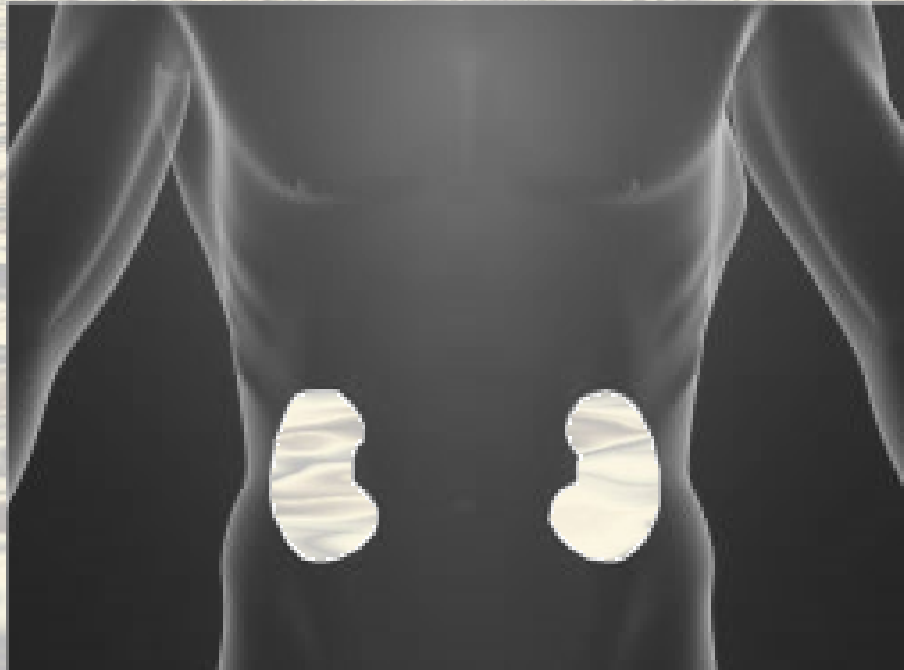


KIDNEYS



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KIDNEYS

Since the Kidneys can only be deficient the methods of treatment for this organ consist only in tonification. They are five:

- **Tonify Kidney-Yang**
- **Tonify Kidney-Yang through Water**
- **Tonify Kidney-Yang through Qi**
- **Strongly tonify Kidney-Yang and stoke up the Fire of the Gate of Life**
- **Nourish Kidney-Yin**
- **Nourish the Kidney-Essence**
- **Tonify both Kidney-Yang and Kidney-Yin**

TONIFY KIDNEY-YANG

Tonifying Kidney-Yang is applicable in deficiency of Kidney-Yang which may cause amenorrhoea, infertility, early periods, heavy periods or miscarriage. In pure deficiency of Kidney-Yang there will be chilliness, frequent-pale urination, backache, pale complexion and depression.

Typical herbs are *Rou Gui Cortex Cinnamomi cassiae*, *Ba Ji Tian Radix Morindae officinalis*, *Yin Yang Huo Herba Epimedii*, *Tu Si Zi Semen Cuscutae chinensis*, *Suo Yang Herba Cynomorii songarici*, *Fu Pen Zi Fructus Rubi chingii*, *Du Zhong Cortex Eucommiae ulmoidis*, *Xu Duan Radix Dipsaci asperi*, etc.

Representative formulae are *You Gui Wan Restoring the Right [Kidney] Pill*, *You Gui Yin Restoring the Right [Kidney] Decoction* and *Jin Kui Shen Qi Wan Golden Chest Kidney-Qi Pill*. Among the *Three Treasures* (or *East West Treasures*) formulae, *Strengthen the Root* tonifies Kidney-Yang. Among the *Women's Treasure* formulae, *Unicorn Pearl*, *Warm the Palace* and *Ease the Journey - Yang* tonify Kidney-Yang.

The herbs and prescriptions that tonify Kidney-Yang are obviously warm or hot and care must be taken that there is no Heat anywhere. In fact, it would not be unusual for a patient to suffer from Kidney-Yang deficiency and Damp-Heat in the Bladder: in such a case the use of one of the above formulae would be contraindicated.

There are two methods to tonify Kidney-Yang in gynaecology. The first is to tonify Fire from Water, i.e. stoking up Fire by nourishing Water which means obtaining Yang from Yin. As mentioned in the chapter on Pathology, Water and Fire are inseparable and mutually nourishing, especially so in women. Thus, in order to tonify Fire it is necessary to nourish Yin as well so that the newly-generated Fire does not consume Water: if we recall the metaphor of the oil-lamp, when we increase the flame, the oil is consumed at a speedier rate. In applying the method of obtaining Fire from Water, relatively large amounts of Yang tonics are added to Yin tonics.



This method is clearly reflected in Zhang Zhong Jing's *Jin Gui Shen Qi Wan Golden Chest Kidney-Qi Pill*

which contains the six herbs forming *Liu Wei Di Huang Wan Six-Ingredient Rehmannia Pill* to nourish Kidney-Yin, plus *Rou Gui Cortex Cinnamomi cassiae* (or *Gui Zhi Ramulus Cinnamomi cassiae*) and *Fu Zi Radix lateralis Aconiti carmichaeli praeparata*.

You Gui Wan (Yin) Restoring the Right [Kidney] Pill (Decoction) formulated by Zhang Jing Yue according to this same principle is also widely used.

