

Oriental Medical Physiology

Shaoyin (Heart and Kidney) Physiology

Six Levels of Physiology In Chinese Medicine

- Taiyang (UB/SI) – Opens outward (to outside)
- Shaoyang (GB/SJ) – Pivot
- Yangming (LI/ST) – Closes inward
- Taiyin – (LU/SP) – Opens outward (to inside)
- Shaoyin – (HT/KD) – Pivot
- Jueyin – (LV/PC) – Closes inward

Shaoyin Introduction

- The shaoyin network is the source of fire and blood movement in the internal environment
- Shoyin is the pivot between the opening at taiyin and the deep closing inward of the jueyin level
- The pivot of shaoyin is moved by the beating of the heart and movement in the gate of vitality (ming men) between the kidneys

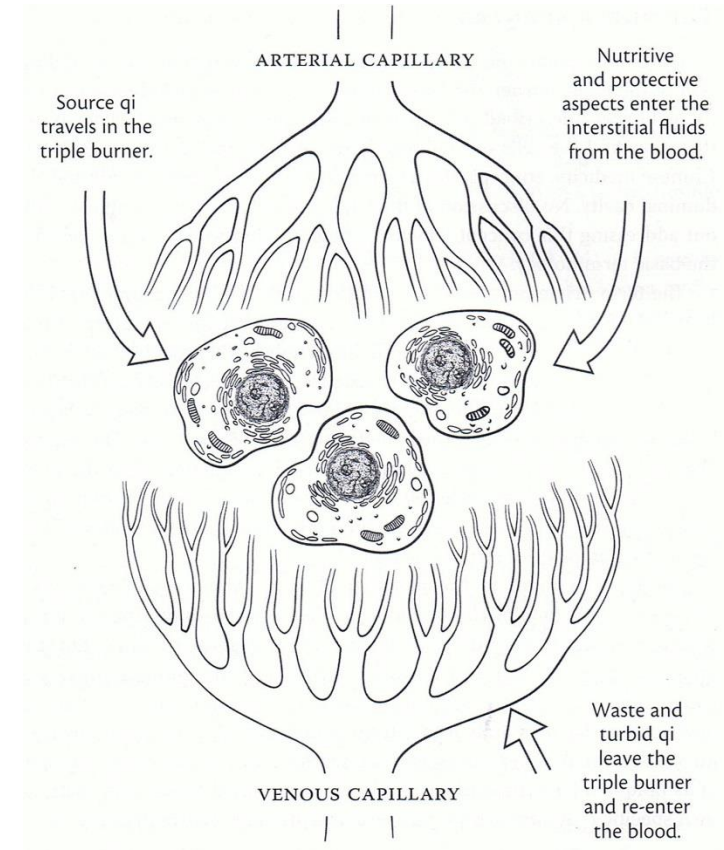


Fig. 9.7

Detail of a view of the triple burner at the cellular level

The Heart holds the office of emperor and is the issuer of spirit clarity

- Spirit is intelligence of existence itself
- Spirit clarity is a manifestation of that intelligence

Functions of the Heart

- Governs the blood and controls the blood vessels
- Manifests in the complexion
- Stores the spirit
- Related to joy
- Opens to the tongue
- Controls sweat

Functions of the Heart

Governs the Blood and Controls the Blood Vessels

- The heart moves the blood through the vessels
 - Other organs relationship to blood:
 - Liver stores
 - Blood is held deep for rejuvenation and also assigned to where it needs to go
 - Heart moves
 - Moves blood like a pump and also moves consciousness
 - Heart moves blood throughout the body by pumping
 - Heart moves consciousness - spirit needs and adequate supply of blood in order to function
 - Spleen controls
 - Gathers the blood and keeps it within the vessels

Functions of the Heart Manifests in the Complexion

- This is particularly relevant to the complexion of the face.
- The Heart distributes blood all over.
- If blood is abundant and the heart strong, the complexion will be rosy and lustrous.

Functions of the Heart

Stores the Spirit

- Spirit, in most general sense, refers to the intelligence of existence.
- Involves the capacity for understanding or comprehension and involves an innate ability to make associative leaps from one concept to another.
- The Heart is like a pool:
 - When the surface is calm, it can clearly reflect perceptions from the outside world.
 - When surface is stirred by the wind-like movement of the seven emotions, reflection is muddled and a person has difficulty perceiving the real nature of a situation.

Functions of the Heart Related to Joy

- Normal states of joy are not a cause of disease
- Excessive excitement and cravings can injure the Heart

Functions of the Heart Opens to the Tongue

- Relationship of the Heart to the tongue has particular importance in context of speech and communication
- Problems moving the tongue and expressing ideas are most likely due to Heart dysfunction.
 - Kidney, Spleen and Yin Qiao Mai (and others) are also related to tongue function
- Relationship of Heart to the tongue is related to its ability to house the spirit.
- In case of stroke, patient may be conscious but unable to recognize the world around them in the same way.
 - Ability to speak is often compromised, and patient may have normal tongue movement, but be unable to properly vocalize ideas.

Functions of the Heart

Controls Sweat

- Blood and body fluids have a common origin and mutually interchange.
- The Heart governs blood, therefore has relationship to body fluids and sweat.
 - Deficiency of heart-qi or heart-yang may manifest with spontaneous sweating.
 - Deficiency of heart-yin may cause night sweating.
 - Excessive sweating is related to the heart, especially when associated with emotional conditions.
 - Excessive sweating (in hot weather, for instance) may injure heart-yang.

Heart Sayings

- The heart loathes heat
 - The heart moves blood through the blood vessels
 - This includes yin collaterals
 - These are considered the smallest vessels in the yin channels
 - Collaterals are likened to the microcirculation
 - Heart channel is used clinically to clear heat and dredge stagnation in the yin collaterals
 - Sometimes the generation of heat can be due to stagnation in these collaterals This may be due to an underlying deficiency involving an inability of the heart to properly move blood through this level of circulation
 - Stasis leads to heat which can cause boils and pustulating sores
 - Long term stagnation can cause mental disorders, memory problems, speech difficulties, or even stroke
- The heart controls speech

The Kidney holds the office of forceful accomplishment and is the issuer of wondrous talent

- Kidney is repository of essence
- Office of forceful accomplishment indicates the kidney is an organ of doing and striving.
 - The kidney is the material root of the body
 - It is the root strength from which one rises to the challenges of urgent need
- The physical strength that develops in the presence of healthy kidney essence also gives rise to the body's wondrous talents.
- Forceful accomplishment refers to the association of the kidney with the will.
 - Will is ability of a person to steadily do and strive in the world, with the eventual goal of reproduction.

Functions of the Kidney

Stores essence

- Governs birth, growth, reproduction and development
- Essence is inherited from parents, but also replenished by post natal qi
 - Before birth, nourishes the fetus
 - After, controls growth, maturation, fertility and development
 - Essence determines our basic constitution
 - Essence is yin natured and relates to sperm, ova and menstrual blood
 - The yang natured component is ming-men, relates to hormones

Functions of the Kidney

Governs the bones

- Produces marrow, fills up the brain
 - Marrow in Chinese medicine fills up the bones, brain and spinal cord
 - Also forms bone marrow which fills up the bone - kidneys govern bone
 - Kidney essence is weak, bones are brittle and teeth are loose
 - Weak in children - poor development
 - As it declines - bones become more brittle

Functions of the Kidney

Governs water

- Kidney yang warms fluids sent down from the Lung and sends a mist back to the lungs and turbid is sent out as urine (this occurs in the UB, but is the Kidney Yang that governs)

Functions of the Kidney

Controls the Reception of Qi

- Kidneys grasp lung qi
- If the Kidneys do not hold down qi, it rebels upwards such as in asthma

Functions of the Kidney

Opens into the Ears

- If Kidneys are weak, hearing will be diminished

Functions of the Kidney Manifests in the Hair

- Hair relies on the nourishment of Kidney-Essence to grow.
 - This includes the quality and color
 - When Kidney-Essence is weak, hair will be thin and grey
 - This is especially relevant to early greying of the hair, as the state of Liver-Blood can also influence the quality of the hair.

Functions of the Kidney

Controls the Lower Orifices

- These are the front and rear orifices which indicates the urethra (and spermatic duct for men) and anus.

Functions of the Kidney

Stores the Will

- The Kidneys are the residence of the Will (*Zhi*), they determine our will power.

Other Kidney Relationships

- Smell is putrid
- Color is Black
- Taste is Salty
- Climate is Cold
- Sound is Groaning