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Association of Traditional Chinese Veterinary Medicine

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TCVM
Notes

Is a Kidney Excess Pattern Possible?

If there is no *Yin*, there must be no *Yang*; If there is no Deficiency, then there is no Excess. However, some things are relatively more *Yang* and others more *Yin*. Younger is more Excess while older is more Deficient. The Liver is more Excess while the Kidney is more Deficient. Kidney Excess can occur in some rare cases (such as acute onset of a kidney infection) but this is more often referred to as Bladder Excess (Damp Heat). The Kidney stores *Jing*, which must be preserved and should never be damaged. To make it easier to learn and practice Chinese herbal medicine, TCM dogmas state "the Liver *Qi/Yang* is almost never deficient, and Kidney is almost never excess". This may be the reason that there is no herbal formula recommended to either tonify Liver *Qi/Yang* or clear Kidney Excess.

Huisheng Xie DVM, MS, PhD

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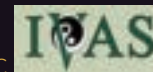
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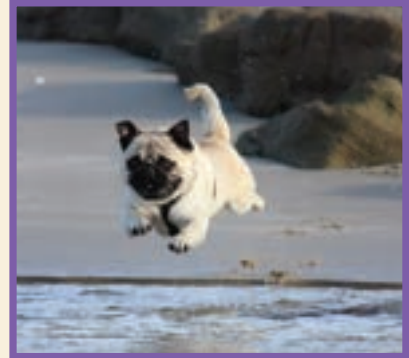
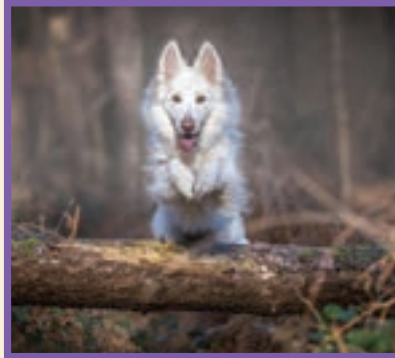
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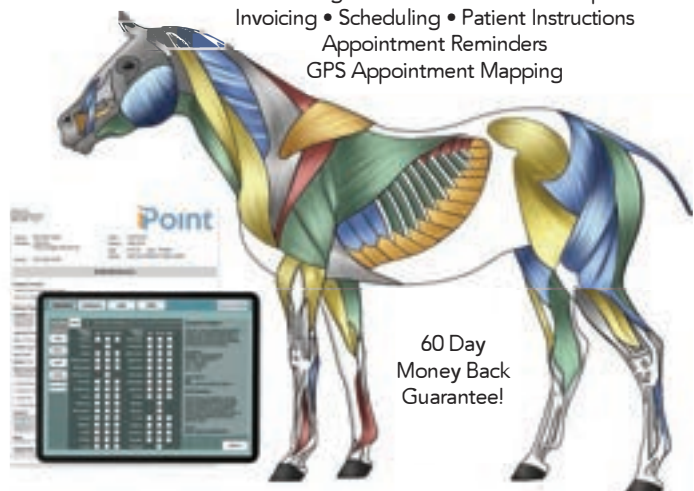
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Qi Ji, the Movement of Qi

Qi Ji is the movement of *Qi*, or flow of *Qi*. It is determined by each of the internal organs and is related to the function of the particular organ. *Qi* movement can be ascending or descending. The movement is a balance of *Yin* and *Yang*. *Yin* is related to Earth and ascends. *Yang* is related to heaven and descends. Each internal organ has a specific effect on the movement of *Qi* and disruption in the direction of movement indicates a dysfunction of that particular organ. The normal direction of movement of Spleen *Qi* and Stomach *Qi* is essential for maintaining proper physiological activity. Spleen is *Yin* and its *Qi* rises sending *Gu Qi* to the Lungs and Heart. Here it is transformed into *Qi* and Blood. Stomach *Qi* is *Yang*, it descends, sending the impurities to the intestines. The smooth flow of *Qi* between the three *Jiaos* and the internal organs is governed by the ascending function of Liver *Qi* and the descending function of Lung *Qi*. Most important is the balance of *Qi* flow between the Heart and Kidney. Imbalances here can affect all of the other organs. The warmth of the Kidney comes from the descending action of the Heart Fire and the Water of the Kidney rises to nourish the *Yin* aspect of the Heart. Therefore, the *Yin/Yang* balance of the body is maintained when the flow of *Qi* is in the correct direction, smooth and uninterrupted.

The Relationship of Qi and Blood

In Chinese medicine Blood and *Qi* are inseparable. *Qi* infuses movement into Blood and Blood carries *Qi* throughout the body. Blood is primarily derived from the Spleen's production of Food *Qi* or *Gu Qi* which is then moved upwards to the Lung. Through the action of Lung *Qi*, the *Gu Qi* is moved to the Heart where it transformed into Blood. The Kidney is also responsible for Blood production because it stores Essence and Essence generates marrow which, in turn contributes to the making of Blood. Not only is the Kidney responsible for some of the Blood produced, it is also the source of Original *Qi* which is the basis for Kidney *Qi*. Original *Qi* and Kidney *Qi* help in the transformation of Food *Qi* to Blood and Blood is needed to nourish Original *Qi*. Therefore, the relationship between *Qi* and Blood involves Blood nourishing *Qi*, *Qi* generating Blood, *Qi* moving Blood and Blood being held by *Qi*.

Gloria Weintrub VMD



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