

THE FUNCTIONS OF KIDNEY and BLADDER

ILARIA MARIA MERLO, MD

*The highest good is like water,
Water is good at benefiting the ten thousand things,
And yet does not contend with them.*

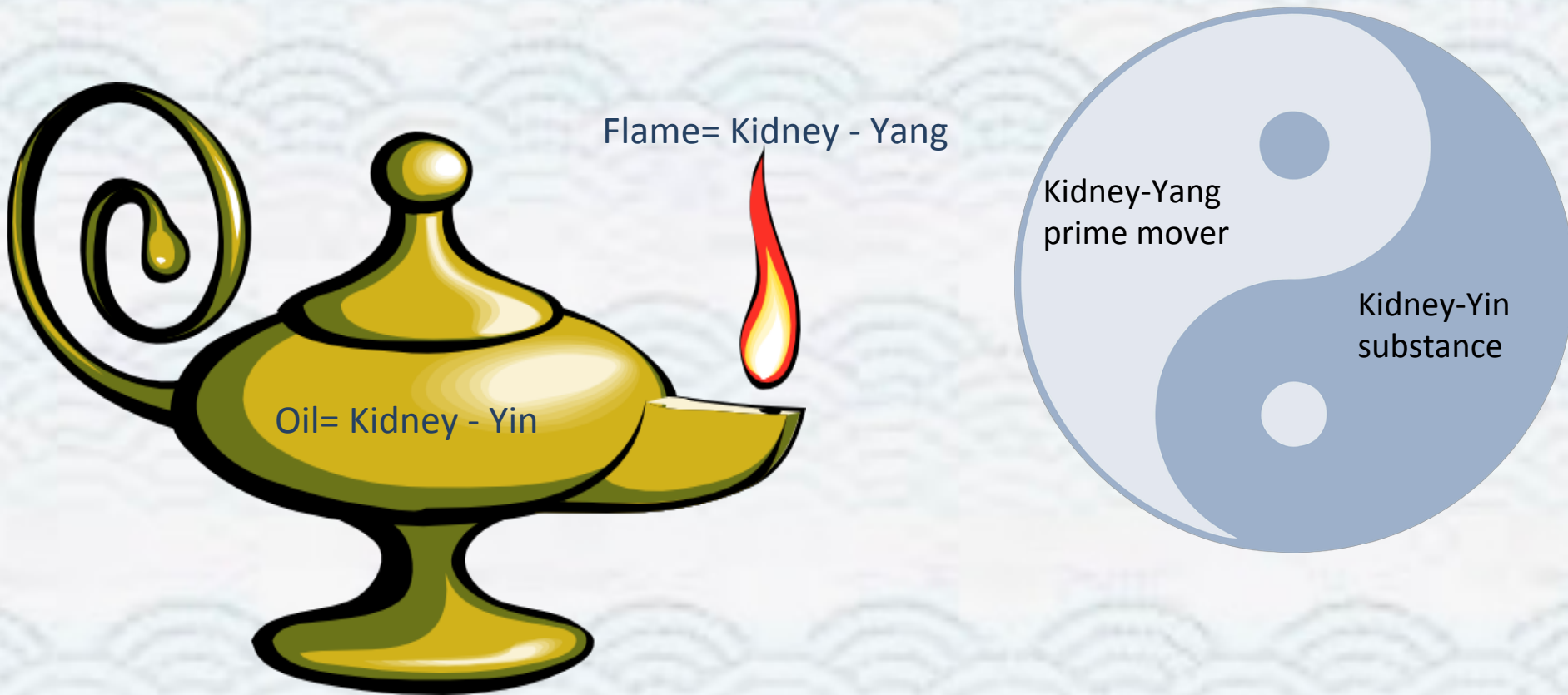
DAO DE JING



THE KIDNEYS AS THE FOUNDATION OF YIN AND YANG

- ❖ Described as **‘the Root of Life’** or **‘the Root of Pre-Heaven Qi’**, because **they store the Essence (*Jing*)**
- ❖ *Jing*, in its pre-Heaven form, is derived from the parents and established at conception
- ❖ This essence determines our basic constitution → ‘Root of Life’
- ❖ **The Yin and Yang aspects of the Kidneys are the foundation of Yin and Yang for all the other organs**
- ❖ Kidney-Yin, Primary Yin: the foundation of all the Yin energies of the body
- ❖ **Kidney-Yin: the fundamental substance for birth, growth and reproduction**
- ❖ Kidney-Yang, Primary Yang: the foundation of all the Yang energies of the body
- ❖ **Kidney-Yang: the prime mover of all physiological processes**
- ❖ Kidney-Yin and Kidney-Yang have the same root and rely on each other for their existence. Kidney-Yin is the material foundation for Kidney-Yang. Kidney-Yang represents the physiological activity that transforms Kidney-Yin; the heat necessary to all the Kidney functions
- ❖ Because of the fundamental interdependence of Kidney-Yin and Kidney-Yang, deficiency of one necessarily implies deficiency of the other, though in different proportions

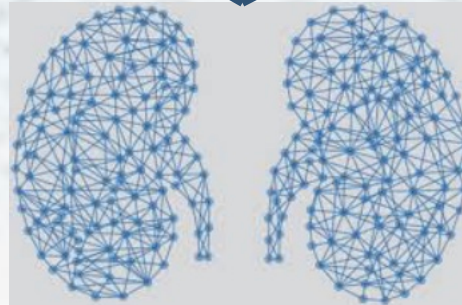
INTERACTION OF KIDNEY-YIN AND KIDNEY-YANG



In treating Kidney disharmonies, it is important to tonify both Kidney-Yin and Kidney-Yang to prevent the exhaustion of one of them.

THE SIGNIFICANCE OF THE KIDNEYS AS THE FOUNDATION OF YIN AND YANG; THE ORIGIN OF FIRE AND WATER IN THE BODY

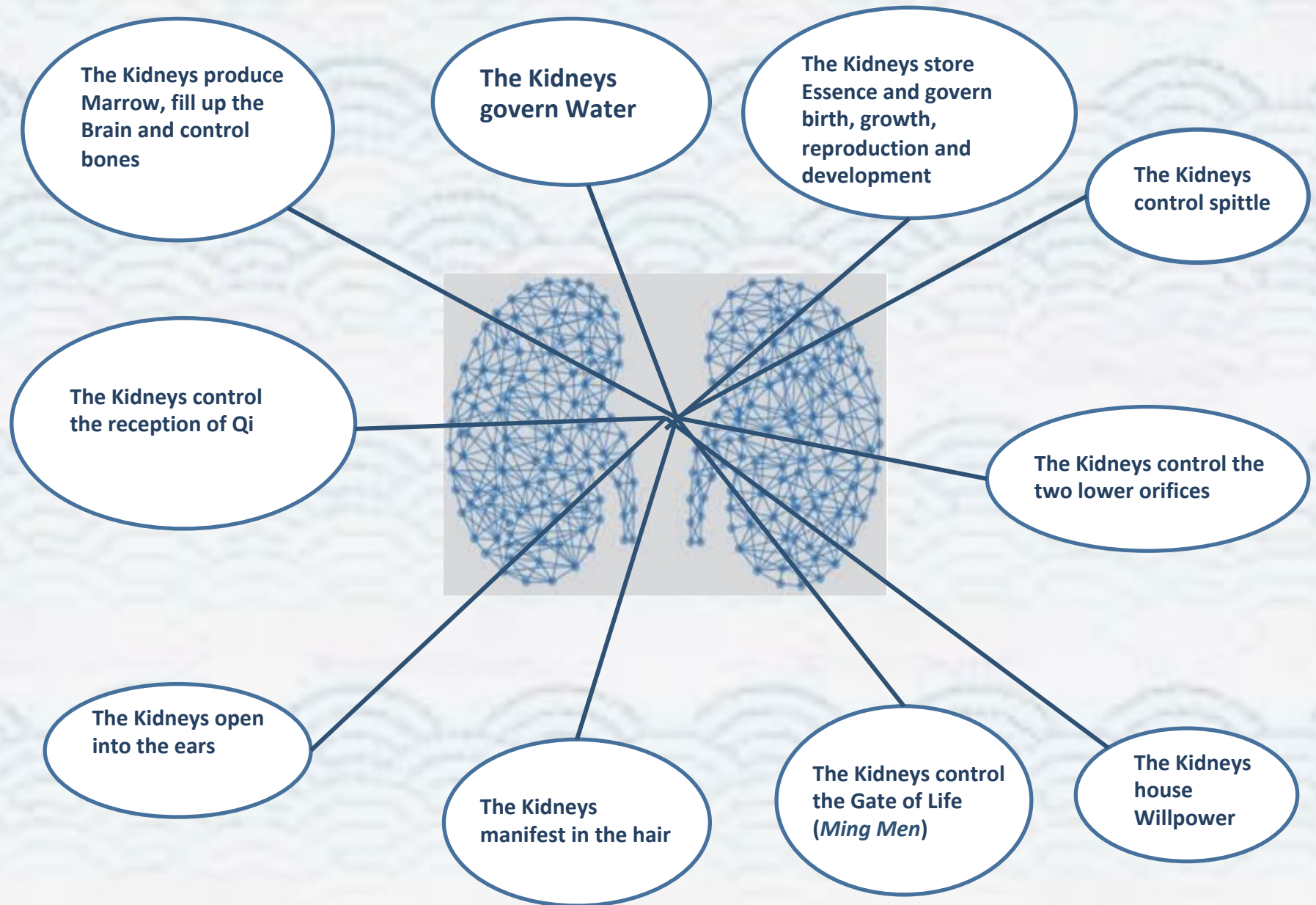
- ❖ The Kidneys are different from all the other Yin organs
 - because they are the foundation for all the Yin and Yang energies of the body
 - because they are the origin of Water and Fire in the body
- ❖ According to the Five Element Theory, the Kidneys belong to Water.
- ❖ They are also the source of Fire in the body: 'The Fire of the Gate of Life' (*Ming Men*), or Minister Fire, a physiological Fire.



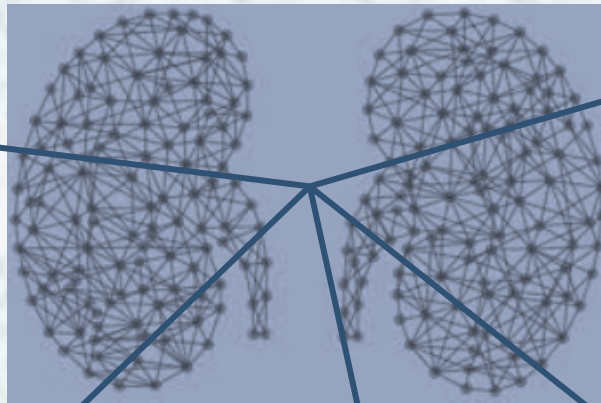
THE FUNCTIONS OF THE KIDNEYS

- Store the Essence and govern birth, growth, reproduction and development
- Produce Marrow, fill up the brain, and control bones
- Govern Water
- Control the reception of Qi
- Open into the ears
- Manifest in the hair
- Control spittle
- Control the two lower orifices
- House the Will power (*Zhi*)
- Control the Gate of Life (Minister Fire, *Ming Men*)
 - smell putrid
 - colour black
 - taste salty
 - climate cold
 - sound groaning

THE FUNCTIONS OF THE KIDNEYS



THE KIDNEY RELATIONSHIPS



The climate is cold

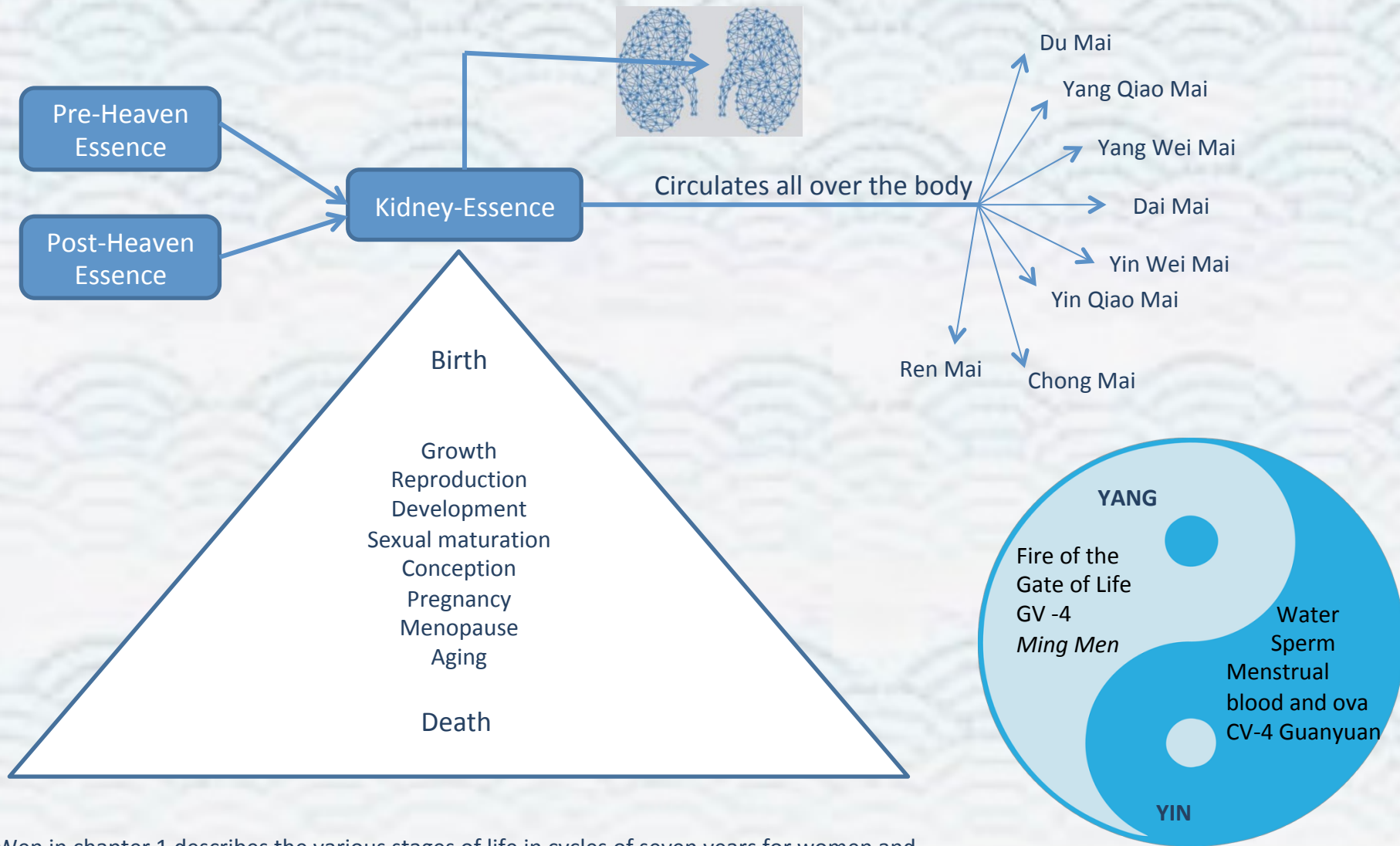
The smell is putrid

The sound is groaning

The colour is black

The taste is salty

THE KIDNEYS STORE ESSENCE AND GOVERN BIRTH, GROWTH, REPRODUCTION, AND DEVELOPMENT



Su Wen in chapter 1 describes the various stages of life in cycles of seven years for women and eight years for men.

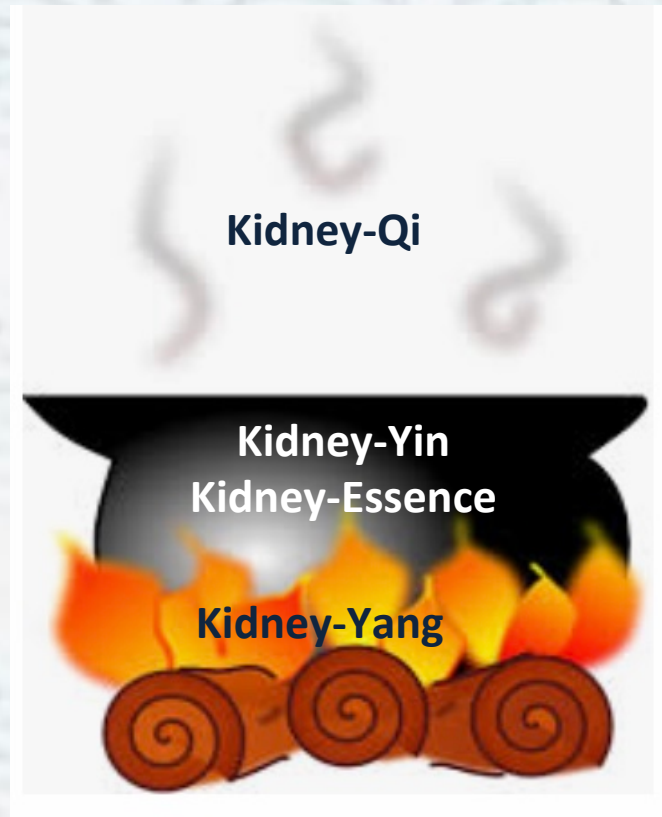
MEN'S ESSENCE FLOWS IN 8-YEAR CYCLES AND WOMEN'S ESSENCE IN 7-YEAR CYCLES

"The Kidney energy of a girl becomes abundant at the age of 7, her baby teeth are replaced by permanent ones and the hair grows. At the age of 14 the Tian Gui arrives (ovulation and menstruation), the Directing Vessel begins to flow, the Penetrating Vessel is flourishing, the periods come regularly and she can conceive. At the age of 21 the Kidney Essence peaks, the wisdom teeth come out and growth is at its utmost. At the age of 28, tendons and bones become strong, the hair grows longer, and the body is strong and flourishing. At the age of 35, the Bright Yang channels begin to weaken, the complexion starts to wither and the hair begins to fall. At the age of 42, the three Yang channels are weak, the face darkens and the hair begins to turn grey. At the age of 49, the Directing Vessel is empty, the Penetrating vessel depleted. The Tian Gui dries up, the Earth Passage (uterus) is not open, so weakness and infertility set in.

In a man, at the age of 8 the boy's Kidney energy is abundant, his hair and teeth grow. At the age of 16 his Kidney energy is even more abundant, the Tian Gui (sperm) arrives, the Essence is luxuriant and flowing. Yin and Yang are harmonized and he can father a child. At the age of 24, the Kidney energy peaks, tendons and bones are strong, the wisdom teeth appear and growth is at its peak. At the age of 32 tendons and bones are at their strongest, and the muscles are full and strong. At the age of 40 the Kidney is weakened, the hair begins to fall out and the teeth become loose. At the age of 48 Yang Qi is exhausted, the face becomes darker and the hair turns grey. At the age of 56 the liver energy is weakened, the tendon cannot move, the Tian Gui is dried up, the Kidney becomes weak and the body begins to grow old. At the age of 64 hair and teeth are gone."

KIDNEY-YIN, KIDNEY-ESSENCE, KIDNEY-YANG, AND KIDNEY-QI

- ❖ The various aspects of Kidney energy are closely connected.
- ❖ Kidney-Essence is fluid-like, naturally has an affinity with Yin, and can be considered as an aspect of Kidney-Yin.
- ❖ Kidney-Essence provides the organic basis for the transformation of Kidney-Yin into Kidney-Qi through the warming and evaporating action of Kidney-Yang.



ORIGINAL QI (YUAN QI) AND ESSENCE

➤ **Original Qi is the Essence in the form of Qi**

- It originates between the two Kidneys: a dynamic and rarefied form of Essence
- It includes the 'Original Yin' (*Yuan Yin*) and the 'Original Yang' (*Yuan Yang*)
- It is the foundation of all the Yin and Yang energies of the body
- Like Essence, it relies on nourishment from the Post-Heaven Essence (Stomach and Spleen)
- It is the foundation of vitality and stamina
- It is the dynamic motive force that arouses and moves the functional activity of all the organs

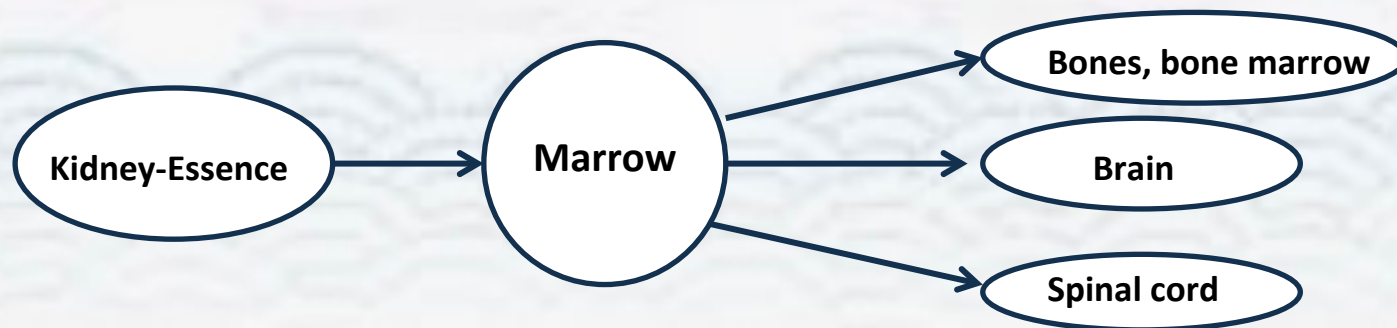
➤ *'Original Qi dwells between the two Kidneys, below the umbilicus, at the Gate of Life.'*
Classic of Difficulties, ch.66

- It enables the transformation of Gathering Qi (*Zhong Qi*) into True Qi (*Zhen Qi*).
- *'The Original Qi is the Motive Force (Dong Qi) situated between the two kidneys, it is life-giving and it is the root of the 12 channels. The triple Burner causes the Original Qi to differentiate (for its different purposes around the body): the Original Qi passes through the Three Burners and then spreads to the 5 Yin and the 6 Yang organs and their channels. The place where the Original Qi stays are the Source (Yuan) points'.* Classic of Difficulties, ch.66

- It forwards the transformation of Food-Qi (*Gu Qi*) into Blood in the Heart
- It comes out at the Source points

THE KIDNEYS PRODUCE MARROW, FILL UP THE BRAIN AND CONTROL BONES

- *'The Kidneys pertain to Water and they generate the bones. If the Kidneys are not flourishing, the marrow cannot be filled'*. Simple Questions, chapter 34
- In Chinese medicine Marrow is a substance that is the common matrix of bone, bone marrow, brain, and spinal cord
- *'The five flavours and fluids amalgamate to form fat: this irrigates the cavities inside the bones. It tonifies the Brain and the Marrow and flows to the thighs'*. Spiritual Axis, chapter 36.
- Bone marrow, spinal cord and brain as a dense, material type of Qi, called fat
- *'The Brain is the Sea of Marrow'*. Spiritual Axis, chapter 33
- *'The bones are the Fu (organ) of the Marrow'*. Simple Questions, chapter 17
- *'Kidneys control the bone marrow ... If the Kidneys have Heat, the spine will not be straight, the bones will wither, the marrow will decrease'*. Simple Questions, chapter 44
- *'The Kidneys are the strong officials from whom ingenuity is derived'*. Simple Questions, chapter 8
- Vitality and mental vigour depend on Kidney-Essence.
- The physical and mental strength of a person are an emanation of Kidney-Essence.



THE KIDNEYS GOVERN WATER

- Like a gate that opens and closes, the Kidneys control the flow of body fluids in the lower Burner
- When Kidney-Yin and Kidney-Yang are in balance, there is harmonious regulation of the opening and closing of the gate and urination is normal in colour and quantity
- Imbalance of Kidney-Yin and Kidney-Yang results in malfunctioning of the gate in opening and closing
- When too open (Kidney-Yang deficiency): pale and abundant urination
- When too closed (Kidney-Yin deficiency): dark and scanty urination
- The Kidneys reside in the Lower Burner ('drainage ditch'). The organs in the Lower Burner are in charge of the excretion of impure Body Fluids
- The Kidneys provide Qi for the Bladder to store and transform urine
- Kidney-Yang also control the action of Small Intestine and Large Intestine of separating clean from dirty fluids
- The Kidneys receive fluids from the Lung; a part of it is excreted, another part, transformed into vapour, returns to the Lungs to keep them moist
- Kidney-Yang supplies the Spleen with the heat it needs to fulfil its function of transforming and transporting fluids

THE KIDNEYS CONTROL THE RECEPTION OF QI

- The Lungs have a descending action on Qi sending it down to the Kidneys
- The Kidneys respond by 'receiving' or 'grasping' this Qi to hold it down
- If the Kidneys cannot hold Qi down, it 'rebels' upward creating congestion in the chest, breathlessness and asthma

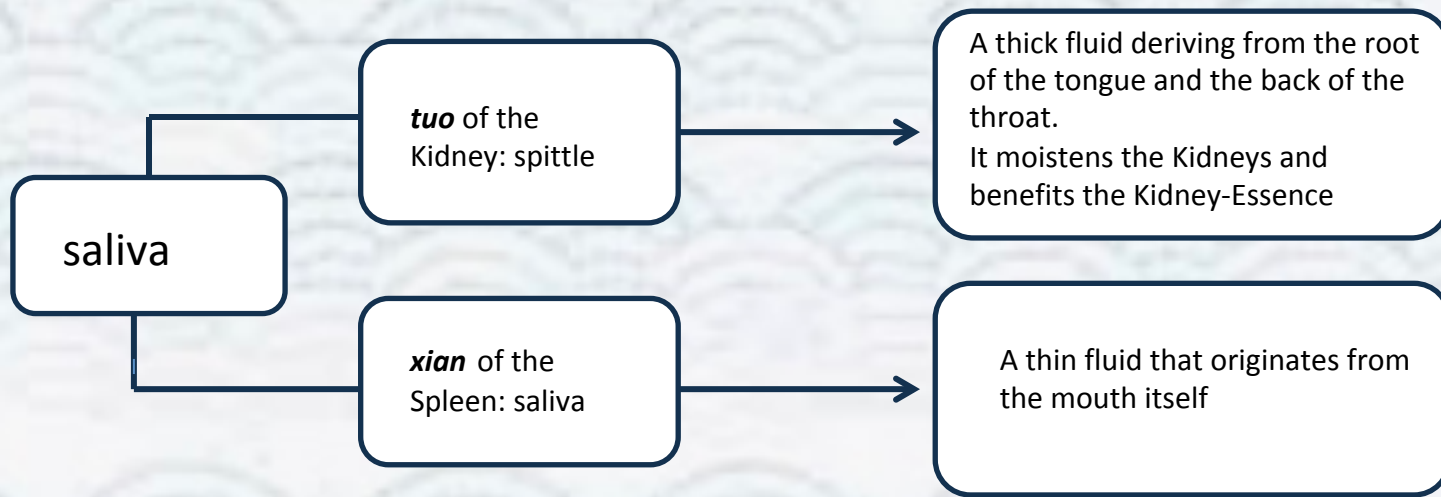
THE KIDNEYS OPEN INTO THE EARS

- Kidney-Essence nourishes the ears
- *‘The Kidneys open into the ears, if the Kidneys are healthy, the ears can hear the five sounds’.*
Spiritual Axis, chapter 17
- A Kidney deficiency may cause deafness and tinnitus

THE KIDNEYS MANIFEST IN THE HAIR

- Kidney-Essence nourishes the hair
- With Kidney deficiency, the hair will be thin, brittle, dry, dull, prematurely grey, or it may fall out altogether
- If the Kidney-Essence is strong, hair will be thick and of a good colour
- Liver-Blood also influences the hair.

THE KIDNEYS CONTROL SPITTLE



- Spittle derives from Kidney-Essence and nourishes Kidney-Essence
- It is a Daoist practice to roll the tongue around the gums in order to produce spittle, which is then swallowed and intentionally directed to the Lower *Dan Tian* to nourish Kidney-Essence
- Excessive spitting considered detrimental to Kidney-Essence

THE KIDNEYS CONTROL THE TWO LOWER ORIFICES

- Kidney-Qi is essential for the normal functioning of all the lower orifices: urethra, spermatic duct (in man), and anus
- Bladder derives the Qi for the transformation of urine from the Kidneys
- If deficiency of Kidney-Qi: incontinence, enuresis, urethritis
- As sperm is the outer manifestation of Kidney-Essence, the spermatic duct is controlled by the Kidneys
- If deficiency of Kidney-Qi: nocturnal emission or spermatorrhoea
- The anus is functionally related to the Kidneys
- If deficiency of Kidney-Qi: diarrhoea or prolapse of the anus

THE KIDNEYS HOUSE WILLPOWER

- The *shen* of the Kidneys is *zhi* (will), a homophone with *zhi* (wisdom), the virtue of the Water Element.

- '*The Kidneys are responsible for the creation of power. Skill and ability stem from them*'. Simple Questions

- 'The function of the Kidney is to store our deep source of potential for all of life's manifestations as they exist in the *jing* and *yuanqi*. The kidney represents the wellspring of life. The quality of the treasures that lay within are determined initially at the moment of conception and represent all that we bring to this life from our inheritance and our previous incarnations. These influences, present as *jing* and *yuanqi*, are to be conserved and utilized wisely over the course of our life as destiny unfolds. We cannot have too much of this endowment, and the general idea in all of life's endeavours is to draw only as much of this resource as necessary to effectively accomplish the task at hand. In effect, we must live substantially off the interest (acquired *qi*) of this trust while trying our best to conserve the principal (inherited *qi*)'. *Nourishing Destiny* by Lonny Jarrett

THE KIDNEYS CONTROL THE GATE OF LIFE (*MING MEN*)

- Before the Ming dynasty the Gate of Life (*Ming Men*) was identified with the right Kidney.
- After the Ming dynasty, the Gate of Life was thought to be an independent entity residing between the two kidneys.
- *' There are two Kidneys ... The Gate of Life is in between them ... The Gate of Life is the organ of Water and Fire, it is the residence of Yin and Yang, the Sea of Essence, and it determines life and death. Zhang Jie Bin (1563-1640)*
- The Gate of Life is the motive force of all activities of the body, the physiological Fire essential to life (True Fire).
- The Fire nature of the Gate of Life is important because it provides heat for all the body functions and for the Kidney-Essence itself
- The kidneys are the origin of Water and Fire of the body, the Primary Yin and the Primary Yang
- The Gate of Life is the Fire within the Kidney
- The minister Fire is a special type of Fire: it does not extinguish Water; it can actually produce Water

FUNCTIONS OF THE GATE OF LIFE

- ❖ It is the Root of the Original Qi (Yuan Qi)
- ❖ It is the source of physiological Fire for all the internal organs
 - Spleen needs its heat to transform and transport food essences
 - Stomach needs it to rot and ripen food
 - Heart needs it to house the Mind
 - Lungs need it to send Qi downward and to diffuse Qi
 - Liver needs it to ensure the free flow of Qi
 - Intestines need it to move food and stools
 - Gall Bladder needs it to secrete bile
 - Triple Warmer needs it to transform and excrete fluids
- ❖ It warms the Lower Burner and Bladder
- ❖ It warms the Stomach and Spleen to support digestion
- ❖ It harmonises the sexual function and warms the Essence and uterus
- ❖ It assist the Kidney function of reception of Qi
- ❖ It assist the Heart function of housing the Mind
- ❖ A deficiency of the Fire of the Gate of Life will impair the activity of all organs; tiredness, lack of vitality, mental depression, negativity and a feeling of cold will ensue.
- To tonify the Fire of the Gate of Life, use GV-4 (Ming Men), CV-4 (Guanyuan), and Kd-3 (Taixi) with moxa

DREAMS & SAYINGS ABOUT THE KIDNEYS

"When the Kidneys are weak, one dreams of swimming after a shipwreck; if the dream takes place in winter, one dreams of plunging in water and being scared"
Simple Questions, chapter 80

"When the Kidneys are in excess, one dreams that the spine is detached from the body ... When they are weak, one dreams of being immersed in water"
Spiritual Axis, chapter 43

'The Kidneys loathe dryness'

'The Kidneys control opening and closing'

'The Kidneys control strength and skill'

'The Kidneys are the Gate of the Stomach'

'The Kidneys are the Root of Pre-Heaven Qi'

DEFICIENCY OF KIDNEY-ESSENCE

Growth, reproduction and development:

- stunted growth in children
- mental retardation in children
- poor bone development
- infertility
- habitual miscarriage
- bone deterioration in adults
- loose teeth
- hair falling out or greying prematurely

The Essence as basis for kidney-Qi:

- poor sexual function
- impotence
- weakness of knees
- nocturnal emissions
- tinnitus and deafness.

The Essence as the basis of Marrow:

- poor concentration
- poor memory
- dizziness
- tinnitus
- a feeling of emptiness of the head.

The Essence as the basis of constitutional strength:

- being constantly prone to colds
- influenza
- other exterior diseases
- allergic rhinitis

SYMPTOMS ASSOCIATED WITH THE EXTERNAL COURSE OF THE KIDNEY CHANNEL

Pain along the lower vertebrae

Low back pain

Coldness in the feet

Motor impairment or muscular atrophy of the foot

Dryness in the mouth

Sore throat

Pain in the sole of the foot or along the posterior aspect of the lower leg or thigh

SYMPTOMS ASSOCIATED WITH THE INTERNAL ORGAN (KIDNEY)

Vertigo

Facial oedema

Ashen complexion

Blurred vision

Shortness of breath

Drowsiness and irritability

Loose stools

Chronic diarrhoea or constipation

Abdominal distension

Vomiting

impotence

POINTS ON KIDNEY CHANNEL

FIVE SHU POINTS

Jing-Well KID-1
Ying-Spring KID-2
Shu-Stream KID-3
Jing-River KID-7
He-Sea KID-10

FIVE PHASE POINTS

Wood KID-1
Fire KID-2
Earth KID-3
Metal KID-7
Water KID-10
Mother Point KID-7
Child Point KID-1

XI-CLEFT POINT KID-5

LUO-CONNECTING POINT KID-4

YUAN-SOURCE POINT KID-3

FRONT-MU POINT GB-25

BACK-SHU POINT BL-23

GENERAL ETIOLOGY OF KIDNEY DISHARMONY IN TCM

Hereditary weakness
Emotional strain
Excessive sexual activity
Chronic illness
Overwork
Old age

KIDNEY PATTERNS IN TCM

EMPTY PATTERNS

- Kidney-Yang deficiency
- Kidney-Yin deficiency
- Kidney-Qi not Firm
- Kidney failing to receive Qi
- Kidney-Essence deficiency

EMPTY/FULL PATTERNS

- Kidney-Yang deficiency. Water overflowing
- Kidney-Yin deficiency. Empty-Heat blazing

COMBINED PATTERNS

- Kidney- and Liver-Yin deficiency
- Kidney and Heart not harmonized
- Kidney- and Lung-Yin deficiency
- Kidney- and Spleen-Yang deficiency

KIDNEY RELATIONSHIPS WITH OTHER YIN ORGANS

HEART AND KIDNEY

- Mutual assistance of Fire and Water
- Common root of Mind (*Shen*) and Essence (*Jing*)
- The interaction of Heart and Kidney in the menstrual cycle

LIVER AND KIDNEYS

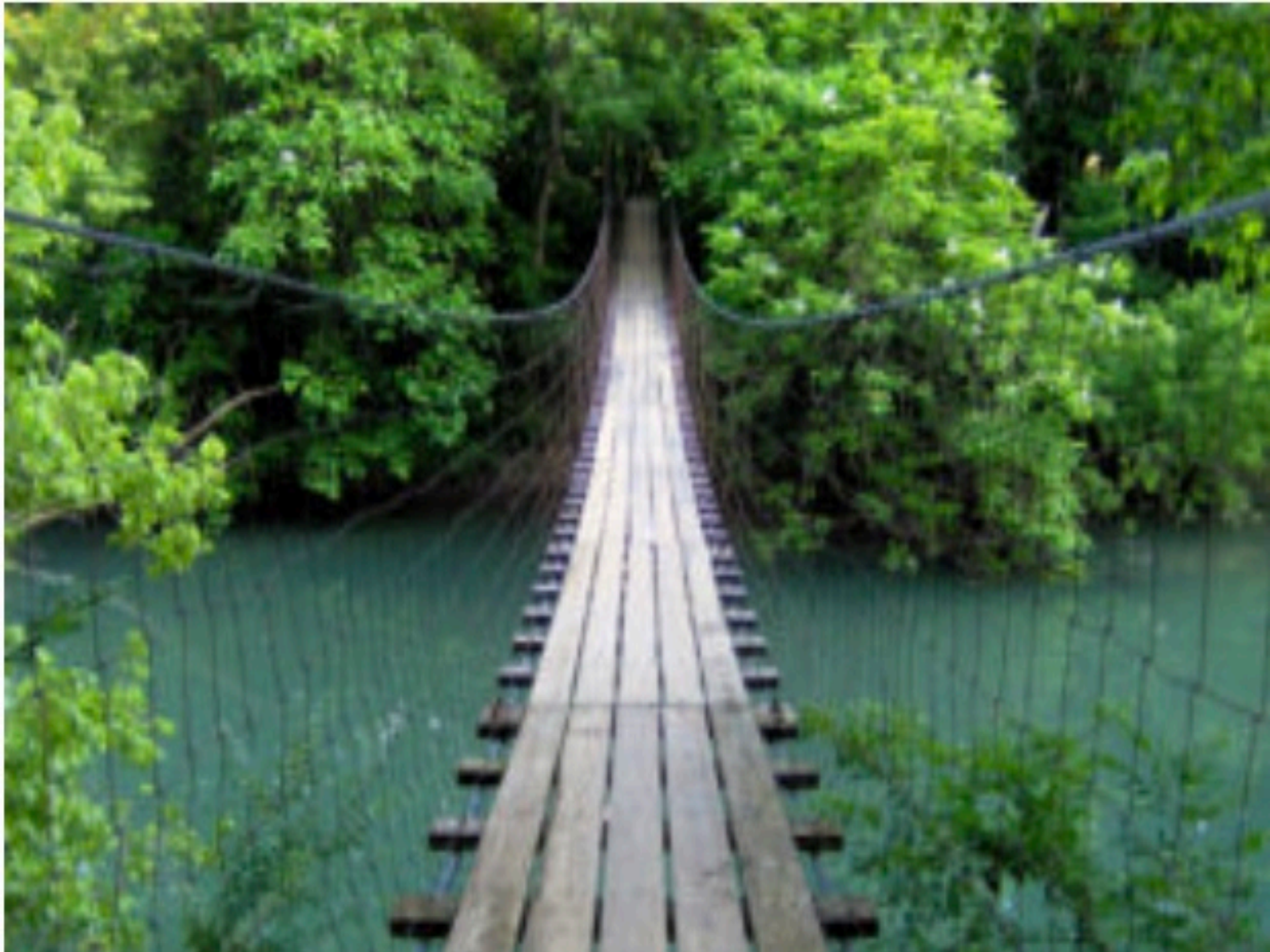
- Liver stores Blood and Kidneys store Essence
- Liver Blood replenishes the Essence
- Essence contributes to making Blood which is stored in the Liver
- *YuanQi* of the Kidney also contributes to making Blood
- Kidneys originate *Tian Gui* and Liver supplies Blood to the Uterus
- Both Liver and Kidneys closely connected to Chong Mai and Ren Mai

SPLEEN AND KIDNEYS

- Spleen as the Root of Post-Heaven Qi
- Kidney as the Root of Pre-Heaven Qi
- Kidney-Yang supplies the Spleen with the heat necessary to transform and transport food essence
- Spleen-Qi supports the Kidneys' transformation and excretion of fluids

LUNG AND KIDNEYS

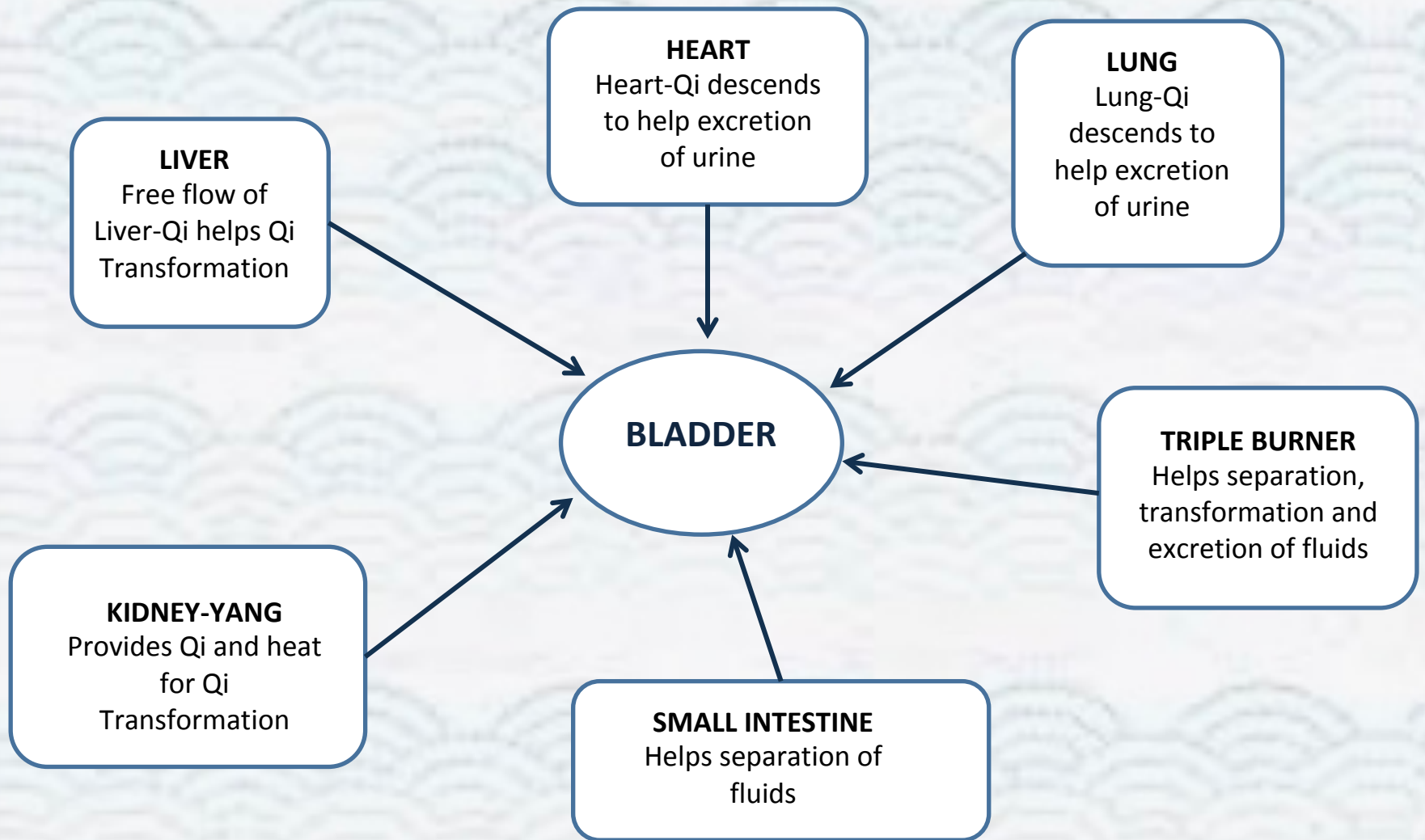
- Relationship between Lung and Kidneys with regard to Qi
- Relationship between Lung and Kidney with regard to fluids



THE FUNCTIONS OF BLADDER

- *'The Bladder is like a district capital, it stores fluids which are then excreted by the power of Qi transformation' . Su Wen*
- Wider spectrum of actions in Chinese medicine than in Western medicine
- It stores and excretes urine
- It contributes to the transformation of fluids necessary to the production of urine
- The power of this transformation is called 'Qi transformation'
- The Qi and heat for Bladder function are provided by Kidney-Yang
- Besides the Kidney, other organs cooperate with Bladder to control urination
- Small Intestine works with Bladder to move fluids in the Lower Burner
- Heart-Qi needs to descend towards Small Intestine and Bladder to help urination
- Lower Burner assists Bladder by making sure that the water passages are open and free
- Liver meridian flows around the end of the urethra, helping the flow of Qi
- Lung-Qi descends to the Kidney to help with the transformation and excretion of fluids

ORGANS INVOLVED IN URINATION



SYMPTOMS ASSOCIATED WITH THE EXTERNAL COURSE OF THE BLADDER CHANNEL

Alternating chills and fever

Headache

Stiff neck

Pain in the lumbar region

Nasal congestion

Diseases of the eye

Pain along the back of the leg and foot

SYMPTOMS ASSOCIATED WITH THE INTERNAL ORGAN (BLADDER)

Pain in the lower abdomen

Enuresis

Retention of urine

Painful urination

Mental disorders

Negative emotions (jealousy, suspicion, holding of grudges)

POINTS ON BLADDER CHANNEL

BACK-SHU POINTS

BL-13 Lung Shu
BL-14 Pericardium Shu
BL -15 Heart Shu
BL-18 Liver Shu
BL-19 Gall Bladder Shu
BL-20 Spleen Shu
BL-21 Stomach Shu
BL-22 Sanjiao Shu
BL-23 Kidney Shu
BL-25 Large Intestine Shu
BL-27 Small Intestine Shu
BL-28 **Bladder Shu**

FRONT-MU POINT CV-3

FIVE SHU POINTS

Jing-Well BL-67
Ying-Spring BL-66
Shu-Stream BL-65
Jing-River BL-60
He-Sea BL-40

FIVE PHASE POINTS

Wood BL-65
Fire BL-60
Earth BL-40
Metal BL-67
Water BL-66
Mother Point BL-67
Child Point BL-65

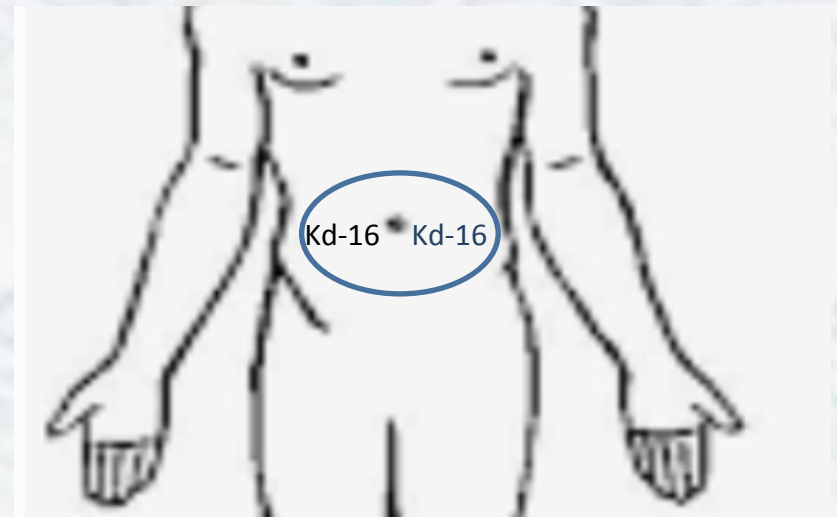
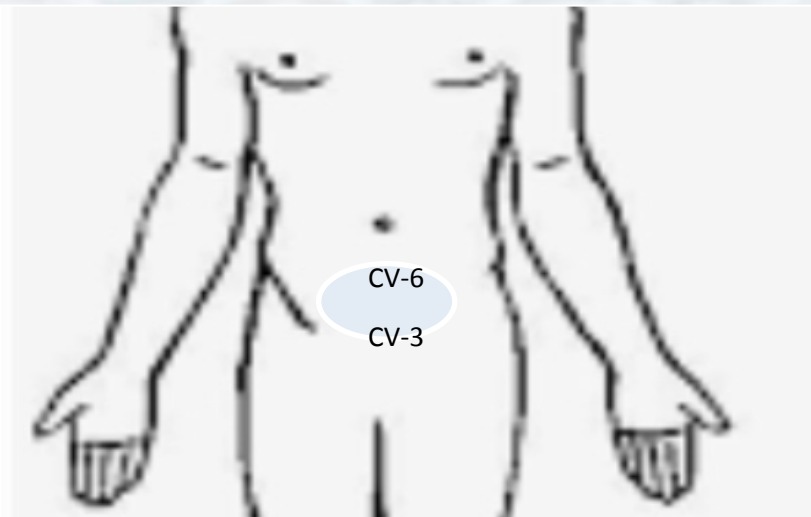
XI-CLEFT POINT BL-63

LUO-CONNECTING POINT BL-58

YUAN SOURCE POINT BL-64

JAPANESE APPROACH REFLECTION ZONE OF THE KIDNEY

'... Consider feeling a [movement in the] vessels [that is associated with an illness in the] Kidneys. External evidence of such [an illness includes] a black face, a tendency to be fearful, as well as yawning. Internal evidence of such [an illness is the presence of] moving influences below the navel which, if pressed, responds with firmness and pain ... ' Medicine in China, Nan-Ching; translated and annotated by Paul U. Unschuld, first edition, page 219



JAPANESE APPROACH REFLECTION ZONE OF THE KIDNEY

In the lower abdomen: Lower Dantian

Palpate for weakness, lack of elasticity and coldness

Pressure pain not necessarily present

Weakness in the Dantian associated with:

- Tight back (in the Kidney Shu area L2-L3)

- Tight psoas muscle and groin area

- Tight ilioinguinal ligament

- Tight sacrotuberous ligament

- Thyroid imbalance

- Blood sugar imbalance

Weakness of the Dantian often found after surgery in this area (hysterectomy, caesarean sections, bladder and prostate surgery)

The **reflex zone for adrenal gland imbalance** is found below Kd-16 and between Kd-16 and CV-6.

Causes of adrenal exhaustion syndrome are shock, trauma, birth trauma, abuse, near-death experience, major surgery, long-term treatments with corticosteroids for asthma, allergies, chronic inflammations, and inflammatory bowel disease

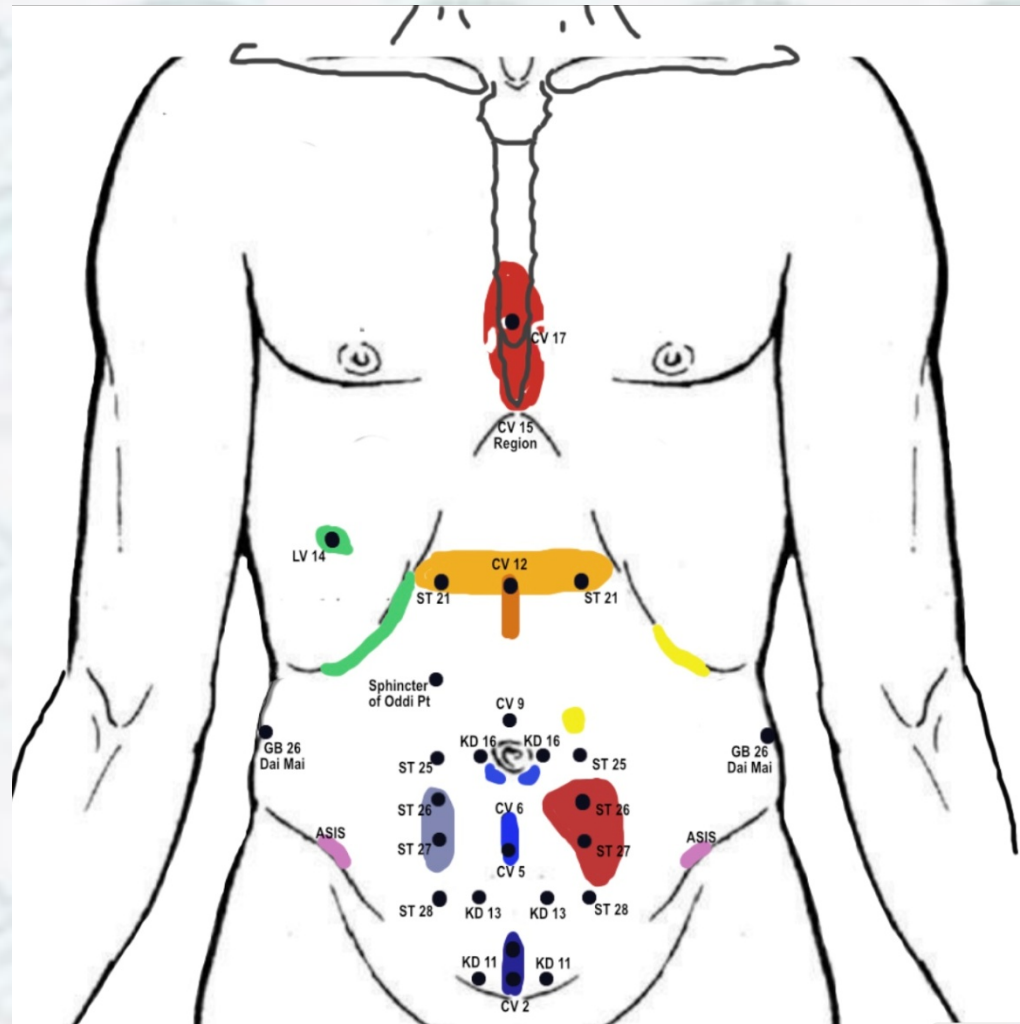
Treatment: Kd-6 (Kd-3, Kd-7, or Kd-9), Lu-5 and Kd-27.

Dr. Manaka considered the rim of the umbilicus as the reflection zone of the Kidney.

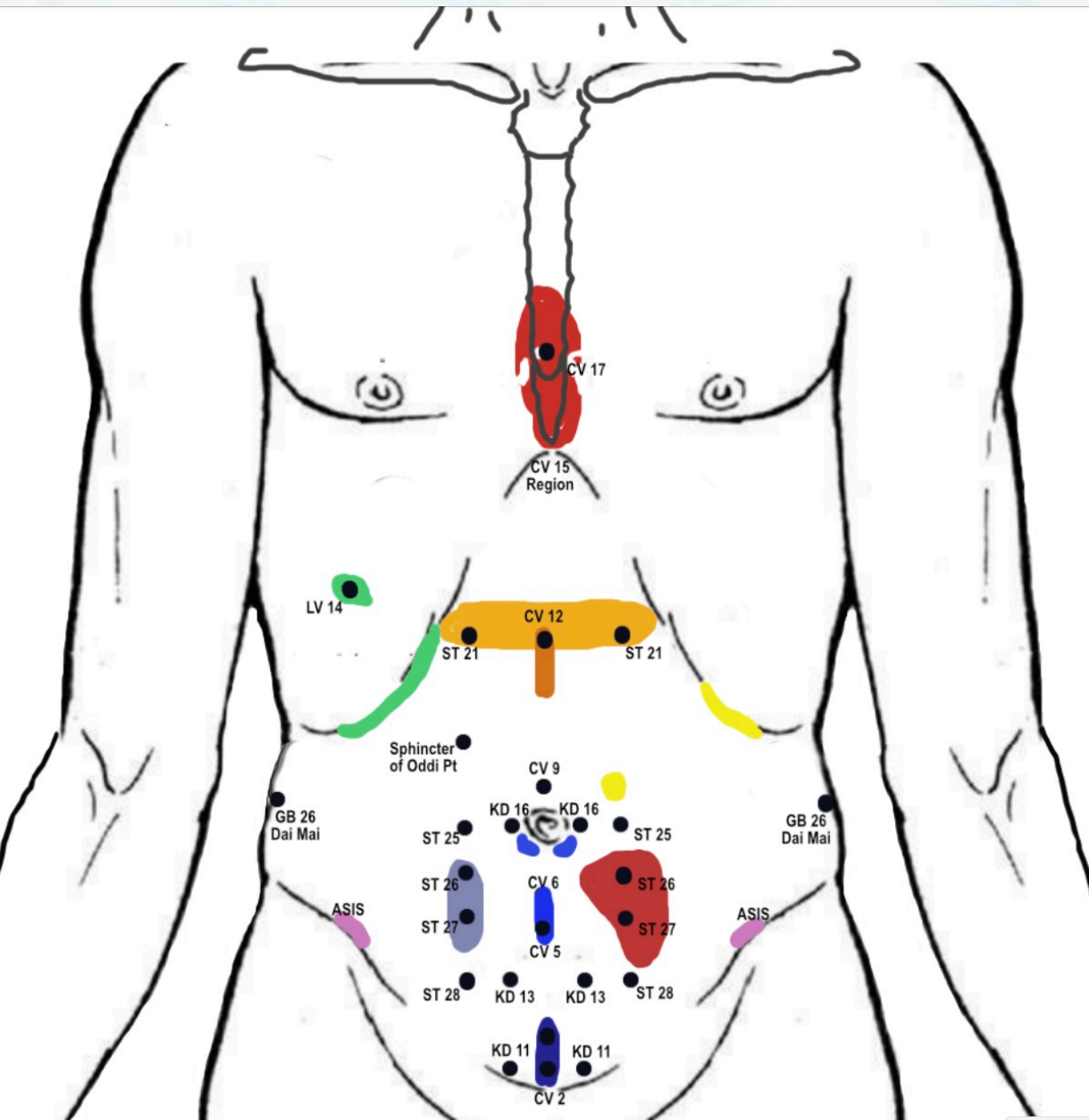
Treatment: Chinese Kidney Mu-point Gb-25

JAPANESE APPROACH REFLECTION ZONES OF THE KIDNEY

- The **gynecological reflex points** are also found in this area
- Reproductive and urinary system disorders: pressure pain on the reflex points of the **ovaries** (St-28), **fallopian tubes** (St-28), **prostate gland** (St-28), **urinary bladder** (CV-3: Mu-point of Bladder). Uterus (Kd-13 and St-30).
- Pressure pain on St-28 (*Water Passage*) can indicate a condition called 'Water stagnation': water retention during menstruation (weight gain, swelling of the fingers and sensation of fullness or bloating in the lower abdomen)
Treatment for this condition: Sp-3, Sp-7 and Sp-11; then Bl-23 and Gb-25.

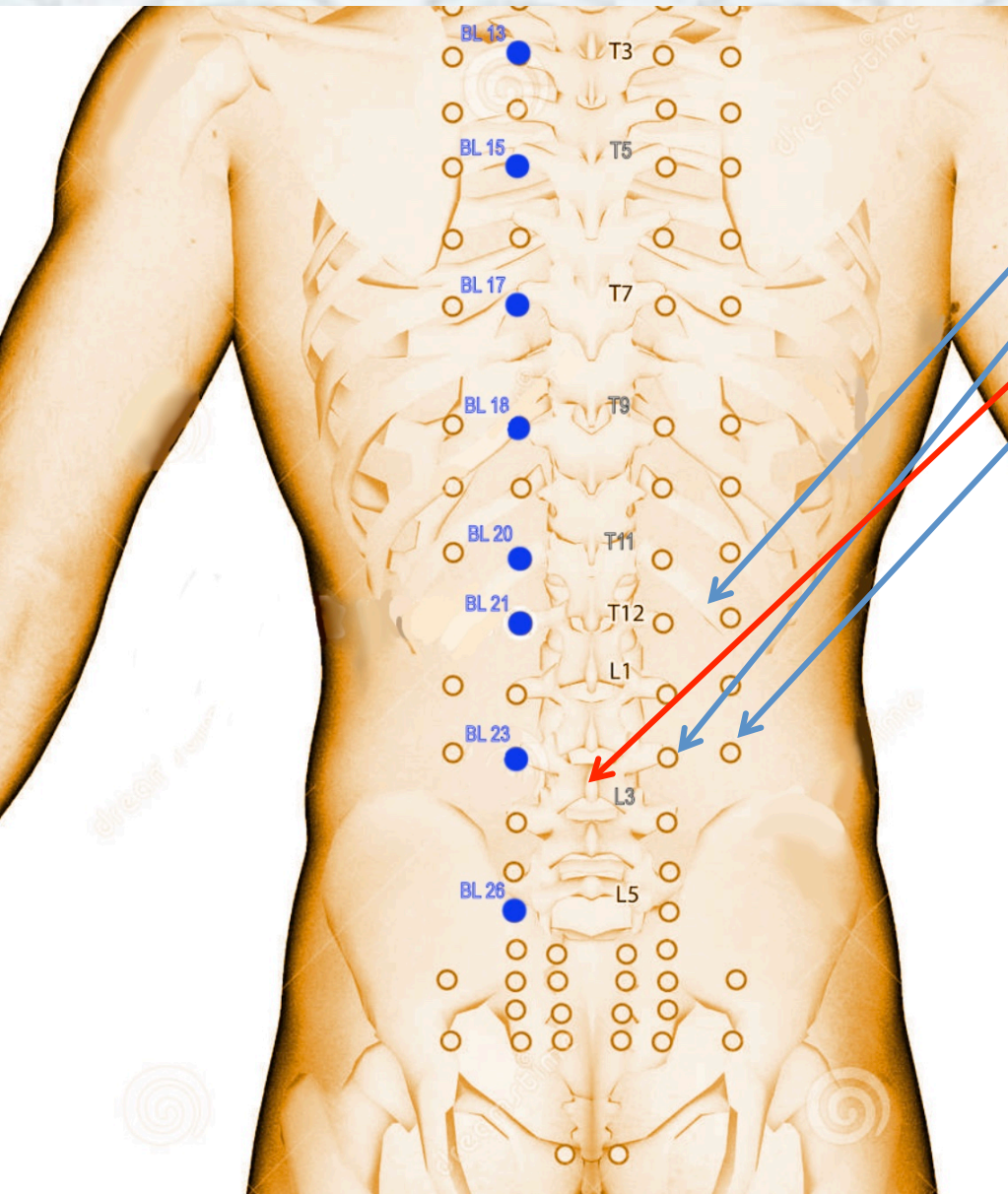


JAPANESE APPROACH REFLECTION ZONES OF THE KIDNEY



K16
Umbilical rim
St28
CV3-CV6 area

JAPANESE APPROACH REFLECTION AND TREATMENT ZONES OF THE KIDNEY



- GB-25: Kidney Mu-point
- BL-23: Back-Shu point of the Kidney
- GV-4: *Ming men*
- BL-52: *Zhishi* (residence of the will)

ANOTHER WAY OF LOOKING AT THE HARA



Lv-13: ears

Lv-14: mouth

St-25: eyes

Umbilical rim: nose and sinuses

Dantian: forehead (brain)

JAPANESE APPROACH KIDNEY PATTERNS

- ❖ KIDNEY DEFICIENCY ASSOCIATED WITH LUNG PROBLEMS
- ❖ KIDNEY DEFICIENCY ASSOCIATED WITH A TIGHT BACK
- ❖ KIDNEY-ADRENAL DEFICIENCY
- ❖ KIDNEY TOXICITY
- ❖ KIDNEY DEFICIENCY DUE TO AGING
- ❖ KIDNEY ESSENCE DEFICIENCY
- ❖ RENAL DISEASE

KIDNEY DEFICIENCY ASSOCIATED WITH LUNG PROBLEMS

DIAGNOSIS: pressure pain at Kd-16, weak Dantian, and/or pressure pain in the area of Lu-1 and Lu-2

INDICATIONS: shortness of breath, asthma, COPD, chest pain and fatigue

TREATMENT: Kd-6 and Lu-5 bilaterally

KIDNEY DEFICIENCY ASSOCIATED WITH A THIGHT BACK

DIAGNOSIS: pressure pain on the *quadratus lumborum (QL)* muscle

INDICATIONS: acute or chronic pain at the QL muscle, impotence, fatigue

TREATMENT: Master Hukaya's Lu-10 with direct , rice-sized moxa

KIDNEY-ADRENAL DEFICIENCY

DIAGNOSIS: pressure pain at Kd-16, weak and rapid pulse, painful Kd-2

INDICATIONS: shock, trauma, life-threatening experience, high fever, chronic consuming diseases, surgery, acute illness, stress and fear, chronic inflammation, patients who do not heal

TREATMENT: Kd-6, Kd-27, Lu-5

KIDNEY TOXICITY

DIAGNOSIS: Patient's history and/or release of pressure pain at diagnostic points, and/or reduction in any symptomatic presentation

INDICATIONS: opiate use, post-surgery, radiation or chemotherapy, poisoning, prolonged use of medications

TREATMENT: Kd-9 and Lv-5 or Kd-9 and LI-15, direct rice-sized moxa

KIDNEY DEFICIENCY DUE TO AGING

SYMPTOMS: backache, stiff shoulder, fatigue, lack of motivation, headache, feeling of heaviness in the head, muscle aches, sleeping disorders, irritability, low metabolism

TREATMENT: Kd-9, Kd-27; add moxa

KIDNEY ESSENCE DEFICIENCY

DIAGNOSIS: pressure pain at CV-5 (TW Mu-point) and CV-6 (Sea of Qi); lower Dantian
pressure pain at TW-17 and at the temporo-mandibular joint area
pressure pain at the attachment of the inguinal ligament to the ASIS

INDICATIONS: insomnia, sleep disorders, TMJ, jaw pain, temporal headache, inguinal ligament pain, sensitive skin, rash, and eczema

TREATMENT: Kd-9*, Kd-27, TW-9** and Bl-11*** (Bone Shu). Add GV-15 if lack of saliva

***Kd-9:** Xi-Cleft point of the Yin Wei Mai

****TW-9:** the only point connected to the Four Oceans; the Ocean of Marrow in the head, the Ocean of Qi in the chest, the Ocean of grain in the epigastrium, and the Ocean of Blood in the Dantian

*****Bl-11:** upper point where Qi and Blood move in and out of the Chong Mai
Bl-11 is a fundamental point for the revival of kidney functions

RENAL DISEASE

INDICATIONS: kidney failure, nephropathy, nephritis, dialysis patients

TREATMENT: according to Master Hukaya, the patient must feel at least 15 direct rice-sized moxa stimulations burned on four tight and hard points (found by palpation) around the umbilicus

