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Kidney Yang Deficiency

Reproductive functions

Urinary connection with the kidneys

- x Not enough heat to burn off the fluids. Copious and clear urination
- x Edema/water swelling

Lack of heat in the body

- x frigid arms and legs

Water phlegm goes into the upper jiao

This is a sub type of the kidney yang deficiency.

The heart/liver/kidneys become inundated with fluids.

We covered this last week

Spleen/kidney yang deficiency

This is chronic problem. It is caused by a long time illness that has injured the yang of the body.

Causes:

- x It can originate as a kidney yang deficiency. (The kidney pilot light is low). This can cause the spleen yang to become low over time as well
 - x Poor lifestyle choices
 - x Poor Constitution
- x It can start as a SP yang issue that has over time damaged the kidney yang.

- x Poor diet

Symptoms

- x Pronounce water swelling/edema – the fluids aren't being processed.
 - x They are puffy in the face, abdomen, limbs (legs especially)
 - x The pilot light is low so the fluids are processed and accumulate
- x copious clear urine (or sometimes no or little urine)
- x enduring diarrhea or loose stools.
 - x **Cock's crow diarrhea – early morning diarrhea**
 - x clear-food diarrhea
 - x constant diarrhea
 - x There's no heat cooking down the food. Nothing is being cooked out and it's just passing through the body.
- x Lack of heat signs/yang signs
 - x cold in arms/legs
 - x pale complexion
 - x “cold” abdomen/digest – want hot water bottle/heating pad on stomach feels good after eating. It helps them digest.
 - x Spleen yang deficiency signs such as
 - x weakness
 - x mentally tired – too tired to think.
 - x They could be worried – more of a ruminating worry.
 - x Specific digestion symptoms – bloating, rumbling in the abdomen.
 - x Kidney yang deficiency
 - x back aches
 - x knee pains
 - x desire heat on the back
 - x some urination problems – up 5 or 6 times a night to go to the bathroom.
 - x Reproductive stuff as well.
- x Tongue is pale and swollen. Puffy and possible tooth marks. White fur
- x pulse – this a deep weak, deficient pulse. It is likely to be slow because of the cold.

Treatment: Tonify and warm the kidney and spleen yang.

Use moxa! ST36, or on the lower back.

Qi Absorption Failure

The kidney's are in charge of inhaling (The lungs are in charge of exhalation). This is a problem more like asthma than like emphysema. This is kidney yang qi being too weak to grasp the breath.

Symptoms

- x Shortness of breath – especially on exertions. Like asthma
- x Difficulty in inhaling.
- x Coughing
 - x Asthma coughs have too much mucus. It's real phlegmy. It could be a really squeaky wheezing.
 - x Exertion induced asthma.
 - x A person could be incontinent when they cough.
 - x White and very sticky phlegm
- x Incontinence
- x Cold signs
 - x cold limbs
- x Sore lower back
- x Edema
 - x The lungs and the kidney help monitor fluids in the body. The lungs control the fluids of the upper body, the kidneys the lower body. So, if the kidney's fail to grasp the qi, the lungs and kidney aren't working well together to control the water.
 - x They edema tends to occur in the face. Puffy eyelids, puffy face.
 - x Or edema in the hands/arms.
- x Copious clear urination.
- x Easy to sweat (lung qi deficiency sign), excess sweat
 - x This can cause a weakness of the wei qi. This can cause the spontaneous sweating or getting sick easily.

Pulse – deep weak and tight

Cause:

- x This is a long-standing chronic problem. It can be a long standing disease that finally affects the kidneys. Especially if it's a long time lung problem. A lung-cough that occurs over an extended period of time.

- x This is a deep problem of the body if it gets down to the kidneys. This can happen if they are born with a constitutional weakness. (A lot of premature babies have lung issues.)
- x Excessive physical exercise. Excessive lifting and standing. (Where's KD 1?)
 - x Especially during puberty. While the body is growing, you should not put too much other stress on it.

Heart-kidney yang debilitation

This is a debilitating problem because it is from deep within the problem. This is an extreme case of heart yang deficiency

Symptoms:

- x inversion frigidity of the limbs
- x palpitations
- x dyspnea
- x water swelling
- x fainting/coma
 - x hypothermia
- x oily perspiration
- x you could see signs of blood stagnation
 - x bluish lips
 - x dark gray or bluish limbs.
 - x Could be cause of cardiac bi

Tongue – bluish, inability to stick out the tongue

Pulse – minute and hidden, knotted pulse

Cause:

There is a deficient kidney yang brought on by:

- x chronic illness
- x working too hard for an extended period of time
- x lifestyle
- x environment

Treatment principle: Rescue the yang, restore consciousness.

Kidney Qi Deficiency – insecurity of kidney qi

This is also referred to as Kidney qi is not firm.

The kidney qi is too weak to hold the urine or sperm/essence. The Chinese say the kidney manages the urethra and anus. These depend on the kidney qi to hold things in until the proper time.

This is a type of kidney yang-qi deficiency.

Symptoms:

- x Urine leaks out
- x Kidney deficiency signs
 - x feel exhaustion right down to the bones. (Spiritual fatigue)
 - x Low back pain
 - x limpness of the knees
 - x mild cold signs
 - x Remember this is yang qi deficiency.
 - x However, there may be no cold signs at all.
- x Key symptoms:
 - x dribbling urine,
 - x seminal emission (esp. at night, but without dreams)
 - x In men, if it is with vivid dreams, this points more to a deficiency fire situation.
 - x Clear copious urine
 - x Weak stream
 - x enuresis – can't control urine (nocturnal enuresis – bed-wetting)
 - x vaginal leaking/discharge in women
 - x prolapse of the uterus

When the kidney qi is so weak, it can provide energy to the bladder to help in the formation of urine. Also, the kidney qi is so weak it can't hold things in.

Cause:

- x Chinese medicine says this is caused by excessive sexual activity.
- x Too many children too close together.

Pulse: Weak fine pulse. It may be hard to find.

Tongue: distinctly pale

Treatment principle: reinforce and stabilize kidney qi.

Insufficient Kidney Essence

Also called insufficiency of kidney jing. This usually isn't a problem by itself. You might see signs of heat or signs of cold with this. (Yin deficiency or Yang deficiency)

The essence itself is a mixture of both yin and yang. It nourishes the bones, ears, etc. But it also has it's yang aspect as well. Depending on a person's constitution, you may have a tendency to either yin or yang deficiency. You will have either more yin deficiency signs or more yang deficiency signs.

Has to do with

- x growth
 - x hair loss or premature graying of hair
 - x adults
 - x premature senility in adults
 - x walk with cane
 - x sluggish movement
 - x emotional consciousness (dulling of jing-shen)
 - x children
 - x retarded growth
 - x short stature
 - x sluggish intellect and movement
 - x Five developmental delays in children
 - x poor bone development
 - x closing of the fontanels
 - x start speech
 - x start walking
 - x slow and sluggish intellect (retard, low IQ) Mentally handicapped, learning disabilities.
- x reproduction
 - x deficiency sexual functioning
- x bones
 - x cannot generate brain marrow (dizziness and tinnitus)
 - x weakness in the back and knees
 - x teeth are loose or perhaps teeth that look like driftwood.
 - x Adults

- x weak bones (osteoporosis)
- x Children
 - x weak bones
 - x retard closure of the fontanel

Insufficiency of kidney essence with Cold

- x Tongue is pale (looks cold)
- x pulse is deep, weak, and slow
- x person says they feel cold

Insufficiency of kidney essence with heat

- x Thready pulse.
- x Red tongue w/ peeled coat

Cause

- x adults – excess sexual activities (especially during puberty)
- x children – constitutional problems from the start. Parents were in poor health, etc.

Treatment principle: nourish the essence

- x Herbal formulas
- x Some acupuncture points

Damp Heat in the bladder

This is a urinary problem that has to do with excess heat and damp. (The kidney's can't be in excess.) In western terms this is a bladder infection. Dampness is the most common pathogen that attacks the bladder. It attacks the lower body first.

This is an interior problem. It's deep in the body.

Symptoms:

- x Difficult urination
 - x dampness obstructs the movements of fluid in the lower jiao.
 - x They start urination and it stops.
- x Urgent urination
- x Frequent urination
- x turbid/milky/cloudy urination
- x Maybe a burning sensation with the urination (Heat)
- x Dark and concentrated urine (again, heat)
- x Blood in the urine (again, heat)

- x Person feels feverish. Perhaps all over.
- x Person is thirsty. Perhaps for cold water.
- x This dampness can be cooked down to create kidney stones.
- x Tongue: red (heat signs). A thick and sticky yellow coat (dampness and heat). Red spots on the tongue, little prickles.
- x Pulse: rapid and slippery.

Treatment principle: resolve dampness and clear the heat. Open the water passages of the lower burner.

Cause:

- x sitting on damp surfaces
- x living in damp places

Diet to help the kidney essence

We can be careful with our acquired kidney essence. You can't change the inherited fixed amount essence.

- x Almonds
- x Milk – non-pasteurized/homogenized. Raw cow's milk does not cause phlegm. Sheep's milk and goat's milk are also considered less phlegm producing.
- x Ghee (clarified butter) (mix half and half with grapeseed oil and ghee. If you make it yourself, don't use salted butter.)
- x Chicken
- x Shellfish (mussels)
- x Salty - Dark food
 - x black beans
 - x salted black bean sauce
- x millet
- x wheat
- x mulberries
- x raspberries
- x walnuts
- x royal jelly (from bees), bee pollen – are though to contain the widest range of nutrients of wild foods.
- x Deer antler.
- x Tortoise shell

- x prepared rhemannia – Shu di huang
- x human placenta – prepared.
- x Micro algae
- x fish
- x liver
- x kidneys
- x brains
- x cereal grasses

These foods act as tonic and help build bones.

Yin deficiency:

stay away from warming food:

- x chicken
- x liver
- x walnuts
- x deer antler
- x cereal grasses

What's good

- x wheat grass,
- x shu di huang
- x placenta
- x black beans

Children with the development delays should get: Liu wei di huang wan

Avoid the things that deplete the jing

- x stress
- x overwork
- x fear
- x insecurity
- x excess sexual activity
- x too many children too soon
- x toxins in the food/environment
- x intoxicants
- x tobacco

- x heavy metals
- x coffee
- x too many sweet foods
- x too much protein in the diet

Make sure you have good digestion!