

Water: Kidney/Urinary Bladder

Linda Henderson
HD, DTCM, ROHP, DNM, RBT, OSJ

July 8, 2009

Element Water

- Water is the most yin of all the Elements
- It is everywhere but has no shape.
- Water makes up 55-60% of an adult's body weight.
- A newborn baby is roughly 80% water.
- As people age their bodies become dryer, their hair more brittle, their skin withered and their movements less smooth.
- Ageing is partly a drying up process, a sign that the Water element is weakening and that we are losing our water reserves.

Relationship to the other Elements

- 1. Metal is the Mother of Water
- 2. Water is the Mother of Wood
- 3. Water controls Fire
- 4. Water is controlled by Earth.

The Color for Water is Blue/Black

- When Water is out of balance a black, dark blue will manifest on the face.
- The color can appear at the side of the eyes, under the eyes or around the mouth.
- This look is common to people who are overworked and who lack adequate sleep.
- This will deplete the reserves that are normally said to be stored in the Kidneys

The Sound of Water - Groaning

- This is a sound when one is threatened and the person speaking is anxious or afraid.
- An unbalanced Water would produce this type of voice when there is no threat present.
- The sound of groaning is one of flatness as if the more normal ups and downs of the voice have been squeezed or flattened out.
- This should not be confused with a flat 'lack of laugh' voice which would indicate a Fire imbalance.

The Odor of water is Putrid

- Putrid is described as the smell of water in a stagnant pond or the smell of stale urine or bleach or ammonia.
- It can be a sharp aggressive odor that makes the inside of your nose clench or seize up/

The Emotion of Water - Fear

- Fear is the emotion most often associated with Water and fright or shock is the emotion which might occur only once, but can cause a lasting imbalance.
- Some forms of epilepsy are caused by the mother being shocked while the fetus is in the womb.

Fear as an appropriate emotion

- Fear is one of our most primary and necessary emotions because it allows us to survive.
- Without fear we would not be alive and human life would cease to exist.
- Fear of death is the most basic fear.
- It threatens one of the key functions of water – the drive to survive.
- Caution and prevention are the positive aspects of this emotion.

Mental aspect of Fear

- 1. Awareness of a threat
- 2. Feeling of fear
- 3. Mind considers solution(s)
- 4. Action
- 5. Safety (or return to 3)

Abnormal patterns of Fear

- The extremes of this pattern are phobia and hysteria.
- In both aspects they can not hear potential solutions even if offered by others.
- Some people hide their fear by being joyful, sad or angry.
- Some tend to be physically restless and other become paralyzed with fear.

Fear

- Intense fear often makes people urinate in a hurry.
- In chronic cases, one experiences physical pain in the torso.
- Some feel a sensation in the heart and chest.
- Other feel it in the pit of the stomach.

Fear

- The patient's response to reassurance can reveal an imbalance in Water.
- It is impossible to reassure an imbalanced Water state. They find it difficult to trust others.
- Their fear is deeply irrational and cannot really be touched by words or information.

Lack of Fear

- Some people have learnt to repress their feelings of fear.
- They become hyper-aware and attempt to anticipate threats and deal with them before they happen.
- This usually stems from a frightening experience in childhood.
- They grow up and evolve strategies that involve suppressing the intensity of the emotion to the point of becoming unaware of the feeling.

Lack of Fear

- People with this pattern frequently take unnecessary risks.
- They find activities like parachuting, bungee jump etc. fun and exciting.
- Some are very competent entrepreneurs who take frequent risks.
- With careful assessment they rarely fail.

Lack of Fear

- Diagnosing this pattern is difficult.
- Often these patients are motionless in their bodies, but their eyes are alert for every possible danger.
- There is a tendency for the practitioner to feel anxious in their presence and cannot understand why.

The Season of Water - Winter

- Life slows down in winter. It is a time when nature rests and water freezes over.
- This means that in winter we should go to bed early, slow our activity to a minimum and preserve and protect our reserves of qi.

The Power of Water - Storage

- In winter our qi will naturally flow deeper inside us.
- If we rest and take life slowly we will preserve it.
- Water stores much of the person's reserve energy. That is why over-work and lack of sleep easily depletes Water and the Kidneys.
- Water fatigue has a particular characteristic.
- When they feel tired they often have a desire to stop completely.

The Climate of Water - Cold

- The colder the weather, the greater number of fatalities from angina pectoris, coronary thrombosis, cerebral hemorrhage and myocardial infarction.
- The cold of winter makes our qi run slow in pull inwards.
- We need to question how patients respond to cold, both in themselves and with respect to their symptoms.

Sense organ/orifice for Water the Ear

- The sense of Water is hearing and the organ is the ear.
- People who are chronically afraid have a hard time hearing and taking in reassurances.
- It is not to do with the hearing mechanism but with the mind.
- This person will typically turn away and close the eyes.
- Since aging is a drying up process, hearing is equally affected due to the Water element.

The Tissue of Water - Bones

- The strength and function of the bones depends on the qi of the Water Element.
- Irregular or abnormal bone growth before 10 years old suggest a Water imbalance.
- Osteoporosis can be linked to a weakness of the kidneys.

The Residue of Water - Teeth

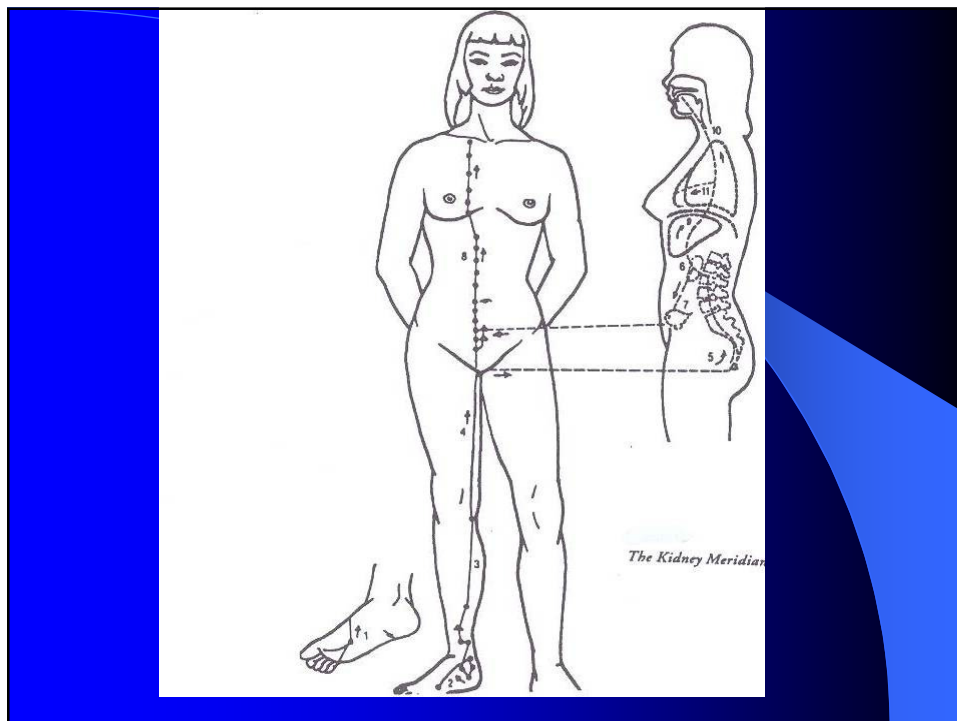
- Very early deterioration of teeth suggest a serious imbalance of Water.
- The decline of teeth associated with ageing supports the view that the Kidneys tend to decline in later years.

Taste of Water - Salty

- Excessive amounts of salt tend to retains water within the body.
- A craving for salty food will indicate that the kidneys are out of balance

Water – The Organs

- Kidneys are the controller of water and the Bladder the controller of the storage of water.
- The significance of the kidneys are that they are the servant of life and that they both have control and the strength to keep life stable.
- Healthy Kidney energy maintains strong muscles, shiny hair and stamina.



jing

- Jing is the essence that is stored in the Kidneys that is the foundation of our qi and is the seed of life itself.
- Jing is the inherited constitution from their parents and ancestors.
- Exercise, rest and breathing exercises nourish jing
- One can deplete jing by working too hard, ejaculating too often or having too many childbirths, taking drugs, eating a poor diet and not getting enough rest or exercise.

Jing

- The balanced functioning of the Kidney is therefore essential for people to have abundant energy and power.
- Skill, ability and cleverness can also be gained through the Kidney's effect on the brain and mind.

The Spirit of the Kidney – The Zhi

- Zhi gives people the ‘drive to survive’
- Includes the drive to reproduce.
- Regarded as the most powerful drive in people in order to ensure the survival of the species.
- Willpower requires goals and the determination to push towards them.
- The Kidneys give people the strength to push consistently towards what they want.

The yin & yang of the Kidney & the zhi

- The yang is the outward-moving, warming qi and the yin is the inward-moving cooling qi.
- Those with deficient Kidney yang qi tend to listless, weak and lacking movement, physically and mentally. They are cold. Shivery and curl up in bed.
- Those with deficient Kidney yin tend restless, active and overly determined. They are hyperactive, hot and moving relentlessly towards their outcomes.

Fear and zhi

- Fear can manifest in two ways when it is unbalanced.
- One leads to no action and feeling too much fear to act.
- The other creates hyperaction and anticipating threats and dealing with them before they happen
- Both are patterns of an imbalanced will as much as imbalanced emotions.

KIDNEY

- stores the vital essence of LIFE (JING) – basis for reproduction and development
- sex – if too much, you will deplete essence (JING) and stress the kidney
 - ie. Young people who masturbate too much before they develop properly or people who have too much sex when ill or intoxicated
 - older men should have less frequent ejaculations to preserve the vital essence and increase rejuvenation
 - women- too much sex does not apply to women since they are more Yin and have more fluid (blood) than men – that is why they menstrate
 - men (Yang) have more energy but less fluid and women can afford to lose more fluid than men without harming the kidneys, however women’s Jing can be harmed with too many pregnancies or abortions or miscarriages
- Kidney – is the officer of strength and technique = skills originate here (stores essence of the mind)
- FUNCTION
 - a) governs the bones, marrow and the brain (brain disorders)
 - b) ears- opening of the kidneys and will produce chronic ear problems
 - if acute (tinnitus) – look to the gall bladder and liver
 - c) controls hair growth of the head (body hair controlled by lungs)
 - d) kidney (water) controls heart (fire). Therefore if you have renal insufficiency and excess of heart fire, you get renal hypertension
 - e) balance water- if you have retention (edema) especially below the waist = kidney
 - f) essence of mind – if dysfunctional you will have a poor memory
 - g) controls bones of the whole body
 - h) lungs send Chi down to kidneys – kidneys hold it down, if unable lung Chi rebels = Asthma

Bladder

- The controller of Storage of Water.
- It controls the appropriate amount of body fluid in the right location.
- It is also responsible for keeping dry areas separate from wet areas.

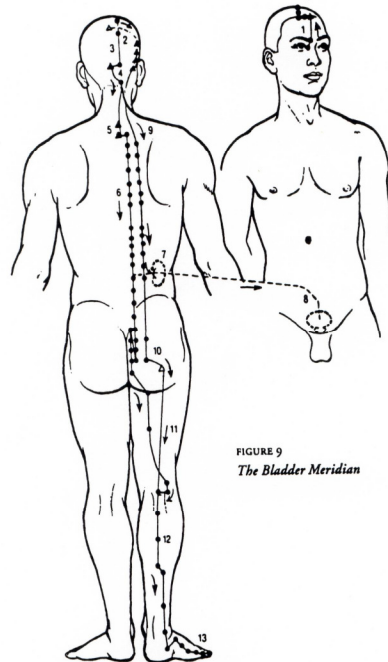


FIGURE 9
The Bladder Meridian

Physical Function of the Bladder

- Moist eyes to see
- Saliva in the mouth to digest
- Nasal fluids when breathing
- A moist throat and vocal chords to speak
- Sufficient synovial fluid in all the joints to move smoothly.
- A moist Large Intestine to pass stools with ease
- A moist vagina for pleasurable sex
- Flexible, moist skin to protect and maintain beauty.

Emotional Fluidity

- A healthy Bladder helps one's mind and spirit flow and manifest smoothly.
- People in a chronic fear state become limited in their thoughts and only see a small percentage of what is possible.
- They find it difficult to move their minds from subject to subject,
- These people resist change, become agitated and find it hard to formulate effective strategies as their thinking becomes panicky and scattered.
- These people also exhibit both physical and mental jerkiness.

The Time of Day - Water

- Kidney is 3-5 p.m. and Bladder 5-7 p.m.
- Weakness in Water Element wake up between 3-5a.m. to urinate.
- This is the lowest time for Kidney and Bladder and when Water qi is at its lowest.
- People also experience anxiety and heat at this time.
- People whose Kidneys are weak become agitated at this time due to becoming 'burnt out' from overwork.

Kidney and Bladder

- Both deal with fluid
- The Kidneys are more concerned with the quality of the fluids and the Bladder with the distribution.
- The major difference is the Kidneys function of storing the jing and therefore being the source of strength to fuel the long-term cycles of growth, development and reproduction.
- The Kidneys provide the capacity to develop sexually, to endure, to reproduce and to grow old gracefully.

P.O.U.T. and BLADDER

- prostate, ovaries, uterus, and tubes
- bladder is coupled to kidney and both represent reproductive system and infertility
- with bladder dysfunction – you development of foci in the head, especially thr frontal sinus & eyes
- common to get patients with eye infections and cystitis
- the uterus depends on the kidneys for proper maturation of the fetus
- if the kidney energy is strong then conception is easy
- kidney is also dependant on the heart - rules blood
- if heart and spleen deficient – ammenorhea
- if the liver does not store blood properly – you get a heavy flow “like water spilling over a dam”
- bladder - is the provincial officer in charge of liquids (urine)
 - urine – excess is sweated out or passed out with stool
 - bladder is essential to life for if not functioning, the rest of the body will be poisoned

Response to Issues

Risk-taking -----fearing the worst
 over-cautiousness

Distrusting -----trusting

Intimidating -----reassuring

Driven -----no drive

Agitation -----paralysis