Diabetes
Xiao Ke

Xiao Ke is wasting/emaciation and thirsting. The Chinese translation is “tang liao bing” which equals diabetes. The term “diabetes” is actually of Greek and Roman origin and means “sweet urine.” In China one of the tests for diabetes was to put urine on a rock in the sunshine to dry. If ants or bees were attracted to it this was considered to be a positive diagnosis for sugar in the urine.

Biomedicine acknowledges 2 types of diabetes (though I remember some chat in Pathophys about a new type that some doc had defined).

1) **Type I or Type A Diabetes**
   Patients with this type are dependent upon insulin. This is an auto-immune disease in which beta cells in the pancreas are destroyed and can’t secrete insulin. Insulin helps the cells absorb blood sugar which is the fuel for cell-produced energy. Because no insulin is produced there is a need for regular external sources of insulin. This type of diabetes is usually diagnosed before the age of 20 yrs. The prognosis for this type is very poor and usually results in kidney failure.

2) **Type II or Type B Diabetes**
   In this disease the pancreas can still produce insulin, but not enough to support the body. This is generally diagnosed over the age of 50 (though the incidence of this is rising due to the crappy ass American diet). 90% of diabetes diagnosed is Type II. This type of diabetes is mostly controlled through regulation of the diet rather than on insulin injections or oral doses. Acupuncture helps a lot too.

### Diabetes

<table>
<thead>
<tr>
<th></th>
<th>Normal Glucose Tolerance</th>
<th>Impaired Glucose Tolerance</th>
<th>Diabetes Mellitus</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fasting plasma glucose (mg/dl)</strong></td>
<td>70 - 110</td>
<td>110 - 125</td>
<td>&gt;=126</td>
</tr>
<tr>
<td><strong>2 hours after glucose load (mg/dl)</strong></td>
<td>&lt; 140</td>
<td>140 - 200</td>
<td>&gt;=200</td>
</tr>
</tbody>
</table>

Random plasma glucose >= 200mg/dl
Plasma glucose after overnight fast >= 126 mg/dl
❖ 1mmol/L = 0.0557mg/dL  1mg/dL = 17.95mmol/L
Biomedical mechanism
Biomedically speaking, energy of the body comes from sugar which is carried by insulin into the cells. Insulin insufficiency results in glucose being retained in the blood which is a great breeding ground for bacteria. This can manifest in dermatitis, carbuncles, furuncles, rashes. If you test the urine there will also be sugar here. Insulin also assists the body in the use of fats and proteins. Without insulin fat and protein are not used properly. This factor plus the inability to use sugars can result in a “bad apple smell.”

When sugar in the blood is too high for too long the heart suffers by damaging the vessels and tissues. Brain suffers from stroke due to damage to the vessels. Kidney loses ability to function due to the same problem – vessel damage. Bacteria feed on the sugary environment causing infection and gangrene in the distal areas of the body. This can be a very significant thing to know for acupuncturists! You can actually introduce bacteria into this sugar-rich environment if you clean needle technique is not so good! Eyesight is lost because vessels in the eye bleed out. (Remember that in TCM the eyes are associated with the Liver.)

What is normal?
Blood sugar should be 126 mg/dl when fasting and 200mg /dl 2 hours after a meal.

Symptoms:
Polydipsia – excessive thirst. Polyuria – excessive urination. Polyphagia – excessive appetite. When the cells aren’t getting sugar due to lack of insulin, they signal the need for more food and so the patient eats a lot. Sugar molecules are really big and are floating around in the blood stream, which the Kidney filters. It takes a lot of fluid to flush those sugar molecules through the Kidney’s filters, hence the high thirst and urination.

A person need the thyroid hormones T3 and T4 in order to use insulin. When sugar is not used properly the body begins to burn fat for energy resulting in emaciation. When patients take insulin they no longer exhibit the typical symptoms of diabetes (polydipsia, polyphagia, polyuria + emaciation).

You may also see patients who are overweight but have diabetes. This could be due to Qi and Yin xu or blood stasis.

Miscellaneous statistics on diabetes in the US:
It’s on the rise. About a third is not diagnosed. This makes the complications harsher and more expensive both to individuals and to the society. The death rate is twice as high with diabetes as it contributes to other diseases. Native Americans and Eskimo populations suffer a 3x higher incidence of diabetes than other ethnic groups. Mexican Americans clock in around 10.6%, African Americans at 10% and Caucasians at 7%.

Magnesium, sugar, and other nutrients all depend upon insulin to get into the cells.

There are 2 classes of drugs for diabetes: one type causes the pancreas to produce more insulin while the other type is insulin itself.

It is important to find out how long ago your patient was diagnosed and whether they are insulin dependent or not.
For the NCCAOM boards, you should know this synopsis:

**Shang Xiao or Upper Jiao**
- Impairment of body fluids in the Lung
- Excessive thirst, sweating, urination
- Don’t confuse this with epidemic febrile disease!
- *Xiao Ke Fang*

**Zhong Xiao or Middle Jiao**
- Excess blazing heat in the Stomach: over-eating/polyphagia with increased appetite
- Don’t confuse this with hyperthyroidism!
- *Yu Nu Jian* is chronic
- *Zeng Ye Cheng Qi Tang* – for acute with dry-constipation

**Xia Xiao or Lower Jiao**
- Kidney Yin Xu
- Frequent, oily/greasy film on urine with sweet smell
- Don’t confuse this with other urinary disorders
- Deficiency of Yin and Yang
- *Liu Wei Di Huang Wan*

*Yu Quan Wan* or Jade Spring Pills are typically prescribed for this condition.

**TCM Etiology**

**Diagnosis with Eight Principles**
You can diagnose this disease with Eight Principles: heat and deficiency. Heat for this disease is either yin deficient or excessive. Diabetes 1 presents with emaciation – classic deficiency. Diabetes 2 often manifests due to overweight and diet, hence the excessive. Yin deficiency with empty heat is nonetheless the most frequent diagnosis for diabetes.

**Diagnosis with Zangfu Theory**
You can also diagnose this disease with Zangfu theory, which is more practical and useful in TCM.

There are 3 different jiao’s in TCM: upper (lung), middle (stomach) and lower (kidney). All 3 of these organs are related to water metabolism. Key symptoms for each of these jiao will look familiar:

1) Upper jiao/Lung – thirst, maybe because of heat in the Lung. Polydipsia. Skin problems, also common to diarrhea are related to this xiao. Could also be related to resulting heart problems due to the Zheng Qi relationship.

2) Middle jiao/Stomach – hunger. Polyphagia. Because Heart is the mother of Spleen/Stomach could be son rebelling against mother.
3) Lower jiao/Kidney – urination. Polyuria. Cataracts and bleeding in the eye causing blindness are also related to Kidney. Heart/Kidney Disharmony could also explain the heart problems. Remember too that Kidney is related to the Brain and can contribute to brain damage/strokes associated with Diabetes.

**TCM Etiology**

1) Emotional Disorder
   Refers to Liver Fire and Heat.

2) Irregular Diet
   Over-consumption of spicy, greasy foods and alcohol. This generates **damp heat and fire**. Over-consumption of sugar leads to phlegm heat which can also result in diabetes.

3) Overworking
   Overworking leads to Yin deficiency and then to empty heat. Specifically, Liver/Kidney Yin Xu.

4) Age
   Exhaustion of Kidney essence.

5) Congenital Causes
   Kidney involvement. A congenital involvement will usually show in younger patients, often Type I Diabetes. In aging patients it is often Type II Diabetes. As with in all congenital disease, nourish the Kidney Yin!

**TCM Mechanism**

<table>
<thead>
<tr>
<th>Mechanism of Diabetes/Xiao Ke in TCM:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excessive heat with deficient heat</td>
</tr>
</tbody>
</table>

The combination of these heats causes the symptoms. Excessive heat consumes Yin leading to deficiency, to deficient heat, and finally to excessive heat. Heat’s consumption of Yin and body fluids leads to emaciation. This causes excessive heat in the Lung, Stomach and Kidney.

This in turn consumes Yin leading the yin deficiency. This makes the excessive heat symptoms worse as it is adding deficient heat to it. What a vicious cycle!

Yin deficiency complications due to this excessive heat lead to the following:

- Cataracts.
  The black of the pupil turns grey as is it obstructed. This is due to Liver and Kidney deficiency. Remember the **Five Wheel Theory** (see page 5 of this link) from the first Diagnostics class? The pupil represents water and the health of the Kidney. The iris represents the Liver in this theory. Cataracts cover both of these parts of the eye.
Peripheral nerve disorders or neuropathy. 
This includes numbness and tingling of the extremities. This is due to Yin, Blood/Xue and Essence deficiencies.

Skin rashes, carbuncles and infections 
Bacteria loves the excess sugar floating in the blood when there is not enough insulin to escort those sugars into the cells. This bacterial infection leads to further heat in the body.

To avoid infections and infectious problems in diabetic patients in the clinic, use strict CN procedures, keep the area well cleaned and explain possible complications to your patient due to their condition!

**TCM Differential Diagnoses and Treatment**

There are 3 differential diagnoses and some basic points for Xiao Ke. Note that each of the 3 Jiao’s are represented here.

**Basic point:**
Insulin point, 1.5 cun lateral to the lower border of the spinous process of T8.

**Upper Jiao Diabetes: Excessive heat in the Lung with Lung Yin Xu**
This is diabetes in the initial stage.
Symptoms are on the left, principles and points are on the left.

<table>
<thead>
<tr>
<th>- Acute</th>
<th>Remove excess LU heat; Nourish LU Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>- <strong>Great thirst</strong>: cough, yellow mucous; dry throat, mouth; sweating</td>
<td>Insulin point +</td>
</tr>
<tr>
<td>- <strong>Desire for drinks</strong></td>
<td>(+) LU-7, 9; REN-17</td>
</tr>
<tr>
<td>- <strong>Dry stool</strong> (constipation); Fatigue</td>
<td>UB-14; ST-36; SP-6 (w/ xu)</td>
</tr>
<tr>
<td>If more Yin Xu:</td>
<td>(-) UB-13; LU-5 (be sea);</td>
</tr>
<tr>
<td>- <strong>Dry skin, nose; dry cough, blood tinged sputum; palm heat; night sweating</strong></td>
<td>LL-4, 11 (w/ heat)</td>
</tr>
<tr>
<td><em>be careful to not misdiagnose w/Yangming or Qi level heat</em></td>
<td></td>
</tr>
<tr>
<td><strong>T:</strong> Red spots on the tip; thin yellow</td>
<td></td>
</tr>
<tr>
<td><strong>P:</strong> Thin, fast or (rapid, full)</td>
<td></td>
</tr>
</tbody>
</table>

**Middle Jiao Diabetes: Excessive heat in Stomach with Stomach Yin Xu**
This is the middle stage of diabetes.
Symptoms are on the left, principles and points are on the left.
<table>
<thead>
<tr>
<th>Lower Jiao Diabetes: Kidney Yin Xu with Empty Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients may have upper or middle jiao diabetes for many years which progress into this stage. This is the last stage of diabetes. Note that acupuncture is not strong enough by itself and this requires herbal therapy.</td>
</tr>
<tr>
<td>Symptoms are on the left, principles and points are on the left.</td>
</tr>
</tbody>
</table>

- Could be acute
- Great hunger
- Burning pain in ST; thirsty; constipation; dark yellow urine
- Feeling of heat
- Yin Xu Sx: palm heat, night sweating
- More severe: gum bleeding, toothache; or acne becomes worse

T: Red or scarlet, w/cracks;
C: Thick yellow, or yellow greasy, or mirror coat (ST Yin Xu) or no coat
P: Fast, slippery, forceful; or thin, and fast [maybe floating (Yin cannot hold Yang)]

### Clear excess ST heat; Nourish ST Yin

- Insulin point +
- (-) LI-4, 11; UB-21
- Severe: ST-44, 36
- (+) SP-6; UB-20,
- Even: REN-12

Dietary therapy is very important!
- Chronic  
- May have UJ or MJ Diabetes for many years already  
- **Polyuria = Profuse urination &/or emaciation**  
- Frequent urination: daytime 6-10x; night 2-3x (may complain of insomnia s/t night time urination)  
- Fatigue, lower back pain, weakness of knees/ankles  
- Tinnitus, deafness; palm heat, night sweat, low-grade fever  
- May still have hunger & thirst. Also: dizzy, vertigo, tinnitus, low back pain; fatigue; n. sweat; low grade fever; 5 palm  

- May progress to KID Yang Xu type w/ water retention near the end → serious → Px is very poor  

T: Red, small, (thin) w/ cracks  
C: Yellow coat, dry (no coat), less coat, or mapped  
P: Weak, thin, fast (deep)  

KID is root of body Yin, therefore, affects all Yin  
LIV (nerve), HT (shen)  
Xu heat disorders: Yin axis (left pulse: HT, LIV, KID) – affects all three organs: Yin/Xue.  

<table>
<thead>
<tr>
<th>Nourish KID Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Insulin point +</td>
</tr>
<tr>
<td>(+) KID-3, 6, 1; SP-6</td>
</tr>
<tr>
<td>UB-23, 52, 43</td>
</tr>
<tr>
<td>If Yang Xu: DU-4, REN-4, 6 w/ moxa</td>
</tr>
</tbody>
</table>

Acupuncture is not strong enough: must include herbal therapy  
> *Yu Quan Wan* (Jade spring pills)  
[for all types]  

May also have burning toes and feet as a symptoms.  

UB 52 more for Yin xu – more away from the Du channel. UB 23 tonifies the Qi. UB 43 is for chronic long term Kidney deficiency with some heat. In Chinese this point is Gao huang – means the disease is severe and stubborn going to areas you can’t touch. Frequent urination: KI 5 because it is the “water spring.”

Some patents to use for Xiao Ke: *Yu quan wan*. Good for frequent urination, Qi and yin xu with typical “3 more and 1 less” symptoms (i.e., polyuria, -dipsia, -phagia + emaciation)
**Other Treatments:**

1) **Exercise!** (He was very excited about this!) Increases the body’s ability to use sugars and also boosts the immunity.

2) **Diet:** generally, control food strictly. Needs a low glycemic diet and 3 regular meals. Don’t eat until full, but stay a little hungry. I’ve also heard you should eat 5 small meals to keep the blood sugar at a constant level.

   The Sugarbuster’s diet was defined for this purpose as a low glycemic diet to specifically treat Type 2 diabetes. [Click here to check it out](#). You’ll see a lot of high fiber, lots of greens. Lipids and salts are low too. That said, this diet is actually pretty tasty.

3) **Ear points** very important for Xiao Ke.
   a. Pancreas
   b. Endocrine
Hypothyroidism
Jia Di Zheng

Disclaimer:
This was not covered in Class 8, so I suspect he probably did it at the start of Class 9, which I could not attend. I’m building this text from Dr. Luo’s class handouts and the Fuyiu Yip study guide. Should you have any class notes or words of wisdom to share, I’m all ears….or all eyes in the event you want to e-mail it to me at catwommn@yahoo.com.

TCM doesn’t have a diagnosis of hypothyroidism. Instead, it is classified as depression, fatigue, weakness and edema. If you read Maciocia’s book, you will see it called xu lao. Please note that the esteemed and highly trusted Dr. Jamie Wu disagrees. See the HIV notes in the study guide!

By definition, hypothyroidism is under activity of the thyroid gland that leads to inadequate production of thyroid hormone and slowing of the vital body functions.

There are approximately 10 million people in the US diagnosed with thyroid disorder. Another 13 million have thyroid disorders but have not been diagnosed.

Biomedical Perspective
The thyroid is a butterfly shaped gland below the Adam’s apple and in front of the trachea – about Ren 22-23. It is connected to hair growth, intestinal activity, stomach activity and legs. The T3 hormone is about 20% of what the thyroid produces and the T4 hormone is about 80%. Of these two, T3 is the more active hormone. T3 and T4 travel in the bloodstream and convert oxygen and calories into energy. Cells need assistance from both. If there is a decrease in either fatigue is felt in the body.

Hashimoto’s disease is an autoimmune disease in which the body attacks the thyroid gland which then cannot produce T3 and 4. Swelling of the thyroid is a symptom of this disease. Typically, however in hypothyroidism the thyroid is atrophied. Hashimoto’s is the exception to this rule.

Symptoms of hypothyroid include:
- Cold
- Depression
- Stress
- Drooping eyelids
- Alzheimer’s disease
- Myxedema
- Puffy eyes and face
- Weight gain
- Constipation
- Fatigue
- Palpitations
TCM Perspective

Xu Zhen or deficiency syndrome, Shui Zhong or water swelling, and Yu Zhen or depression are how TCM classified it. These syndromes are marked by fatigue, depression, stress, weakness, and edema. Hair loss is typical. Hair is a surplus of Blood and is related to Kidney essence.

Both hypo and hyperthyroidism are both a yin and yang disorder. Hyperthyroid tends to move towards hypothyroidism at later stages.

- Hypothyroidism is Qi + Yang deficiency
  This falls into the Yang axis with Kidney, Spleen, and Lung implicated in the disease. Hypothyroid is both a Qi and water metabolism problem.

- Hyperthyroidism is characterized by a thin body, heat signs, quick weight loss, a swift pulse of 130-150 bpm, tremors, irritability, irregular menses or amenorrhea. This all points to a Yin deficiency with empty fire rising up. The Zangfu implicated are Kidney, Liver, and heart.

Any endocrine disorder:
- If it is deficiency type, it is Kidney related.
- If it is of excess type, it is Liver related.
  - If the Liver is too strong, there is a hyperactivity of functioning with Liver overchecking the Spleen because the Liver is absolutely too strong. You can use something like da chai hu tang for this if you want to think about herbal treatment.
  - If the Liver is normal or hypofunctioning but the Spleen is nevertheless deficient, the Liver is still overchecking the Spleen because the Liver is relatively too much for the weak spleen. Use Xiao yao san for this to soothe the liver and tonify the spleen.

TCM Etiology

1) Emotional Disorder
   This refers to and can cause Liver overacting on Spleen leading to Spleen Qi xu and damp retention.

2) Irregular Diet
   This leads to dampness, phlegm and water retention.

3) Congenital Cause
   I.e., Kidney deficiency.

TCM Mechanism

Hypothyroidism involves the Lung, Spleen, Kidney Qi (or Yang) Deficiency.

Because the Spleen is involved, the Liver is involved. Again, if the Liver is too strong it overacts on the Spleen. If the Spleen is weak, the Liver is overacting on it anyhow because by comparison the Liver is relatively too much to balance the Spleen.

Because the Spleen is deficient this can lead to Heart Blood deficiency and it’s subsequent symptoms of hair loss, palpitations, and Shen disturbance.
The Spleen controls metabolism, thus the Liver and Heart are too with Spleen at the center.

**TCM Differential Diagnosis and Treatment**

The possible diagnoses can be that of excess or of deficiency. Excesses include Liver Qi Stagnation, retention of Dampness and of Water. Deficiencies are chronic conditions consisting of Spleen Qi Xu, Heart Blood/Xue Xu, and Kidney Yang Xu.

First there is Qi and Yang Xu. This is followed by Liver Qi stagnation and then Yin deficiency. If a patient is suffering from a depression that seems very resilient and won’t subside, fatigue, and edema recommend they have their thyroid checked.

**Basic points to treat Hypothyroid conditions:**

Combine the basic points with points listed in this section for specific differential diagnoses applying to your patient.

- **Points to tonify Yuan Qi and support Lung and Kidney:**
  - **Ren 4**
    - Ren 4 is a meeting point of all 3 leg yin channels. It is also called the Gate of Origin, the lower Dantian. [Click here](#) and scroll to the bottom of page 2 to read Zheng Zeng’s discussion of it in full.
  - **Ren 6**
    - Ren 6 is the lower Sea of Qi. Use this point for Qi deficiencies to rescue Yang Qi. You can also use this point for Qi stagnation, but Ren 17 is more often used for this.
  - **Ren 12**
    - This helps resolve phlegm and damp. [Click here](#) and scroll to the bottom of page 4 for Zheng Zeng’s input.
  - **Stomach 36**
    - [Click for the Zheng Zeng chat](#). Scroll to page 3.
  - **Du 4**
    - This is the Mingmen or Gate of Life, located at L2. [Click here for the scoop](#), page 5.
  - **Kidney 8**
    - Yes, Zheng Zeng has a discussion about it, but it doesn’t really address why to use it in this case. It’s the Xi Cleft of the Yin Motility/Qiao vessel. Deadman says one of it’s actions is to clear heat and drain damp from the Lower Jiao. Dr. Wu says it supports the Kidney.

- **Local points:**
  - **Ren 22**
  - **Stomach 9**
  - **Large Intestine 18**
  - **Ren 23**

- **To open the throat**
  - **Lung 7** plus **Kidney 6**

- Moxa is appropriate, especially on the Kidney channel for edema.
**Liver Qi Stagnation or Liver overacting on Spleen**

This is an excess condition. The symptoms are listed in the column on the right while the treatment principles and prescribed points and methods are in the left column below.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Treatment Principle</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Stress, depression</td>
<td>Soothe LIV Qi;</td>
</tr>
<tr>
<td>- Mood/emotional swings</td>
<td>Strengthen Spleen</td>
</tr>
<tr>
<td>- Sighing from time to time</td>
<td>SP</td>
</tr>
<tr>
<td>- Distending feeling in chest, or distention of hypochondriac region</td>
<td>- Basic +</td>
</tr>
<tr>
<td>- Poor appetite; alternating constipation and diarrhea; gas/bloating</td>
<td>LI-4, LIV-3</td>
</tr>
<tr>
<td></td>
<td>GB-34; LIV-14</td>
</tr>
<tr>
<td></td>
<td>UB-18, 47</td>
</tr>
<tr>
<td></td>
<td>DU-24, Yintang</td>
</tr>
<tr>
<td></td>
<td>(for stress &amp;</td>
</tr>
<tr>
<td></td>
<td>depression)</td>
</tr>
<tr>
<td></td>
<td>&gt; Needle DU-24 and</td>
</tr>
<tr>
<td></td>
<td>Yintang towards</td>
</tr>
<tr>
<td></td>
<td>each other w/ e-stim</td>
</tr>
<tr>
<td></td>
<td>(better to even</td>
</tr>
<tr>
<td></td>
<td>add Q1 if allowed!)</td>
</tr>
</tbody>
</table>

| T: Normal or pale (if SP Qi Xu)                                         |
| C: thin white                                                          |
| P: Wiry                                                                |

**Spleen Qi Xu with Heart Blood/Xue Xu**

This is a Qi and Blood deficiency and is a chronic condition leading to the western condition called hypothyroidism. The symptoms are listed in the column on the right while the treatment principles and prescribed points and methods are in the left column below.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Treatment Principle</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Chronic</td>
<td>Tonify SP Qi,</td>
</tr>
<tr>
<td>- Hair loss</td>
<td>Nourish HT Xue</td>
</tr>
<tr>
<td>- Poor memory and concentration</td>
<td>- Basic +</td>
</tr>
<tr>
<td>- Poor spirit (lack of initiative), fatigue, sleepiness</td>
<td>REN-14; UB-15, 17, 20</td>
</tr>
<tr>
<td>- Poor appetite; scanty, pale red menses</td>
<td>ST-36; SP-6</td>
</tr>
<tr>
<td>- Palpitations, dream-disturbed sleep</td>
<td>P-6</td>
</tr>
</tbody>
</table>

| T: Pale                                                                |
| C: Thin white                                                          |
| P: Thin and weak                                                       |

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Page 12 of 13
**Spleen Qi Xu with Retention of Dampness**
Deficiency condition with some excess, the retention of damp. The symptoms are listed in the column on the right while the treatment principles and prescribed points and methods are in the left column below.

<table>
<thead>
<tr>
<th>Chronic</th>
<th>Tonify SP Qi, Remove Dampness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gas/bloating</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>Poor appetite, cravings for sweets</td>
<td></td>
</tr>
<tr>
<td>Overweight, profuse vaginal discharge</td>
<td></td>
</tr>
<tr>
<td>Coughing out mucus</td>
<td></td>
</tr>
<tr>
<td>Nausea, vomiting; general heaviness</td>
<td></td>
</tr>
</tbody>
</table>

T: Pale, swollen, teeth marks  
C: Thick, greasy, white  
P: Deep, slippery, w/o strength

---

**Kidney Yang Xu with Retention of Water**
Deficiency condition with some excess, retention of water. The symptoms are listed in the column on the right while the treatment principles and prescribed points and methods are in the left column below.

<table>
<thead>
<tr>
<th>Chronic</th>
<th>Warm KID Yang, Promote urination, Remove water retention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cold extremities</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
</tr>
<tr>
<td>Lower back weakness, edema (whole body: puffy face, esp. lower body)</td>
<td></td>
</tr>
<tr>
<td>Difficult urination; or profuse, frequent, clear urination</td>
<td></td>
</tr>
<tr>
<td>Impotence, or aversion to sexual intercourse; male or female infertility</td>
<td></td>
</tr>
</tbody>
</table>

T: Pale, swollen, teeth marks  
C: White or moist  
P: Deep, slow, weak, esp. in both 3rd positions

Basic +
- KID-3, KID-2, UB-63: paired to promote urination
- REN-3; ST-28; UB-28, 22  
- SJ-5  
- Can use moxa