- What is Essence?
- What is source of the essence, and how it formed?
- How many kinds of Essence?
- What is the function of essence?
- What is Yuan Yang, Zhen Yang, Zhen fire, Mingmen fire?
- What is Yuan Yin, Zhen Yin, Zhen water, Mingmen water?
Essence is one of the most valuable liquid or fluid type materials of the human body. It is the basic material constituting a human body, which forms the zang fu organs, tissues, skin, hair, tendons and muscles. Only on the basis of the “essence”, can the embryo grow and develop, and can the life came into being.

Essence is the material basis for growth, development and the various physiological activities of the human body. It is a generalization of the essential material and nutritional composition of the body.
1. Base on the source:

- **Congenital essence**: pre-natal essence, inherited from parents, root of the life
  - Forms the *zang fu* organs, tissues, skin, hair, tendons and muscles, etc.
  - Forms embryo, stimulate embryo grow and develop, and can the life come into being.
- **Acquired essence**: post-natal essence, or call water and food essence, generate by Spleen and Stomach
  - Material basis for growth, development and the various physiological activities of the body
2. Base on the functions:

- **Reproductive essence**: Stores inside Kidney, come from congenital essence, nourish and assistance by acquired essence, have function of propagation and procreation.

- **Zang Fu Essence**: Essence storage inside all different zang fu organs, to maintain and keep zang fu organs physical activity.
3. Base on the general senses

Essence

- **Broad sense**: All kinds microscopic material which includes: congenital essence, acquired essence (water and food essence), reproductive essence and zang fu essence.

- **Narrow sense**: Only indicate kidney essence which related with reproductive function. Reproductive essence.
1. Generation:
- Congenital (pre-natal) essence: inherited from parents, it is the original material forms fetus
- Acquired (post-natal) essence: also call food essence (水谷之精), generate by Spleen and Stomach.
2. Storage

- Congenital essence: stores inside Kidney since fetus stage, it the major components of the Kidney essence. During the grow and development, it also storage in other organs.

- Acquired essence: stores in all organs, transforms into zang fu essence, supply substance and energy force to maintains body vital activities, meanwhile, extra part transport into Kidney to storage and nourish congenital essence.
3. Consumes and expels

- Essence in zang fu organs: nourishes, moistens organ, and transforms into qi to promote and regulated all zang fu organs functional activities.

- Essence in Kidney: transform into reproductive essence, expel through sexual activities.
1. **Reproduction**: congenital essence is material basis for the origin of life.

*Tian Gui* is one kind of congenital essence, it is the major part of the reproductive essence, have the function stimulate secondary sexual characteristics develop and reaches to puberty, response menarche and produce sperm, maturation of the sexual instinct, maintaining the exuberant sexual ability.
2. **Grow and development:** essence is the substance basic for body to grow and development. Embryo form and fetus grow and develop all require kidney essence.
3. **Fills marrows and transforms into blood**
   - Fills marrows: brain marrow, spinal marrow and bone marrow
   - Transforms blood: essence fills marrow, and marrow produces blood, therefore, essence and blood are same source.

4. **Nourishes and moisten:** nourish and moisten entire *zang fu* organs and tissues

5. **Transforms into qi:** congenital essence transform into primary qi, it is the original energy force of life

6. **Transform into Shen** Essence is basic material of physical and mental activities
Kidney essence Vs. Kidney qi

Kidney essence (primary yin, original yin, original water, mingmen water)

Kidney qi (primary yang, original yang, original fire, mingmen fire)

Kidney yang
- warm, promote, excite, transform of qi

Kidney yin
- nourish, moisten, restrain, agglomerate

Kidney essence and Kidney qi are opposite and complementary to regulate the body metabolism.
Kidney Pattern

- Stores essence
- Receives qi
- Dominates water metabolism
**Location:** located in lumbar area, on either sides of the spinal cord, shape like a bean (kidney bean). “The lumbus is residence of the kidneys” it occupied the lowermost position among the five zang organs

**Physiological Characteristic:**
- “dormancy” “seal and hibernate” (主蛰守位) house hold, preserving and storing.
- Dominates mingmen fire
<table>
<thead>
<tr>
<th>Internally-externally connection</th>
<th>Urinary bladder</th>
</tr>
</thead>
<tbody>
<tr>
<td>dominate</td>
<td>Bone, teeth</td>
</tr>
<tr>
<td>Open orifice</td>
<td>Ear, genitalia and anus</td>
</tr>
<tr>
<td>Manifestation on</td>
<td>Hair</td>
</tr>
<tr>
<td>Related fluids</td>
<td>spittle</td>
</tr>
<tr>
<td>Related fire</td>
<td>minster fire</td>
</tr>
<tr>
<td>Shen</td>
<td>Will power (Zhi)</td>
</tr>
<tr>
<td>Related emotion</td>
<td>fear</td>
</tr>
</tbody>
</table>
1. **Storing Essence**: mean kidney preserves and stores the essence

- *Congenital essence*: from parents, basic material constituting a human body
- *Acquired essence*: from food essence, generate by spleen and stomach.

Generate acquired essence relies on the replenishment of vitality from the congenital essence; congenital essence need acquired essence to nourish and reinforce, therefore, they are inseparable.
1) Dominate reproduction function: reproduction function include sexual activities, and propagation and procreation

- Kidney store essence, provide the material basis for the origin of life.
- Kidney essence stimulate secondary sexual characteristics develop and reaches to puberty, and maturation of the sexual instinct, maintaining the exuberant sexual ability
- *Tian kui* (天癸) come from parent, part of congenital essence, depend on acquired essence nourish and reinforce, it increase and decrease with kidney qi
2) Dominate growth and development
   • 1 day to 7 years: the essence qi of the kidney develops gradually allowing the body to grow and develop rapidly with exuberant vitality
   • 7 to 14: baby teeth replaced, hair grows faster
   • 14 to 21: puberty: secondary sexual characteristics developed, for female menstruation start, for male sperm formed, able to conceived
• 21 to 35: prime of life, “Tian Kui” reaches a threshold, kidney qi flourishes, healthy, strong
• 35 – 42: kidney qi declines, sexual and reproductive ability decreased,
• 42 to 49: “Tian Kui” declined and exhausted, pre or menopause. Lost reproductive ability.
• 49 and above: body degenerates, grey hair, looseness of teeth, humpback, hearing impaired, difficult walking…
3) Generate Marrow, fulfill the brain, and transform into blood
   Marrow: bone marrow, spinal marrow and brain marrow. Brain is “sea of marrow”.
4) Transform into Kidney yin and Kidney Yang
Stores Essence

- Growth and development
- Generates marrow, fills brain, engenders blood
- Reproduction
- Transforms essence to Kidney yin and Kidney yang
2. **Dominate water metabolism**

“Qi transformation” (气化Qì huà): refers to the evaporation and fractional distillation of kidney yang. Kidney yang evaporates body fluids transforming them into the qi, which in turn is accumulated qi condensation into body fluids, thus ensuring ascending, descending, exit and entrance, as well as distribution and excretion of water in the body.
Kidney dominate water metabolism manifest in the following three aspects

1) *Ascending clear and descending turbid.* “clear” refers to the part of the fluid which contains the composition of nutrition; “turbid” implies that part of the fluid containing metabolic wastes.

2) *Controls the opening and closing of the bladder:* Bladder store and discharge urine which is closely related to the transformative function of kidney qi.

3) *Kidney promoting the functional activities of the lung, spleen liver and San jiao.* Kidney is root of the yang, motive power of zang fu organs.
Physiology Functions

Dominate water metabolism
3. **Controlling the reception of qi**

receiving clear qi inhaled by the lung, and regulating respiration in order to prevent shallow breath and to maintain a normal exchange of gases outside and inside the body.
Kidney Functions

- Stores essence
  - Dominate growth, development
  - Dominate reproduction
    - Generate marrow, fulfill brain, transform into blood
    - Transform into kidney yin and kidney yang

- Dominate water metabolism
  - Transformative function of qi
    - Ascending clear, descending turbid
    - Bladder open and close

- Receives qi
<table>
<thead>
<tr>
<th>Function</th>
<th>Pathological changes</th>
<th>Main symptoms</th>
</tr>
</thead>
</table>
| Stores essence, dominate growth, development and reproductive | Kidney essence insufficient | Infants: delayed development in physique and intelligence, five kinds of retardation (standing, walking, speaking, hair growth, tooth eruption) and five kinds of flaccidity (head, neck, extremities, muscles, and mastication)  
Adult: senility, premature graying hair |
| Decrease reproductive function | Male: sterility, impotency  
Female: infertility, amenorrhea, scanty menses |
<p>| Kidney yang deficiency | Aching and cold sensation in lumbar area, intolerance of cold, impotency, cold uterus |
| Kidney yin deficiency | Night sweating, tidal fever, spermtorrhea, irregular menses |</p>
<table>
<thead>
<tr>
<th>Function</th>
<th>Pathological changes</th>
<th>Main symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dominate water metabolism</td>
<td>Transformative function of qi disorder</td>
<td>Edema</td>
</tr>
<tr>
<td>Opens into two yin orifice</td>
<td>Urinary and bowel movement disorder</td>
<td>Loose stool, incontinency, difficult urination or dripping,</td>
</tr>
<tr>
<td>Dominate receives qi</td>
<td>Failed to receive qi</td>
<td>Asthma, exhale more than inhale</td>
</tr>
<tr>
<td>Dominate bone and produce marrow</td>
<td>Brain marrow insufficient</td>
<td>Dizziness, poor memory, dull think, disoriented</td>
</tr>
<tr>
<td>Manifested on hair, open into ear</td>
<td>lost nourishment,</td>
<td>Weakness and soreness of leg and foot, loose teeth</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tinnitus, lost hearing, premature grey hair, loose hair</td>
</tr>
</tbody>
</table>
Symptoms and signs

- Soreness and weakness in lumbar and knee
- Growth, development and reproductive ability disorder
- Water metabolism disorder: edema, difficult urination or frequent urination
- Respiration disorder
- Symptoms related with brain, marrow, bone, or hair, ear and BM and urination
Etiology and pathogenesis of Lumbar & knee pain

Kidney

Failure sealing and storage
Essences insufficient
Fails to fulfill the marrow
Fails to nourish bones

Weak constitution
Chronic illness
Improper diet
Overstrain, aging

Lumbar ache and Knee pain
Etiology and pathogenesis of kidney disease

**Kidney**

Kidney Essence insufficient

- Fails to nourish tissue, organs, bones, and *shen*

- Weak constitution
- Chronic illness
- Improper diet
- Overstrain, aging

**Children:** five kinds of retardation, or five kinds of flaccidity

**Adult:** premature aging, infertility, etc.
Etiology and pathogenesis of Water metabolism disorder

- Weak constitution
- Chronic illness
- Improper diet
- Overstrain, aging

**Kidney**
- Fails to promote other organs
- Transformative function of qi disorder
- Fails to control open and close of the bladder

**Lung**
- Fails to distribute and descend

**Spleen**
- Fails to transform and transport
- Sanjiao fails to transport and transmit

**Abnormal urination**
- Fails to ascend clear and descend turbid
Kidney

Failed develop secondary sexual characteristics and failed to reach puberty

Failed to seal and store essence

Weak constitution
Chronic illness
Improper diet
Overstrain, aging

Reproductive dysfunction
Sexual function disorder

Etiology and pathogenesis of reproductive and sexual function disorder
Common etiologies

- Weak constitution
- Chronic illness
- Improper diet, malnutrition
- Sexually and physically overstrain
- Aging
Kidney pattern

Deficiency pattern

- Kidney yin deficiency
- Kidney essence deficiency
- Kidney qi deficiency
  - Kidney qi fails to consolidate
  - Kidney fails to grasp qi
  - Kidney yang deficiency
Kidney qi deficiency

- **Definition:** it refers to a condition of hypo-function of the Kidney

- **Clinical manifestations:** Soreness, weakness and aching of the lumbar region and knees, dizziness, fatigue, loss hearing, or tinnitus, frequency urination at night, a pale flabby tongue, and a deep, weak pulse.
Key points

Soreness, weakness and aching of the lumbar region and knees, a deep and weak pulse

Etiology and Pathogenesis:

- Kidney qi deficiency
  - Fails to store essence
  - Water metabolism disorder
  - Fails to receive qi
  - Fails to fulfill marrow
  - Decrease sexual ability
  - Fails to motive and promote

- Soreness and weakness of lumbar and knee
- Importance, infertility
- Fatigue, deep and weak pulse
- Edema, urination problem
- Panting, dyspnea

Constitution
Improper diet
Chronic illness
Aging
Kidney qi failing to consolidate

- **Definition**: a condition of kidney qi deficiency leading failing its consolidating function.

- **Symptoms and signs**: soreness and weakness of the lumbar region and knee, lassitude, listlessness, tinnitus, lost hearing, copious frequent urination, nocturnal urination, incontinence of urine, bedwetting, enuresis. For men: spermatorrhea, premature ejaculation; for women: continue menstrual spotting, or clear copious vaginal discharge, or habitual miscarriage. A pale tongue, weak pulse.
**Key points:**

urinary Bladder or Kidney failed to consolidate symptoms and signs, such as frequent urination, dribbling after urine, nocturnal urination, incontinence, enuresis, spermatorrhea, premature ejaculation, clear copious vaginal discharge, habitual miscarriage etc.
Etiology and Pathogenesis:

Kidney qi fails to consolidate

- Fails to consolidate essence gate
- Failure transformation of qi, Bladder fails to be consolidate
- Kidney fails to nourish and fill marrow, bones and orifice

- spermatorrhea, premature ejaculation, copious clear vaginal discharge
- frequency urination, nocturnal urination, enuresis, oliguria and anuria, incontinence of urine, or dribbling after urine, or bedwetting
- Soreness and weakness in lumbar and knee area, dizziness, loss hearing and tinnitus, lassitude
Kidney fails to grab qi

Definition: a pattern caused by kidney qi deficiency failed to grab qi, manifested with asthma, wheezing and SOB.

Symptoms and signs: Wheezing and asthma which difficult inhaling, SOB, and symptoms worse with exertion. Feeble voice, spontaneous sweating, fatigue, soreness and weakness in lumbar and knee region.
**Key points**

Panting, dyspnea, difficult inhale than exhale, plus Kidney qi deficiency symptoms and signs

- **Etiology and Pathogenesis**
  - Kidney fails to grabs qi
  - Fails to receive qi
    - Panting, dyspnea, difficult inhale than exhale
  - Qi deficient fails to promote, pushing and consolidating
    - Shortness of breath worse with exertion feeble voice, fatigue. Spontaneous sweating
  - Fails to nourish and fill
    - Yang qi collapse: cold sweating, cold limbs, big pulse without root
    - Soreness and weakness in lumbar and knee region
(1) Kidney yang deficiency

- **Definition:** it refers to a condition of kidney yang deficiency leading to poor warmth of the body and limbs

- **Symptoms and signs:** Soreness, weakness and aching of the lumbar region and knees with cold sensation, intolerance of cold, cold limbs, early morning diarrhea, loose stool with undigested food, copious frequently urination, or frequent nigh urination, or difficult urination, edema, a pale puffy tongue and a deep and feeble pulse. For man: impotence, spermatorrhea, premature ejaculation; for women: menstruation disorder or infertility
**Key points**

Cold limbs, plus Kidney qi deficiency sings and symptoms

**Etiology and pathogenesis**

- **Chills, intolerance of cold, apathetic, dizziness and fatigue, pale tongue and weak pulse**
- **Early morning diarrhea, chronic loose stool with undigested food**
- **For men: impotency, premature ejaculation, spermatorrhea, and/or abnormal sperm count**
- **For women: infertility, amenorrhea, dysmenorrhea, leucorrhea, and/or low libido**
- **Edema, clear copious and frequent urination, frequent night urination, or difficult scanty urination**
Kidney yang deficiency Vs. Kidney qi failing to consolidate

<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th>Kidney yang deficiency</th>
<th>Kidney qi fails to consolidate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney yang fails to warm</td>
<td>Kidney yang fails to warm and transform qi</td>
<td>Kidney qi deficiency fails to consolidate</td>
</tr>
<tr>
<td>and transform qi</td>
<td>Pale face, soreness and weakness in lumbar and knee, tinnitus, dizziness, copious</td>
<td></td>
</tr>
<tr>
<td></td>
<td>urination, or difficult urinate, infertility or sterility</td>
<td></td>
</tr>
</tbody>
</table>

| Symptoms and signs         | Pale face, soreness and weakness in lumbar and knee, tinnitus, dizziness, copious urination, or difficult urinate, infertility or sterility | Yang deficiency with cold: intolerance of cold, cold limbs, edema below the waist, loose stool, or infertility and sterility due to deficiency cold | Urine, essence (narrow sense essence), vaginal discharge or fetus lost consolidate, manifested with leaking or loose, such as frequency urination, menorrhea, spermorrhea, leucorrhea, miscarriage, but no obvious cold signs |
## Patterns related with Kidney qi deficiency

<table>
<thead>
<tr>
<th>Patterns</th>
<th>Common points</th>
<th>Pathogenesis</th>
<th>Clinical manifestations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney qi deficiency</td>
<td>Soreness and weakness at lumbar and knees, dizziness, tinnitus, fatigue, lassitude, a pale tongue, and deep weak pulse</td>
<td>Cold symptoms and signs, edema</td>
<td>Intolerance cold, cold limbs, edema, pale complexion, a pale flabby tongue with white glossy coating, weak and slow pulse</td>
</tr>
<tr>
<td>Kidney yang deficiency</td>
<td></td>
<td>Cold symptoms and signs, edema</td>
<td></td>
</tr>
<tr>
<td>Kidney fails to consolidate</td>
<td></td>
<td>Leakage due to Bladder or Kidney failed to be consolidate</td>
<td>Frequent urine, nocturnal, enuresis, spermatorrhea, premature ejaculation, clear copious vaginal discharge, habitual miscarriage</td>
</tr>
<tr>
<td>Kidney fails to grabs qi</td>
<td></td>
<td>Kidney failed to receive qi</td>
<td>chronic panting, dyspnea, cough or asthma, exhale more than inhale, worse with exertion</td>
</tr>
</tbody>
</table>
Kidney qi deficiency

- Cold
  - Kidney yang deficiency

- Leakage
  - Kidney qi fails to consolidate

- Panting
  - Kidney fails to grab qi
Kidney yang deficiency with water effusion

- **Definition:** deficient Kidney yang fails to perform its qi transformation function, leading to water metabolism disorder and water accumulation

- **Clinical manifestation:** General pitting edema with greater severity in the lower extremities, abdominal distention, scanty urine, shortness of breath, cough and asthma with sputum gurgling in the throat, palpitations, asthma aggravated by exertion, intolerance of cold and cold extremities. Pale flabby tongue body with white coating. Deep thready and weak pulse.
Pitting edema worse in the lower extremities, scanty urination, intolerance of cold and cold limbs. In addition to the Kidney, this pattern must involve at least two other organs (Heart, Lung, and/or Spleen).
Kidney yang deficiency with water effusion

- Failure to promote and warm
- Failure to transforming function of qi, leading water metabolism disorder
- Water upward attack

Chills, intolerance of cold, apathetic, dizziness and fatigue, pale tongue and weak pulse

Patting edema, worse in lower body, scanty urination

Heart
  - Palpitation, shortness of breath

Lung
  - Cough and asthma with sputum, gurgling sound in the throat

Spleen
  - Abdominal bloating, or distension
Kidney yin deficiency

- **Definition**: a condition of kidney deficiency leading to production of deficiency fire

- **Symptoms and signs**: Soreness and weakness of the lumbar and knee, dizziness, tinnitus, insomnia, malar flush, tidal fever, night sweats, five centers heat sensation, bone steam fever, dry throat and mouth, insomnia, poor memory, emaciation, red tongue with scanty coating, a thready and rapid pulse. For men: nocturnal emissions; for women, scant menses, dysmenorrhea or heavy menses
Pathogenesis

Kidney yin deficiency

Failure to nourish

Head
- Dizziness, poor memory, tinnitus, insomnia, loose hair

Bone
- Lumbar and knee soreness and weakness, loose teeth

Chong/Ren
- Scanty menses, amenorrhea

Deficiency fire disturbs essence chamber

Men: premature ejaculation, nocturnal emissions, inhibit ejaculation, and/or excessive sexual desire

Women: menorrhagia and metrostaxis

Yang excess due to yin deficiency

Five center heat sensation, hot flush, night sweat, dry throat and mouth, bone steam fever, emaciation

Red tongue with little or no coating, rapid and thready pulse
Kidney essence deficiency

Definition: a condition of kidney essence deficiency leading to retardation of growth and development or to senility

Symptoms and signs: soreness and weakness of the lumbar region and knees. For children: poor physical and mental development, “five kinds develop delay” and “five kinds flaccidity”. For adult: senility, premature graying of hair, loss of hair and teeth, sterility or infertility, pale tongue and deep thready pulse
Key points

growth retardation for children; sterility, infertility, or premature aging for adults, without apparent heat or cold signs
Etiology and Pathogenesis:

Kidney jing deficiency

- prenatal insufficient
- improper diet
- chronic illness
- overstrain

Fails to fill marrow and transform into blood

Children

- late close fontanel, small and short body
- “five kinds develop delay”, “five kinds flaccidity”
- premature senility: premature gray hair, thin hair, loss teeth, etc.
- poor memory, absentminded, mental slow or retardation

Adult

- pale tongue, thin and weak pulse
- sexual dysfunction, sterility or infertility

Reproductive jing deficiency
Kidney yin deficiency *Vs.* Kidney essence insufficient

<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th>Kidney yin deficiency</th>
<th>Kidney essence insufficient</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kidney yin deficiency, failed to nourishes, generate heat</td>
<td>Kidney essence insufficient, failed to filling and nourishing</td>
</tr>
<tr>
<td>Symptoms and signs</td>
<td>Soreness and weakness in lumbar region, poor memory, low libido, reproductive function disorder</td>
<td></td>
</tr>
</tbody>
</table>
|                    | Deficiency heat signs: feverish sensation in five centers, hot flush, night sweating, or “steam bone fever”, tidal fever, malar flush, emaciated | No heat signs  
Children: delay or poor development and growth  
Adult: premature senility, infertility or sterility |
| Tongue and pulse   | Red tongue with little coating, or no coating, thready and rapid pulse | Pale tongue, deep, thready and feeble pulse, very weak in chi position |
Bladder Pattern

Transforming qi

Stores urine

Excretes urine
Anatomic location
- Cystic hollow organ, lies in the lower abdomen, under the Kidney and in front of the Large Intestine

Physiological function
- Transforming qi function (气化)
- Stores and excretes urine

Physiological characteristics
- Assistant by the Kidney qi/yang
Bladder Function

Storage of urine

Excretion of urine

Receive fluid wastes from Small Intestine, and temporarily holds until it’s full

Transformation function

Discharge fluid waste
Bladder

Etiology and symptoms

Exopathogens
Improper diet
Bladder

Fails to excrete urine

dysuria
Anuria

Fails to store urine

Urinary incontinence
Frequency urination
Enuresis

Chronic illness
Improper diet
Aging, Weak constitution
Bladder Disease Pattern

- Excess
  - Damp-heat in Bladder
- Deficiency
  - Bladder deficiency cold
Damp-heat in bladder pattern

- **Definition:** a pattern caused by damp heat accumulate in urinary bladder, lead it’s storage and discharge urine function disorder.

- **Symptom and signs:** frequency urine, urgent and painful urination with burning sensation, dark color urine, or bloody urine. Red tongue with yellow coating, a slippery and rapid pulse.
**Key points**

Frequent, urgent, burning and painful urination, plus damp-heat signs and symptoms

**Etiology and pathogenesis**

- Exopathogenic damp-heat
  - Improper diet
  - Damp-heat accumulate
- Qi failed to transform
  - Damp heat congeals and consumes body fluids
  - Damp heat impair blood vessels
  - Damp heat accumulation and steam outward
  - Damp heat in lower jiao and affect lumbar
- Urgent painful and frequent urination
- Stones in urine
- Hematuria
- Fever
- Low back pain and ache
- Red tongue, with yellow greasy coating, a slippery and rapid pulse
Bladder deficiency cold

- **Definition:** a pattern due to kidney yang deficiency leading to poor warmth of the bladder
- **Symptoms and sign:** frequent urination with clear urine or bedwetting, intolerance of cold, cold limbs, lassitude, listlessness. A pale tongue with white greasy, and a deep and weak pulse
**Key points**

Frequent clear and copious urine, incontinence, plus yang deficiency signs and symptoms

**Etiology and pathogenesis**

- **Constitution**
  - overstrains

- **Bladder deficiency cold**

  - Fail to storage urine
  - Fail to excrete urine
  - Yang deficiency fail to warm and promote

  - Frequency urination, urination incontinence, or enuresis
  - Dysuria and anuria

  - intolerance of cold, cold limbs, lassitude, listlessness
  - A pale tongue with white greasy, and a deep and weak pulse