Bladder

R. Bishay

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UB vs GB

- You will often see reference to “Bladder,” which usually means Urinary Bladder, but there is also a Gallbladder in TCM that gets a good amount of press.
- Because “Bladder” is commonly referred to, you will see the abbreviation BL to mean Bladder, but you will also see UB (Urinary Bladder) in some books.

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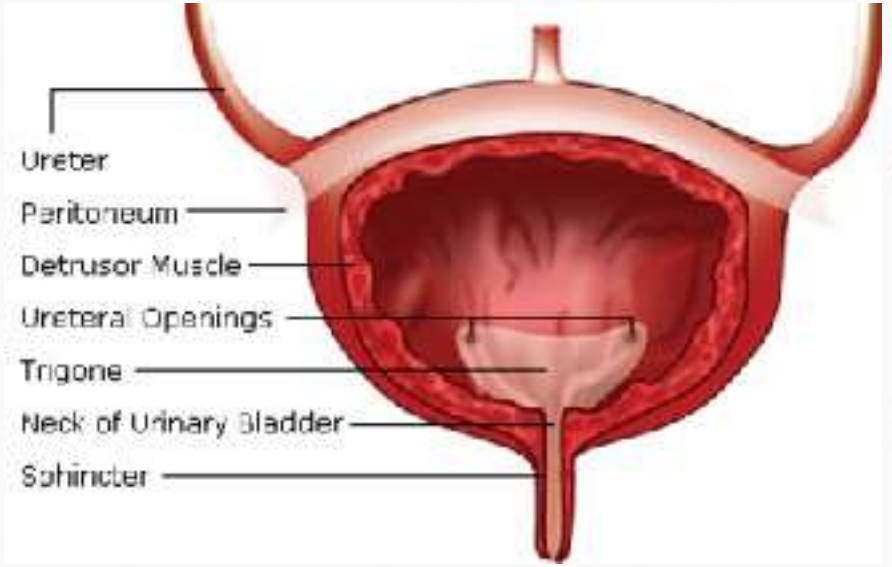
Bladder

- a membranous sac in humans and other animals, in which urine is collected for excretion
- Metaphor: District capital.



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Receiveand store Body Fluids

- Not that the wording is “store Body Fluids” rather than “store urine.”
- In Chinese medicine the liquid that is stored in the Bladder is not urine until it exits the body.
- Until then it’s considered Body Fluid because this moisture can still be absorbed and reused.

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Discharge urine with the help of the Kidney

- Kidney Qi/Yang governs the transformation.
- Normal fluids become turbid until the Kidney transforms them.
- The Kidney controls the opening and closing of the Bladder.
- **When closed, the Kidney Yang steams the fluid upward to the Lung (re-absorption)**.
- ***When open, the Bladder discharges, producing urine (secretion then micturation).***
- This controls the water metabolism of the body.

micturation

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Damp Heat in Bladder

- Body Fluids plus accumulated **Dampness** and **Heat** in the Bladder can produce ***stones***.
- While most of the time we know **that Kidney never suffers from excess**, the ***Urinary Bladder is indeed prone to excessive conditions*** and needs to be reduced when this is the case.

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