7. Kidney / Urinary Bladder Diseases
Frequent Urination / Incontinence / Enuresis
• **Frequent urination** 尿频 refers to an obvious increase over a period of time in the need to urinate.

• **Enuresis** 遗尿 is urinary incontinence during sleep and is seen mostly in children.

• **Incontinence** 失禁 refers to a lack of control over urination. Leakage of varying amounts of urine may occur without warning or immediately on perceiving the urge to urinate. This is termed **urge incontinence**.

• Leakage which occurs as a result of increased intra-abdominal pressure caused by sneezing, coughing, or jumping is called **stress incontinence**.

![Enuresis](image1)  ![Incontinence](image2)
Urinate >8 times/day period
Urinate >1 time/sleep period
Inability to hold
Etiology and Pathogenesis

1. Deficiency in Zang Fu

- **Lung Qi Deficiency**
  Lung regulates water passages - deficiency in qi allows lung to lose its governing function therefore impairing the Bladders function.

- **Spleen Qi Deficiency**
  Spleen transports/transforms fluids which controls fluid movement - spleen qi sinking allows the spleen to lose control of these fluids.

- **Weak Kidney**
  Kidney controls the front and back gates or orifices - when kidney is weak it loses control of the gate allowing urine to leak out.
• **Kidney Yang Deficiency**  
  Kidney loses transforming fluids function, it is unable to help bladder retain fluids.

• **Liver Qi stagnation & Damp Heat**  
  Liver will lose its soothing & regulating function - this causes the muscles to become flaccid (松弛) allowing leakage.

• **Liver Yin Deficiency**  
  Liver impairs Governing (DU) meridian function.

• **Heart Qi Deficiency**  
  Heart connects to Small Intestine & Kidney - when heart qi is deficient, it impacts the Small Intestine function so it will not absorb all the water and the Kidney will not be able to balance the water.
2. Other Causes and Types

• Deficiency cold.
• Accumulation of damp heat.
• Accumulation of **blood stasis** in lower Jiao (trauma e.g. Post pregnancy).

• Types are:
3. Methods to Strengthen Pelvic Floor

Kegel exercises
Squeeze the pelvic floor muscles.
Hold for a count of 10.
Relax for a count of 10.
Repeat this 10 to 20 times.
Classification and Treatment
(a) Kidney Yang Deficiency
(deficiency cold in lower Jiao)

Main Symptoms:
Frequent urination with copious or scanty clear urine, urinary incontinence, or nocturnal enuresis; worse with exposure to cold and after prolonged sitting or standing.

Additional Symptoms:
Sore, weak low back and knees, cold limbs and body, pale complexion, fatigue.

Tongue:
Pale and moist with white coating.

Pulse:
Deep, weak and thready, particularly in the chi (尺) position.

Treatment Principle:
Warm and supplement Kidney Yang.
Prescription: Tu Si Zi Wan 菟丝子丸〜 Formulae A+B+C

Wu Zi Yan Zong Wan 五子衍宗丸

FIVE SEEDS NOURISHING TABLETS

Actions & Indication
Backache, dribbling of urine after micturition and seminal emission.

Dosage
For oral administration, take 4 tablets, 3 times daily.

Ingredient
Each tablet contains:
- Semen Cuscutae 400 mg
- Fructus Lycii 400 mg
- Fructus Rubi 200 mg
- Semen Plantaginis 100 mg
- Fructus Schisandrae 50 mg

功能与主治
补肾益精。用于肾虚腰痛，尿后余沥，遗精。

用法与用量
口服，一次4片，一日3次。

成份
每片含：
- 菟丝子400 mg
- 枸杞子400 mg
- 覆盆子200 mg
- 五味子100 mg
- 五味子50 mg
Formula B

KIDNEY TONIFYING TABLETS

Jin Gui Shen Qi Wan

Actions & Indication

Kidney deficiency, edema, pains in the loins and knees, oliguria or frequent urination, and cold limbs.

Dosage

For oral administration, take 4 tablets, 2-3 times daily.

Ingredient

Each tablet contains:

- Radix Rehmanniae preparata 220 mg
- Fructus Corni 55 mg
- Rhizoma Dioscoreae 55 mg
- Poria 150 mg
- Rhizoma Alismatis 55 mg
- Cortex Moutan 55 mg
- Cortex Cinnamomi 55 mg
- Radix Aconiti Lateralis Preparata 9 mg
- Radix Achyranthis Bidentatae 55 mg
- Semen Plantaginis 55 mg
Formula C
Urinary Maintenance Tablets

Sang Piao Xiao San (Mantis Egg-case Powder)

Actions & Indication
Astringes spontaneous urination and arrests enuresis. Relieves the symptoms of frequent urination, enuresis or urinary incontinence.

Dosage
For oral administration, take 5 tablets, 3 times daily. The recommended treatment course is 15 days.

Ingredient
Each tablet contains:
- Ootheca Mantidis 200 mg
- Os Draconis 200 mg
- Carapax et Plastrum Testudinis 200 mg
- Rhizoma Acori Talarinowii 200 mg
- Radix Polygalae 200 mg
- Radix Ginseng 200 mg
- Sclerotium Poriae Circum Radicem Pini 200 mg
- Radix Angelicae Sinensis 200 mg
- 桑螵蛸 200 mg
- 龙骨 200 mg
- 龟甲 200 mg
- 石菖蒲 200 mg
- 远志 200 mg
- 人参 200 mg
- 茯神 200 mg
- 当归 200 mg

固尿止遗片

功能主治
调补心肾，固尿止遗，用于小便频数，遗尿或尿液不自主外漏。

用法与用量
口服，一次5片，一日3次。建议15天为1疗程。
(b) Lung & Spleen Qi Deficiency

Main Symptoms:
Frequent urination, urinary incontinence, or nocturnal enuresis which is worse with fatigue or exertion or when coughing or sneezing.

Additional Symptoms:
Fatigue, weakness, shortness of breath, spontaneous perspiration, weak voice, poor appetite, chronic loose stools or diarrhea.

Tongue:
Pale with thin, white coating.

Pulse:
Weak and thready.

Treatment Principle:
Supplement the Lung and Spleen, boost qi, ascend the clear yang qi.
Prescription: Bu Zhong Yi Qi Tang

Middle Qi Tonifying Tablets

Bu Zhong Yi Qi Tang

Actions & Indication
Help relieve the symptoms of lassitude, anorexia, abdominal distension, chronic diarrhea, shortness of breath, or prolapse of rectum caused by weakness of the spleen and the stomach.

Dosage
For oral administration, take 4 tablets, 2-3 times daily.

Ingredient
Each tablet contains:
- Radix Astragali 200 mg
- Radix Codonopsis 60 mg
- Radix Glycyrrhizae 100 mg
- Rhizoma Atractylodis Macrocephalae 60 mg
- Radix Angelicae Sinensis 60 mg
- Rhizoma Cinicifugae 60 mg
- Radix Bupleuri 60 mg
- Pericarpium Citri Reticulatae 60 mg
- Rhizoma Zingiberis Recens 20 mg
- Fructus Jujubae 40 mg

功能与主治
补中益气，升阳举陷。缓解因脾胃虚弱，中气下陷所致体倦乏力，食少腹胀，久泻，脱肛等症。

用法与用量
口服，一次4片，一日2-3次。

成份
每片含：
- 黄芪200 mg
- 党参60 mg
- 甘草100 mg
- 白术60 mg
- 当归60 mg
- 升麻60 mg
- 柴胡60 mg
- 陈皮60 mg
- 生姜20 mg
- 大枣40 mg
(c) Heart and Kidney Deficiency
Main Symptoms:
Frequent urination, urinary incontinence, or particularly nocturnal enuresis accompanied by nervousness.

Additional Symptoms:
Palpitations, insomnia, dream-disturbed sleep, disorientation, forgetfulness.

Tongue:
Pale with white coating.

Pulse:
Thin, slow, weak.

Treatment Principle:
Boost Qi, supplement the Heart and Kidney, astringe fluids.
Prescription:
Urinary Maintenance Tablets
Sang Piao Xiao San (Mantis Egg Case Powder) 桑螵蛸散

Actions & Indication
Astringes spontaneous urination and arrests enuresis. Relieves the symptoms of frequent urination, enuresis or urinary incontinence.

Dosage
For oral administration, take 5 tablets, 3 times daily. The recommended treatment course is 15 days.

Ingredient
Each tablet contains:
- Ootheca Mantidis 200 mg
- Oa Draconis 200 mg
- Carapax et Plastrum Testudinis 200 mg
- Rhizoma Acori Talarinowii 200 mg
- Radix Polygalae 200 mg
- Radix Ginseng 200 mg
- Sclerotium Poriae Circum Radicem Pini 200 mg
- Radix Angelicae Sinensis 200 mg
- 桑螵蛸 200 mg
- 龙骨 200 mg
- 龟甲 200 mg
- 石菖蒲 200 mg
- 远志 200 mg
- 人参 200 mg
- 茵陈 200 mg
- 当归 200 mg

astringent herbs
restoring normal coordination between heart and kidney herbs.
Accumulation of Damp Heat in Lower Jiao

Main Symptoms:
Frequent urination, urinary incontinence, or nocturnal enuresis with dark scanty urine, burning sensation during urination, distention in the lower abdomen.

Additional Symptoms:
Bitter and sticky taste in the mouth, thirst with little desire to drink; constipation with incomplete defecation in some cases.

Tongue:
Red with yellow, greasy coating.

Pulse:
Slippery, rapid.

Treatment Principle:
Clear heat, drain dampness.
Prescription:

**Smooth Urination Tablets**
**Ba Zheng San**

**Actions & Indication**
Clears away heat and promotes urination. Used for scanty red urine, dysuria with difficult and painful urination, thirsty and dry mouth and throat.

**Dosage**
For oral administration, take 4 tablets, 3 times daily.

**Ingredient**
Each tablet contains:
- Herba Dianthi 200 mg
- Herba Plantaginis 200 mg
- Herba Polygini Avicularis 200 mg
- Radix et Rhizoma Rhei 200 mg
- Caulis Clematicidis Armandii 200 mg
- Talcum 200 mg
- Fructus Gardeniae 200 mg
- Medulla Junci 100 mg
- Radix Glycyrrhizae 200 mg

**八正片**

**功能与主治**
清热、通淋、通尿，用于湿热下注，小便短赤，淋沥涩痛，口燥咽干。

**用法与用量**
口服，一次4片，一日3次。

**成份**
每片含：
- 瞿麦 200 mg
- 车前草 200 mg
- 薏苡 200 mg
- 大黄 200 mg
- 川木通 200 mg
- 滑石 200 mg
- 栝子 200 mg
- 灯芯草 100 mg
- 甘草 200 mg
(e) Liver Qi Stagnation

Main Symptoms:
Frequent urination, urinary incontinence, or nocturnal enuresis accompanied by emotional stress, anger / irritability, or depression.

Additional Symptoms:
Distention and pain in the chest and hypochondriac regions.

Tongue:
Normal or dusky (暗).

Pulse:
Wiry

Treatment Principle:
Soothe the Liver, regulate qi.
Prescription:

**Bupleurum & Peony Tablets**
Dan Zhi Xiao Yao San

- **Actions & Indication**
  Distension and pain in the chest and hypochondriac regions, vertigo, fatigue, anorexia, menoxenia, and irregular menstruation.

- **Dosage**
  For oral administration, take 4 tablets, 3 times daily.

- **Ingredient**
  Each tablet contains:
  - Radix Bupleuri 180 mg
  - Radix Angolicae Sinensis 180 mg
  - Radix Paeoniae Alba 180 mg
  - Rhizoma Atractyloidis Macrocephalae 180 mg
  - Poria 180 mg
  - Radix Glycyrrhizae 90 mg
  - Cortex Moutan 90 mg
  - Fructus Gardeniae 90 mg

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**功能与主治**
舒肝解郁，清热调经。用于肝郁化火，胸胁胀痛，烦闷急躁，颜赤口干，头晕目眩，食欲不振或有潮热，以及月经不调，乳房与少腹胀痛。

**用法与用量**
口服，一次4片，一日3次。

**成份**
每片含：
- 柴胡180 mg
- 当归180 mg
- 白苓180 mg
- 白术180 mg
- 茯苓180 mg
- 甘草90 mg
- 牡丹皮90 mg
- 栀子90 mg
(f) Obstruction of Urethra

Symptoms:
More incontinence than enuresis. Dribbling / thin urine stream, interrupted urination or anuresis causing overflow incontinence. History of traumatic injury, injury (e.g. post delivery) or kidney stones. Distention and pain in the lower abdomen.

Tongue:
Dark purple with petechiae.

Pulse:
Choppy or wiry.

Treatment Principle:
Quicken the blood, dispel stasis, free and promote urination.
Prescription: Blood stasis → Shao Fu Zhu Yu Tang (modified)

Shao Fu Zhu Yu Tang 少腹逐瘀汤

Actions & Indication
Regulates menstruation and alleviates pain. Used for relieving abdominal pain caused by menstruation due to stagnation of blood by cold.

Dosage
For oral administration, take 4 tablets, 3 times daily.

Ingredient
Each tablet contains:
- Radix Angelicae Sinensis 110 mg
- Radix Paeoniae Alba 70 mg
- Radix Rehmanniae Preparata 150 mg
- Radix Saxatilis Mittiorrhiza 110 mg
- Herba Leonuri 450 mg
- Rhizoma Cyprii 110 mg
- Fructus Tribuli 70 mg
- Pollen Typhae 75 mg
- Rhizoma Chuanxiong 55 mg
- Fructus Carthami 37.5 mg
- Radix Aucklandiae 10 mg
- Pericarpium Citri Reticulatae Xanthii 18 mg
- Fructus Crataegi Carbonisatus 110 mg
- Fructus Leonuri 77.5 mg
- Rhizoma Zingiberis Preparata 18 mg
- Cortex Cinnamomi 18 mg

妇痛宝 (月痛安)

功能与主治
温经活血，调经止痛。用于下焦寒凝血瘀所致经期下腹冷痛，月经不调，月事错后。

用法与用量
口服，一次4片，一日3次。

成份
每片含：
- 当归 110 mg
- 白芍 75 mg
- 熟地黄 150 mg
- 丹参 110 mg
- 益母草 450 mg
- 香附 110 mg
- 五灵脂 75 mg
- 蒲黄 75 mg
- 川芎 55 mg
- 红花 37.5 mg
- 木香 18 mg
- 青皮 18 mg
- 山楂 110 mg
- 莪术 37.5 mg
- 炮姜 10 mg
- 肉桂 18 mg
Prescription: Stone stasis $\rightarrow$ Shi Wei San (modified)

**PAINFUL URINATION RELIEVING TABLETS**

**Shi Wei San** 石苇散

**Actions & Indication**
Promotes urination and expels urinary calculi. Used for dysuria with difficult painful urination and lithangiuria due to accumulated damp-heat.

**Dosage**
For oral administration, take 4 tablets, 3 times daily.

**Ingredient**
Each tablet contains:
- **Herba Desmodii Styracifolii** 2250 mg
- **Folium Pyrrosiae** 750 mg
- **Spora Lygodii** 750 mg
- **Caulis Lonicerae** 750 mg
- **Talcum** 37.5 mg

复方石淋通片

**功能与主治**
清热利湿，通淋排石。用于膀胱湿热，石淋涩痛，尿路结石，泌尿系感染属肝胆湿热者。

**用法与用量**
口服，一次4片，一日3次。

**成份**
每片含：
- **广金钱草** 2250 mg
- **石苇** 750 mg
- **海金沙** 750 mg
- **忍冬藤** 750 mg
- **滑石** 37.5 mg
Prescription: Chronic prostatitis stasis → as shown below

SMOOTH URINATION CAPSULES

Actions & Indication
Supports healthy energy, consolidates the essence and diuresis. Used for chronic prostatitis and relieving the symptoms of frequent micturition, quick micturition, pain on urination and turbid urine caused by prostatitis.

Dosage
For oral administration, take 4 capsules, 2-3 times daily. The recommended treatment course is 20 days.

Ingredient
Each capsule contains:
- Succinum 92.5 mg
- Herba Hedyotidis Diffusae 92.5 mg
- Herba Epimedi 92.5 mg
- Radix Astragali 92.5 mg
- Rhizoma Polygoni Cuspidati 92.5 mg
- Herba Polygini Avicularis 92.5 mg
- Poria 92.5 mg
- Semen Cuscutae 62.5 mg
- Fructus Schisandae 62.5 mg
- Lumbricus 62.5 mg
- Rhizoma Alismatis 62.5 mg
- Herba Lysimachiae 62.5 mg
- Spora Lygodii 46 mg
- Semen Plantaginis 46 mg
- Semen Vaccariae 46 mg
- Semen Raphani 46 mg
- Fructus Lycii 46 mg
- Scolopendra 2.6 mg
- Radix Glycyrrhizae 30 mg

功能与主治
益肾扶正, 活血通淋、清热解毒。用于慢性前列腺炎以及由前列腺炎引起的尿频、尿急、尿道涩痛、淋浊等症。

用法与用量
口服，一次4粒，一日2-3次。建议20天为一疗程。

成份
每胶囊含：
- 琥珀 92.5 mg
- 白花蛇舌草 92.5 mg
- 楮羊藿 92.5 mg
- 黄芪 92.5 mg
- 虎杖 92.5 mg
- 藿香 92.5 mg
- 茯苓 92.5 mg
- 苡仁 62.5 mg
- 五味子 62.5 mg
- 地龙 62.5 mg
- 海金沙 46 mg
- 车前子 46 mg
- 茶藤子 46 mg
- 枸杞子 46 mg
- 蛇蜕 2.6 mg
- 甘草 30 mg
Exercise 7

1. Which is not the usual causes found in the Kidney disease of frequent urination / incontinence / enuresis?

   (a) deficiency in zang fu   (b) deficiency cold
   (c) accumulation of damp heat   (d) deficiency heat

2. The zang fu that are involved in the causes of the disease of frequent urination / incontinence / enuresis are

   (a) all the 5 zangs, urinary bladder   (b) kidney, urinary bladder
   (c) only kidney   (d) kidney, urinary bladder, spleen

3. For the syndrome differentiation of frequent urination / incontinence / enuresis, which of the following is usually used?:

   (a) zang fu syndrome differentiation
   (b) 5 internal evil qi’s syndrome differentiation
   (c) 5 elements syndrome differentiation
   (d) Meridians syndrome differentiation
4. Symptoms: Frequent urination, urinary incontinence or nocturnal enuresis accompanied by emotional stress, anger / irritability or depression. In addition, distention and pain in the chest and hypochondriac regions. Tongue colour is normal or dusky and pulse is wiry. The syndrome differentiation for the above is frequent urination / incontinence / enuresis of

(a) obstruction of urethra
(b) accumulation of damp heat in lower jiao
(c) liver qi stagnation
(d) deficiency cold in lower jiao

5. Symptoms: Frequent urination with copious or scanty clear urine, urinary incontinence, or nocturnal enuresis; worse with exposure to cold and after prolonged sitting or standing. In addition, sore, weak low back and knees, cold limbs and body, pale complexion, fatigue. Tongue is pale and moist with white coating. Pulse is deep, weak and thready, particularly in the chi position. The syndrome differentiation for the above is frequent urination / incontinence / enuresis of

(a) obstruction of urethra
(b) accumulation of damp heat in lower jiao
(c) liver qi stagnation
(d) deficiency cold in lower jiao
6. Symptoms: Frequent urination, urinary incontinence or nocturnal enuresis accompanied by emotional stress, anger / irritability or depression. In addition, distention and pain in the chest and hypochondriac regions. Tongue colour is normal or dusky and pulse is wiry.
For the disease of frequent urination / incontinence / enuresis, which of the following should be prescribed?

(a) tu si zi wan
(b) shao fu zhu yu tang
(c) dan zhi xiao yao san
(d) bu zhong yi qi tang

7. Frequent urination with copious or scanty clear urine, urinary incontinence, or nocturnal enuresis; worse with exposure to cold and after prolonged sitting or standing. In addition, sore, weak low back and knees, cold limbs and body, pale complexion, fatigue. Tongue is pale and moist with white coating. Pulse is deep, weak and thready, particularly in the chi position.
For the disease of frequent urination / incontinence / enuresis, which of the following should be prescribed?

(a) tu si zi wan
(b) shao fu zhu yu tang
(c) dan zhi xiao yao san
(d) bu zhong yi qi tang