

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

Metal – Water Circuit

KI - UB

- -

LI - LU

Uses: KI vacuity, KI qi not astringing, KI & LU patterns

Shao Yin – Tai Yang Circuit

KI - UB

- -

HT - SI

Uses: KI yin or yang vacuity, KI and HT disharmony

Kidney Circuits

Shao Yin – Shao Yang Circuit

KI - HT

- -

SJ - GB

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

Shao Yin – SP/SJ Circuit

KI - HT

- -

SJ - SP

Uses: KI yin vacuity, KI yang vacuity, empty heat, KI an HT disharmony, essence and blood vacuity

Kidney Circuits

Jue Yin – KI/LI Circuit

KI - PC

- -

LI - LV

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.

Modified Circuit

SJ

KI - PC

- -

LI - LV

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

Yang Ming – KI/PC Circuit

KI - PC

- -

LI - ST

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

Fire – Water Circuit

KI - PC

- -

SJ

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

Metal – Water Circuit

KI - UB

- -

LI - LU

Shao Yin – SP/SJ Circuit

KI - HT

- -

SJ - SP

**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



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 needed 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 patients 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

Shao Yin – Tai Yang

Use with UB and SI symptoms

Water Metabolism

Shao Yin – Shao Yang

Use when the SJ and/or GB channels have symptoms.

Used for intensive neurological patterns.

Shao Yin – SP/SJ Circuit

3 Huangs for KI Yang Vacuity

SP points also benefit the HT

In this pattern it is often best to substitute traditional KI points in favor of the 3 Huangs.

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



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