




Qi, blood and body fluids

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- qi, blood and body fluids are fundamental substances
 - Qi- functional activities of various tissue and organs
 - Qi, blood, body fluids, zang-fu organs, channels and collaterals are theoretical basis of human physiology

Essences


Pre-heaven essence

Post- heaven essence

The kidney essence

Pre-heaven essence

- a blending of the sexual energies of man and woman
- nourishes the embryo and fetus during pregnancy
- dependent upon nourishment derived from mother's kidney


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- can determine each person's basic constitutional make-up, strength and vitality

Post-heaven essence

- refined and extracted from food and fluids by the stomach, lung and spleen after birth
- closely related to stomach and spleen

The kidney-essence

- more specific kind of energy
- plays an extremely important role in human physiology
- is stored in the kidneys
- Pre-heaven essence + post-heaven essence

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- determines growth, reproduction, sexual maturation, conception and pregnancy
 - “*Suwen*”
 - Men’s essence flows in 8 years cycles
 - Women’s essence flows in 7 years cycles

	Men		Women
8	Hair and teeth growth	7	Teeth are replaced by permanent and hair growth
16	Sperm	14	Menstruation
24	Tendons and bones are strong, wisdom teeth appear, growth is at its peak	21	Wisdom teeth come out and growth is at the utmost

32	Tendon and bones are strongest, muscle are full and strong	28	Tendon and bones becomes strong, hair grows longest, body is strong and flourishing
40	Hair begins to fall out and teeth becomes loose	35	Hair becomes fall
48	Face becomes darker and hair turns grey	42	Face becomes darker and hair turns grey
56	Tendons cannot move, body begins to grow old	49	infertility

Four main functions of essences

- growth, reproduction, sexual maturation, conception and pregnancy
- As a basic of kidney-qi
- As the basic of marrow
- As a basic of constitutional strength



Differences the kidney essences between man and women

