Kidney Patterns
A Meridian Based Perspective
Kidney Connections

PC/HT

- SJ - KI - LI

- UB
TCM Patterns

Primary Patterns
- Kidney qi deficiency
- Kidney yang deficiency
- Kidney qi not astringing
- Kidney yin deficiency
- Kidney essence deficiency

Complex Patterns
- Kidney and lung qi vacuity
- Kidney and lung yin vacuity
- Kidney & lung yang vacuity
- Kidney and lung defensive qi deficiency
- Kidney and spleen yang vacuity
- Kidney and liver yin vacuity
- Kidney & heart yang vacuity
- Kidney & heart yin vacuity with empty heat
Master Tung’s Points

SJ Meridian

22.06 & 22.07

22.06 – Between the 4th and 5th metacarpals, 0.5 cun proximal to the metacarpal-phalangeal joint

22.07 – 1 cun proximal to 22.06

KI vacuity, back pain and sciatica due to renal disease or sciatica in the SY channel.

SI Meridian

22.08 and 22.09

22.08 – .5 cun proximal to SI 3

22.09 – 1 cun proximal to 22.08

Tai Yang sciatica, back pain, low back pain, nephritis, pain and stiffness in the knee on the UB channel, KI vacuity headaches.
Master Tung’s Points

SP Meridian

77.17 (SP 9) – Kidney organ disease

77.18 (Shen Guan) 1.5 cun below 77.17 – Key point for strengthening the kidney. Used for kidney vacuity symptoms such as back pain, headaches, sciatica, urinary dysfunctions and kidney organ diseases.

77.19 (Di Huang) 7 cun above the medial malleolus (SP7) Treats all types of kidney, urinary, and reproductive conditions including nephritis, edema, urinary infections, premature ejaculation, hematuria, irregular menstruation, and more.

77.21(Ren Huang) 4 cun superior to the medial malleolus. Treats the same conditions as 77.18 and 77.19
## Kidney Circuits

<table>
<thead>
<tr>
<th>Metal – Water Circuit</th>
<th>Shao Yin – Tai Yang Circuit</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>KI</strong> - <strong>UB</strong></td>
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<tr>
<td>-</td>
<td>-</td>
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<tr>
<td><strong>LI</strong> - <strong>LU</strong></td>
<td><strong>HT</strong> - <strong>SI</strong></td>
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**Uses:**
- Kidney vacuity, Kidney qi not astringing, Kidney & Large Intestine patterns
- Kidney yin or yang vacuity, Kidney and Hegu disharmony
# Kidney Circuits

<table>
<thead>
<tr>
<th>Shao Yin – Shao Yang Circuit</th>
<th>Shao Yin – SP/SJ Circuit</th>
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<td>KI  -  HT</td>
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<td></td>
<td></td>
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<tr>
<td>SJ  -  GB</td>
<td>SJ  -  SP</td>
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</table>

**Patterns:** KI yin or yang vacuity, empty heat, KI and HT disharmony

**Uses:** KI yin vacuity, KI yang vacuity, empty heat, KI an HT disharmony, essence and blood vacuity
# Kidney Circuits

<table>
<thead>
<tr>
<th>Jue Yin – KI/LI Circuit</th>
<th>Modified Circuit</th>
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<tr>
<td></td>
<td>SJ</td>
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<tr>
<td><strong>KI</strong> - <strong>PC</strong></td>
<td><strong>KI</strong> - <strong>PC</strong></td>
</tr>
<tr>
<td><strong>LI</strong> - <strong>LV</strong></td>
<td><strong>LI</strong> - <strong>LV</strong></td>
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Uses: KI and LV yin vacuity, KI yin and yang vacuity, KI patterns that occur with liver blood vacuity

Use when LI symptoms are also present.

Uses: KI and LV yin vacuity, liver yang rising or liver wind with KI vacuity

*For yang rising with heat the SJ often replaces the LI
# Kidney Circuits

<table>
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<tr>
<th>Yang Ming – KI/PC Circuit</th>
<th>Fire – Water Circuit</th>
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<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LI</strong> - <strong>ST</strong></td>
<td><strong>SJ</strong></td>
</tr>
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</table>

**Uses:** KI yin or KI yang vacuity affecting the yang ming, KI patterns that occur with blood vacuity and yang ming symptoms

**Uses:** KI yin vacuity, KI and heart yin vacuity with empty heat
Kidney Qi Vacuity

Metal – Water Circuit
- Works with 5 – elements
- Use with LU or LI symptoms
- Effective for back pain, lung and urinary conditions

Yang Ming – KI/PC Circuit
- Use with GI symptoms
- Often used in menopause and mid-life aged clients

Shao Yin – Tai Yang Circuit
- Fire – Water Disharmony
- Back Pain

*Always keep in mind the clients top 3 health concerns.
## Kidney Yang Vacuity

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<td><strong>KI</strong> - <strong>UB</strong></td>
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<tr>
<td>-</td>
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</tr>
<tr>
<td><strong>LI</strong> - <strong>LU</strong></td>
<td><strong>SJ</strong> - <strong>SP</strong></td>
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Ling Gu and Da Bai are powerful for increasing yang.

Three Huangs – Tonify KI and SP yang

22.06 and 22.07 – renal disease and back pain, tonify the KI.
Kidney Yang Vacuity

LK
DB
SI 3

LU 5
LU 7

LU 5
LU 7

HT 5

22.06
22.07

3 Huangs

Choose the best points on yang channels

KI 3
KI 7
or 3 Huangs

UB 23
UB 62

UB 23
UB 62

Kidney Yin Vacuity

Shao Yin – Shao Yang Circuit
For KI and HT Disharmony
Shao Yang Clears Heat
GB – Dai / Essence GB 39

Jue Yin – KI/LI Circuit
LV and PC important for yin
Calms Shen
Resolves Stagnation

Shao Yin – SP/SJ Circuit
SP and KI Tonify Yin
SJ Clears Heat

Yang Ming – KI/PC Circuit
KI Yin Vacuity affecting LI or ST
KI and Heart Disharmony

Metal – Water Circuit
For KI and LU Vacuity
5 – element cycle
KI Yin Vacuity

KI/PC – Yang Ming Circuit

Case Study: Female, 52

1. Menopausal hot flashes
2. Constipation
3. Epigastric Pain
4. Carpal tunnel in area of PC 5 – PC 7

*PC points needled on opposite side of carpal tunnel
KI and LU Patterns

Metal – Water Circuit

KI - UB

LI - LU

May be used for qi, yin, or yang vacuity.

Points chosen should reflect each patient’s unique needs and top 3 concerns.

Use mirroring, imaging, point energetics, 5 - elements, or command points to determine what precise points to needle.

Herbs should often be used for these patterns.
KI and SP Yang Vacuity

One of the most important things in treating this pattern is to use the 3 Huangs since they treat both SP and KI vacuity.

The other channels can be determined by the clients top 3 concerns.

What leg yang channel would best serve their needs?
UB for KI conditions
ST for digestive patterns

Hand Yin Channels
LU – lung symptoms
PC or HT for heart symptoms

Hand Yang
SJ – 22.06 and 22.07
LI – LK and DB
SI – 22.08 (SI3), 22.09

What circuit is naturally formed from working with the clients top three concerns?
KI and SP Yang Vacuity Case Study

Male, 37 years old

1. Constipation with low appetite and bloating
   LI - ST - SP
2. Depression and anxiety
3. Back Pain KI

Tongue: pale and puffy
KI and LV Yin Vacuity

**Jue Yin – KI/PC Circuit**

- KI - LI
- PC - LV

This circuit is often modified according to needs.

LI or SJ may be used.

GB as the foot yang channel.

Adding the ST channel creates the Yang Ming – KI/PC circuit.

**Modified Jue Yin – Shao Yang**

- LV - GB
- PC - SJ
- KI

Used for liver wind or liver yang rising with underlying KI and LV yin vacuity.
## KI and HT Yang Vacuity

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<tr>
<th>Shao Yin – Tai Yang</th>
<th>Shao Yin – Shao Yang</th>
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<tbody>
<tr>
<td>Use with UB and SI</td>
<td>Use when the SJ and/or GB channels have symptoms.</td>
</tr>
<tr>
<td>symptoms</td>
<td></td>
</tr>
<tr>
<td>Water Metabolism</td>
<td>Used for intensive neurological patterns.</td>
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<table>
<thead>
<tr>
<th>Shao Yin – SP/SJ Circuit</th>
<th>In this pattern it is often best to substitute traditional KI points in favor of the 3 Huangs.</th>
</tr>
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<tbody>
<tr>
<td>3 Huangs for KI Yang Vacuity</td>
<td></td>
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<tr>
<td>SP points also benefit the HT</td>
<td></td>
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KI and HT Yin Vacuity

Any of the Shao Yin Circuits

Shao Yin – Tai Yang
   If tai yang channels are symptomatic

Shao Yin – SP/SJ
   Works well when digestive, gynecological, or urinary symptoms occur.

Shao Yin – Shao Yang
   When shao yang conditions present, also good for shen disturbance

Jue Yin – KI/LI Circuit
   Use when KI, HT, and LV patterns are all present.
Case Study

Female, 42

Primary Concern: Urinary incontinence, frequent urination, UB infections – UB

Secondary Concern: Hemorrhoids – LI

Third Concern: Chronic cough from previous fever – LU

TCM Patterns: Damp Heat in UB, KI Yang Vacuity, Blood Stagnation

Master Tung LI points
33.01
33.02
33.03

LU 5
LU 7

KI 3, KI 7 or 3 Huangs

UB 40
UB 57
TCM Patterns and Circuits

- Kidney Yang Deficiency / Metal – Water Circuit
- Kidney Qi Deficiency / Metal – Water Circuit
- Kidney Yin Deficiency / Shao Yin – Shao Yang, Shao Yin SP/SJ, Yang Ming – KI/PC Circuits
- Kidney Essence Deficiency / What circuit would you use to treat this zang-fu pattern?
TCM Patterns and Circuits

- Kidney and Lung Patterns / Metal – Water Circuit
- Kidney and Spleen Yang Vacuity / Shao Yin – SP/SJ, Yang Ming – KI/PC Circuits
- Kidney and Liver Yin Vacuity / Jue Yin – KI/LI Circuit
- Kidney & Heart Yang Vacuity / Shao Yin – SP/SJ Circuit
- Kidney & Heart Yin Vacuity with Empty Heat – Shao Yin – SP/SJ Circuit