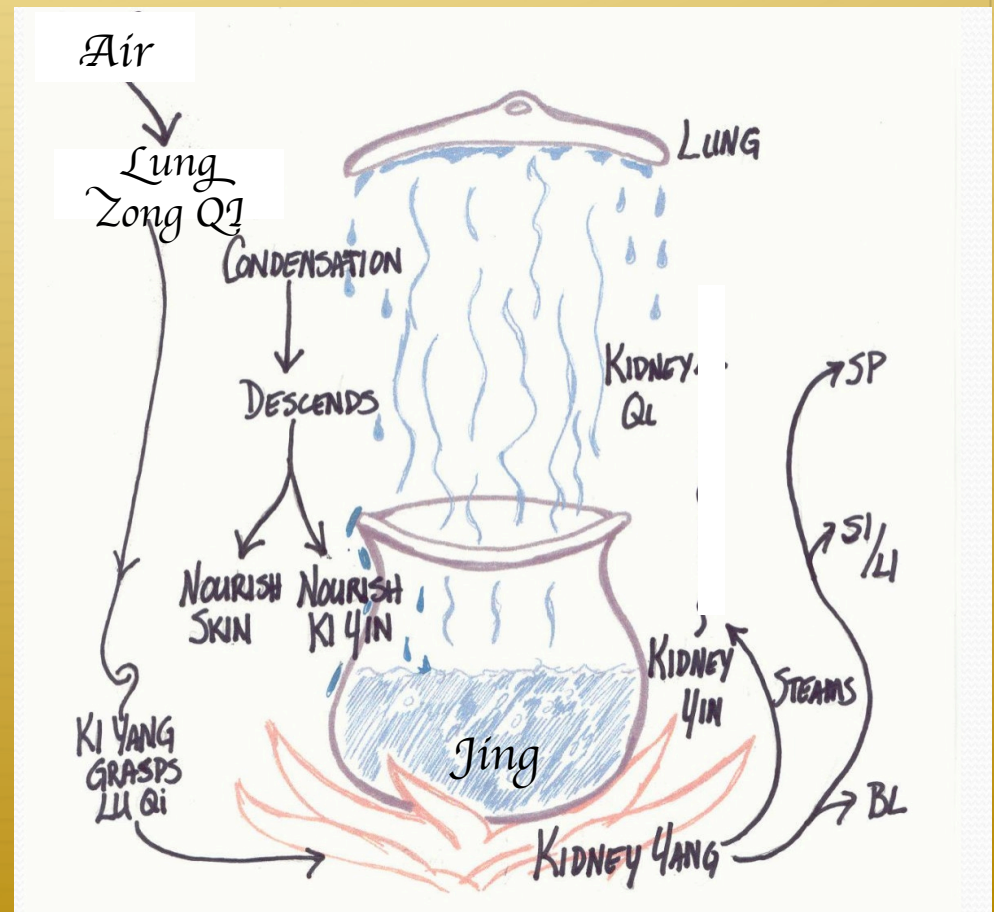
# Breath

Correct breathing nourishes the Lung and helps strengthen Zong (Gathering) Qi which descends to Kidney to nourish Source (Yuan or Original) Qi



# Kidney Lung Dynamic

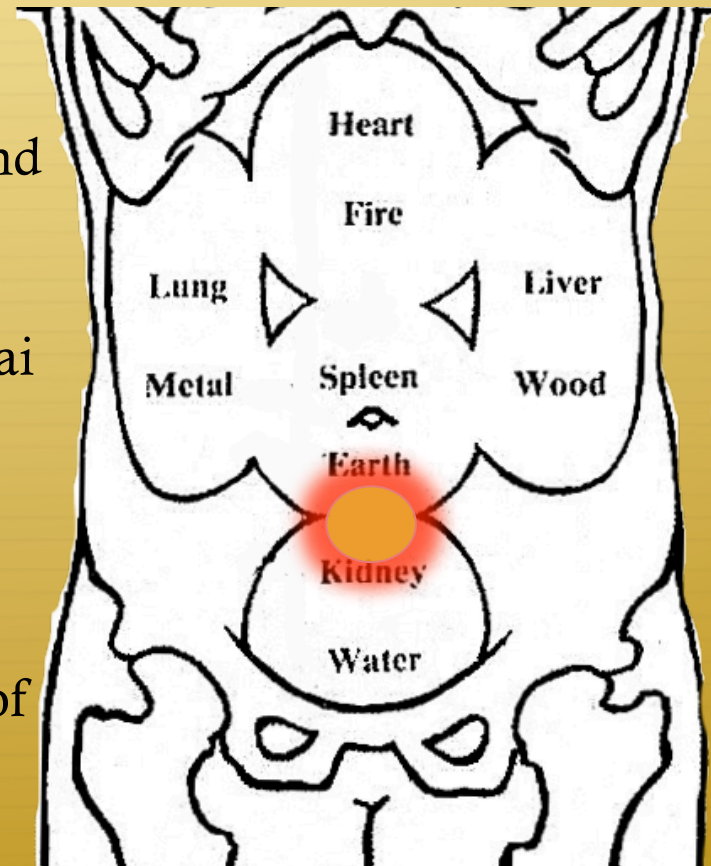
- ✦ Heating effect of a Strong Kidney Yang to convert Jing into Source or Original Qi that then rises like steam to the Lungs and Cools the heat in the Upper Burner
- ✦ The Zong Qi of the Lungs is need by Kidney and like condensation, returns and descends to fuel the fire of Kidney Yang and maintain its strength to nourish and preserve Jing
- ✦ Nan Ching states: The Hara... the source of vital Qi,,, is the Gate of Breathing



# The Hara

## ✦ The Center

- ✦ Original Source of all energy and constitutional strength
- ✦ Also referred to as the Central Pivot, The Sea of Chi or Chi Hai
- ✦ Martial Arts called Chi Hai Tanden, located below the umbilicus where the moving Qi resides between the kidneys
- ✦ In the Su Wen the importance of the Hara is emphasized: If the Central Pivot is Balanced and Normal, then then the pulse is normal



# Food

Correct eating nourishes Spleen which then can nourish the Lung and help create Zong and Zhen Qi

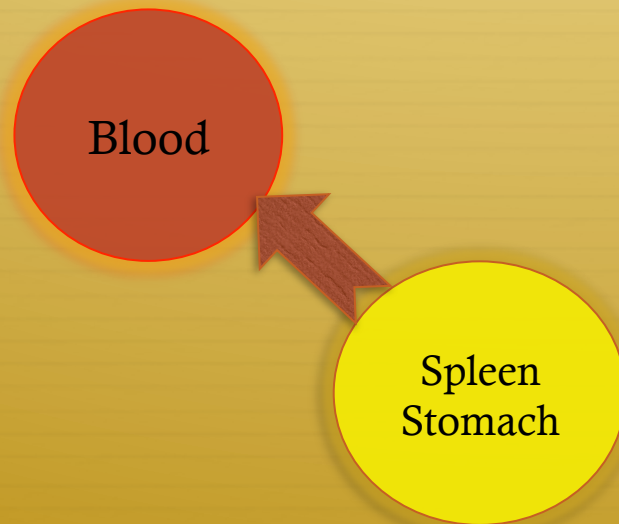
Metal  
Lung

Earth  
Spleen

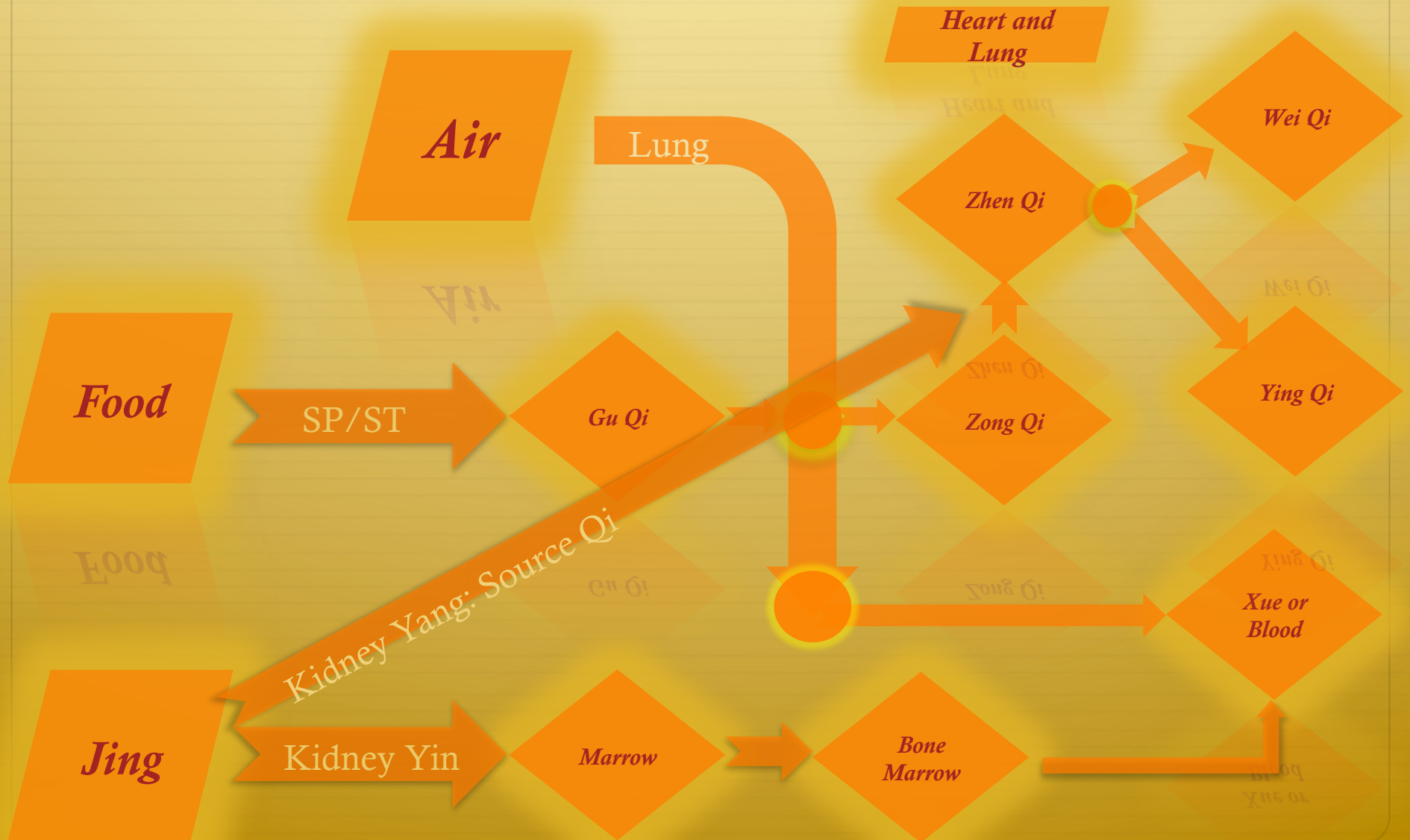


# Food

A healthy Spleen/Stomach create strong Gu Qi which is also involved in the creation of Blood in the Heart



# Formation of Qi and Xue

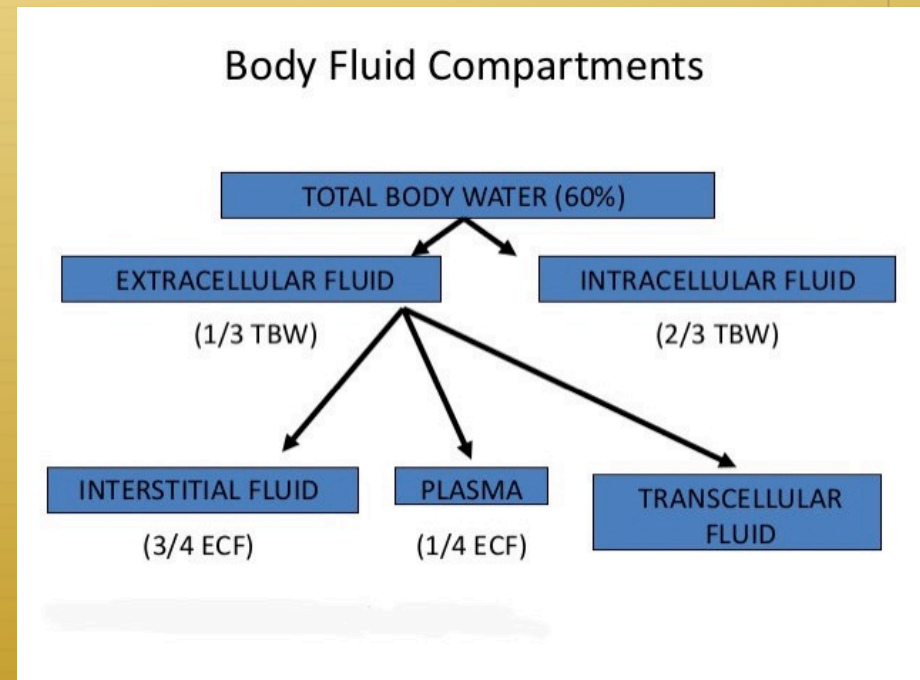




# Jin Ye

## ✦ Body Fluids

- ✦ Jin derives from characters meaning “moist” or “saliva” and denotes a refined fluid
- ✦ Ye is a more turbid fluid with the characters denoting organic or bodily fluids



# Jin Ye

## ✦ Body Fluids

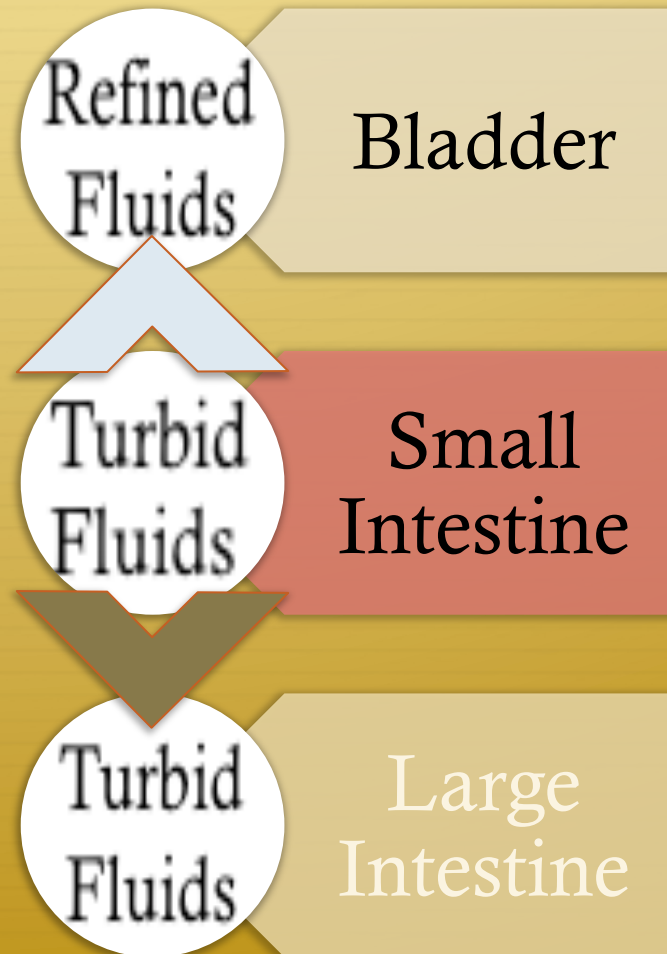
- ✦ Derive from Food and Drink
- ✦ Spleen/Stomach transforms and separates the refined from the turbid
  - ✦ Refine ascend to Lungs
  - ✦ Turbid descends to SI



# Jin Ye

## ✦ Body Fluids

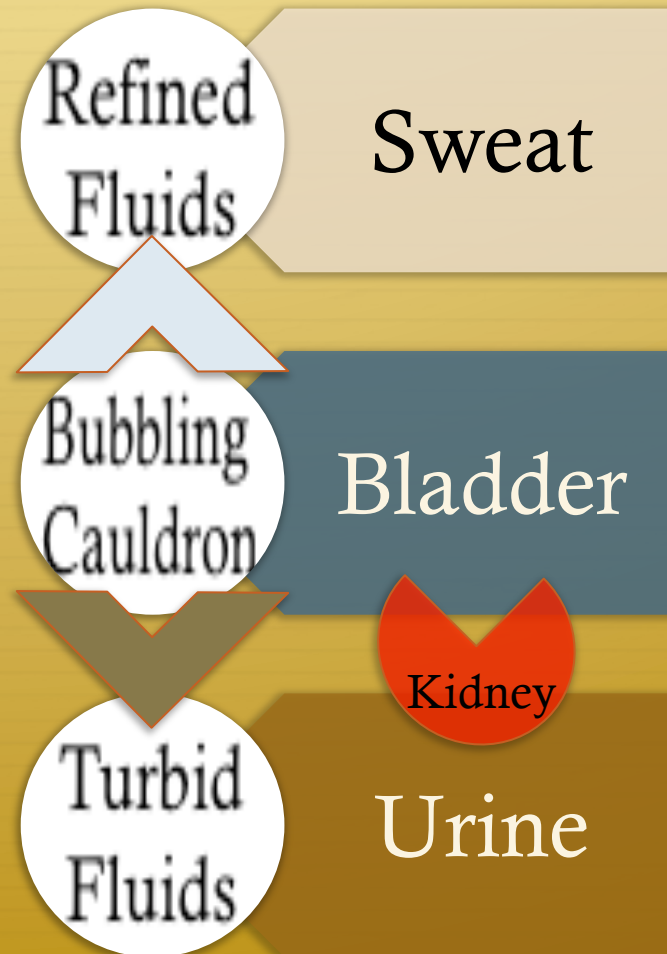
- ✦ Small Intestine then further refines the fluids
  - ✦ Pure component sent to Bladder
  - ✦ Impure or Turbid fluids descends to Large Intestine



# Jin Ye

## ✦ Body Fluids

- ✦ Bladder then further refines the fluids
  - ✦ Pure component sent to body exterior in form of sweat
  - ✦ Impure or Turbid fluids descends to become urine
- ✦ Kidney Yang
  - ✦ Fuels Bladder's transformation of fluids

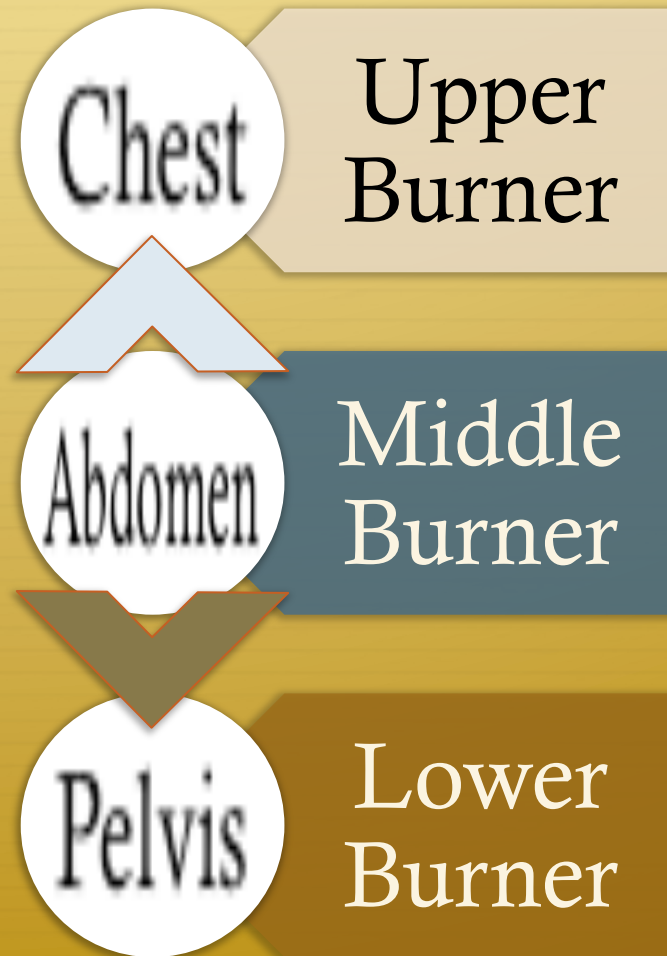


# Three Burners

## ✦ The Three Burners

✦ Triple Warmer governs the movement of energy (Qi) and Fluids (Jin Ye) through the three burners

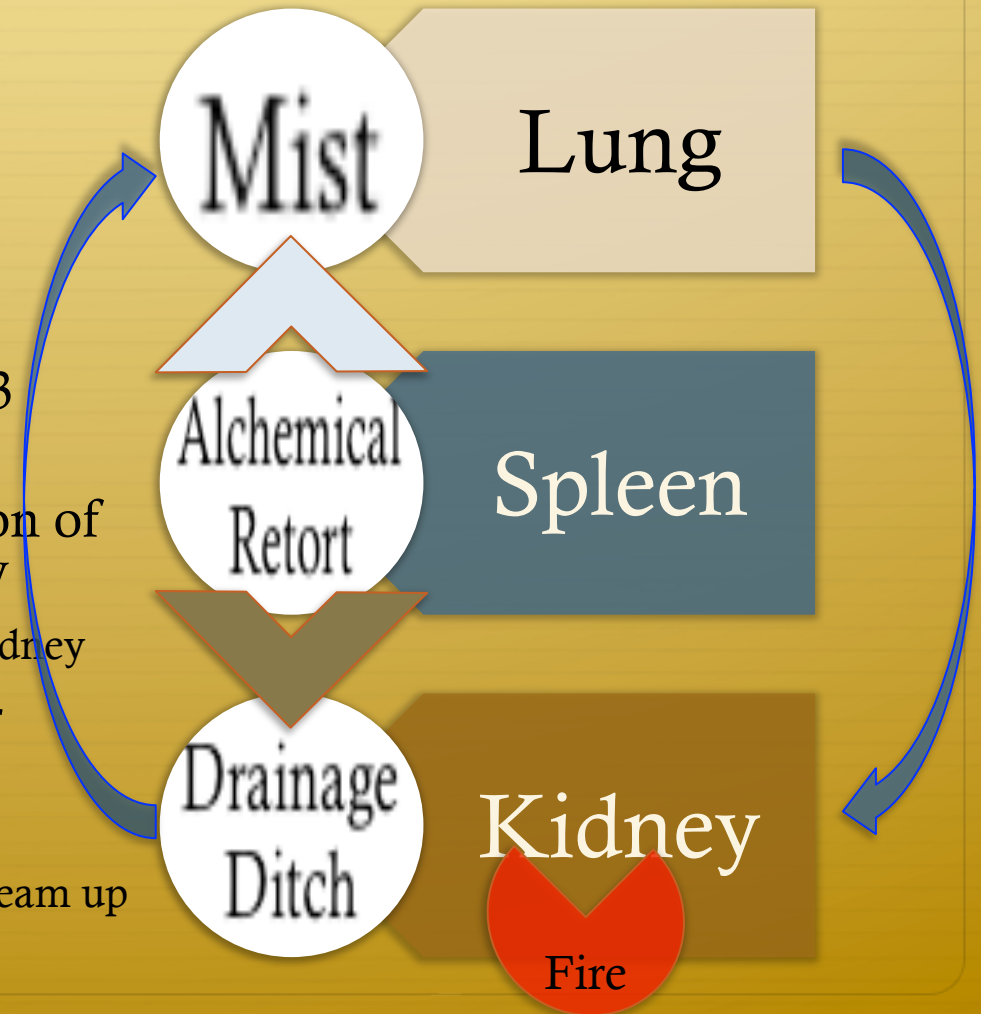
- ✦ Refined fluids rise up
- ✦ More Turbid fluids descend
- ✦ Health function of the TW and the organs of the Upper, Middle and Lower Burners avoids accumulation or Stagnation and normal excretion of waste



# Jin Ye

## ✦ Body Fluids

- ✦ Spleen Governs Fluid Transformation
  - ✦ Muddy Pool or Cauldron
- ✦ Triple Warmer assists in transformation and transportation through the 3 burners
- ✦ Lungs controls the dispersion of pure fluids throughout body
  - ✦ Sends pure fluids down to Kidney
- ✦ Kidney provides the heat or motive force for all transformations
  - ✦ Kidney Yang or Fire sends steam up to Lung to moisten



# Jin Ye Pathology

## ✦ Deficiency of Fluids

- ✦ Dry Skin, lips, tongue
- ✦ Usually caused by Yin Deficiency
- ✦ Heavy prolonged loss can also cause as with sweating, vomiting and diarrhea
- ✦ Heavy loss of blood

## ✦ Accumulation of Fluids

### ✦ Edema

- ✦ Lung – Face
- ✦ Spleen – Ascites
- ✦ Kidney – Legs

### ✦ Phlegm

- ✦ Dysfunction of Lung, Kidney and TW involved in formation of Phlegm
- ✦ Spleen most important organ as it is the motive force of sending fluids up and preventing dampness from accumulating

# Shen

## ✦ Shen or Mind

- ✦ Derived from a combination of pre-natal Shen (Parents) and prenatal Kidney Jing

- ✦ Kidney Qi (Source or Yuan Qi) nourishes Shen

- ✦ Housed in Heart

- ✦ Moved by Blood

- ✦ Manifests in the Facial Complexion

- ✦ Directs the Jing

- ✦ Part of the 3 Treasures (Jing, Qi and Shen)

- ✦ Balance between Shen and Jing essential for health

- ✦ Shen disturbance depletes Jing

- ✦ Chronic fatigue, lack of motivation

- ✦ Jing deficiency harms Shen

- ✦ Lack of confidence and vitality



# Shen Disturbance



## ✦ Deficiency

### ✦ Related to Jing or Kidney Qi deficiency

- ✦ Apathy, lack of motivation and energy, lack of joy
- ✦ Confused thinking
- ✦ Depressed

## ✦ Disturbance

### ✦ Related to Deficiency Heart Yin or Blood

- ✦ Restlessness
- ✦ Confused speech
- ✦ Extreme mental disturbances and mood disorders

# Yin and Yang



## ✦ Yin Disharmony

- ✦ Pale, always feels cold, likes warmth, not thirsty and likes warm drinks
- ✦ Tired, weak
- ✦ Quiet, withdrawn
- ✦ Shallow breathing, weak voice
- ✦ Reduced appetite with abdominal distention
- ✦ Copious clear urine, diarrhea
- ✦ Low libido, pale menses
- ✦ Deep slow pulse

## ✦ Yang Disharmony

- ✦ Red face, feels hot with aversion to heat, thirsty and prefers cold drinks
- ✦ Forceful, restless
- ✦ Extraverted
- ✦ Deep breathing, loud voice
- ✦ Increased appetite, reflux
- ✦ Scanty dark urine, constipation
- ✦ Increased libido, profuse menses
- ✦ Superficial, rapid and full pulse

# Yin Yang Balance



✦ Ideal state, not actually found in practice

✦ Daoist perfection

✦ Balanced

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Yin  
Fluids  
Cold

Yang  
Fire  
Heat

# Qi and Yang Deficiency

✦ If Qi deficient, then both Yin and Yang will be deficient but with relatively more yang deficiency

- ✦ Lack of energy
- ✦ Weak pulse
- ✦ Prone to illness

✦ Deficient Qi



# Blood and Yin Deficiency

✦ In case of blood deficiency which is a more Yin substance, then the opposite holds:

- ✦ Both Yin and Yang deficient but relatively more Yin deficiency
- ✦ Lack of blood leads to fatigue with restlessness (Shen house in blood)

✦ Deficient Blood



# Excess Yang

## ✦ Pure Yang pattern

- ✦ Feverish
- ✦ Whole body red and hot
- ✦ Discomfort relieved by cold
- ✦ Perspiration more constant
- ✦ Rapid full pulse
- ✦ Dark red tongue, yellow coating

## ✦ Excess Heat



# Excess Heat uses up Yin

✦ Yin starts to become deficient in face of prolonged heat as it burns up fluids in body

✦ Common situation in young children who tend to be excess Yang with deficiency in Yin

✦ Difficulty focusing, can't sit still

✦ Prolonged Excess Heat



# Excess Yin

## ✦ Pure Yin pattern

- ✦ No perspiration
- ✦ Cold limbs, aversion to cold
- ✦ Discomfort relieved by warmth and pressure
- ✦ Clear copious urine and watery stools
- ✦ Deep slow full pulse
- ✦ Pale tongue, thick white coating

## ✦ Excess Cold





# False Heat

✦ Not true excess condition  
but Yin in relative  
deficiency

✦ Deficient Yin

✦ thin but still rapid pulse

✦ Nighttime perspiration (hot  
flashes), aversion to heat,  
prefers cold for discomfort

✦ Insomnia

✦ Malar flush

✦ Sweaty palms and feet

✦ Red tongue but no coating



# False Cold

✦ Not true excess cold but relative deficiency in Yang

✦ Slow, empty pulse

✦ Daytime perspiration, hypersomnia

✦ Clear copious urine

✦ Cold limbs, aversion to cold, prefers heat on painful areas

✦ Pale tongue, thick white coating

✦ Deficient Yang



# Extremes



## ✦ Collapse of Yin

- ✦ Loss of bodily fluids through excess sweating, diarrhea, vomiting or hemorrhage
- ✦ Heat Stroke

## ✦ Collapse of Yang

- ✦ Total exhaustion
- ✦ Shock
- ✦ Third spacing fluids

# Basic Patterns with Disharmony

| Pattern         | Zang Organs    | Signs  | Pulse           |
|-----------------|----------------|--|-----------------|
| Deficient Qi    | KD, SP and LU  | Bright pale face, weak voice, shallow breath, weak limbs | Empty           |
| Deficient Yang  | KD, SP, HT     | Same as def. Qi with aversion to cold, cold limbs        | Slow and empty  |
| Deficient Blood | SP, HT, LV     | Dull pale face, tremors, thin, dizziness                 | Thin and choppy |
| Deficient Yin   | KD, LV, HT, LU | Heat- restless, malar flush, thin and dizziness          | Thin and rapid  |
| Stagnant Qi     | LV, HT, LU     | Swelling and pain of changing locations                  | Wiry and tight  |
| Stagnant Blood  | LV, HT         | Severe pain of fixed location, dark dusky complexion     | Choppy and full |

# Take Home Message

## ✦ Kidney as Energy Center of Hara

- ✦ Key focus during treatment given tendency for Western Lifestyle and aging to deplete Jing and Kidney Yin and Yang

## ✦ Lung and Zong Qi and relationship to Kidney and Heart

- ✦ Key in balancing fluids and energy between upper and lower burner and prevent excess heat from accumulating in upper burner
- ✦ Lung Qi motive force helping Heart move Blood/Shen through the body

## ✦ Spleen/Stomach at Center of Hara

- ✦ Transformation of food into Refined Fluids and Lung Zong Qi which is fundamental in making Zhen Qi which then creates Nutritive Qi (works with blood to nourish whole body) and Wei Qi (Immune system)
- ✦ Formation of Blood
- ✦ Regulates Dampness

# Key Points

## ✦ Source Points

- ✦ KD 3
- ✦ SP 3
- ✦ LU 9
- ✦ HT 7
- ✦ TW 4

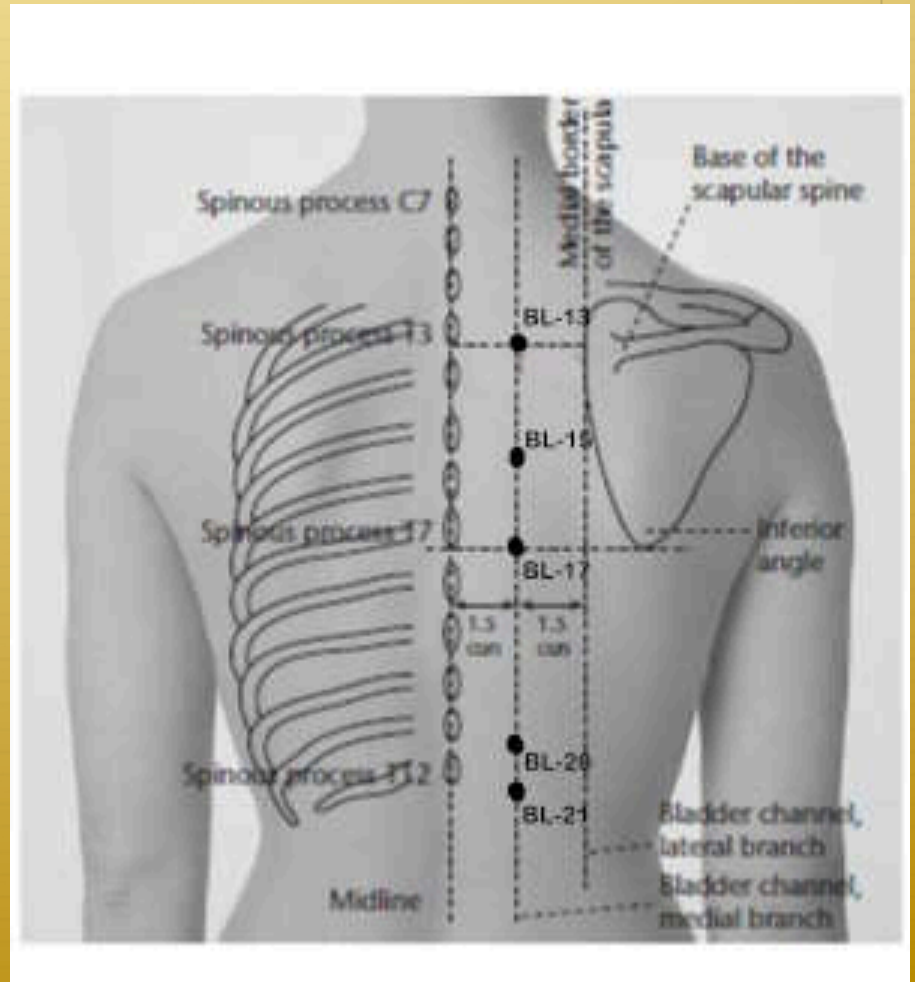
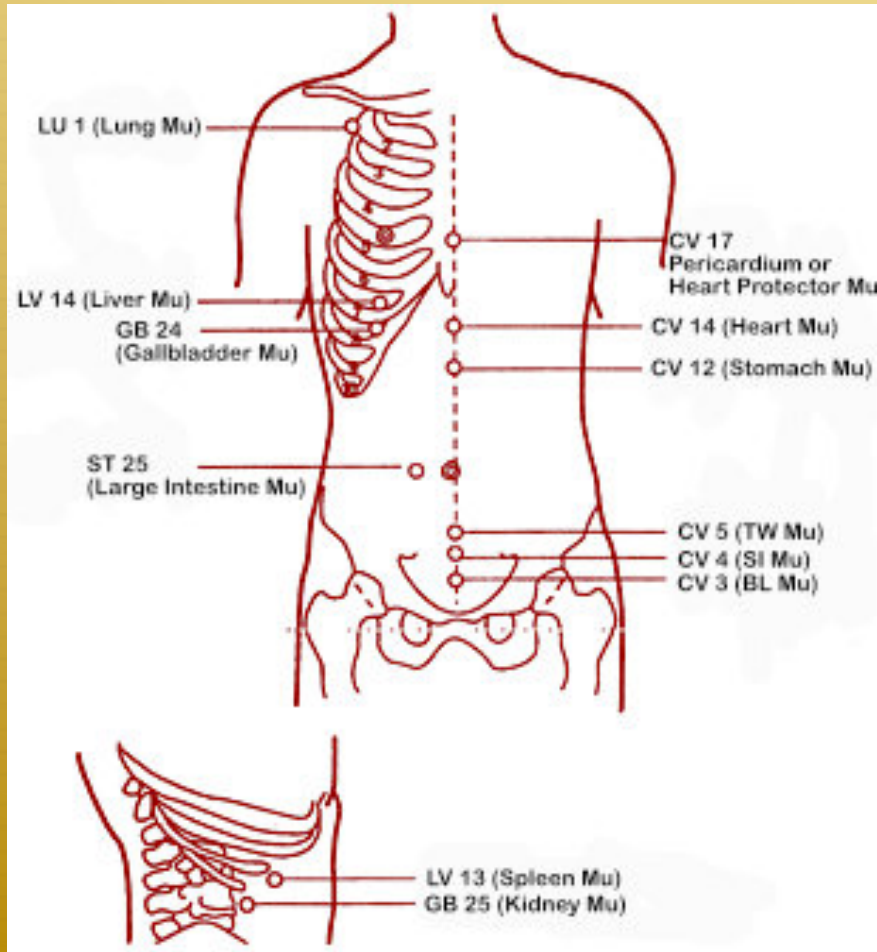
## ✦ Extra Points

- ✦ BL 17 (Diaphragm Shu  
Formation of Blood)
- ✦ SP 6 (Storage of Blood)
- ✦ SP 9 (Regulates Dampness)
- ✦ GV 4 – Ming Men (Life's Gate)
- ✦ CV 6 – Qi Hai

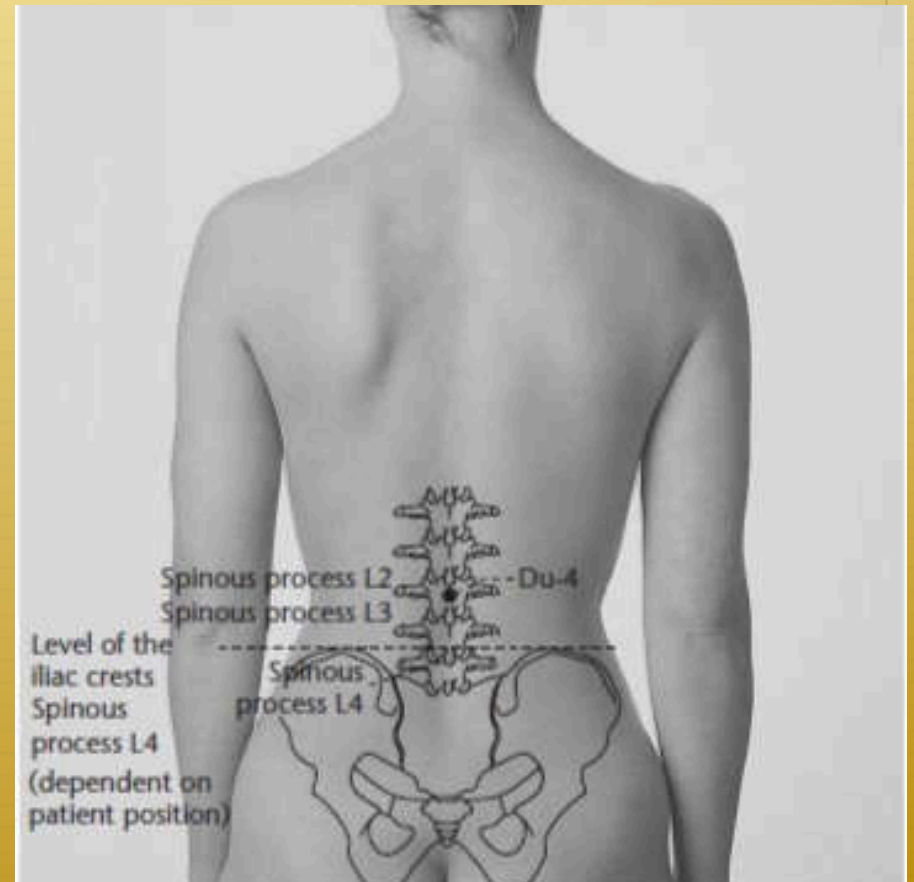
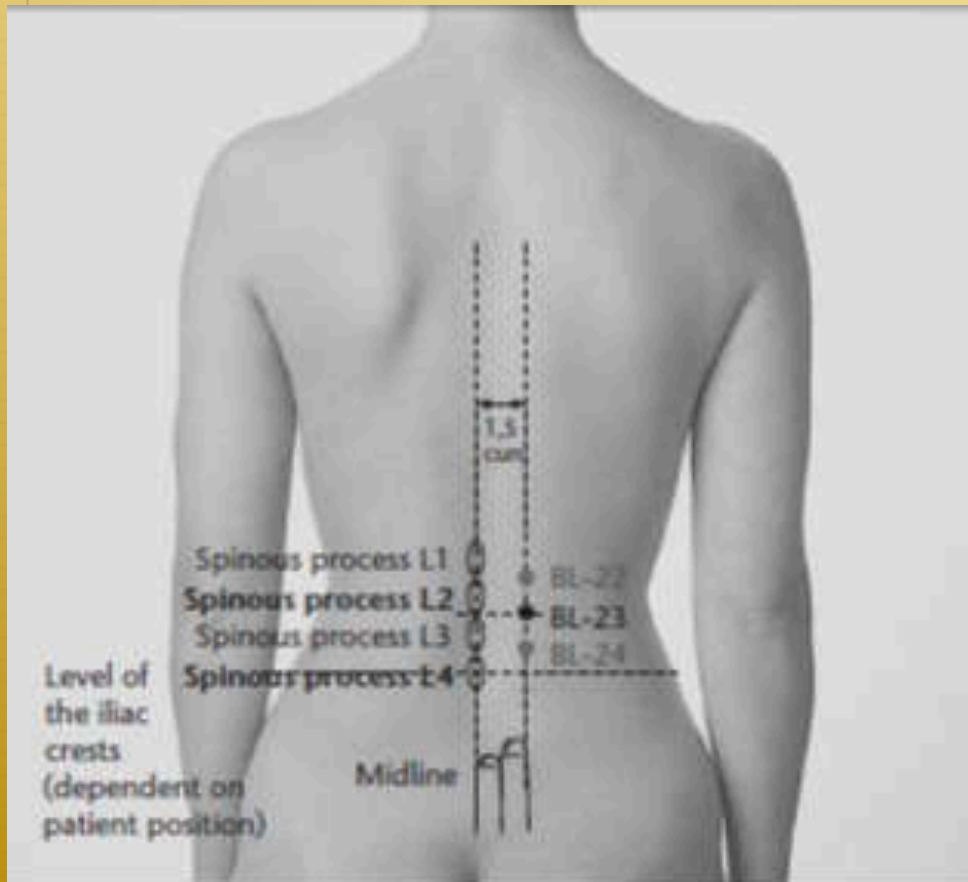
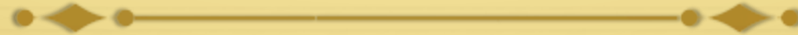
## ✦ Mu and Shu Points

- ✦ CV 12 (ST Mu)
- ✦ GB 25 (KD Mu)
- ✦ CV 4 (SI Mu)
- ✦ CV 14 (HT Mu)
- ✦ CV 17 (HT protector Mu)
- ✦ LU 1 (LU Mu)
- ✦ BL 13 (Lung Shu)
- ✦ BL 15 (Heart Shu)
- ✦ BL 20 (Spleen Shu)
- ✦ BL 21 (Stomach Shu)
- ✦ BL 23 (Kidney Shu)

# Mu Shu Points



# Ming Men and KD Shu





# Source and Spleen Points

