Kidney

Aetiology
Hereditary weakness: poor health or age of parents (pre-heaven qi)
Emotional strain: Fear makes qi descend, in children this may be night-time enuresis, in adults often fear and anxiety rise ie empty heat which leads to dry mouth, malar flush, mental restlessness and insomnia
Excessive sexual activity: can be orgasms/masturbation or possibly menstrual blood in women. Early sexual activity, sex during a period may cause stagnation of blood in abdomen
Chronic illness: eventually chronic illness reaches the kidneys
Overwork: in both physical and mental sense, not balancing rest and activity most common cause of Kid Yin Xu in western society
Difficult childbearing, illness, excessive blood loss
Old age: natural decline

Kidney Yang Xu
Coldness, bright white complexion: classic Yang Xu symptoms of interior cold
Lower back pain, weak knees (maybe coldness in back and knees) kidneys unable to give qi to bones (fire of mingmen unable to warm back and knees)
Impotence, premature ejaculation or infertility: fire of mingmen fails to provide warmth for sexual functions (Kidney Yang Xu can decrease libido but empty heat causes excessive sexual desire)
Abundant clear urination, oedema (of legs/ankles) yang function of dominating water is weakened, fluid metabolism is imbalanced, holding function of bladder is weakened
Scanty urination: (more rare) when Yang is really exhausted it doesn’t have the impetus to move fluids.
Water retention may result usually in lower body (Spleen Yang Xu – abdomen)
Tongue: pale swollen and wet Pulse: deep, weak, fine

Kidney Yin Xu
Thirst, dry mouth, constipation, scanty dark urine: empty heat dries up fluids
Tinnitus, dizziness, vertigo, poor memory: "produces marrow and fills up the brain" (Kidney Yin Xu tinnitus: low pitched hum, Liver Yang rising tinnitus: high-pitched, worse with stress)
Signs of empty heat: five palm heat, malar flush, night sweating (Yin fails to anchor Wei qi at night as wei qi retires into Yin at night) allowing leakage in form of night sweating where precious Yin nutritive essences are lost
Lower back pain and weakness: Kidney gives strength to lower back
Nocturnal emissions with dreams: lack of essence/exess sexual energy
Tongue: red, peeled at rea, cracks Pulse: rapid, floating, empty, weak, deep

Kidney qi not firm
(closely associated with Spleen qi sinking)
Urinary freqency, dribbling, incontinence, nocturia: progression of Kidney Yang Xu, holding function of bladder weakens further
Prolapse of organs: uterus, vaginal discharge, nocturnal emissions without dreams, symptoms of descending energy
Tongue: swollen, wet Pulse: deep, weak

Kidney failing to recieve qi – (‘Chimney can’t draw down qi.’)
shortness of breath: on exertion, rapid and weak breathing, difficulty inhaling, kidney controls grasping of qi from the lungs
Sweating, cold limbs, swelling of face, clea urination, general coldness: decline in quality and function of wei qi as result Yang Xu results in fluids being lost inappropriately
**Common points**
Kid3 – tonifies Kid Yin, Yang and Jing  
Kid6 – tonifies kidney yin, clear empty heat  
Kid7 – tonifies Kidney Yang  
Kid 25 and Kid 27 – stimulates descending and dispersing of Lung qi  
Bl23 – tonifies Kidney Yin and Yang  
Bl52 – tonifies Kidney Yin and Yang  
Du4 – Tonifies Yang  
Ren4 – Tonifies Kid Yin  
Ren6 – Tonifies Yuan qi  
Sp6 – Nourishes Kid Yin, clears Damp