

Osteoporosis

Osteoporosis is a condition caused by reduced bone mineral. People with this condition are vulnerable to bone fractures. It is very common among elderly and post-menopausal women. The most obvious symptoms of osteoporosis are lower back, or knee pain and weakness of the limbs.

Practitioners of traditional Chinese medicine point out that the condition of many organs, particularly the kidney, is closely related to the health of the bone. A healthy kidney helps bones and marrow to grow healthily. Because the kidney, liver and digestive system are interrelated, deficiencies in any of these organs may cause osteoporosis. Poor blood circulation may also cause osteoporosis.

Osteoporosis is mainly due to a decline in kidney essence, or yang, a fluid-like bone mineral. This condition can be classified under four headings: kidney yang vacuity, liver and kidney yin vacuity, spleen and kidney yang vacuity, and kidney vacuity with poor blood circulation. Chinese medicine can strengthen the bones and prevent osteoporosis by supplementing the kidney, liver and spleen, and improving the “qi” (flow of energy resulting from breathing) and blood circulation, but the medicine’s prescription is based on an assessment of the patient.