

KIDNEY-HEART HARMONY-DISHARMONY

Presented by Dr. Leon Hammer
In association with www.prodseminars.com

I. KIDNEY QI-YANG DEFICIENCY & KIDNEY-HEART QI YANG
DISHARMONY

Points [in bold]

Principal Points

KI-4, 16, 6, 8

A. KIDNEY

KI- 1

For will power and calming the mind; courage
Yin Deficiency

Ki 2

For will power and calming the mind; courage
Excess Heat

KI-3:

Tonifies Yin, Yang, Qi, Essence [any Kidney deficiency];
Helps Kidney grasp Lung Qi
To anchor all of the other spirit point

Ki-4:

**Allows Kidney to communicate with the Heart
through P-3, [6 & 8]**

A place to store and hold, to gather forces & to lift the
spirit

P-6; P-8;

Strengthens Zhi- Will Power; eliminates fear; a place to store
and hold, to gather forces.

KI-5: Tonifies Qi [and UBood] in lower burner

KI-7: More for Kidney Yang

KI-8: Low back pain from fear

Ki-9: Communicates between Heart and Kidney;

, Calms the mind w/ anxiety, restlessness, chest oppression &
palpitations w/ HT-Ki not harmonized.

KI- 12: Communicate with Heart [w/ Ren 17]

KI- 16: Communicates with Heart to nourish Heart; Kidney
channel goes to Heart and diaphragm; grasps Lung qi; calms the
mind by bringing Yin to the Heart thru BI-43

KI-17: Grasps Lung Qi

KI 18: Grasps Lung Qi

Ki 19: Reduces fear affecting middle burner

Ki-20: Reduces Fear of the Unknown by increasing faith

Upper Kidney Points Heart-Kidney Disharmony

The upper Kidney points are directly related to the Heart, especially on a mental and spiritual level. They help arouse the person into awareness, secure the spirit back into the self and the body from dissociated states of any degree and help the inner being to express itself outwardly (which I associate with Heart Yang) They are also important to dealing with fear.

KI- 21: Reduces Fear of the Unknown; EnaUBes Kidneys to Communicates with Heart [and open Heart]; to open awareness to old dark fears and terrors which the person cannot face.

Kidney 22-27

Sometimes H/W imbalance comes from this level and you must use upper Kidney points to break it.

KI-22: Walking on the Veranda [Exit Point]

- **Connects Kidney to Pericardium and Fire Phase [Exit-Entry Point; WOS]**
 - Combined with Entry Points [WOS] [P]1-Tianchi in man & P-2Tianguan in woman]
- **Calms Shen;**
- For despondency and isolation,.
- Probable name for location on ribcage
- Energy transition from Middle to
- Upper Heater
- Relation between fear and intimacy
- Transition to spirit
- For Feeling Free
- Despondency - isolation

KI-23: Spirit Seal – Shengfeng

No 'will to live' find purpose in life or purpose of life; self esteem; physically strong

It is akin to a storehouse for the spirit used to help a Person who is experiencing terror and having difficulty maintaining the feeling that 'the spirit is with me and I am at one with God', that I can hold what is mine inside. (This point is similar in action to KI-27 except that it is less powerful especially on a Physical level. Often they are used together.)

- Seal as in Emperors jade stamp, giving mandate of heaven
- IDENTITY -like energy of metal (VIII-4 middle seal).
- ? Relation of breathing (in heaven) and Will
- Kidney 23 and 25 strong together!
- Storehouse - to add power, but less powerful than Kid27; can use them together; to keep what was hers in her
- Spiritual Seal -if Spirit is with me
- Are one with God in relation to terror

KI 24: Spirit Burial Ground – Lingxu Located over Heart.

- Self-esteem; destiny
- Resurrects the spirit of people in whom the spirit has died.
- Shark Eyes - too much ambition.
 - No spirit behind it. Resurrects spirit if part of us dies
- People totally involved in grief or a person they have lost and can't let go of the corpse "They're dead and you have to revive them" to move on
- God is with me- for terrors

*KI 25: Spirit Storehouse [Shencang]

- Identity
- Sense of purpose is emergent but it hasn't crystallized for them yet.
- To get through a difficult time bring Spirit up
- Give spirit strength
- Like a reservoir of fluid flowing over and refreshing us.
- Helps to get through a difficult time when identity

- A sense of purpose is emergent and has not yet crystallized.
- To bring spirit up and give it strength
- Let go and be free
- Used also to seal a treatment [three moxa]
- As opposed to: KI-27 – KI 25 Storehouse is more generalized

KI-26 Amidst Elegance, Other Center [Yuzhong]

- The energy of this point moves a person more
- gently towards change than some of the more insistent ones like KI-27.
- More like an induction compared to a command (relative to others); gentler:
- The direction can be in any of the already discussed terms such as the search for identity, or drive. It says that it is “all right to change” rather than “you must”
- A little push; artful quality to embracing aspect of Kidney; riches of the inherited constitution
- In touch with elegance but flow of life stopped; illusions are shattered
- The Essence- `Clever Official`, a bright person whom we can imagine squandering their inheritance. Old clothes - - we can see them as elegant.
- Related to UB-10 [Heavenly Pillar]- pillar of spirit. UB-10 is "Holding one's head high"
- Like DU-12 [Great shuttle], the pillar of the body (spine) weaving together fabric of life
- This point is said to put people whose illusions have been shattered back in touch with the grace and current of life restoring internal harmony.
- It is also used for ambitious people who experience both anger and anxiety simultaneously (bad temper).
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KI-27 [Transporting Point Mansion, Storehouse of Spirit-(Shufu)]

- It is the storehouse for all energy including physical, mental and spiritual.
- It provides considerable power to all endeavors and adds the zest to these activities which give them life and excitement such as 'team spirit'. [Use with KI-23- will to live]

- Overall energy - add power
- Physically weak - no will to live .
 - Use with Ki23
- Others claim this point to enhance compassion and the connection to all people, we and the universe are one. (This concept fits with my own for the function of Kidney Yin energies [DRRBF].)
- Still others use this point more specifically for strengthen the adrenals and sexual energy for people who do not have access to it and use it to treat impotence and frigidity.
- This point also has the opposite effect under adverse circumstance when it is in the interest of survival that a person be able to dissociate and have his spirit leave their body
- Asthma

B. HEART

1. Heart Shock [Emotionally Dead] Blood & Qi- Yang deficiency; Phlegm Misting Orifices: Stagnant Qi and Blood

Internal and External Devils

Heart Phlegm

REN-12

St-25; 40

P-5

TB-3

Blood deficiency: Ht- 5-7

[5=Mind & Heart]

[7= Spirit to Heart -Spirit Gate]

Connect to Spirit HT- 1, 7

Yin Wei [P- 6, Sp- 4

2: Heart Separation of Yin and Yang- Heart Yang Deficiency

Ht - 8 [Nourishes Fire of the Heart]

Ht- 5 Luo point

UB- 15

P- 6 [more for Yin but regulates & moves Heart qi and UBood]

SI -43 Moxa [Deep Disease Point; Pericardium -nourishes essence and qi]

Du- 4 Moxa [Fire of Ming Men]

REN- 4 Moxa

DU - 14 Moxa

KI- 23 Moxa

REN- 6 [Tonifies & Regulates qi]

REN- 17

KI- 25 [Fire Front Shu Point]

3. Heart Qi Stagnation [Closed] [Emotionally Dead; L. Distal Muffled [4]]

Chong Mai +

Ki-21 [old fears]

Ki-22 & P-2 [Entry-Exit]

Ki-24

TB 5 through to P-6 + TB-4: Stimulate vigorously

P-7

Ht5 [through Ht 7]- Ht 5 to bring Heart and head together

GB15;

DU 24 [Depression]

SP-1

Ren-7

C. OTHER

TB-4: transits the Original Yuan Qi

UB-23: Nourishes all aspects of the Kidney including the Qi

To receive the Qi

UB-31-34: Tonify Kidney Qi and essence

UB-1 35: Raise Kidney Qi

UB-52:-

strengthens the Will [the ability to put your Heart into what you are doing]; With KI-5 for courage, will power & hopeless depression

UB-58: Build Kidney Qi from Bladder [Bladder Luo Point]

UB-61: Serve humanity and preserve spirit

UB-62: Invigorates Qi; finding purpose along with KI-23, 25; for awakening & awareness

DU: 3 ,4, 6, 9, 12, 14, 20 with Moxa;

ST- 30:Essence, Pre & Post Heaven

c. Running Piglet disease' [Lower to Upper Burner]

UB 15, UB 23, REN-4 w/ moxa in that order

REN-17, Ki-19, 21, Sp-6, St 30, Liv 3

HEART QI AGITATION

Herbs: Cyperus and Perilla

Cyperi	Xiang Fu	6gm
Licorice	Gan Cao	3gm
Perilla Fruit	Su zi	6 gm
Chen pi	Citrus	3gm
Ginger	Sheng Jiang	2.5gm

Palpitations and/or anxiety manifest with this pulse 17th century physician Chen Shiduo in his *Shishi Milu* (A Secret Record From the Stone Chamber).
Fushen and Shichangpu (Poria Fushen and Acorus)

ACUTE ANXIETY[w/ shock]

Xi Yang Ren	American Ginseng	9gm
Ren shen	Ginseng	9gm]
Mai men dong	Ophiopogon	9gm
Wu wei zi	Schizandra	6gm
Licorice	Gan Cao	5gm
Wheat	Xiao Mai	20-50gm
Jujube	Da Zao	5-20gm
Acorus	Chang Pu	9gm
Bovis	Niu Huang	1 fen
Borneol	Bing Pian	1 fen
Fluoritum	Zhi Shi Ying	10gm
Long Chi	Dragon Teeth	9gm
Magnetite	Chi Shi	20gm

HEART-KIDNEY BOOD DEFICIENCY

1. . HEART QI AND BLOOD

A. HEART AND SPLEEN [GINSENG AND LONGAN [GUI PI WAN]

Ren Shen	Panax	6-9gm
Huang Qi	Astragalus	9-12gm
Fu Shen	Poria cocos	6-9gm
Bai Zhu	Atracylodes	9-12 gm
Long Yan Rou	Longan	9-12gm
Mu Xiang	Sausseria	3-6gm
Suan Zao Ren	Zizyphus	9-12 gm
Dang Qui	Angelica	6-9gm
Yuan Zhi	Polygala	3-6gm
Gan Zao	Licorice	3-6gm
Sheng Jiang	Ginger	1-3gm
Da Zao	Jujube	5gm
White Peony	Bai Shao	9gm
Lycii	Gou Qi Zi	6gm
Mori Albae	Sang Shen	9gm
Polygani M.	He Shou Wu	9gm

B. Heart Yang, Blood, etc. 3gm 3x/day

[Dr. Hammer's formula; based on Astragalus & Ziphyphus-Yang Xin Tang]

Yi Yang Shen	4.5 gm	American Ginseng
Korean Ginseng	4.5 gm	[Cooked in Aconite]
Zi He Che	4.5 gm	Placenta
Bai Zi Ren	4.5 gm	Biota Seed
Long Yan Rou	6.0 gm	Longan
Suan Zao Ren	6.0 gm	Zizyphus
Yue Jin	6.0 gm	Curcumae
Shu Di Huang	9.0 gm	Rehmannia [CK]
Ye Jiao Teng	9.0 gm	Polygalae Multifloriae
Yuan Zhi	9.0 gm	Polygalae Tenuifolae
Sha Ren	1.5 gm	Fr. Seu Se. Amomi
Fo Shou	3.0 gm	Fr. Citri Sarcod.
Dan Shen	9.0 gm	Salvia
Mai Men Dong	6.0 gm	Ophiopogon
Chang Pu	6.0 gm	Acorus

Gan Cao	3.0 gm	Licorice
He Huan Pi	10 gm	Albizzae
Long Gu	5.00gm	Dragon Bone

b). Kidney Blood formulaLycium Formula

Rehmannia	Shu di huang	1.2
Lycium fruit	Gou qi zi	1.2
Dioscorea	Shan yao	1.2
Hoelen	Fu ling	1.2
Cistanche	Rou cong rong	1.2
Fennel	Xiao hui xiang	1.2
Morinda	Ba ji tian	1.2
Eucommia	Du zhong	1.2
Achyranthes	Niu xi	1.2
Schizandra	Wu wei zi	1.2
Polygala	Yuan zhi	1.2
Acorus	Shi chang pu	1.2
Jujube	Da zao	4.0
Broussonetia	Chu shi zi	1.2
Cornus	Shan zhu yu	1.2

C HEART QI AND BLOOD AND KIDNEY YANG-ESSENCE

Yi Yang Shen	4.5 gm	American Ginseng
Korean Ginseng	4.5 gm	
Zi He Che	4.5 gm	Placenta
Bai Zi Ren	4.5 gm	Biota Seed
Long Yan Rou	6.0 gm	Longan
Suan Zao Ren	6.0 gm	Zizyphus
Yue Jin	6.0 gm	Curcumae [Tuber]
Shu Di Huang	9.0 gm	Rehmannia [Cooked in wine]
Ye Jiao Teng	9.0 gm	Polygalae Multifloriae
Sha Ren	1.5 gm	Fr. Seu Se. Amomi
Fo Shou	3.0 gm	Fr. Citri Sarcodactylis
Dan Shen	9.0 gm	Salvia
Mai Men Dong	6.0 gm	Ophiopogon
Chang Pu	6.0 gm	Acorus
Gan Cao	3.0 gm	Licorice
Fu Zi	0.25 gm	Aconite
Huang qi	10.0gm	Astragalus

Shan Yu Ru	6.0gm	Cornus
Gou Qi Zi	6.0gm	Lycium Berry
Du Zhong	6.0gm	Eucommia
Dong Chong	2.0gm	Cordyceps
Fu Xiao Mai	3gm	Tritici Levis Semen
Ge Jie	3.0gm	Gecko
Yin Yang Huo	8gm	Epidmedii
Rou Cong rong	10gm	Cistanches

Sinews

Xu Duan	6gm	Dispaci
Heart – Kidney Disharmony		
Ci Shi	20gm	Magnetite

For non interaction of the Heart and Kidney, add 20-30 grams of Ci shi. Also decoct the whole formula with 6 grams of Ci Zhu Wan (Loadstone and Cinnibar Pill, boil wrapped in gauze) and 6 grams of Jiao Tai Wan (Peaceful interaction Pill).

HEART SAMLLi.) Heart Small, original formula

Shi Chang Pu	2.4 gm	Acori
Chuan Xiong	4.5 gm	Ligusticum
Mu Xiang	4.5 gm	Saussureae
Fu Shen	9 gm	Poria
Yuan Zhi	4.5 gm	Polygalae tenuifoliae
Suan Zao Ren	9 gm	Zizyphus
Yu Jin	9 gm	Rz. Curcumae
Gua Lou Pi	9 gm	Fr. Trichosanthes
Chen Pi	6 gm	Tangerine Peel
Ding Xiang	2.4 gm	Caryophylli

ii.) Heart Small, recent formula [11]

Shi Chang Pu	Acori tatarinowii Rhizoma	4.5 gm
Xiang Fu	Cyperi Rhizoma	4.5 gm
Chuan Xiong	Chuanxiong Rhizoma	4.5 gm
Fu Ling	Poria	9 gm
Yuan Zhi	Polygalae Radix	4.5 gm
Yu Jin	Curcumae Radix	4 gm
Huang Qin	Scutellariae Radix	4.5 gm
Bai Shao	Paeoniae Radix alba	9 gm
Ding Xiang	Caroyphylli Flos	4.5 gm

Author's Note [H]:

In terms of traditional Chinese medicine, the closest equivalent term to 'Heart small' would be Heart blood stagnation, and in biomedicine, the closest equivalent condition would be coronary artery spasm and angina. There are mild and temporary, and serious and enduring, varieties.

The spasm pattern is usually the result of a sudden shock during which time the coronary arteries constrict depriving the Heart of qi and blood. This spasm leads to an insufficient oxygen supply to the coronary muscles. In Dr. Shen's terms, the Heart is "suffocating." The left distal position can become extremely Flat.

The etiology of the more serious 'Heart small' disorder is a profound shock at birth when there is prolonged labor and the head has already reached the outside of the birth canal, but is being held back by something like the suffocating cord around the neck of the infant. With the more serious chronic form the pulse at the left distal position becomes at first extremely Flat and later very Deep, Thin, and Feeble. The rate is Normal, slightly Rapid, or slightly Slow. Later, a Choppy quality has been observed here with this condition indicating blood stagnation in the coronary arteries.

Prolonged fear and unexpressed anger may also lead to this condition, though these emotions may also be the consequence, since one finds in people with the 'Heart small' condition a lifelong, unexpressed, and unexplained fear, as well as some anger and tension. Night terrors and being easily startled are common complaints. There is shortness of breath, in that it is easy to expel air and difficult to take it in. There may be chest pain, usually of a needle-like or stabbing quality in one spot, or stabbing pain in the left shoulder and/or down the left arm. Other symptoms are palpitations and cold extremities.

'Heart Small' is permanent unless treated, and is equated by Dr. Shen with what he calls "true heart disease," by that he means coronary artery disease.

CANNOT SLEEP ON LEFT SIDECondition: Heart Large-Full [Fullness of the Heart]HerbsBreech birthPulse: Inflated LDP

Bu. Allii	<i>xie bai,</i>	6gm
Fr. Trichosanthes,	<i>gua lou</i>	12 gm
Rx. Ligustici Wallichii	<i>chuan xiong</i>	4gm
Citrus Aurentium I	<i>zhi shi</i>	6gm
Tu. Curcumae,	<i>yu jin</i>	6gm
Rz. Cyperi Rotundi	<i>xiang fu</i>	9gm
Fr. Liquidambaris Taiwaniana	<i>lu lu tong</i>	6gm
Fr. Schisandrae Chinensis	<i>wu wei zi)</i>	1.5 gm

CORD AROUND NECKPulse: Flat LDP [shock when very young]

[Remove Fr. Schisandrae Chinensis (*wu wei zi*) and add Fl. Caryophylli, LignumAquilariae (*ding xiang, chen xiang*)]

Shi Chang Pu	2.4 gr	Acori
Chuan Xiong	4.5 gr	Ligusticum
Mu Xiang	4.5 gr	Saussureae
Fu Shen	9 gr	Poria
Yuan Zhi	4.5 gr	Polygalae tenuifoliae
Suan Zao Ren	9 gr	Zizyphus
Yu Jin	9 gr	Rz. Curcumae
Huang Lian	2.4 gr	Coptis
Chen Xiang	2.1 gr	Aquilariae
Wu Wei Zi	4.5 gr	Fr. Pruni Mume
Mu Li	15 gr	Oyster Shell
Mai Men Dong	9 gr	Ophiopogon Japoni.

EMOTIONAL-MENTAL DISABILITIES [Neurosis to Psychosis]

PHLEGM MISTING THE ORIFICES

[Hammer, Leon I. M.D. ; Phlegm Misting-Disturbing The Orifices And Mitral Valve Prolapse; EJOM Vol. 7 No.3 pp 35-39.]