

POOR MEMORY



Chinese character for “longevity” (*shou*)

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In Chinese medicine, memory depends on the state of the:

Spleen



意

Yi

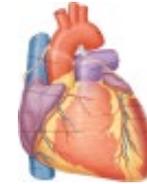
Kidneys



志

Zhi

Heart



神

Shen

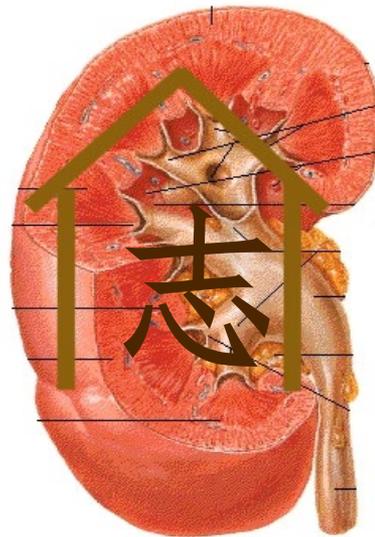
There is a considerable overlap among these three organs' functions.

The Spleen houses Intellect (*Yi* 意): influences memory in the sense of memorization, studying, concentrating, focusing. Its corresponding pathological aspect is excessive thinking and pensiveness.



The Kidneys house *Zhi* 志 (which is also Memory) and influence the brain since Kidney-Jing produces Marrow which nourishes the brain. As mentioned above, besides meaning “will-power”, *Zhi* also means “memory”.

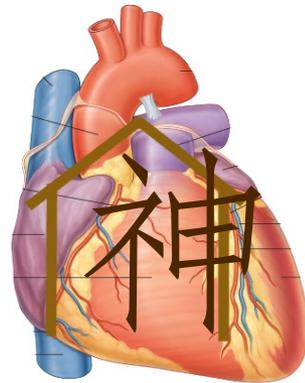
The Kidneys are responsible for memory in the sense of memorization of both recent and long-past events.



The Heart controls memory because it houses the Mind (*Shen* 神). There is a considerable overlap between the Kidneys and Heart with regard to memory, but the Heart is responsible more for the memory of recent events (but not exclusively).

And also remembering faces, names, etc. The Heart is also responsible for absent-mindedness, forgetting where one has put one's keys, leaving the front door open, etc.

The Shen of the Heart also controls intrinsic memory (together with Po of the Lungs)



Indeed, memory depends primarily on the *communication* between the Heart and the Kidneys.



The Heart is above and houses the *Shen*



The Kidneys are below and house the *Jing* and memory (*Zhi*).

One of the functions of the Mind of the Heart is memory and consciousness and this faculty needs to descend towards the Kidneys.

When this communication takes place, Jing can generate Qi and Qi, in turn, can generate the Mind and memory is good.

On the other hand, Kidney-Jing and *Zhi* need to ascend towards the Heart and Brain.

