

Double Decoction Herbal Teas and Alcohol Formulas for Variations of Kidney Yin Deficiency and for Kidney Yang Deficiency

While in a meeting, after the East West Free Clinic, Michael Tierra explained to us the sometimes subtle differences in treating clients with Yin Deficiency, clients with low Yin and a little Yin Deficiency, and also clients with Yin Deficiency with Heat. He then taught us how to make these formulas as a double (sometimes triple) decoction tea and then adding a percentage of alcohol. Students are now making these formulas for the East West Herbal Pharmacy, since we have been seeing all of these symptoms a lot in the clinic.

The difference between yin vacuity, yin deficiency and kidney qi deficiency...

(This is Michael's addition to this presentation)

Kidney yin deficiency is a condition that inevitably always appears with symptoms of heat – but from the perspective of deficiency rather than excess.

Kidney yang deficiency always appears with symptoms of cold and damp accumulation (like hypothyroid).

However there's a stage in between which, correct or not, is described by Bob Flaws as **Kidney vacuity**. I think this may coincide with what most experts describe as **Kidney Qi deficiency**. Here, a person has signs of kidney deficiency such as joint pains, low back problems, urinary problems, but the pulse is not fast and the tongue is not particularly red and may even have a pale color and a thin white coat.

I think this is kidney Qi deficiency.

There are a few formulas for kidney yin and yang deficiency. The three we most use are the variations on Rehmannia 6 (liu wei di huang). These are not necessarily the strongest for tonifying kidney yin and yang deficiency.

Two stronger ones are 'you gui wan' for kidney yang deficiency and 'zuo gi wan' for kidney yin deficiency.

Rehmannia Eight is also called Jin gui shen qi wan or

The Kidneys represent the 'root' – the root being the source of yin and yang energy for the entire body-mind. It carries one's genetic or ancestral constitution called 'pre-natal qi' or "yuan Qi". It encompasses the hormones of the body, which govern the sympathetic and parasympathetic nervous system. So from a TCM perspective, kidneys are as deep as one can go in terms of energy. It is the source for all yang in the body including Spleen yang (digestive metabolism) which is the source of post-natal qi.

So besides deficiency of either kidney yin or yang – there is also kidney vacuity or kidney qi deficiency.

Here, we are only describing kidney yin deficiency with variations of Rehmannia Six (Liu wei di huang).

We are also describing how, if kidney yin deficiency manifests with symptoms of “fire” we need to use another formula which adds two herbs, Anemarrhena and Phellodendron, to clear deficient heat – “Zhi bai di huang wan.”

If there is kidney Qi or yang deficiency, we use another formula called Rehmannia Eight called either Ba Wei Di Huang or Jin Kui shen qi wan. This formula is still based on the basic kidney yin deficient formula Rehmannia Six but adds two herbs to tonify yang by treating coldness (yang deficiency). These are Cinnamon bark (or twigs) and prepared aconite (Fu Zi).

This formula is also used to tonify **Kidney qi deficiency or what I called Kidney vacuity, which has classic signs of kidney with low energy and if there is yang deficiency, coldness.** Rehmannia Eight is used for both so it both nourishes kidney Yin and tonifies kidney Yang.

Understanding TCM Kidneys is one of the key concepts of TCM. It has taken me years to fully grasp it and I think I’ve almost completely got it now. So get the jump on this and study it.

As we age, both Kidney Yin and Kidney Yang diminish. Because it is linked with ancestral energy (Yuan Qi) and Essence, theoretically it cannot be replenished. One can stop the loss of kidney yin and yang by astringing these with the Planetary formula Wu Zi wan or Schizandra Adrenal.

Women with menopause typically have both yin and yang deficiency and the formula (*don’t ever forget this and do look it up*) is called Er Xian Tang or “Two Immortals.” The two immortals is based on the fact that this formula treats both kidney yin and kidney yang deficiency.

So where the confusion that started this explanation is that kidney yin deficiency as indicated by the use of “er xian tang’ may not have all the extreme symptoms of heat and fire of full blown kidney yin deficiency – but a women may suffer from hot flashes (a sign of kidney yin deficiency). Er Xian Tang or two immortals pills treats this.

Study this site: <http://www.shen-nong.com/eng/principles/kidneyyinyang.html>

CLIENTS WITH YIN DEFICIENCY

REHMANNIA 6 FORMULA

The Classic Chinese Formula

Prepared Rehmannia (Shu Di Huang)	20 – 30 gms Rehmannia glutinosa
Cornus (Shan Zhu Yu)	10-15 gms Cornus officinalis
Dioscorea (Shan Yao)	10-15 gms Dioscorea opposita
Water Plantain (Ze Xie)	9-12 gms Alisma plantago-aquatica
Moutan Peony (Mu Dan Pi)	6-9 gms Paeonia suffruticosa
Poria (Fu Ling)	9-12 gms Poria cocos

Tongue: Reddish and with a shiny appearance

Pulse: thin and rapid

Contraindication: Not for a person with weak digestion or lack of Yang

Symptoms of Yin Def: may include dizziness, tinnitus, deafness, chronic sore throat, afternoon tidal fevers, night sweats and spontaneous emissions, thirst and dryness, burning sensation in palms, soles of feet and chest, toothache. Also useful for a variety of Deficiency conditions including low back pain, pulmonary tb, various eye disorders, chronic urinary infections, hypertension, Addison's disease, diabetes, hyperthyroid, retarded growth, difficulty in maintaining health.

CLIENTS WITH LOW YIN and a little YIN DEFICIENCY

REHMANNIA 6 FORMULA with ADDITIONS

The Classic Chinese Formula

Prepared Rehmannia (Shu Di Huang)	20 – 30 gms Rehmannia glutinosa
Cornus (Shan Zhu Yu)	10-15 gms Cornus officinalis
Dioscorea (Shan Yao)	10-15 gms Dioscorea opposita
Water Plantain (Ze Xie)	9-12 gms Alisma plantago-aquatica
Moutan Peony (Mu Dan Pi)	6-9 gms Paeonia suffruticosa
Poria Cocos (Fu Ling)	9-12 gms Poria cocos

Tongue: Red tongue body with little or no coat

Pulse: thin and rapid

Contraindication: Not for a person with weak digestion or lack of Yang

With ADDITIONS OF:

Unprepared Rehmannia (Sheng Di Huan)

Polygonatum Multiflorum Stems (Ho shou Wu)

Ophiopogon (Mai Men Dong)

CLIENTS WITH YIN DEFICIENCY WITH HEAT

ANEMARRHENA, PHELLODENDRON AND REHMANNIA FORMULA

The Classic Chinese Formula (Zhi bai di huang wan)

Anemarrhena (Zhi Mu)	6-9 gms Anemarrhenae asphodeloides
Phellodendron (Huang Bai)	6-9 gms Phellodendron amurense
Prepared Rehmannia (Shu Di Huang)	15 – 24 gms Rehmannia glutinosa
Cornus (Shan Zhu Yu) dogwood berries	10-15 gms Cornus officinalis
Dioscorea (Shan Yao)	10-15 gms Dioscorea opposita
Water Plantain (Ze Xie)	9-12 gms Alisma plantago-aquatica
Moutan Peony (Mu Dan Pi) (clears heat)	9 gms Paeonia suffruticosa
Poria Cocos (Fu Ling) (clears damp)	9 gms Poria cocos

With ADDITIONS OF:

Unprepared Rehmannia (Sheng Di Huang)

Polygonatum Multiflorum Stems (Ho shou Wu)
Ophiopogon (Mai Men Dong)
Small amount of Marshmallow (Althea officinalis)

Tongue: Red body, little or no coat

Pulse: thin and rapid

Contraindication: Not for Yin (Cold-Damp) Excess

Symptoms of Yin Def. with Heat: For Yin Def. of the Kidney and Liver with symptoms of inflammation, night sweats, tinnitus, spermatorrhea, involuntary seminal emission, steaming feeling in the bones, loose teeth, swollen and inflamed gums. Can be used for gingivitis, diabetes, chronic urinary tract infections and sore throat.

KIDNEY YANG DEFICIENCY

Rehmannia Eight, Ba Wei Di Huang, or Jin kui Shen Qi Wan

Prepared aconite (Fu zi)	10-15gm
Cinnamon Bark or twigs (Rou gui)	6-9g
Prepared Rehmannia (Shu di huang)	20-30g
Cornus or dogwood berries (Shan zhu yu)	10-20g
Dioscorea (shan yao)	10-15g
Alisma (Ze Zie)	10-15g
Poria mushroom (Fu ling)	10-15g
Moutan peony Mu Dan pi	0 – 10-15g

1. replenishes kidney yang (vital function)
2. Warms the lower part of the body
For a person with either kidney Yang deficiency or kidney Qi deficiency.

DIRECTIONS FOR MAKING ABOVE FORMULAS AS DOUBLE DECOCTION TEAS WITH ALCOHOL

Begin with 1.5 gallons of filtered water. Add herbs from one of the above formulas you want to make, in a stainless steel or glass pot. First boil the herbs, then quickly simmer for 1.5 hours. Strain the herbs, then add some of those herbs back in and add half gallon water and simmer another 45 minutes. Cook this tea down til you have about $\frac{3}{4}$ gallon of tea and then strain all of the herbs out.

To this double decoction of tea add one quart 95% proof alcohol. Bottle and label.

YIN IS THE MOTHER OF ALL BLOOD NOURISHES YIN