

SHULAN CLINIC – ACUPUNCTURE • CHINESE HERBAL MEDICINE

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Impotence and TCM – by Prof. Shulan Tang

One in ten British men suffer from impotency. It is manifested as an inability to have an erection of the penis or lack of copulative power in males.

In terms of the theory of Traditional Chinese Medicine (TCM), the kidney is the key organ in promoting sexual activity. In most cases due to the insufficiency of the kidney. There are many reasons that cause this, such as stress, overwork, anxiety, over sex, kidney disease, inappropriate diet, etc.

TCM classifies the kidney into two parts: The Yin of the Kidney, ie. its material structure, including its essence, and the Yang of the Kidney ie. its function and heat. The essence of life is stored in the kidney and the Qi of the kidney is produced by the kidney's life essence.

The earliest classical Chinese medical book the Huang Di Neijing points out, 'Kidney Qi' is the material basis on which the human body grows, develops and reproduces'. For example, milk teeth are replaced by permanent teeth and hair grows longer when girls are seven years old and boys when they are eight. This is because the Qi of the kidney is getting richer and richer. At the time when they reach the age of puberty, the Qi of the kidney reaches its peak. This causes their bodies to produce a substance called 'Tian Kui' in TCM. This substance not only promotes the development of sperm in boys, but also the discharge of eggs and menstruation in girls. The sexual function is perfected gradually until at last the ability to reproduce is fully developed. In old age, the Qi of the kidney becomes weak, which causes sexual functions and reproductive abilities to become ever weaker and disappear, usually 64 years old for men.

Common types of syndrome

1. Insufficiency of Kidney Yang

Symptoms

Impotence, dizziness, tinnitus, soreness in the loins and knees, listless complexion, pale tongue with white coating, deep thready pulse. (Yang insufficiency happens more to older age groups)

Treatment

Tonify Kidney Yang

Prescription

Wu Zi Yan Zhong Wan

She Chuan Zi	10g
Gou Qi Zi	10g
Tu Si Zi	10g
Wu Wei Zi	6g
Yin Yang Hua	10g
He Shou Wu	30g
Ren Shen	6g
Yuan Zhi	6g
Gan Cao	3g

Qi Yang Zhi Shen Dan

Shu Di Huang
Shan Zhu Yu
Yuan Zhi
Ba Ji Tian
Rou Chong Rong
Rou Gui
Ren Shen
Gou Qi
Fu Shen
Du Zhong
Bai Zhu

2. Insufficiency of Kidney Yin

Symptoms

Impotence, seminal emission, irritability, night sweats, backache, dizziness, tinnitus, red tongue with little or no coating, thready and rapid pulse.

Treatment

Nourish the kidney Yin essence

Apart from receiving treatment, it is always wise to regularly take tonics to strengthen the kidney. When young, if one can enjoy a healthy sex life without exhausting the kidney, when reaching the age of forty, one's sex life can be prolonged and improved.

We know from history that ancient Chinese emperors all had to have special herbal formulae for enriching kidney and sex life because of their hedonistic life style.

The following are some patent formulae which have properties for tackling these problems:

Shen Rong Bian Wan

Formulated with Ren Shen, Du Zhong, Bai Ji Tian, and many other renowned Chinese herbs, it is acclaimed as a high quality tonic for general health and a rich Kidney Yang tonic.

Other famous tonics include:

Nan Bao, Bao Jin, Zhuang Yang, Wan Jin Kui Shen, Shen Qi Wan, Chun She Fen (She Bian Xing), Zheng Zhong Zhong Gu Men Nan, etc.

Dietary measures are always recommended for their ease of access and availability. People say 'Chinese Chives (Herb Allii Tuberosis) are the king among vegetables as far as reinforcing of Kidney Yang is concerned'.

Porridge with Chinese Chives

Made with 30-60 grams of fresh Chinese Chives and 60g round grained rice (Semen Oryae Sativae) as well as a tiny bit of salt, this porridge can be taken once in the morning and once in the evening. It replenishes the kidney invigorating Yang and arrests accidental seminal emission.

Stir-fried Chinese Chives with Walnut Kernel

Made with walnut kernel (Semen Jug Landis) 60g, Chinese chive stems 250g, sesame oil 30g. Taken as a normal dish with bread or rice, it replenishes Yin and invigorates Yang, warming and recuperating the kidney Qi.

Lamb is also widely claimed as a tonifying substance for the kidney. Porridge with lamb and Desert living Cistanche is another dish used for replenishing the kidney, invigorating Yang, improving the function of the spleen, tonifying the stomach and loosening the bowels to relieve constipation.

The dish is made with Desert living Cistanche 15g, lamb 60g, round grained rice 60g, salt, scallion stalks and fresh ginger, and served as a main course with rice.

