

The Function of the Internal Organs and their Relationship to Kidney

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Organ Function and Source Theory

- Ling Shu states that

The 5 yin organs have 6 yang organs. The 6 yang organs have 12 sources (points)... If the 5 yin organs have disease, treat the 12 source (points). The 12 sources can give qi and taste (nourishment) to the 365 nodes (acupoints), because of the 5 yin organs.

Organ Function and Source Theory

- Nan Jing states that the 12 sources emanate from the moving Qi between the Kidneys
 - Implies that the qi of the meridian system (365 points) is derived from the 5 yin organs which have 12 corresponding sources all of which are derived from the Kidney whose energetic center is the Hara

Organ Function and Source Theory

- Ling Shu goes on, when listing the 12 source points includes Lung, Heart (Pericardium), Kidney, Liver, and Spleen and then mentions 2 unique sources:

- gao and huang

-The source of **gao** comes out at jiu wei (CV 15), only one point. The source of **huang** comes out at po ang, only one point.*

Organ Function and Source Theory

- Huang and Gao typically connote fatty or greasy tissue.
 - Huang can also mean “missing organ”
 - This suggests that it may refer to fascia
- Po ang refer to the umbilicus and is pictorially derived from characters showing a baby in the womb
 - In a text discussing fetal development gao is described as early undifferentiated tissue (Huai Nan Zi)

In the first month there is gao. In the second month, there is a fleshy swelling. In the third month, the skin can be recognized.....

Organ Function and Source Theory

- Huang and Gao through the umbilicus relate to fetal development
 - Structure that can tie these relationships together is the umbilical vein which is source of fetal nourishment
 - *At birth, with severing of umbilicus, vein becomes the ligamentum teres that runs from umbilicus up to liver and interface with falciform ligament to attach to diaphragm at CV 15*

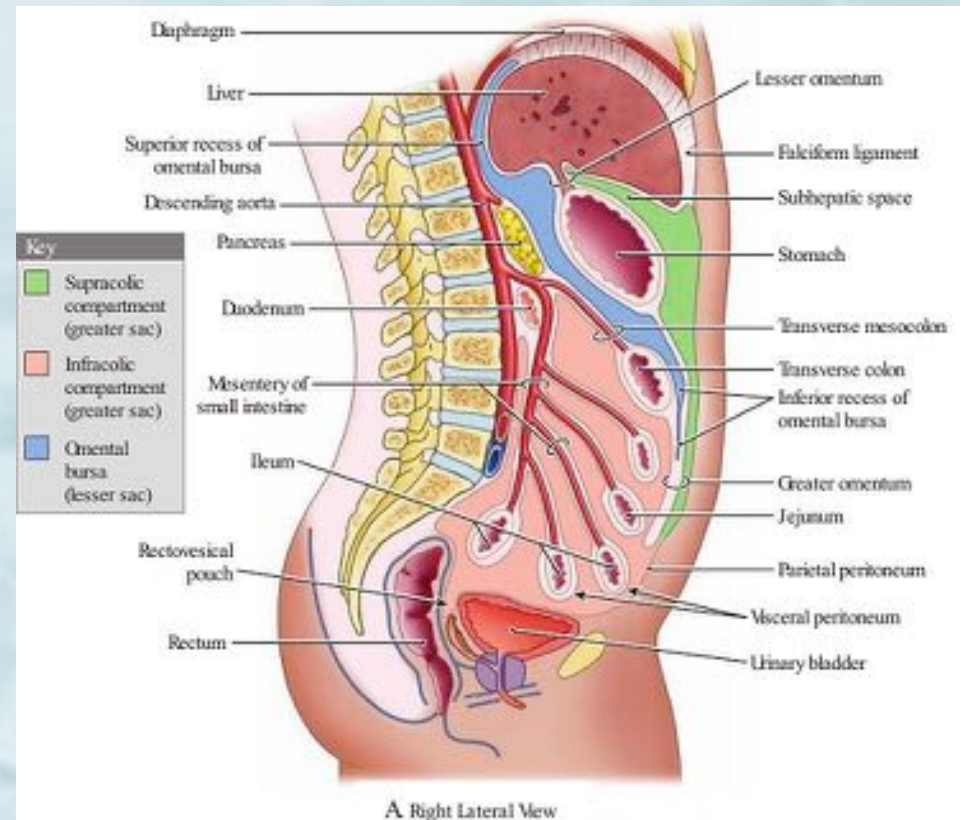
Organ Function and Source Theory

- Going back to source theory, the Ling Shu states that all the 12 organs (yin and yang) can be treated with the source points listed, which are all yin source points
 - *Heart not listed as pericardium used to treat heart issues*
 - *Leaves SI to relate to Gao and Huang*

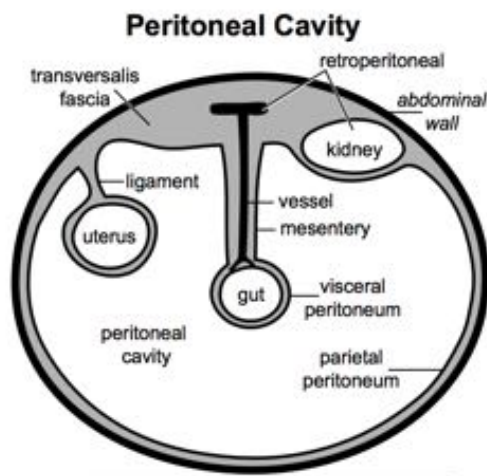
Source	Yin	Yang
PC 7	Pericardium	Triple Warmer
LU 9	Lung	Large Intestine
SP 3	Spleen	Stomach
LV 3	Liver	Gallbladder
KD 3	Kidney	Bladder
CV 15	gao	Small Intestine?
Umbilicus	huang	Small Intestine?

Organ Function and Source Theory

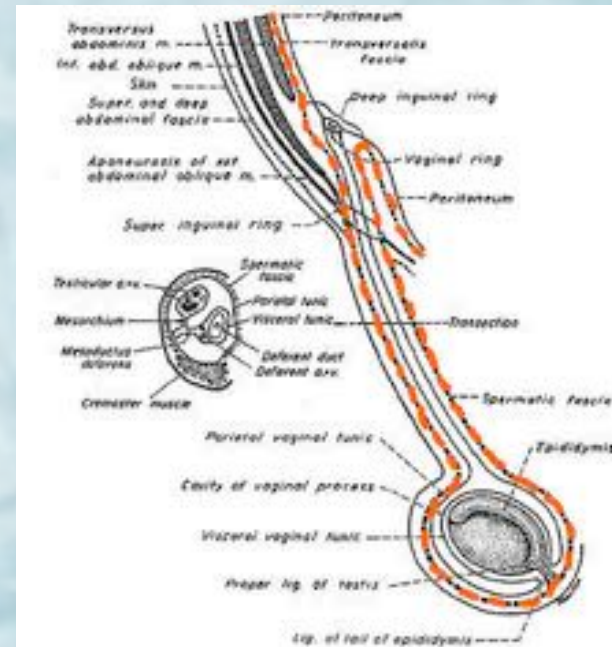
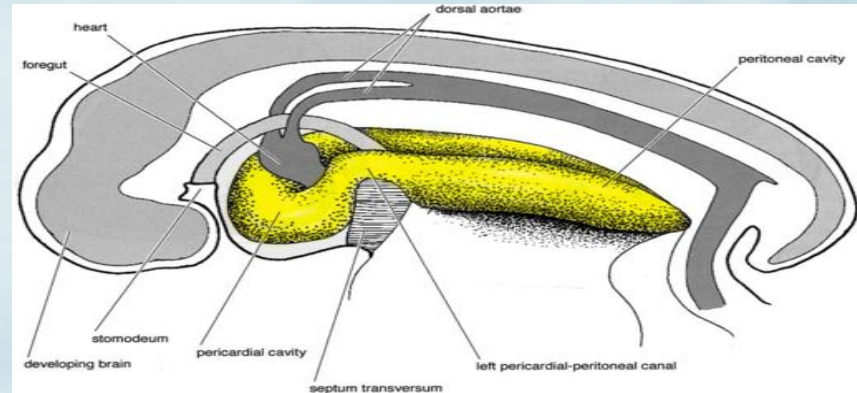
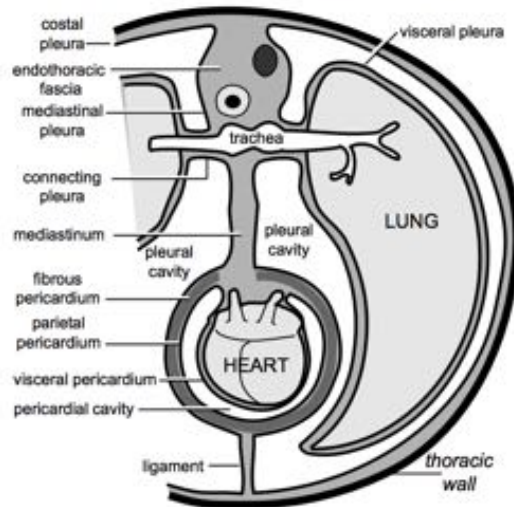
- Small Intestine discussed in ancient texts in unique way
 - Suggests related to mesentery which again connects it to fascia
 - *The small intestine is related to the supporter of the testicles. It belongs to the spine, it passes through the liver and lungs, spirally wraps the supporter of the heart, rises up and harmonizes the lungs and then disperses at the huang. It knots itself at the umbilicus. Therefore using the huang source, disperse it.*



Mesentery, Pericardial Cavity and Peritoneum Derived from Embryonic Coelom



Pleural (two) & Pericardial Cavities



Summary of Source Theory

- Energetic Center of Body – Below Umbilicus
 - Underlying Source of 5 yin and 6 yang organs
 - Moving fire between Kidneys is Source Qi
 - Ming Men or Vital Gate is the Right Kidney
 - Houses prenatal Shen and Jing
 - The Source energy (Yuan) is created by ming men and transmitted through the triple warmer to reach all the source points
 - KD 16 called Huang Shu
 - Gao and Huang = Fascia
 - Fascia or Gao and Huang relates to Triple Warmer and likely anatomical substrate of TW

The Yellow Emperor asked, “The pulse is normal and yet sometimes people die, why is this?”

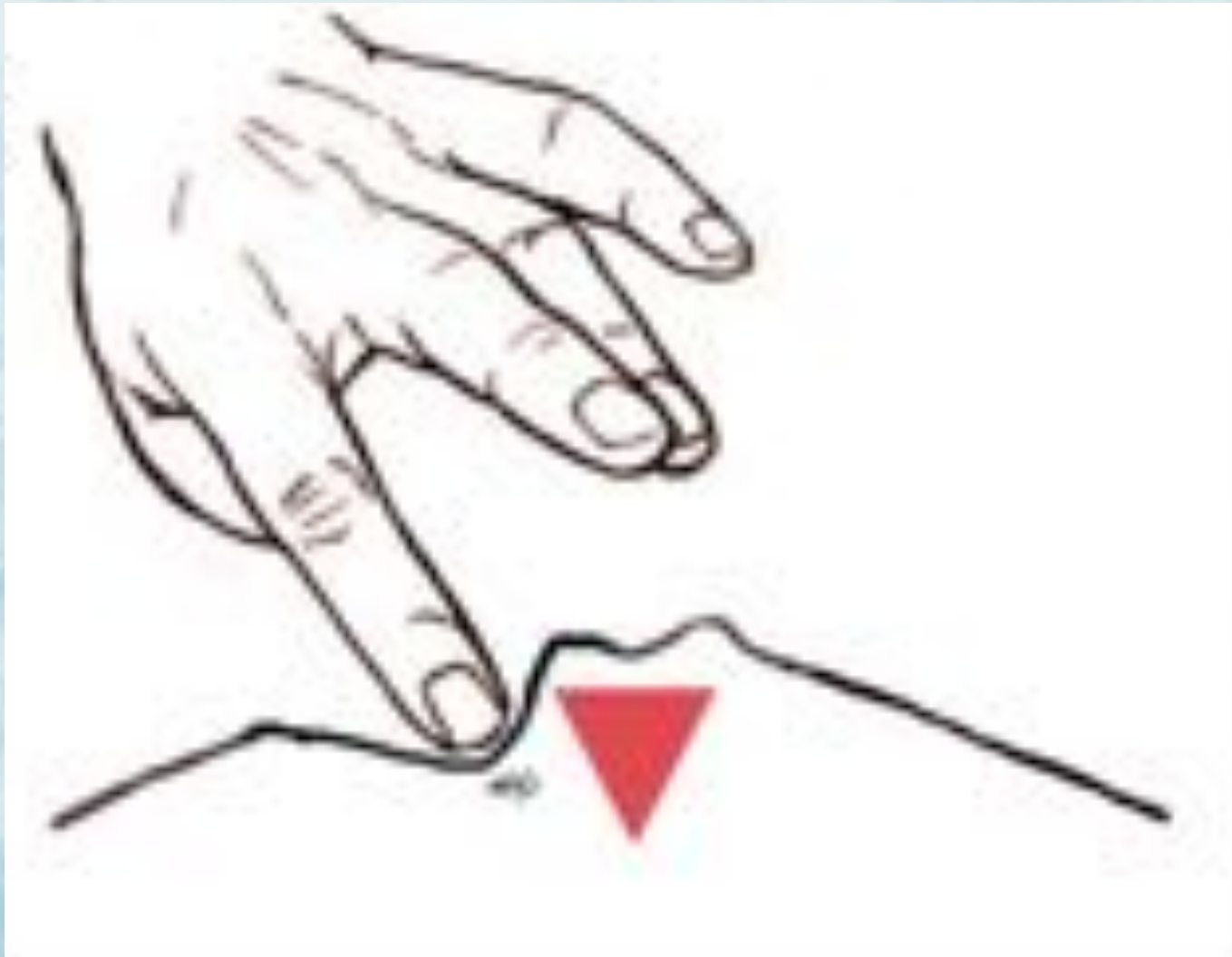
Qi Bo answered, “Each of the 12 meridians has a relationship to the source of the vital qi. The source of the vital qi is the root or origin of the 12 meridians, it is the moving qi between the kidneys. This means that the source of the vital qi is fundamental to the 5 yin organs and 6 yang organs; it is the root of the 12 meridians, the gate of breathing. It is the source of the triple warmer. Another name for it is the shen [that] protects against evil....”

Fascial Rim Protecting Umbilical Root Kidney Reflex

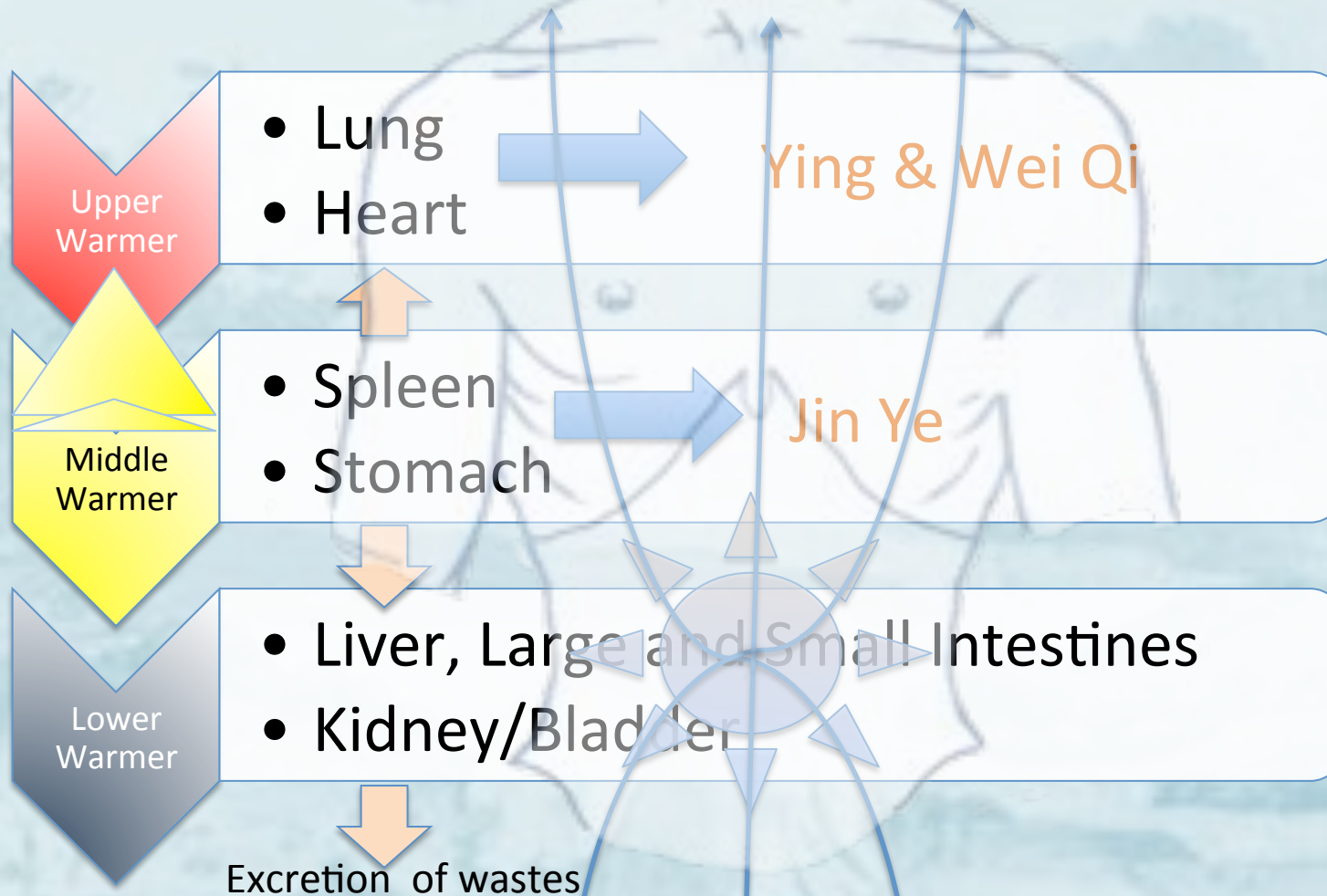
- 1.2 cun below KD 16 (Huangshu)



Angle finger towards root of umbilicus



Triple Warmer



*Hua Tuo states
The Triple Warmer assembles and directs the 5 yin and 6 yang organs,
The Ying and Wei Qi and Jing Luo...it balances the Qi of the interior
And exterior, left and right, upper and lower.*

Heart and Kidney

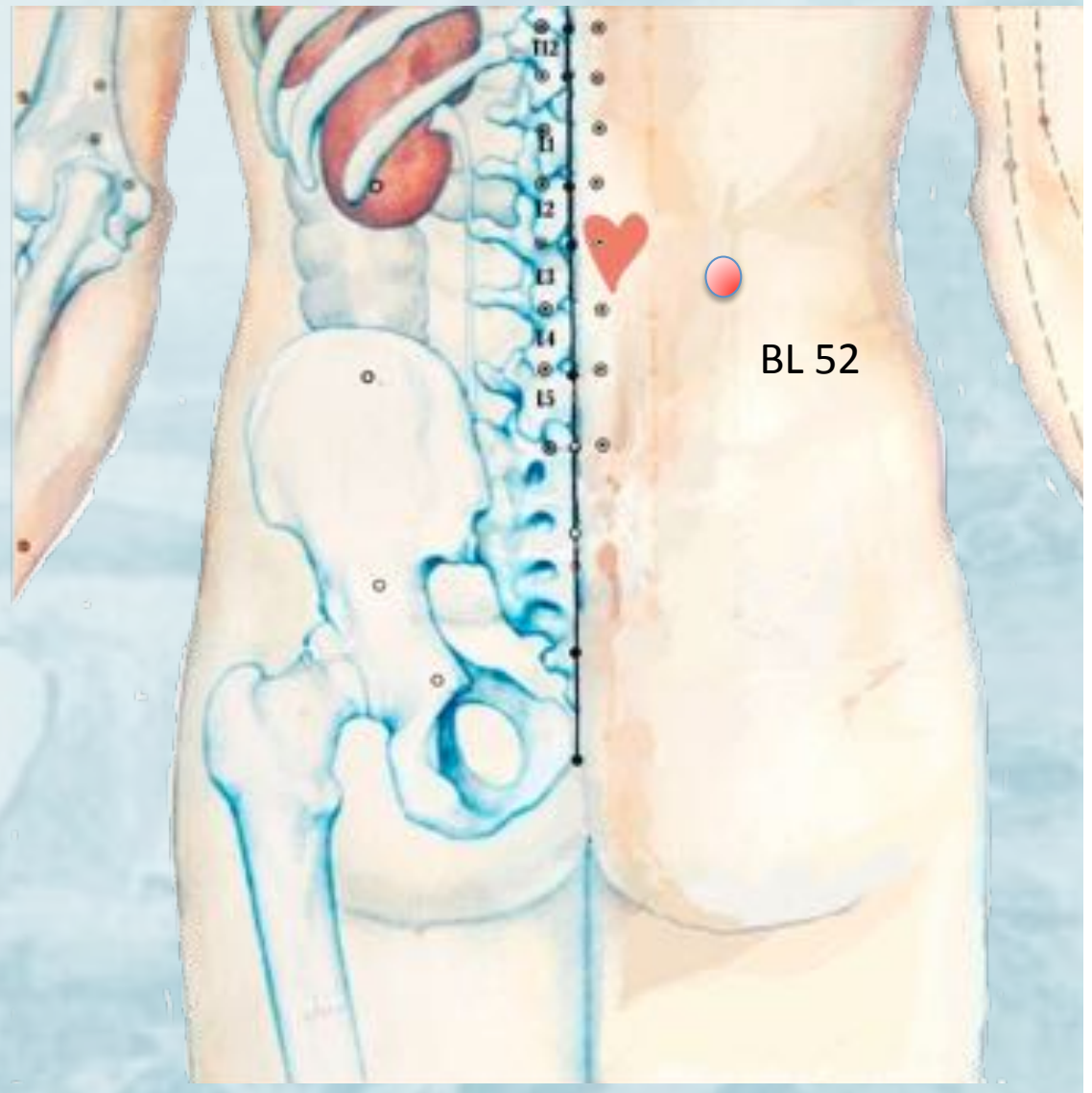
- Heart is Fire Element
 - Upper Burner
 - Heart houses Mind (Shen)
 - Mind or Shen not stable, without the Zhi or Will of Kidney
 - Fright or shock (Kidney injury) disturbs the heart affecting its ability to govern shen
- Kidney is Water Element
 - Lower Burner
 - Ming men (right kidney) stores prenatal Jing and Shen
 - The shen and spirit of all 5 yin organs depend on the zhi or will of the kidney which depends on Ming Men

Su Wen refers to Ming men as the “Small Heart”

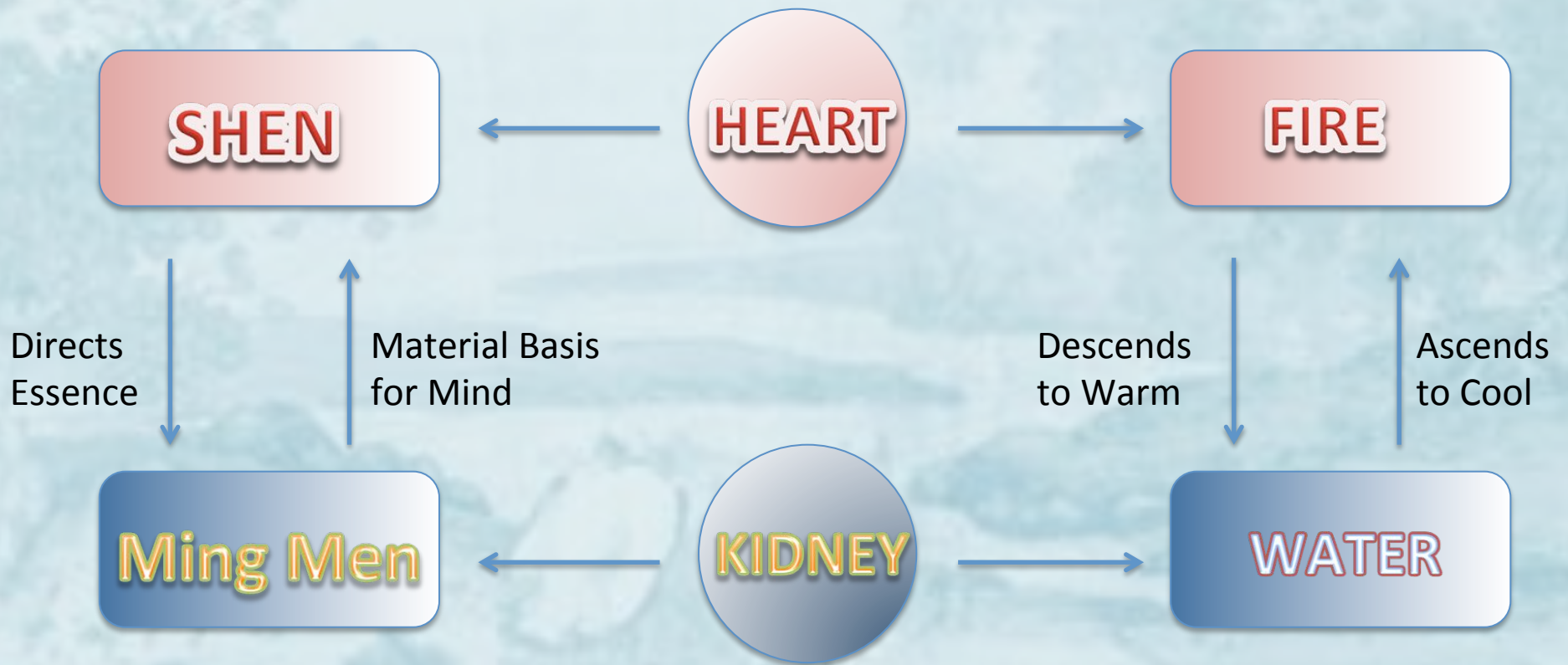
[At the] right side of the seventh vertebra [the seventh counting upwards from the coccyx, at the 2nd lumbar vertebra] on the inside, is the small heart

Small Heart at L23 Kidney Shu

- Kidney Shu point between the L2 and L3 spinous processes
 - BL 52 is on outer Bladder line and is called Zhishi (Residence of Will)
 - Use when emotional aspect of Shock or trauma is the major issue



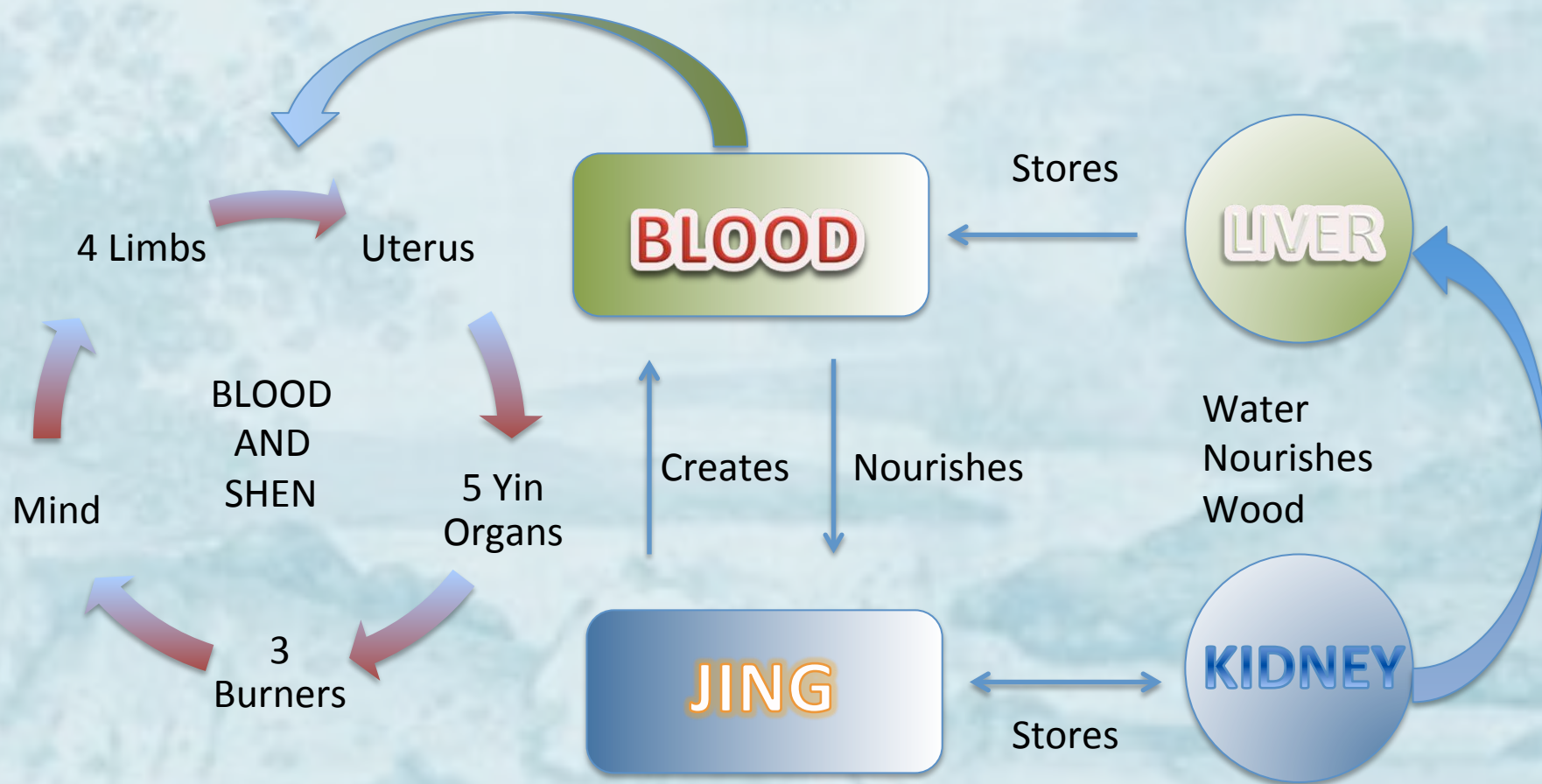
Heart & Kidney Relationships



Liver and Kidney

- Liver's ability to perform function in smooth flow of blood depends on Kidney
 - Liver Chinese character derived from “organ” and “stem”
 - Liver acts as the stem of the body to nourish the 4 limbs with blood and shen
 - Lack of nourishment of Liver from the water element of Kidney can lead to excess heat and rising liver fire or stagnation and liver deficiency with poor distribution of blood and shen throughout body
- Kidney Nourishes Liver
 - 5 Elements Kidney (Water) nourishes Liver Wood)
 - Kidney Jing critical in formation of Blood
- Embryological Roots
 - Nourishment (Blood and Shen) to fetus comes from placenta via umbilical vein to fetal liver
 - CV 8 (Umbilicus) is called Shenque or Shen Gateway
 - Remnant connects Umbilicus (Root of Hara) to CV 15 via ligamentum and falciform ligament

Liver & Kidney Relationships

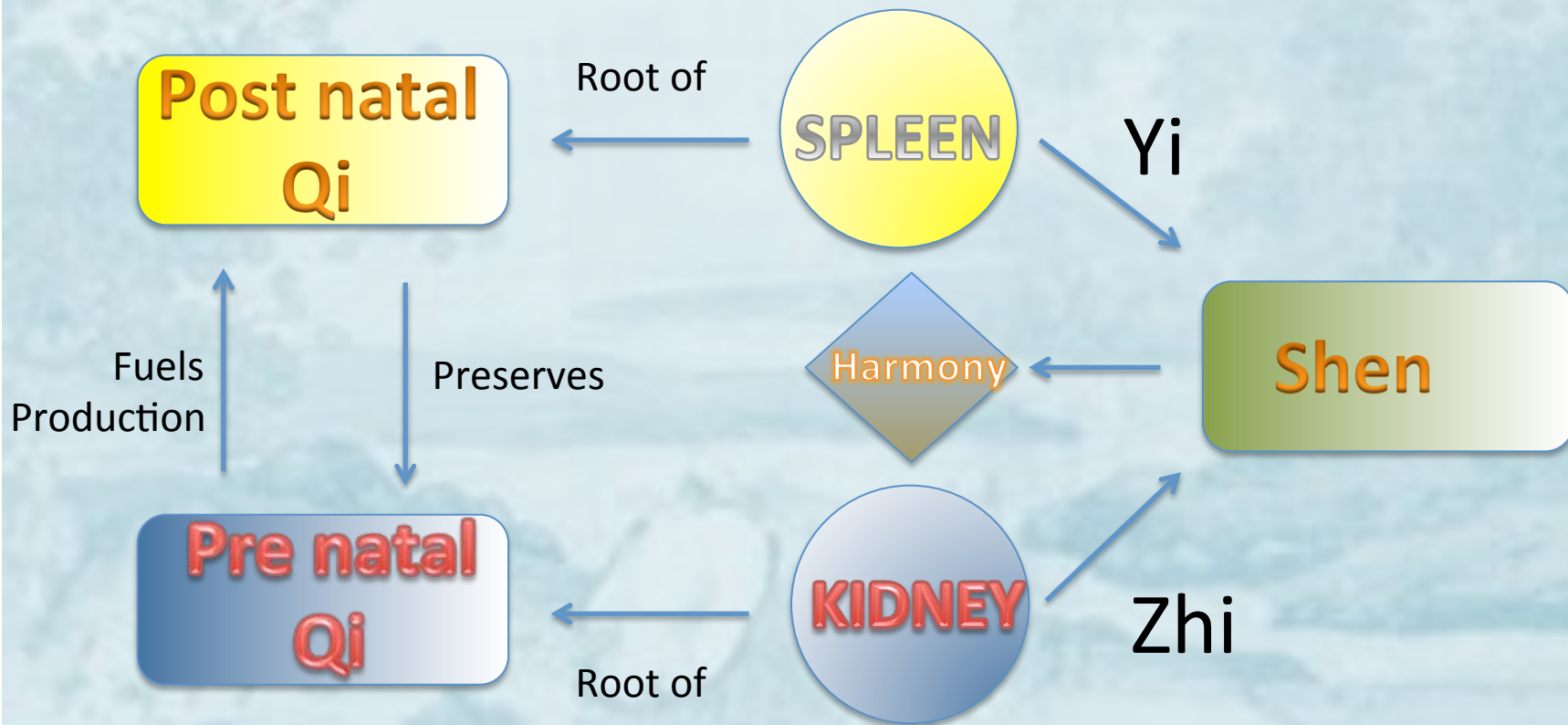


Spleen and Kidney

- Spleen is root of post natal Qi through its transformative function on Food
 - Kidney Jing will deplete if Spleen not able to replenish Qi
 - Depletion of Jing leads to weakening of Kidney fire and Ming men
 - The 5 yin organs will suffer
- Kidney's spirit zhi together with Yi of Spleen work together to harmonize the body
- From the Ling Shu

Zhi and yi (will and ideas) are therefore the controller [harmonizer] of jing and shen. the secure place of the hun and the po, the regulator of the temperature. They harmonize joy and anger... When the will and ideas are harmonized, the jing and shen become straight [fluid]. The hun and po don't disperse. One doesn't become too regretful or too angry. The five yin organs don't accept evil qi

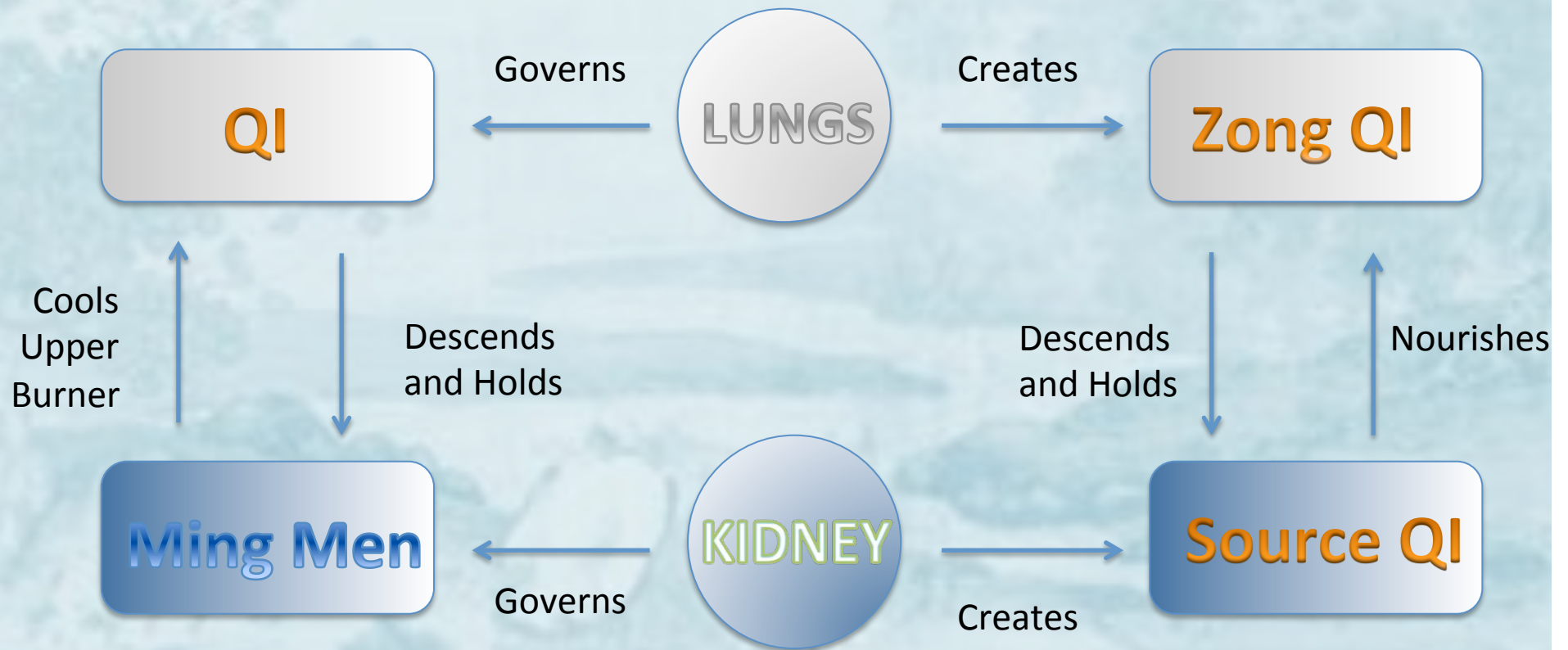
Spleen & Kidney Relationships



Lungs and Kidneys

- Lung's descending function sends Fluids and Qi down to Kidney
 - Weak lungs (shallow breathing) impairing fluid balance in body and weakening Kidney
 - Po escapes
 - Somatic disorders
- 5 element: Lung (metal) nourishes Kidney (water)
- Kidney's heating function creates steam that keeps upper burner and Lung cool and moist
- Kidney also has a holding function to take the Qi from Lung and hold it in Lower Burner to fuel its function
 - Ming men called the “Gate of Breathing”
 - Depleted Kidney Qi causes failure to hold Qi from Lung
 - Po instability

Lung & Kidney Relationships



Take Home Message

- Assessing and treating **Kidney** or “**Adrenal**” issues critical in an acupuncture treatment
 - Source of the other yin organs and normal function
 - Cannot hope to correct an issue in another organ such as Spleen, Lung or Liver if **Kidney Fire** and **Qi** not strong
 - Source of the meridians
 - Critical in balancing emotions
 - Especially important for all symptoms that develop after emotional and physical trauma that causes shock
 - Critical in harmonizing shen (overall emotional center)
 - Critical in preventing Hun and Po (**Liver Anger** and **Lung sadness and grief**) from overwhelming individual

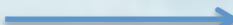



Key Points

- Adrenal Treatment

- Assess the KD 16 adrenal reflex

- Does not have to be tender, if rim at root of umbilicus is tight, that is a positive reflex

- Differential Diagnosis of Adrenal

- ST 9  KD 3
 - GB 26  KD 7
 - ASIS (GB 27)  KD 9
 - KD 2 (fire)  KD m/w (KD 7 with KD 10)

- Add KD 27 to above treatments if patient depleted or older than 40

- Treat back ming men (the right Huato Jiaji point at L23 level)

- Use outer Bladder line if emotional trauma major factor – BL 52
 - Add KD MU – GB 25