

## Supplementing the Kidney and *jing*

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At birth, the amount of *jing qi* 精气 is at its maximum because essential qi has not yet been consumed and it is only in the course of time that the Kidney and *jing* will acquire stability. Chinese medicine acts mainly on this aspect and is very helpful in cases of *jing* deficiency, as happens in children with delayed mental and physical development, congenital, genetic or hereditary pathologies, immaturity of a particular functional system, or anomalies in a particular organ.

Since *jing* is not only derived from Earlier Heaven (at birth), but also from Later Heaven, it is vital to support Spleen qi constantly throughout the years.

It is essential to remember that Kidney qi is easily exhausted when it is already in short supply. Children with insufficient Kidney qi or weakness of *jing* need lots of rest (a yin function); their qi must not be consumed by their being too active or exposed to too many stimuli and it is crucial to pay great attention to their diet.

In these cases, it is extremely important that adult carers are able to perform tuina regularly because only constant treatment over a period of time will allow effective action on the root of qi, in other words on the Kidney and *jing*.

### Tuina

- *Bu Shenjing* – Supplement Kidney  
Push along the middle of the little finger (palmar aspect) from the tip to the base.
- *Rou Erma* – Knead Two Men Mounting Horses  
On the dorsum of the hand, between the fourth and fifth metacarpal bones.
- *Rou Shenshu* – Knead BL-23 Shenshu  
1.5 cun lateral to the spinous process of L2, the second lumbar vertebra.

*Note:* To supplement, the *ca* technique can also be used in the lumbar area, rubbing transversely across the lower back along the line including GV-4 Mingmen, BL-52 Zhishi and BL-23 Shenshu, the back-*shu* point of the Kidney. This method does not appear in pediatric tuina texts, but is used for example in the Jinan Provincial Hospital.

- *Rou Yongquan* – Knead KI-1 Yongquan  
On the sole of the foot, at the border of the middle and distal thirds.

*Note:* If more forceful action is needed to eliminate heat, it is better to use the *tui* technique, pushing from the point to the toes.

### Acupuncture

BL-23 Shenshu, GV-4 Mingmen, KI-3 Taixi, and CV-6 Qihai are very effective for supplementing the Kidney and *jing*.

If Kidney deficiency mainly involves yin and blood rather than qi and yang, CV-4 Guanyuan can be selected instead of CV-6 Qihai.

If there is a need to act more specifically on the water passages because of retention of dampness and spontaneous sweating, KI-7 Fuliu is indicated since it has a more effective drying action than KI-3 Taixi.

KI-1 Yongquan is used to bear downward exuberant yang qi present in the upper part of the body, for instance where fire is agitating the *shen*, internal wind attacks violently or phlegm-heat obstructs the clear orifices and the orifices of the Heart. This point is not usually a first choice in acupuncture, but it is less painful than generally thought.

### Other methods

**Moxibustion** is very effective for supplementing the Kidney and *jing*, particularly at BL-23 Shenshu, GV-4 Mingmen and CV-6 Qihai.

To supplement the Kidney's function of governing opening and closing, for example in cases of nocturnal enuresis, moxibustion at BL-23 Shenshu and GV-4 Mingmen is often sufficient.

Moxibustion at CV-8 Shenque can be added in cases of more severe deficiency to supplement original qi ( *yuan qi*).

For children with congenital pathologies whose treatment continues for several years, it is important that work in the clinic is supported constantly at home. If the child is not too young and the adult carers can be trusted, they can be taught how to use a moxa stick to supplement points such as BL-23 Shenshu, GV-4 Mingmen, CV-12 Zhongwan, CV-6 Qihai, and ST-36 Zusanli.

**Ear acupuncture** can be employed to stimulate ear points corresponding to the anatomic areas or functional systems involved. Suitable points include Kidney, Spleen, Liver, Heart, Lung, Adrenal Gland, Endocrine, Sympathetic, Shenmen, Subcortex, and Brain.

### Notes

- Since it is always helpful to supplement Later Heaven qi, see the section on “Supplementing Spleen qi” for more information.
- If the *shen* is agitated or clouded, see the section on “Calming and clearing the *shen*” for more information.

### Freeing food accumulation (*shi ji*)

In our modern-day society, food accumulation (*shi ji* 食积) lies at the origin of the majority of illnesses that occur in the first three years of life. Manifestations such as skin disorders, catarrh, asthma, constipation, broken sleep, and highly defiant behavior are very often the result of obstruction of the movement of qi. This obstruction facilitates the generation of heat, the production and accumulation of phlegm, susceptibility to invasion by external pathogens, outbursts of rage where Liver qi is involved, and impairment of the function of bearing clear qi upward to the clear orifices and the *shen*. The end result is the consumption of qi and yin.