

Kidney Essence Deficiency

肾精亏虚 — Shèn Jīng Kuī Xū

“Memory gradually feels less reliable”



What it may feel like

- **Moderate to more significant forgetfulness**
- Difficulty **remembering names and recent events**
- Memory **gradually becoming less reliable**
- A **slow, progressive change** rather than occasional absent-mindedness

Most commonly seen in **older adults** (over 50), but it may also occur in younger people with constitutional weakness, prolonged illness, exhaustion, or substance misuse.

May also come with

- Frequent urination, including at night
- Tinnitus
- Reduced hearing
- Changes in eyesight
- Weakness or aching of the lower back
- Weakness of the legs
- Reduced libido
- Hair loss
- Premature greying

Often linked to

- **Ageing**
- **Long-term exhaustion**
- **Prolonged or severe illness**
- **Constitutional weakness**
- **Long-term depletion of the body's reserves**

What May Help

In Chinese medicine, treatment include **acupuncture and Chinese herbal medicine**, with a focus on nourishing Kidney essence and supporting the body's deeper reserves.

- **Adequate rest and recovery**
- **Avoiding prolonged exhaustion**
- **Nourishing regular meals**
- **Mental stimulation** such as puzzles, reading or learning
- **Maintaining appropriate physical activity**
- **Supporting healthy sleep**

Possible Western medical overlap

For general understanding only — not a diagnosis.

Age-related memory changes • Menopausal changes • Cognitive changes following severe illness or trauma • Drug abuse

A final note

Chinese medicine patterns are not fixed categories, and more than one pattern may be present at the same time.

The information in this guide is intended for general education only and does not replace individual assessment or medical advice.

If forgetfulness is **sudden, unusual, worsening, persistent, or accompanied by other concerning symptoms**, please seek appropriate medical care.

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