

How Chinese Medicine Practitioners view Kidney Deficiency

In Chinese Medicine Perspective, kidney is important to human, especially for brain, bone density and reproductive system. If children were weak in kidney, their growth would be delayed. For adult with deficiency of kidney, the incidence of osteoporosis and dementia may be increased. The deficiency of kidney may speed up the aging process. Some common discomforts among climacteric women are closely related to deficiency of kidney, like knee and back pain, poor memory, lack of energy or decrease in libido, insomnia and hot flushes. According to the study from The University of Hong Kong School of Chinese Medicine, over 95% of women aged 40 to 60 got the symptoms of kidney deficiency.

There are 2 types of kidney deficiency, which are classified as "Yin" and "Yang". The former shows the symptoms like hot flushes, night sweat and insomnia, etc, while the latter shows the symptoms like cold, edema, high urinary frequency, etc. The two types may simultaneously appear in some people.

Chinese medicine focused on its treatment and prevention. Apart from the cure, lifestyle modification and balance diet are essential for its prevention. Before taking any therapy, medical advice should be sought from Chinese Medicine practitioners.

The School of Chinese Medicine of HKU will work on a study regarding kidney deficiency. This study will involve 500 women aged 40 to 60, whose primary residence is Hong Kong. People who suffered from kidney deficiency are welcomed to participate and send personal information to Dr RQ Chen at rqchen@hku.hk or “The University of Hong Kong, The School of Chinese Medicine, 10 Sassoon Road, Pokfulam”.