

LIBRARY OF CHINESE CLASSICS
CHINESE-ENGLISH

大中华文库

汉英对照

本草纲目选

CONDENSED COMPENDIUM
OF MATERIA MEDICA

I



大中华文库

汉英对照

LIBRARY OF CHINESE CLASSICS

Chinese-English

本草纲目选

CONDENSED COMPENDIUM OF MATERIA MEDICA

V



(明) 李时珍 著

李经纬 编校

罗希文 英译

Written by Li Shizhen (Ming Dynasty)

外文出版社

Foreign Languages Press

本书出版得到《大中华文库》出版经费资助

大 中 华 文 库
LIBRARY
OF CHINESE CLASSICS

学术顾问委员会：（按姓氏笔画排序）

丁往道 叶水夫 任继愈 刘重德
汤博文 李学勤 李赋宁 杨宪益
沙博理 季羨林 林戊荪 金开诚
胡文仲 徐公持 袁行霈 梁良兴
韩素音 戴文葆

总监纂委员会：

总 监 纂：柳斌杰

副 总 监 纂：（按姓氏笔画排序）

于友先 石宗源 邬书林 刘 杲
杨牧之 陈满之 金立群 蔡名照

工作委员会：

主 任：杨牧之

副 主 任：黄友义 阎晓宏

张少春 张光华

吴尚之 尹飞舟

委 员：（按姓氏笔画排序）

王显臣 冯 哲 刘国玉 李 岩
李建国 李朋义 李 泉 李振国
李 峰 陈万雄 杨德炎 何林夏
何祖敏 张增顺 张海鸥 呼宝民
易言者 罗韵希 胡国臣 郭燕军
顾爱彬 秦 颖 栾世禄 黄 松
熊治祁 管士光 蔡剑峰

编辑委员会：

总 编 辑：杨牧之

副 总 编 辑：（按姓氏笔画排序）

马欣来 尹飞舟 王家新

徐明强 黄友义

装 帧 设 计：廖 铁

印 刷 监 制：李 林 韩少乙

Academic Consulting Committee:

Ding Wangdao, Ye Shuifu,
Ren Jiyu, Liu Zhongde, Tang Bowen,
Li Xueqin, Li Funing, Yang Xianyi,
Sidney Shapiro, Ji Xianlin, Lin Wusun,
Jin Kaicheng, Hu Wenzhong,
Xu Gongchi, Yuan Xingpei,
Liang Liangxing, Han Suyin, Dai Wenbao

Compilation Supervising Committee:

Compilation Supervisor: Liu Binjie

Compilation Co-Supervisors:

Yu Youxian, Shi Zongyuan, Wu Shulin,
Liu Gao, Yang Muzhi, Chen Manzhi,
Jin Liquan, Cai Mingzhao

Working Committee:

Chairman: Yang Muzhi

Vice-Chairmen:

Huang Youyi, Yan Xiaohong,
Zhang Shaochun, Zhang Guanghua,
Wu Shangzhi, Yin Feizhou

Members:

Wang Xianchen, Feng Zhe, Liu Guoyu,
Li Yan, Li Jianguo, Li Pengyi, Li Quan,
Li Zhenguo, Li Feng, Chen Wanxiong,
Yang Deyan, He Linxia, He Zumin,
Zhang Zengshun, Zhang Hai'ou,
Hu Baomin, Yi Yanzhe, Luo Yunxi,
Hu Guochen, Guo Yanjun, Gu Aibin,
Qin Ying, Luan Shilu, Huang Song,
Xiong Zhiqi, Guan Shiguang,
Cai Jianfeng

Editorial Committee:

Chief-Editor: Yang Muzhi

Deputy Chief-Editors:

Ma Xinlai, Yin Feizhou, Wang Jiaxin,
Xu Mingqiang, Huang Youyi

Designer: Liao Tie

Production Controllers:

Li Lin, Han Shaoyi

First Edition 2012

All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, now known or to be invented, without permission in writing from the publishers, except for brief quotations by reviewers.

ISBN 978-7-119-06997-5

© 2012 Foreign Languages Press Co. Ltd, Beijing, China

Published by

Foreign Languages Press Co. Ltd

24 Baiwanzhuang Road, Beijing 100037, China

<http://www.flp.com.cn>

Printed in the People's Republic of China



总 序

杨牧之

《大中华文库》终于出版了。我们为之高兴，为之鼓舞，但也倍感压力。

当此之际，我们愿将郁积在我们心底的话，向读者倾诉。

—

中华民族有着悠久的历史 and 灿烂的文化，系统、准确地将中华民族的文化经典翻译成外文，编辑出版，介绍给全世界，是几代中国人的愿望。早在几十年前，西方一位学者翻译《红楼梦》，将书名译成《一个红楼上的梦》，将林黛玉译为“黑色的玉”。我们一方面对国外学者将中国的名著介绍到世界上去表示由衷的感谢，一方面为祖国的名著还不被完全认识，甚至受到曲解，而感到深深的遗憾。还有西方学者翻译《金瓶梅》，专门摘选其中自然主义描述最为突出的篇章加以译介。一时间，西方学者好像发现了奇迹，掀起了《金瓶梅》热，说中国是“性开放的源头”，公开地在报刊上鼓吹中国要“发扬开放之传统”。还有许多资深、友善的汉学家译介中国古代的哲学著作，在把中华民族文化介绍给全世界的工作方面作出了重大贡献，但或囿于理解有误，或缘于对中国文字认识的局限，质量上乘的并不多，常常是隔靴搔痒，说不到点子上。大哲学家黑格尔曾经说过：中国有



最完备的国史。但他认为中国古代没有真正意义上的哲学，还处在哲学史前状态。这么了不起的哲学家竟然作出这样大失水准的评论，何其不幸。正如任何哲学家都要受时间、地点、条件的制约一样，黑格尔也离不开这一规律。当时他也只能从上述水平的汉学家译过去的文字去分析、理解，所以，黑格尔先生对中国古代社会的认识水平是什么状态，也就不难想象了。

中国离不开世界，世界也缺少不了中国。中国文化摄取外域的新成分，丰富了自己，又以自己的新成就输送给别人，贡献于世界。从公元5世纪开始到公元15世纪，大约有一千年，中国走在世界的前列。在这一千多年的时间里，她的光照射耀全世界。人类要前进，怎么能不全面认识中国，怎么能不认真研究中国的历史呢？

二

中华民族是伟大的，曾经辉煌过，蓝天、白云、阳光灿烂，和平而兴旺；也有过黑暗的、想起来就让人战栗的日子，但中华民族从来是充满理想，不断追求，不断学习，渴望和平与友谊的。

中国古代伟大的思想家孔子曾经说过：“三人行，必有我师焉。择其善者而从之，其不善者而改之。”孔子的话就是要人们向别人学习。这段话正是概括了整个中华民族与人交往的原则。人与人之间交往如此，在与周边的国家交往中也是如此。

秦始皇第一个统一了中国，可惜在位只有十几年，来不及做更多的事情。汉朝继秦而继续强大，便开始走出去，了



解自己周边的世界。公元前 138 年，汉武帝派张骞出使西域。他带着一万头牛羊，总值一万万钱的金帛货物，作为礼物，开始西行，最远到过“安息”（即波斯）。公元 73 年，班超又率 36 人出使西域。36 个人按今天的话说，也只有一个排，显然是为了拜访未曾见过面的邻居，是去交朋友。到了西域，班超派遣甘英作为使者继续西行，往更远处的大秦国（即罗马）去访问，“乃抵条支而历安息，临西海以望大秦”（《后汉书·西域传》）。“条支”在“安息”以西，即今天的伊拉克、叙利亚一带，“西海”应是今天的地中海。也就是说甘英已经到达地中海边上，与罗马帝国隔海相望，“临大海欲渡”，却被人劝阻而未成行，这在历史上留下了遗憾。可以想见班超、甘英沟通友谊的无比勇气和强烈愿望。接下来是唐代的玄奘，历经千难万险，到“西天”印度取经，带回了南亚国家的古老文化。归国后，他把带回的佛教经典组织人翻译，到后来很多经典印度失传了，但中国却保存完好，以至于今天，没有玄奘的《大唐西域记》，印度人很难编写印度古代史。明代郑和“七下西洋”，把中华文化传到东南亚一带。鸦片战争以后，一代又一代先进的中国人，为了振兴中华，又前赴后继，向西方国家学习先进的科学思想和文明成果。这中间有我们的领导人朱德、周恩来、邓小平；有许许多多大科学家、文学家、艺术家，如郭沫若、李四光、钱学森、冼星海、徐悲鸿等。他们的追求、奋斗，他们的博大胸怀，兼收并蓄的精神，为人类社会增添了光彩。

中国文化的形成和发展过程，就是一个以众为师、以各国人民为师，不断学习和创造的过程。中华民族曾经向周边国家和民族学习过许多东西，假如没有这些学习，中华民族绝不可能创造出昔日的辉煌。回顾历史，我们怎么能够不对



伟大的古埃及文明、古希腊文明、古印度文明满怀深深的感激?怎么能够不对伟大的欧洲文明、非洲文明、美洲文明、澳洲文明,以及中国周围的亚洲文明充满温情与敬意?

中华民族为人类社会曾作出过独特的贡献。在15世纪以前,中国的科学技术一直处于世界遥遥领先的地位。英国科学家李约瑟说:“中国在公元3世纪到13世纪之间,保持着一个西方所望尘莫及的科学知识水平。”美国耶鲁大学教授、《大国的兴衰》的作者保罗·肯尼迪坦言:“在近代以前时期的所有文明中,没有一个国家的文明比中国更发达,更先进。”

世界各国的有识之士千里迢迢来中国观光、学习。在这个过程中,中国唐朝的长安城渐渐发展成为国际大都市。西方的波斯、东罗马,东亚的高丽、新罗、百济、南天竺、北天竺,频繁前来。外国的王侯、留学生,在长安供职的外国官员,商贾、乐工和舞士,总有几十个国家,几万人之多。日本派出的“遣唐使”更是一批接一批。传为美谈的日本人阿部仲麻吕(晁衡)在长安留学的故事,很能说明外国人与中国的交往。晁衡学成仕于唐朝,前后历时五十余年。晁衡与中国的知识分子结下了深厚的友情。他归国时,传说在海中遇难身亡。大诗人李白作诗哭悼:“日本晁卿辞帝都,征帆一片绕蓬壶。明月不归沉碧海,白云愁色满苍梧。”晁衡遇险是误传,但由此可见中外学者之间在中国长安交往的情谊。

后来,不断有外国人到中国来探寻秘密,所见所闻,常常让他们目瞪口呆。《希腊纪事》(希腊人波桑尼阿著)记载公元2世纪时,希腊人在中国的见闻。书中写道:“赛里斯人用小米和青芦喂一种类似蜘蛛的昆虫,喂到第五年,虫肚子胀裂开,便从里面取出丝来。”从这段对中国古代养蚕技术的



描述，可见当时欧洲人与中国人的差距。公元9世纪中叶，阿拉伯人来到中国。一位阿拉伯作家在他所著的《中国印度闻见录》中记载了曾旅居中国的阿拉伯商人的见闻：

——一天，一个外商去拜见驻守广州的中国官吏。会见时，外商总盯着官吏的胸部，官吏很奇怪，便问：“你好像总盯着我的胸，这是怎么回事？”那位外商回答说：“透过你穿的丝绸衣服，我隐约看到你胸口上长着一个黑痣，这是什么丝绸，我感到十分惊奇。”官吏听后，失声大笑，伸出胳膊，说：“请你数数吧，看我穿了几件衣服。”那商人数过，竟然穿了五件之多，黑痣正是透过这五层丝绸衣服显现出来的。外商惊得目瞪口呆，官吏说：“我穿的丝绸还不算是最好的，总督穿的要更精美。”

——书中关于茶(他们叫干草叶子)的记载，可见阿拉伯国家当时还没有喝茶的习惯。书中记述：“中国国王本人的收入主要靠盐税和泡开水喝的一种干草税。在各个城市里，这种干草叶售价都很高，中国人称这种草叶叫‘茶’，这种干草叶比苜蓿的叶子还多，也略比它香，稍有苦味，用开水冲喝，治百病。”

——他们对中国的医疗条件十分羡慕，书中记载道：“中国人医疗条件很好，穷人可以从国库中得到药费。”还说：“城市里，很多地方立一石碑，高10肘，上面刻有各种疾病和药物，写明某种病用某种药医治。”

——关于当时中国的京城，书中作了生动的描述：中国的京城很大，人口众多，一条宽阔的长街把全城分为两半，大街右边的东区，住着皇帝、宰相、禁军及皇家的总管、奴婢。在这个区域，沿街开凿了小河，流水潺潺；路旁，葱茏的树木整然有序，一幢幢宅邸鳞次栉比。大街左边的西区，



住着庶民和商人。这里有货栈和商店，每当清晨，人们可以看到，皇室的总管、宫廷的仆役，或骑马或步行，到这里来采购。

此后的史籍对西人来华的记载，渐渐多了起来。13世纪意大利旅行家马可·波罗，尽管有人对他是否真的到过中国持怀疑态度，但他留下一部记述元代事件的《马可·波罗游记》却是确凿无疑的。这部游记中的一些关于当时中国的描述使得西方人认为是“天方夜谭”。总之，从中西文化交流史来说，这以前的时期还是一个想象和臆测的时代，相互之间充满了好奇与幻想。

从16世纪末开始，由于航海技术的发展，东西方航路的开通，随着一批批传教士来华，中国与西方开始了直接的交流。沟通中西的使命在意大利传教士利玛窦那里有了充分的体现。利玛窦于1582年来华，1610年病逝于北京，在华二十余年。除了传教以外，做了两件具有历史象征意义的事，一是1594年前后在韶州用拉丁文翻译《四书》，并作了注释；二是与明代学者徐光启合作，用中文翻译了《几何原本》。

西方传教士对《四书》等中国经典的粗略翻译，以及杜赫德的《中华帝国志》等书对中国的介绍，在西方读者的眼前展现了一个异域文明，在当时及稍后一段时期引起了一场“中国热”，许多西方大思想家都曾注目于中国文化。有的推崇中华文明，如莱布尼兹、伏尔泰、魁奈等，有的对中华文明持批评态度，如孟德斯鸠、黑格尔等。莱布尼兹认识到中国文化的某些思想与他的观念相近，如周易的卦象与他发明的二进制相契合，对中国文化给予了热情的礼赞；黑格尔则从他整个哲学体系的推演出发，认为中国没有真正意义上的哲学，还处在哲学史前的状态。但是，不论是推崇还是批



评，是吸纳还是排斥，中西文化的交流产生了巨大的影响。随着先进的中国科学技术的西传，特别是中国的造纸、火药、印刷术和指南针四大发明的问世，大大改变了世界的面貌。马克思说：“中国的火药把骑士阶层炸得粉碎，指南针打开了世界市场并建立了殖民地，而印刷术则变成了新教的工具，变成对精神发展创造必要前提的最强大的杠杆。”英国的哲学家培根说：中国的四大发明“改变了全世界的面貌和一切事物的状态”。

三

大千世界，潮起潮落。云散云聚，万象更新。中国古代产生了无数伟大的科学家：祖冲之、李时珍、孙思邈、张衡、沈括、毕昇……产生了无数科技成果：《齐民要术》、《九章算术》、《伤寒杂病论》、《本草纲目》……以及保存至今的世界奇迹：浑天仪、地动仪、都江堰、敦煌石窟、大运河、万里长城……但从15世纪下半叶起，风水似乎从东方转到了西方，落后的欧洲只经过400年便成为世界瞩目的文明中心。英国的牛顿、波兰的哥白尼、德国的伦琴、法国的居里、德国的爱因斯坦、意大利的伽利略、俄国的门捷列夫、美国的费米和爱迪生……光芒四射，令人敬仰。

中华民族开始思考了。潮起潮落究竟是什么原因？中国人发明的火药，传到欧洲，转眼之间反成为欧洲列强轰击中国大门的炮弹，又是因为什么？

鸦片战争终于催醒了中国人沉睡的迷梦，最先“睁眼看世界”的一代精英林则徐、魏源迈出了威武雄壮的一步。曾国藩、李鸿章搞起了洋务运动。中国的知识分子喊出“民主



与科学”的口号。中国是落后了，中国的志士仁人在苦苦探索。但落后中饱含着变革的动力，探索中孕育着崛起的希望。“向科学进军”，中华民族终于又迎来了科学的春天。

今天，世界毕竟来到了 21 世纪的门槛。分散隔绝的世界，逐渐变成联系为一体的世界。现在，全球一体化趋势日益明显，人类历史也就在愈来愈大的程度上成为全世界的历史。当今，任何一种文化的发展都离不开对其它优秀文化的汲取，都以其它优秀文化的发展为前提。在近现代，西方文化汲取中国文化，不仅是中国文化的传播，更是西方文化自身的创新和发展；正如中国文化对西方文化的汲取一样，既是西方文化在中国的传播，同时也是中国文化在近代的转型和发展。地球上所有的人类文化，都是我们共同的宝贵遗产。既然我们生活的各个大陆，在地球史上曾经是连成一气的“泛大陆”，或者说是一个完整的“地球村”，那么，我们同样可以在这个以知识和学习为特征的网络时代，走上相互学习、共同发展的大路，建设和开拓我们人类崭新的“地球村”。

西学仍在东渐，中学也将西传。各国人民的优秀文化正日益迅速地为中国文化所汲取，而无论西方和东方，也都需要从中国文化中汲取养分。正是基于这一认识，我们组织出版汉英对照版《大中华文库》，全面系统地翻译介绍中国传统文化典籍。我们试图通过《大中华文库》，向全世界展示，中华民族五千年的追求，五千年的梦想，正在新的历史时期重放光芒。中国人民就像火后的凤凰，万众一心，迎接新世纪文明的太阳。

1999 年 8 月 北京



PREFACE TO THE *LIBRARY OF CHINESE CLASSICS*

Yang Muzhi

The publication of the *Library of Chinese Classics* is a matter of great satisfaction to all of us who have been involved in the production of this monumental work. At the same time, we feel a weighty sense of responsibility, and take this opportunity to explain to our readers the motivation for undertaking this cross-century task.

1

The Chinese nation has a long history and a glorious culture, and it has been the aspiration of several generations of Chinese scholars to translate, edit and publish the whole corpus of the Chinese literary classics so that the nation's greatest cultural achievements can be introduced to people all over the world. There have been many translations of the Chinese classics done by foreign scholars. A few dozen years ago, a Western scholar translated the title of *A Dream of Red Mansions* into "A Dream of Red Chambers" and Lin Daiyu, the heroine in the novel, into "Black Jade." But while their endeavours have been laudable, the results of their labours have been less than satisfactory. Lack of knowledge of Chinese culture and an inadequate grasp of the Chinese written language have led the translators into many errors. As a consequence, not only are Chinese classical writings widely misunderstood in the rest of the world, in some cases their content has actually been distorted. At one time, there was a "*Jin Ping Mei* craze" among Western scholars, who thought that they had uncovered a miraculous phenomenon, and published theories claiming that China was the "fountainhead of eroticism," and that a Chinese "tradition of permissiveness" was about to be laid bare. This distorted view came about due to the translators of the *Jin Ping Mei* (*Plum in the Golden Vase*) putting one-sided stress on the



raw elements in that novel, to the neglect of its overall literary value. Meanwhile, there have been many distinguished and well-intentioned Sinologists who have attempted to make the culture of the Chinese nation more widely known by translating works of ancient Chinese philosophy. However, the quality of such work, in many cases, is unsatisfactory, often missing the point entirely. The great philosopher Hegel considered that ancient China had no philosophy in the real sense of the word, being stuck in philosophical “prehistory.” For such an eminent authority to make such a colossal error of judgment is truly regrettable. But, of course, Hegel was just as subject to the constraints of time, space and other objective conditions as anyone else, and since he had to rely for his knowledge of Chinese philosophy on inadequate translations it is not difficult to imagine why he went so far off the mark.

China cannot be separated from the rest of the world; and the rest of the world cannot ignore China. Throughout its history, Chinese civilization has enriched itself by absorbing new elements from the outside world, and in turn has contributed to the progress of world civilization as a whole by transmitting to other peoples its own cultural achievements. From the 5th to the 15th centuries, China marched in the front ranks of world civilization. If mankind wishes to advance, how can it afford to ignore China? How can it afford not to make a thoroughgoing study of its history?

2

Despite the ups and downs in their fortunes, the Chinese people have always been idealistic, and have never ceased to forge ahead and learn from others, eager to strengthen ties of peace and friendship.

The great ancient Chinese philosopher Confucius once said, “Whenever three persons come together, one of them will surely be able to teach me something. I will pick out his good points and emulate them; his bad points I will reform.” Confucius meant by this that we should always be ready to learn from others. This maxim encapsulates the principle the Chinese people have always followed in their dealings with other peoples, not only on an individual basis but also at the level of state-to-state relations.

After generations of internecine strife, China was unified by Emperor



Qin Shi Huang (the First Emperor of the Qin Dynasty) in 221 B.C. The Han Dynasty, which succeeded that of the short-lived Qin, waxed powerful, and for the first time brought China into contact with the outside world. In 138 B.C., Emperor Wu dispatched Zhang Qian to the western regions, i.e. Central Asia. Zhang, who traveled as far as what is now Iran, took with him as presents for the rulers he visited on the way 10,000 head of sheep and cattle, as well as gold and silks worth a fabulous amount. In 73 D.C., Ban Chao headed a 36-man legation to the western regions. These were missions of friendship to visit neighbours the Chinese people had never met before and to learn from them. Ban Chao sent Gan Ying to explore further toward the west. According to the “Western Regions Section” in the *Book of Later Han*, Gan Ying traveled across the territories of present-day Iraq and Syria, and reached the Mediterranean Sea, an expedition which brought him within the confines of the Roman Empire. Later, during the Tang Dynasty, the monk Xuan Zang made a journey fraught with danger to reach India and seek the knowledge of that land. Upon his return, he organized a team of scholars to translate the Buddhist scriptures, which he had brought back with him. As a result, many of these scriptural classics which were later lost in India have been preserved in China. In fact, it would have been difficult for the people of India to reconstruct their own ancient history if it had not been for Xuan Zang’s *A Record of a Journey to the West in the Time of the Great Tang Dynasty*. In the Ming Dynasty, Zheng He transmitted Chinese culture to Southeast Asia during his seven voyages. Following the Opium Wars in the mid-19th century, progressive Chinese, generation after generation, went to study the advanced scientific thought and cultural achievements of the Western countries. Their aim was to revive the fortunes of their own country. Among them were people who were later to become leaders of China, including Zhu De, Zhou Enlai and Deng Xiaoping. In addition, there were people who were to become leading scientists, literary figures and artists, such as Guo Moruo, Li Siguang, Qian Xuesen, Xian Xinghai and Xu Beihong. Their spirit of ambition, their struggles and their breadth of vision were an inspiration not only to the Chinese people but to people all over the world.

Indeed, it is true that if the Chinese people had not learned many



things from the surrounding countries they would never have been able to produce the splendid achievements of former days. When we look back upon history, how can we not feel profoundly grateful for the legacies of the civilizations of ancient Egypt, Greece and India? How can we not feel fondness and respect for the cultures of Europe, Africa, America and Oceania?

The Chinese nation, in turn, has made unique contributions to the community of mankind. Prior to the 15th century, China led the world in science and technology. The British scientist Joseph Needham once said, "From the third century A.D. to the 13th century A.D. China was far ahead of the West in the level of its scientific knowledge." Paul Kennedy, of Yale University in the U.S., author of *The Rise and Fall of the Great Powers*, said, "Of all the civilizations of the pre-modern period, none was as well-developed or as progressive as that of China."

Foreigners who came to China were often astonished at what they saw and heard. The Greek geographer Pausanias in the second century A.D. gave the first account in the West of the technique of silk production in China: "The Chinese feed a spider-like insect with millet and reeds. After five years the insect's stomach splits open, and silk is extracted therefrom." From this extract, we can see that the Europeans at that time did not know the art of silk manufacture. In the middle of the 9th century A.D., an Arabian writer includes the following anecdote in his *Account of China and India*:

"One day, an Arabian merchant called upon the military governor of Guangzhou. Throughout the meeting, the visitor could not keep his eyes off the governor's chest. Noticing this, the latter asked the Arab merchant what he was staring at. The merchant replied, 'Through the silk robe you are wearing, I can faintly see a black mole on your chest. Your robe must be made out of very fine silk indeed!' The governor burst out laughing, and holding out his sleeve invited the merchant to count how many garments he was wearing. The merchant did so, and discovered that the governor was actually wearing five silk robes, one on top of the other, and they were made of such fine material that a tiny mole could be seen through them all! Moreover, the governor explained that the robes he was wearing were not made of the finest silk at all; silk of the highest



grade was reserved for the garments worn by the provincial governor.”

The references to tea in this book (the author calls it “dried grass”) reveal that the custom of drinking tea was unknown in the Arab countries at that time: “The king of China’s revenue comes mainly from taxes on salt and the dry leaves of a kind of grass which is drunk after boiled water is poured on it. This dried grass is sold at a high price in every city in the country. The Chinese call it ‘cha.’ The bush is like alfalfa, except that it bears more leaves, which are also more fragrant than alfalfa. It has a slightly bitter taste, and when it is infused in boiling water it is said to have medicinal properties.”

Foreign visitors showed especial admiration for Chinese medicine. One wrote, “China has very good medical conditions. Poor people are given money to buy medicines by the government.”

In this period, when Chinese culture was in full bloom, scholars flocked from all over the world to China for sightseeing and for study. Chang’an, the capital of the Tang Dynasty was host to visitors from as far away as the Byzantine Empire, not to mention the neighboring countries of Asia. Chang’an, at that time the world’s greatest metropolis, was packed with thousands of foreign dignitaries, students, diplomats, merchants, artisans and entertainers. Japan especially sent contingent after contingent of envoys to the Tang court. Worthy of note are the accounts of life in Chang’an written by Abeno Nakamaro, a Japanese scholar who studied in China and had close friendships with ministers of the Tang court and many Chinese scholars in a period of over 50 years. The description throws light on the exchanges between Chinese and foreigners in this period. When Abeno was supposedly lost at sea on his way back home, the leading poet of the time, Li Bai, wrote a eulogy for him.

The following centuries saw a steady increase in the accounts of China written by Western visitors. The Italian Marco Polo described conditions in China during the Yuan Dynasty in his *Travels*. However, until advances in the science of navigation led to the opening of east-west shipping routes at the beginning of the 16th century Sino-Western cultural exchanges were coloured by fantasy and conjecture. Concrete progress was made when a contingent of religious missionaries, men well versed in Western science and technology, made their way to China, ushering in an era of



direct contacts between China and the West. The experience of this era was embodied in the career of the Italian Jesuit Matteo Ricci. Arriving in China in 1582, Ricci died in Beijing in 1610. Apart from his missionary work, Ricci accomplished two historically symbolic tasks — one was the translation into Latin of the “Four Books,” together with annotations, in 1594; the other was the translation into Chinese of Euclid’s *Elements*.

The rough translations of the “Four Books” and other Chinese classical works by Western missionaries, and the publication of Père du Halde’s *Description Geographique, Historique, Chronologique, Politique, et Physique de l’Empire de la Chine* revealed an exotic culture to Western readers, and sparked a “China fever,” during which the eyes of many Western intellectuals were fixed on China. Some of these intellectuals, including Leibniz, held China in high esteem; others, such as Hegel, nursed a critical attitude toward Chinese culture. Leibniz considered that some aspects of Chinese thought were close to his own views, such as the philosophy of the *Book of Changes* and his own binary system. Hegel, on the other hand, as mentioned above, considered that China had developed no proper philosophy of its own. Nevertheless, no matter whether the reaction was one of admiration, criticism, acceptance or rejection, Sino-Western exchanges were of great significance. The transmission of advanced Chinese science and technology to the West, especially the Chinese inventions of paper-making, gunpowder, printing and the compass, greatly changed the face of the whole world. Karl Marx said, “Chinese gunpowder blew the feudal class of knights to smithereens; the compass opened up world markets and built colonies; and printing became an implement of Protestantism and the most powerful lever and necessary precondition for intellectual development and creation.” The English philosopher Roger Bacon said that China’s four great inventions had “changed the face of the whole world and the state of affairs of everything.”

3

Ancient China gave birth to a large number of eminent scientists, such as Zu Chongzhi, Li Shizhen, Sun Simiao, Zhang Heng, Shen Kuo and Bi



Sheng. They produced numerous treatises on scientific subjects, including *The Manual of Important Arts for the People's Welfare*, *Nine Chapters on the Mathematical Art*, *A Treatise on Febrile Diseases* and *Compendium of Materia Medica*. Their accomplishments included ones whose influence has been felt right down to modern times, such as the armillary sphere, seismograph, Dujiangyan water conservancy project, Dunhuang Grottoes, Grand Canal and Great Wall. But from the latter part of the 15th century, and for the next 400 years, Europe gradually became the cultural centre upon which the world's eyes were fixed. The world's most outstanding scientists then were England's Isaac Newton, Poland's Copernicus, France's Marie Curie, Germany's Rontgen and Einstein, Italy's Galileo, Russia's Mendeleev and America's Edison.

The Chinese people then began to think: What is the cause of the rise and fall of nations? Moreover, how did it happen that gunpowder, invented in China and transmitted to the West, in no time at all made Europe powerful enough to batter down the gates of China herself?

It took the Opium War to wake China from its reverie. The first generation to make the bold step of "turning our eyes once again to the rest of the world" was represented by Lin Zexu and Wei Yuan. Zeng Guofan and Li Hongzhang started the Westernization Movement, and later intellectuals raised the slogan of "Democracy and Science." Noble-minded patriots, realizing that China had fallen behind in the race for modernization, set out on a painful quest. But in backwardness lay the motivation for change, and the quest produced the embryo of a towering hope, and the Chinese people finally gathered under a banner proclaiming a "March Toward Science."

On the threshold of the 21st century, the world is moving in the direction of becoming an integrated entity. This trend is becoming clearer by the day. In fact, the history of the various peoples of the world is also becoming the history of mankind as a whole. Today, it is impossible for any nation's culture to develop without absorbing the excellent aspects of the cultures of other peoples. When Western culture absorbs aspects of Chinese culture, this is not just because it has come into contact with Chinese culture, but also because of the active creativity and development of Western culture itself; and vice versa. The various cultures of



the world's peoples are a precious heritage which we all share. Mankind no longer lives on different continents, but on one big continent, or in a "global village." And so, in this era characterized by an all-encompassing network of knowledge and information we should learn from each other and march in step along the highway of development to construct a brand-new "global village."

Western learning is still being transmitted to the East, and vice versa. China is accelerating its pace of absorption of the best parts of the cultures of other countries, and there is no doubt that both the West and the East need the nourishment of Chinese culture. Based on this recognition, we have edited and published the *Library of Chinese Classics* in a Chinese-English format as an introduction to the corpus of traditional Chinese culture in a comprehensive and systematic translation. Through this collection, our aim is to reveal to the world the aspirations and dreams of the Chinese people over the past 5,000 years and the splendour of the new historical era in China. Like a phoenix rising from the ashes, the Chinese people in unison are welcoming the cultural sunrise of the new century.



前 言

中国传统医学，是中华民族为促进人们健康与疾病治疗，历经数千年经验与理论积累，而创造成功的知识体系。在这个历程中，有数以千计的临床各科医学家、医学理论家、药学家与卫生保健养生学家，他们宝贵的经验总结与学说理论论述著作存世者，据全国113家图书馆馆藏1949年前图书计有12124种，其中珍本、善本与医药学家稿本等数以千计，构成了内容丰富的宝藏，其中中药本草类专著700多种，若计入医学家综合著作中之本草论述，则逾千种。

中国传统医学理论独特，经验技术丰富。其理论特点建筑在人体脏腑经脉是一个整体，人与大自然是一个整体，相互关系与影响的基础上。疾病则是相互关系的失调，预防与疾病治疗，则重在调理失衡的制约关系，以恢复正常的协调，促成健康与康复。为此，创造了天人合一学说、藏象经络学说、阴阳学说、五行生克学说等等理论，医生们通过望、闻、问、切等诊断手段，运用八纲辨证、六经辨证、藏象辨证、三焦辨证、卫气营血辨证等等理法以确定疾病之部位与证候属性，治疗疾病的法则，然后按君臣佐使配伍原则遣药处方，以求病证与方药达到治疗的最佳境界。医学家用药处方之理论在临床医疗中，根据病证选用药物以及处方，其理论与医学理论息息相关，是一个医与药整体的思维模式。

中国药物学著作，由于以草本植物为主，故历代药物学著作皆以“本草”命名。

中国现存的第一部药物学专著，名为《神农本草经》，贯以“神农”，是因远古神农氏尝百草，教人医疗的故事，“本草经”则是成书作者们给予该书具有药物学经典的称谓。《神农本草经》的最后成书约在公元一世纪前后，但其所收录的药物，则是成书前数千年医学家们积累用药经验与理论的一次系统总结。该书收录药物365种，按药物的功效价值与是否有毒等分为上、中、下三



品，上、中品各为120种，下品为125种，每种药均各以严格的四气（寒、热、温、凉）五味（辛、酸、甘、苦、咸）记述其医疗作用；以君、臣、佐、使关系，论述治疗方剂用药的配伍原则。

《神农本草经》至今还是中医学重要的参考书。但经数百年的应用到公元5世纪，由于医学家传抄的错漏以及新药的不断丰富，人们对修订与编撰新的药物学著作已产生了强烈的愿望，药物学家陶弘景（456—534），在梁武帝支持下，对《神农本草经》传承中的错漏进行改正，纳入汉晋医学家用药新经验的《名医别录》，撰成《本草经集注》7卷，收录药物730种，改《神农本草经》三品分类，创用以药物属性分为玉石、草木、虫兽、果、菜、米食及有名未用等七类。陶弘景治学严谨，以朱笔书写《神农本草经》内容，墨书《名医别录》内容，对自己的见解则用小号字注，附于正条之后。

在中国药学史上，《本草经集注》是一部重要的著作，但陶弘景所能涉猎的地域、参考的资料等，均受到较大的局限。唐代国家实现了大统一，公元657年，医药学家苏敬（599—674）鉴于《本草经集注》受时代之局限，用药存在的错漏紊乱，以及国内、国外而获得的新知与数量增加尚未收入，乃上书唐高宗修订“本草”。唐高宗李治任命勋臣要员与医药学家、音律、天文历算、历史、艺术等专家20多人对《本草经集注》进行国家修订。为了保证高水平完成修订，下令全国郡县，征集地道药材标本并绘图送至京城，同时提出严格的修订原则：“本经虽阙，有验必录；别录虽存，无稽必正”，“下询众议”，“定群言得失”等等。历经两年而完成，命名为《新修本草》，经由唐高宗颁行全国，以为医学界用药之依据，学者们誉为中国历史上第一部药典。

《新修本草》（659），54卷，载药850种（一说844种），由正文20卷、目录一卷、本草图经7卷、本草图25卷，目录1卷组成。在药物分类方面，将陶弘景7类扩大为9类。对国外传入的药物知识加以改造，使之适应中国医学的理论记述需求。《新修本草》亦称《唐本草》，自颁行全国后，迅即成为唐医学教育最高学府——太医署药学教育的法定教材，并对医学生学习提出了很严格的要求。与此同时，《新修本草》也被带到日本，成为日本药学教育的必修课。

本草学传承到了宋代（960—1279），得到最高统治者更多的重



视，多次由政府选聘著名学者进行补缺正误的整理与修订编撰，并颁行全国以为医学家们用药的指南。例如：

宋太祖赵匡胤于开宝六年（973）诏令当时最出色的医药学家、太医局御医刘翰、马志、翟煦、张素、吴复珪、王光祐、陈昭遇等，详定《新修本草》，撰成《开宝新详定本草》20卷，赵匡胤亲自撰序，国子监刻印，诏令“广颁天下，传而行焉”。

宋太宗（赵光义）登位后，发现该书内容尚有缺陷，特诏令三代翰林院学士、集贤殿修撰、文学家李昉、翰林医官副使王佑等重加校定，改进分类并增加新药，书成后改名为《开宝重定本草》，21卷，载药983种。该书刊印时将《神农本草经》内容刻为阴字，字成白色；《名医别录》内容刻为阳字，呈黑色；《新修本草》内容，则加注“唐附”；宋代修订、增加的新内容，则注以“今附”；对前本谬误改正的内容，则署“今注”；述文内容则注明“今按”。其严谨之治学精神可见一斑。

公元1057年，宋仁宗诏令掌禹锡、林亿、张洞、苏颂等著名学者、医学家、药学家以及翰林医官院医官等，对《开宝重定本草》进行增修，并附以《蜀本草》、《本草拾遗》、《日华子本草》、《药性论》等各家之学说，完成后命名为《嘉佑补注神农本草》（1061），载药1082种。在此次增修的同时，宋仁宗仿效唐《新修本草》重视药图的传统，于1058年诏令：“天下郡县，图上所产药，用永徽故事重名编述”。对境外所产者则令关税机关、商人，或询问市舶客，“则据今传闻”以绘，所绘药图要“各注开花、结果、采集季节”送京。此举实为中国医药学史上，规模最大的一次药物普查，由苏颂等，编撰成为《本草图经》，附本草图933幅，是中国现存最早的版刻药物图集。

宋代民间医药学家唐慎微（1506-1093），字审员，蜀州晋原（今四川崇庆）人，后迁居成都，出身世医，热心民间医药经验的调查，醉心于历代本草著作的研究，他在数十年诊疗中不取诊金，但求增以名方、名药，广采博辑；平时喜读经史百家、佛书、道藏，遇有关医药知识者，均加择录，日积月累，辑录之文盈满四壁，终经整理而撰成《经史证类备急本草》（1082），32卷，载药1746种，其中476种是唐氏所新增。英国科学史家李约瑟（Joseph



Needham, 1900-1995) 赞扬该书“比15世纪和16世纪早期欧洲的植物学著作高明得多”。由于该书的出色成就, 获得宋徽宗赵佶的重视, 并于大观2年(1108)命进士、秘书省校书郎艾晟, 以《经史证类备急本草》为依据, 修订本草。成书后命名为《大观经史证类备急本草》, 颁行全国。《大观本草》颁行全国后, 宋徽宗又敕命医官曹孝忠领衔校勘, 曹孝忠等8人在“删繁缉紊”原则下正误千余处, 书成后凡60余万言, 命名《重修政和经史证类备用本草》, 于政和6年(1116)颁行全国。

明代(1368-1644)皇室继承前代传统, 也曾对本草学的发展进行整理研究, 例如明太祖朱元璋第五子朱橚(1361-1425)藩邸开封, 适逢连年灾荒, 他移植野生可食植物于园圃, 观察研究, 并召画工写生绘图, 各注可食用部位与食用方法, 撰成《救荒本草》(1406)。明医药学家刘文泰, 曾任太医院院使, 弘治16年(1503)受命以《政和经史证类本草》为基础, 组织太医院御医、医士以及儒士等30多人, 于1505年编成《本草品汇精要》42卷, 收载药物1815种, 并由宫廷画师王世昌等8人绘制彩图1358幅。可惜, 该书将成之际, 适逢孝宗因刘文泰医治未效突然死亡, 刘文泰获罪, 《本草品汇精要》也被束之高阁。

明代宫廷还有两部彩绘的《食物本草》4卷与《补遗雷公炮制便览》14卷, 前者收有水、谷、菜、果、禽、兽、鱼等类共400多种药物, 豪华精美的彩绘实物图400多幅; 后者有精美彩色绘图1128幅, 其中更有关于药物炮制彩图224幅。可惜如此巨大成就终因科技水平的限制, 特别是宫廷政治斗争纷乱等未能复绘, 也不可能彩印出版。近年来, 三部明代皇室的彩绘本草始得陆续影印出版。

皇室既然未能完成其修订、颁布本草于医界的工作, 民间医学家即担当起此重任, 并做出了重大贡献, 其代表者首推伟大的医药学家李时珍及其代表作《本草纲目》。

李时珍(1518-1593), 字东壁, 晚号濒湖山人, 蕲州(今湖北蕲春)人, 中国著名本草学家, 出身世医, 幼学儒, 攻读四书五经, 后继承家学业医, 在10多年的学医生涯中, 不但精通医药学, 而且对文字学、训诂学、史学与哲学造诣也颇深。因感唐、宋本草年久失修, 其中谬误甚多, 他立志“考古证今, 辨疑订误”, 乃参



阅历代医药图书300多种，经、史、子、集、农圃、声韵、卜、相图书400余种，足迹遍及八个省区，行程数万里，向同道、药农、渔夫、手工工人、捕蛇人、猎户等进行调研，以订正本草之疑误，如此数十年如一日，勤奋刻苦钻研27年，书稿凡三易而于1578年完成编撰，分药物16部为纲，62类为目，故名《本草纲目》。

《本草纲目》（1578），52卷，载药1892种，附图1109幅，其16部分类采用“从微至巨”，“从贱至贵”的认识进行论述，即：水、火、土、金石、草、谷、菜、果、木、服器、虫、鳞、介、禽、兽、人，富有进化论思想。在部之下，分为62类，每类之下再例述若干种药品，例如：草部下又分为山草、芳草、隰草、毒草、蔓草、水、石草、苔、杂草以及有名未用等类。

《本草纲目》记述之植物药计有1094种，动物药444种，矿等354种。对植物药的论述，多分别述其药用部分的根茎、叶、花、果，并强调采集时间、加工炮制等，以保证其最有效的药用价值。

《本草纲目》对每味药的论述，均分“释名”：记述名称演变；“集解”：详述历代学者与医药学家关于产地，何地为优，形态气味，入药部位、加工等，然后分述药用部分实、核、壳、花、根、皮等等；气味；主治；发明；附方：提供前人临床用药处方之参考；全书共举方剂类用药经验一万多件。

《本草纲目》，1-2卷为序例，历举所参阅的《历代诸家本草》40多家提要、《引据古今医家数目》277家；《引据古今经史百家书目》440家；说明《采集诸家本草药品总数》，并各论述诸家本草之药性理论、学术特点、用药原则与方法等。卷2则就“药名同异”、“相须相使相畏相恶诸药”、“相反诸药”以及服药禁忌等进行评述。卷3、卷4，以“百病主治药”为题，详载各种病证的主治药与药用剂型、方法等；卷5水部叙述天水13种、地水30种二类；卷6火部凡11种；卷7土部61种；卷8-11为金石4类，凡金28种，玉类14种，石类72种，卤石20种；卷12-21为草部14类，凡山草70种，芳草56种，隰草126种，毒草47种，蔓草73种，水草23种，石草19种，苔16种，杂草9种等；卷22-25为谷部，凡麻麦稻12种，稷粟18种，菽豆14种，造酿29种；卷26-28为菜部，计荤辛类32种，柔滑类41种，蔬菜类11种，水菜6种，芝栢类15种；卷29-33为果部，凡五果



11种，山果34种，夷果31种，味果13种，蔬、水果15种等；卷34-37木部，凡香木35种，乔木52种，灌木51种，寓木12种，苞木4种，杂木7种等，卷38服器部计79种；卷39-42虫部，凡卵生45种，化生31种，湿生23种；卷43-44鳞部，计龙9种，蛇17种，鱼与无鳞鱼59种；卷45-46介部，龟鳖17种，蚌蛤29种；卷47-49禽部，凡水禽23种，原禽23种，林禽17种，山禽13种等；卷50-51兽部，凡畜28种，兽38种，鼠12种，寓、怪类8种；卷52人部，凡37种。以及若干类的附录、有名未用等250多种，通计16部，62类，1897种。

《本草纲目》成书后，于公元1590年在南京首次刊刻，世称金陵本，1603年江西重刻本面世，1606年湖北刻本刊行，约500年间国内外重刻、影印、点校者约有近百次之多，创大型本草著作密集刊印之最。

《本草纲目》不但在中国之刊印发行频繁、影响持久不衰，公元1606年即首传日本，至公元1714年日本重刻、校正、新校《本草纲目》8次。日译《本草纲目》始于公元1698年，先后节译、编译、全译3-4次。日本学者研究《本草纲目》的专书，公元1612-1856年间出版30多种。

约18世纪，《本草纲目》传到欧洲，到19世纪已先后流入欧洲各国与美国各地，影响不断扩大。1735年，法国汉学家杜赫德（Jean-Baptiste Du Halde, 1674-1743）在巴黎出版了一部关于中国的大书《中华帝国全志》，其中的第三卷中就有《本草纲目》的法文节译本。瑞典著名生物学家、分类学家林奈（Carl Ven Linne, 1709-1778）从友人植物学家拉格斯特朗（Lagerstroem, 1696-1759）处获得《本草纲目》原著，并千余种植物标本。因此，林奈用“双名制”命名植物时，常用“中国的”（Silienss），并将紫薇属用拉格斯特朗的姓来命名。

19世纪初，出身于皇家侍医家庭的法国汉学家勒牡萨（Jean Pierre Abei-Rémusat 1788-1832），对《本草纲目》的研究与传播功绩显著，从而获得巴黎大学博士学位，并成为献身培养汉学人才，介绍中国文化，誉满欧美的汉学大师。

19世纪上叶，俄国医生A.A.塔塔林诺夫（A.A.Татаринов, 1817-1886），在华研究中医药，采集药用植物标本寄回国内，发表



长文论及李时珍的《本草纲目》。英国皇家学院院士韩伯里（Daniel Hanbury, 1825-1875）著有《中国本草备注》、《药理学与植物学论丛》等，专门论述了《本草纲目》的学术内容，前者被译为德文。公元1865年，法国人德彪（Jeon O Debeaux）发表《论中国本草学及药理学》等。

以《本草纲目》为代表的中国药理学在欧美的影响，逐渐扩大。生于拉脱维亚的俄国东方学家布莱资奈德（Emil Bretschneider, 1833-1901），是研究《本草纲目》的著名学者，他指出：“植物学上若干问题的解决，大有待于中国植物学典籍的研究；栽培植物之源地这一问题，所赖尤多，此我所以取材《本草纲目》及其他中国著述，杂陈是篇之原旨也。”“《本草纲目》为中国本草学之名著，由此一书，足以代表。”“李氏不愧为中国自然科学界卓越古今之一作家，后此，本草著作盖无能出其右者。”布莱资奈德的介绍使《本草纲目》引起了更多欧洲研究者的关注。

《本草纲目》也为欧美学术界提供了学理上的借鉴。英国博物学家、进化论的奠基人达尔文（Charles Robert Darwin, 1809-1882）在论证人工选择原理的过程中，10多次引用并赞赏“古代中国百科全书”，其内容多源自《本草纲目》。例如：达尔文在《变异》中指出：“（大英博物馆图书馆东方文献部主任）倍契先生告诉我，在1596年出版的《中国百科全书》中曾七次提到过七个品种”。其内容与《本草纲目》所述的鸡、乌骨鸡等完全一致。《变异》在谈到金鱼进化史时，引用梅辉立（Maeyers, 1831-1878）《金鱼饲养》一文写道：“金鱼被引进欧洲不过是两三个世纪以前的事，但在中国自古以来它们就在拘禁下被饲养了……在一部中国古代著作中曾经说：朱红色鳞的金鱼最初是在宋代于拘禁情况下育成的，现在到处的家庭都养金鱼作为观赏之用”。这段文字的原始出处正是《本草纲目》卷44“鳞部·金鱼条”。由此可见，达尔文研究动、植物在家养下的变异与人工选择问题时，曾从中英文文献中，直接或间接地汲取《本草纲目》中的营养，为其学说之建立提供历史依据。

美籍德裔汉学家劳费尔（Berthold Laufer, 1874-1934）《中国伊朗编·序》（1919）中，说他参阅了“李时珍在1578年所完成的



那部包罗万象的有名的《本草纲目》”，他还强调：《本草纲目》“不失为一部不朽的巨著”。

英国著名科学史家李约瑟在其巨著《中国科学技术史》第一卷中评述：“毫无疑问，明代最伟大的科学成就，是李时珍那部在本草书中登峰造极的著作《本草纲目》”，“李时珍作为科学家，达到了同伽利略、维萨里的科学活动隔绝的任何人所能达到的最高水平。大约有1000种植物和1000种动物被详尽地描述了在此书的62个部类中，当然总要谈到它们在药用上的真实价值和预料的价值，这种价值确实比现代轻率的批评家所愿意承认的还要多”。李约瑟在该书第五卷化学史分册中强调：“不用说，我们在这些卷中经常要引证的还有一部明代著作，即中国博物学家中的‘无冕之王’李时珍写的《本草纲目》。至今这部伟大著作仍然是研究中国文化中的化学史和其他各门科学史的一个取之不尽的知识源泉。”

另一方面，在临床实用上也值得一提，这使得有大量有关《本草纲目》的便读、备要等普及本刊刻出版，形成了《本草纲目》的又一个亮点，例如：

《本草原始》（1612），12卷。明末本草学家李中立所撰，大部分取自《本草纲目》，药分草、木、谷、菜、果等，药物452种，附图379幅，或绘有断面，并多注鉴别特点，吸取药材辨认经验，注文简洁，被誉为中国本草史上著名的药材学专著。

《本草汇言》（1624）20卷，明末医学家、本草学家倪朱谟撰，赞《本草纲目》“赅博倍于前人，已尽辨别之功”。作者采访当时医药学家148人，详记各家师资姓氏与用药之言，每味药下注以形态产地，收载药物626种，后世有谓“《本草纲目》得其详，《本草汇言》得其要”。

《本草汇笺》（1660），10卷，明末清初医药学家顾元交撰，因虑《本草纲目》之浩繁，《本草经疏》又多附会，乃取诸书所长撰成。收药近400种，分隶于草、木、果、谷、菜等17类，以临床药用内容为主旨。

《本草汇》（1666），18卷，撰者郭佩兰，好学精医药，有“积书至连屋宇，手抄几等身”之誉。以《本草纲目》为基，佐以《本草经疏》、《医学纲目》，力求文简义尽，且极少自注。载药



485种，采草、谷、菜、果、木等16部分类。

《本草备要》（1694）4卷，收药475种，绘图461幅，以《本草纲目》为基，强调《纲目》之未备，故名。撰者汪昂，精医药而不以为业，重视医药普及。《汤头歌诀》、《医方集解》等名著皆皆出自汪昂之手。

《本草逢原》（1695），4卷，撰者张璐，著名医药学家，以著书自娱。晚年，集生平经验，依《本草纲目》分布次第为据，撰《本草逢原》，收药831种。阐发用药理论，明晰有绪。

《本草崇原》（17世纪末），3卷，撰者张志聪，著名医药学家，建倡山堂于胥山，招同道、弟子论医讲学，根据五运六气之理，推衍药性，撰《本草崇原》，收药289种，其正文大多摘自《本草纲目》所载《神农本草经》内容，以探讨药性本原，阐明药品混淆与特征鉴别。

《本草从新》（1757）6卷，撰者吴仪洛。先世藏书甚富，入天一阁苦读医书五载，学业益精，行医40年，学验俱丰，以《本草备要》有承误之失，采用《本草纲目》部类名称，撰《本草从新》，“因乃者半，增改者半”，收载药物720种，增述个人用药经验，于产地、形态、品质多有发明。

《本草纲目拾遗》（1864）10卷，撰者赵学敏，博览群书，尤喜读医著本草，对本草学造诣最深。家设“养素园”，以种植药物，观察形性，读书笔记，抄撮成帙，达数千卷，以《本草纲目》所缺漏不载者716种，撰成《本草纲目拾遗》，分类与《本草纲目》同，但删其人部，卷首设“正误”以纠正《本草纲目》错误。对传入新药如金鸡纳等亦收论介绍。

以上9种，由于深受医界欢迎，再版次数均较多。此外，尚有（新镌）《本草纲目类纂必读》（1666）、《本草纲目必读》（1667）、《本草纲目摘要》（1669）、《本草纲目补物品目录》（1752）、《本草纲目补物品目录后编》（1789）、《本草纲目万方类编》32卷（1800）、《本草纲目启蒙》（1802）、《本草纲目万方类聚》（1872）、《本草纲目易知录》（1885）、《本草纲目指南》（1911）、《本草纲目选补》（1911）、《本草纲目辑注札记》（1949）等等。当代还有《本草纲目简编》（1978）、《本



草纲目精要》（1988）、《本草纲目索引》（1999）、内容十分丰富，为研习《本草纲目》提供了方便。

如何积前人关于《本草纲目》编撰之长，不失其重要内容与学术价值，以有限文字，撰《本草纲目选》，确是一件不易之事。明代著名文学家王世贞（1526—1590）在序《本草纲目》文中，对其内容与价值做出“博而不繁，详而有要”的评价。认真思考其实，方觉“其言不虚”。如此欲撰《本草纲目选》实甚难也。

《本草纲目》首刊金陵版本，据陈贵廷等校点本统计总字数为221万，据刘衡如校注江西夏良心重刻本统计总字数为417万，如何从其“不繁”、“有要”中选为60—70万字的节本，其难度可想而知。

为了适应《大中华文库》简明切要的《本草纲目》选读本，经过多次实践、分析、研究、比较，最后拟采用以下原则进行选录与编撰：

1、以《本草纲目》金陵点校本与江西校注本为依据；2、选录以植物药为主，对水、火、金石、动物等作删节考虑；3、对原书出版说明、点校说明、重刻序叙等从略；4、对卷1—2序例、卷3—4百病主治药从略；5、由于金陵校点本、江西校注本均大大超过本次《本草纲目选》的字数要求，因此，在认可两书校点、校注内容的同时，略去两书的正误、补脱等说明文字13300多条；6、关于入选的草、谷、菜类正文等之附方，亦从略处理；对选录的果、木类，除略“附方”外，对释名、发明等也予删节。

鉴于上述编选考虑，本书中文部分只选录了原文，未配以相应的白话文今译。同时，由于所选在现代校点、注释本仅能分别占其15—30%左右，欲不伤其要、博者，几乎没有可能。为了尽可能保其核心内容之原貌，对选录内容则力求不肢解，不删节，以求其保留丰富的可参考性与学术价值。

李经纬

中国中医科学院名誉首席研究员



Preface

Traditional Chinese medicine (TCM) contains a body of knowledge that the Chinese nation has accumulated through practical experimentation and theoretical research in promoting health and treating diseases over a period of thousands of years. In this long course of time, clinical theorists, medical theoreticians, pharmacists, and health and fitness experts have contributed valuable works. A total of 12,124 medical books produced before 1949 were collected in China's 113 libraries, including a rich treasury of thousands of rare books, and valuable texts and manuscripts. Among them, there were over 700 herbal monographs. If the descriptions of herbal medicines in the other medical works are counted, this figure could go beyond a thousand.

TCM has a unique theory, and a wealth of experience and methodology. Its theory is mainly based on the unity of the meridians and *zang-fu* (the five *zang* organs: liver, lungs, heart, kidneys and spleen; and six *fu* organs: gallbladder, stomach, small intestine, large intestine, urinary bladder and triple energizer) organs in the human body, and the unity between man and nature, as well as their mutual relations and influences. Sickness results from a disorder in this interrelationship, while the prevention and treatment of diseases focuses on restoring the body to normality through adjustment. This has resulted in the appearance of many theories, including the theory of the unity of man and nature, the theory of the five viscera and their physiological and pathological phenomena, and the theory of Yin and Yang, as well as the theory of inter-promotion and inter-inhibition among the five elements. Through the four diagnostic techniques—looking, smelling and listening, asking, and pulse-taking, as well as the Eight Principles system of disease classification, the Six Levels theory of the penetration of cold diseases, and the Four Stages theory of the progression of warm



diseases, doctors can determine the locations of disorders and pathological syndromes, select appropriate medicines, and then make decoctions in order to achieve the optimum effect. Pharmaceutical theories concerning choosing medicines and writing prescriptions developed in the course of clinical practice form a comprehensive system of treatment and pharmaceutical knowledge.

Chinese pharmacological works have traditionally been mainly based on the study of herbal plants. Thus, such works took the word *bencao* (materia medica) as part of their name.

China's first extant pharmacological work, the *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), includes as part of its title Shen Nong, a mythical ruler who is said to have tasted hundreds of plants and taught people how to treat diseases with them. Completed around the first century, the *Shen Nong Bencao Jing* is a systematic summary of several thousand years of experience and theories collected by medical scientists. It contains 365 drugs, which are divided into three classes according to their effects and toxicity—superior, medium and inferior. The first two classes each contain 120 drugs, and the third class 125 drugs. Every drug's pharmacological effect is described in terms of four properties (cold, heat, warmth and coolness) and five tastes (pungent, sour, sweet, bitter and salty); the dosages are stated according to the interactions of four categories of drugs in a prescription, namely, the principal, adjuvant, auxiliary and conductant drugs.

The *Shen Nong Bencao Jing* remains an important reference book for TCM scientists, but already by the fifth century the need to revise it and even compile a new pharmacological work was felt, due to some errors and lacunae, and the discovery of new drugs. With the support of Emperor Wu of the Liang State, Tao Hongjing (456-534) compiled the seven-volume *Bencao Jing Jizhu* (*Shen Nong's Great Herbal with Collected Annotations*) and the *Mingyi Bielu* (*Records of Famous Doctors*) summarizing the findings of medical scientists of the Han and Jin dynasties (206 BC-420 AD). Collecting a total of 730 drugs, the *Bencao Jing Jizhu*



changed the three-class drug classification—superior, medium and inferior—into seven: jade and stone, grass and wood, insects and animals, fruits, vegetables, cereals, and drugs with their names recorded but not yet in use. Marking the content from the *Shen Nong Bencao Jing* in red and that from the *Mingyi Bie lu* in black, Tao Hongjing added annotations after each entry.

The *Bencao Jing Jizhu* was an important work in the history of Chinese pharmacology. However, due to the turbulent political conditions of his time Tao Hongjing was unable to travel extensively in China, and his access to reference materials was limited. So when China was united in the Tang Dynasty (618-907) pharmacologist Su Jing (599-674) presented a petition to Emperor Gaozong in 657, asking to be allowed to revise the *Bencao Jing Jizhu*, citing errors and lacunae in the work and the emergence of new knowledge of domestic and foreign drugs. The emperor appointed a score of officials and experts in the fields of medicine, music, astronomy, calendrical calculation, history and art to help the revision work, and orders were issued to all the prefectures and counties to collect medicinal samples and have relevant drawings sent to the capital, Xi'an. At the same time, rigorous principles for revision were drawn up: Drugs that were not recorded in the *Bencao Jing Jizhu* but had proved pharmacological effects should be added; erroneous details of drugs recorded in the *Mingyi Bie lu* should be corrected; and a wide variety of opinions and medical experiences should be sought out. It took two years to complete the book, which was named the *Xinxiu Bencao* (*Newly Revised Canon of Materia Medica*). With the approval of the emperor, the *Xinxiu Bencao* was distributed across the country, and served as a guidebook for pharmacists. It was considered China's first proper pharmacopoeia.

Completed in 659, the *Xinxiu Bencao* introduces 850 (some calculate the figure at 844) drugs. It is in 54 volumes, divided into three parts. The "main body" contains 20 volumes, with one volume being the table of contents; and 25 volumes of pictures of medicines, with one



volume also being the table of contents. In addition, there are seven volumes of the third part—"Illustrated Description." In terms of drug classification, the book expands Tao Hongjing's seven categories to nine. Drugs introduced from abroad are described in terms of traditional Chinese medical theories. The *Xinxiu Bencao*, also called the *Tang Bencao* (*Materia Medica of the Tang Dynasty*), soon became the official textbook of pharmacology, with the imprimatur of the highest medical institution of the Tang Dynasty—the Imperial Medical Bureau. The book spells out rigorous requirements for medical students. It was transmitted to Japan, where it became an integral part of pharmacological education.

In the Song Dynasty (960-1279) renowned scholars were selected by the government to revise and update the *Xinxiu Bencao*. For example:

In the sixth year (973) of the Kaibao reign period of Emperor Taizu, the court issued a decree ordering renowned medical experts, including Imperial Medical Bureau members Liu Han, Ma Zhi, Zhai Xu, Zhang Su, Wu Fugui, Wang Guangyou and Chen Zhaoyu, to revise the *Xinxiu Bencao*. The result was the 20-volume *Kaibao Xin Xiangding Bencao* (*Newly Revised Materia Medica of the Kaibao Reign Period*), published by the Imperial Academy and with a preface by the emperor, who decreed that it should be disseminated and used across the country.

When Emperor Taizong ascended the throne (976) he found there remained some errors in the *Kaibao Xin Xiangding Bencao*. He ordered Li Fang, a scholar of the Imperial Academy and the Wisdom Gathering Palace, and Wang You, the deputy medical officer of the Imperial Academy, to revise the book. With the classification improved and new drugs added, it was renamed the *Kaibao Chongding Bencao* (*Newly Authorized Materia Medica of the Kaibao Reign Period*), in 21 volumes and with descriptions of 983 drugs. The new book reproduced contents from the *Shen Nong Bencao Jing* in white and from the *Mingyi Bielu* in black. Contents from the *Xinxiu Bencao* are tagged "Tang Supplement," and contents added during the Song Dynasty are tagged "Modern Supple-



ment.” Rectified contents and explanations from the previous editions come in the category of heading “Modern Annotations” and “Modern Explanations,” respectively.

In 1057 Emperor Renzong decreed that prominent scholars, medical scientists, pharmaceutical experts and medical officials from the Imperial Academy, including Zhang Yuxi, Lin Yi, Zhang Dong and Su Song, should revise the *Kaibao Chongding Bencao*, adding material from other sources such as the *Shu Bencao* (*Materia Medica of the Shu State*), *Bencao Shiyi* (*Supplement to Materia Medica by Chen Cangqi*), *Rihuazi Bencao* and *Yaoxing Lun* (*Materia Medica Concerning Medicinal Qualities*). When it was completed in 1061 the book was renamed the *Jiayou Buzhu Shen Nong Bencao* (*Complete Annotated Materia Medica of the Jiayou Reign Period*). It contained details of 1,082 drugs. Emperor Renzong attached importance to the drawings of drugs as the Tang government did for the *Xinxiu Bencao*. A decree was issued in 1058 that domestic drugs described in the drawings should be edited as they did when compiling the *Xinxiu Bencao*; that customs officials, traders or importers should be consulted concerning foreign drugs; and then relevant pictures be drawn accordingly. All the pictures of drugs, describing their blossoming, fruition and collection, should be sent to the capital. It was said to be the largest survey of pharmaceuticals in the history of Chinese medical science up to that time. It was conducted by Su Song and others, who compiled the book into the *Bencao Tujing* (*Illustrated Materia Medica*). It contains 933 drawings of drugs, and is considered to be the earliest Chinese work with block-printed illustrations.

Tang Shenwei was a pharmacological expert of the Northern Song Dynasty. He was born into a doctor's family in Jinyuan, Shu Prefecture (in present-day Sichuan), and later moved to Chengdu, capital of Sichuan Province. He devoted himself to investigating folk medicine and studying previous *Bencao* works. Treating patients for several decades, he asked for no fees, but sought new prescriptions and drugs. He read extensively, including the Confucian, Taoist and Buddhist classics, and



made notes of any medicines he found there. His researches were compiled into the *Jingshi Zhenglei Beiji Bencao* (*Classified Canon of Materia Medica for Emergencies*), in 32 volumes and describing 1,746 drugs, of which 476 were new.

Joseph Needham (1900-1995), a British academic, praised this book as better than any European botanical work of the 15th and early 16th centuries. The book drew the attention of Song Emperor Zhao Ji, who in 1108 ordered Ai Sheng to make a new book on the basis of the *Jingshi Zhenglei Beiji Bencao*, and renamed it the *Daguan Jingshi Zhenglei Beiji Bencao* (*Classic Classified Materia Medica for Emergencies of the Daguan Reign Period*), abbreviated as the *Daguan Bencao* (*Materia Medica of the Daguan Reign Period*). After the promulgation of the *Daguan Bencao* the emperor ordered Cao Xiaozhong and seven other medical officials to proofread the book to delete redundancies and editing errors. They made about 1,000 corrections. The book, totaling over 600,000 characters, was renamed the *Chongxiu Zhenghe Jingshi Zhenglei Beiyong Bencao* (*Revised Classified Canon of Materia Medica for Emergencies of the Zhenghe Reign Period*), and promulgated it throughout the country in 1116.

Carrying on this tradition, the Ming Dynasty (1368-1644) emperors ordered research to be done on the *Bencao* works. For example, Zhu Su (1361-1425), the fifth son of Ming Emperor Taizu, had edible plants transplanted to his garden at a time of food shortage. He studied the plants and had pictures of them drawn, marking the positions of the edible parts, finally producing the *Jiuhuang Bencao* (*Herbal for Relief of Famines*) in 1406.

Ming pharmaceuticals scholar Liu Wentai was ordered to organize a team of over 30 people, including imperial doctors and scholars, to compile a new book on the basis of the *Zhenghe Jingshi Zhenglei Beiji Bencao*. In 1505, the 42-volume *Bencao Pinbui Jingyao* (*A Compilation of Essential Items of the Materia Medica*) was compiled, describing 1,815 drugs, with 1,358 colored pictures by Wang Shichang and seven other court artists. However, Liu Wentai was implicated in a court intrigue, and im-



prisoned, and the book was never published.

The Ming court published the *Shiwu Bencao* (*Food Materia Medica*) and the *Buyi Leigong Paozhi Bianlan* (*Supplement to Lei Xiao's Explanation of the Preparation of Drugs*). The former is in four volumes and has more than 400 pictures, covering 400-odd drugs derived from cereals, vegetables, fruits, poultry, animals and fish, while the latter is in 14 volumes and has 1,128 pictures, including 224 illustrations showing the preparation of drugs. Because of technological restrictions, and political struggles, the book could neither be reproduced nor the pictures printed in color. In recent years, three *Bencao* works from the Ming Dynasty have been reproduced and published, with the pictures printed in color.

Since the work was impeded by difficulties within the imperial court private medical scientists took up the task, and made major contributions. The most representative of them was Li Shizhen with his *Bencao Gangmu* (*Compendium of Materia Medica*).

Born in Qizhou (Qichun, Hubei Province), Li Shizhen (1518-1593), also called Dong Bi, followed in his father's footsteps in practicing medicine. He studied medical works intently, and determined to correct the errors he found in them. He is said to have read more than 300 medical books. He traveled widely, interviewing doctors, pharmacists, fishermen, handicraftsmen, snake catchers and hunters over a period of 27 years. He finally completed his *Bencao Gangmu* in 1578. It derives part of its name from its classification of drugs and treatments into 16 *gang* (categories) and 62 *mu* (sub-categories).

The *Bencao Gangmu* comprises 52 volumes, describing 1,892 drugs, and with 1,109 illustrations. Its 16 categories are those of water, fire, earth, metals and stones, herbs, cereals, vegetables, fruits and wood—an evolution from minor to major; and utensils, insects, animals with scales, shells, fowls, animals, and finally humans—an evolution from the least developed to the most advanced. Of the 62 sub-categories, that of herbs includes mountain herbs, fragrant herbs, herbs from swampland, toxic herbs, creeping herbs, aquatic herbs, herbs from



rocky land, mosses, miscellaneous herbs, and herbs with their names recorded but not yet in use.

The *Bencao Gangmu* records 1,094 floral drugs, 444 fauna drugs and 354 mineral drugs. As for floral drugs, their roots, stems, flowers, fruits and the time to gather them, and processing are stated clearly to guarantee the best pharmaceutical effects.

In each entry of the *Bencao Gangmu*, the first item is the “Explanation of Names,” accurately identifying each drug by name. This is followed by “Previous Explanations,” detailing the drug’s place of origin, shape, processing method, where the best drug is produced, and which parts are to be used, including its fruit, core, shell, flower, root and skin. The next is “Quality and Taste,” describing its effect. Then comes the “Indications,” explaining its therapeutic effect. The next is “Explication,” a further explanation of the drug’s function. The last item is “Prescriptions,” a record of the drug’s use. Over 10,000 drug prescriptions are included in this massive work.

The *Bencao Gangmu* Volumes 1 and 2 provide a general introduction and examples, listing what the author used as references: over 40 synopses from the *Lidai Zhujia Bencao* (*Materia Medica of Previous Schools*), 277 from the *Yinju Gujin Yijia Shumu* (*Number of Past and Present Medical Schools Cited as Evidence*), and 440 from the *Yinju Gujin Jingshi Baijia Shumu* (*Bibliographies of the Past and Present Confucian Classics, History and Other Schools*). The first volume also contains a section titled the *Total Number of Drugs in the Bencao Works of Many Schools*, showing their theories of pharmacological effects, academic features, principles of drug use and methods.

Volume 2 assesses the precautions to be taken when assessing drugs, and other factors such as the similarity and differences in the names of drugs, as well as the principal, adjuvant, auxiliary and opposing functions of drugs.

Volumes 3 and 4 record the main drugs and their types and usage when treating various symptoms of diseases in the Category under the



title “Principal Drugs to Treat a Hundred Diseases.” Thirteen drugs in the category “Waters from Heaven” and 30 in that of “Waters from Earth” are introduced in Volume 5, the Category of Waters; 11 drugs in Volume 6, the Category of Fire; 61 drugs in Volume 7, the Category of Earth; 28 drugs in the Category of Metals, 14 drugs in the Category of Jades, 72 drugs in the Category of Stones, and 20 drugs in the Category of Halogens in Volumes 8-11; 70 drugs in the Category of Mountain Herbs, 56 drugs in the Category of Fragrant Herbs, 126 drugs in the Category of Herbs from Swampland, 47 drugs in the Category of Toxic Herbs, 73 drugs in the Category of Creeping Herbs, 23 drugs in the Category of Aquatic Herbs, 19 drugs in the Category of Herbs from Rocky Land, 16 drugs in the Category of Mosses, and 9 drugs in the Category of Miscellaneous Herbs—altogether 14 sub-categories—in Volumes 12-21; 12 drugs in the Category of Sesame, Wheat and Rice, 18 drugs in the Category of Millet, 14 drugs in the Category of Beans, and 29 drugs in the Category of Brewed and Prepared Items in Volumes 22-25; 32 drugs in the Category of Pungent, 41 drugs in the Category of Soft and Slippery, 11 drugs in the Category of Melons, 6 drugs in the Category of Aquatic Products, 15 drugs in the Category of Fungi, in Volumes 26-28; 11 drugs in the Category of The Five Fruits, 34 drugs in the Category of Mountain Fruits, 31 drugs in the Category of Exotic Fruits, 13 drugs in the Category of Spices, 9 drugs in the Category of Melons and Berries, 6 drugs in the Category of Aquatic Fruits, in Volumes 29-33; 35 drugs in the Category of Fragrant Woods, 52 drugs in the Category of Ardent Woods, 51 drugs in the Category of Bush Woods, 12 drugs in the Category of Parasitic Woods, 4 drugs in the Category of Bamboo, 7 drugs in the Category of Miscellaneous Woods, in Volumes 34-37; 25 drugs in the Category of Fabrics, 54 drugs in the Category of Utensils, in Volume 38; 45 drugs in the Category of Oviparous Creatures, 31 drugs in the Category of Incubated Creatures, 23 drugs in the Category of Amphibians and Worms, in Volumes 39-42; 9 drugs in the Category of Dragons, 17 drugs in the



Category of Snakes, 31 drugs in the Category of Fish, 28 drugs in the Category of Fish Without Scales, in Volumes 43-44; 17 drugs in the Category of Tortoises and Turtles, 29 drugs in the Category of Mussels and Clams, in Volumes 45-46; 23 drugs in the Category of Aquatic Fowls, 23 drugs in the Category of Land Fowls, 17 drugs in the Category of Forest Fowls, 13 drugs in the Category of Mountain Fowls, in Volumes 47-49; 28 drugs in the Category of Domestic Animals, 38 drugs in the Category of Wild Animals, 12 drugs in the Category of Mice, 8 drugs in the Category of Other Animals, in Volumes 50-51; 37 entries in the Category of Humans in Volume 52; and 250 drugs in the Appendices and Category of Those with Their Names Recorded But Not Yet in Use. In total, the *Bencao Gangmu* contains information on 1,897 drugs in 16 categories and 62 sub-categories.

Upon completion, the *Bencao Gangmu* was printed in Nanjing (called Jinling in the Ming Dynasty) in 1590, and known as the Jinling version. It was reproduced in Jiangxi Province in 1603, and in Hubei Province in 1606. During the subsequent 500 years, the book was printed, photocopied and proofread nearly 100 times, becoming the biggest and most-printed *Bencao* work.

The frequent reprinting and enduring influence of the *Bencao Gangmu* took it to Japan in 1606. By 1714, it had been edited and printed—in Chinese—eight times there. The translation of the *Bencao Gangmu* into Japanese began in 1698. During this period, it was abridged, compiled and translated four times. Over 30 monographs on the *Bencao Gangmu* by Japanese scholars were published between 1612 and 1856.

The *Bencao Gangmu* spread to Europe in the 18th century, and the United States in the 19th century. In 1735 French Sinologist Jean-Baptiste Du Halde published a large book about China in Paris, titled, *Description of the Empire of China and Chinese-Tartary, Together with the Kingdoms of Korea and Tibet, Containing the Geography and History of Those Countries*, of which Volume 3 includes some abridged parts of the *Bencao Gangmu* translated into French.



Swedish botanist Carl von Linné (1709-1778), known as the “father of taxonomy,” obtained from his friend and botanist Lagerstroem (1696-1759) an original copy of the *Bencao Gangmu* and more than 1,000 floral specimens. Thus, when naming plants in a binomial system, he often adopted *sinensis* (Chinese) for a plant’s name.

Jean-Pierre Abel-Rémusat (1788-1832), born into a French court physician’s family, contributed to the dissemination of and research on the *Bencao Gangmu* in the early 19th century, thus acquiring a doctorate from Paris University and becoming a renowned Sinologist, devoted to the introduction of Chinese culture.

In the first half of the 19th century Russian doctor A. A. Tatarinov (1817-1886) studied TCM in China. He gathered herbal specimens, and sent them back to his country. He also wrote long essays on the *Bencao Gangmu*. Daniel Hanbury (1825-1875), an academician of Britain’s Royal Society, wrote many books on the *Bencao Gangmu* in separate sections, such as *Yaowuxue Yu Zhiwuxue Luncong* (*A Collection of Essays on Pharmacology and Botany*), and *Zhongguo Bencao Beizhu* (*Remarks on China’s Bencao*), which were translated into German. In 1865 a Frenchman published *Lun Zhongguo Bencaoxue Ji Yaowuxue* (*Treatise on China’s Bencao Learning and Pharmacology*) and related works.

China’s tradition of pharmacology, represented by the *Bencao Gangmu*, gained ever-growing influence in Europe and America. Russian scholar Emil Bretschneider (1833-1901), was a prominent researcher into the *Bencao Gangmu*. He pointed out, “Several botanical problems await research into China’s works on botany. The origin of plants depends much on this research. That’s why I chose the *Bencao Gangmu* and other works from China. The *Bencao Gangmu*, a distinguished pharmacopoeia, can represent the achievements of China in this regard. Li Shizhen deserves to be called a celebrated writer in China’s field of natural science; no other book can rival his *Bencao Gangmu*.” More attention was aroused to this book in Europe through Bretschneider’s introduction.



The *Bencao Gangmu* also provided references for Euro-American academic circles. British scientist Charles Darwin (1809-1882) cited it a dozen times when demonstrating the principle of artificial selection. For example, Darwin writes in *The Variation*: “Mr. Birch [director of the Department of Oriental Manuscripts and Rare Books at the British Museum], tells me that the China Encyclopedia once mentioned seven species seven times, which are the same as the *Bencao Gangmu* says of chickens or black-boned chickens.” In talking about the evolution of goldfish, Darwin quoted W. F. Mayers as saying in *Raising Goldfish* that the goldfish had been known to Europeans for merely two or three centuries, but in China goldfish were raised domestically much earlier: “An ancient Chinese work mentions that during the Song Dynasty people began to raise red-scaled fish. Now they are raised by all families as pets.” These words were taken from Volume 44, the Category of Goldfish in the *Bencao Gangmu*. Thus, when studying the variation and artificial selection of domestic animals and plants, Darwin directly or indirectly quoted Chinese manuscripts to prove his points.

Berthold Laufer (1874-1934), an American naturalist of German origin, says in the preface of his *Sino-Iranica* that he consulted part of the “medical encyclopedia *Bencao Gangmu* completed by Li Shizhen in 1578.” He also emphasizes the importance of this immortal work.

Joseph Needham comments in the first volume of his *Science and Civilization in China*: “Undoubtedly, the greatest achievement of the Ming Dynasty is Li Shizhen’s *Bencao Gangmu*, the peak one among the *Bencao* works.” “Li Shizhen as a scientist, reaches the highest level of all, except for isolated scientific activities carried out by Galileo and Vé-sale. Among its 62 sub-categories, about 1,000 animals and 1,000 plants are described in detail. Of course, real and predicted pharmacological values of drugs are often talked about. This value is far more than any modern imprudent critics would admit.” Needham stressed that “No doubt, we often cite one Ming work, the *Bencao Gangmu* by China’s uncrowned king of naturalists. This work remains an inexhaustible source



for studying the histories of chemistry and other disciplines in Chinese culture.”

In clinical practice, easy-to-read or annotated versions of the *Bencao Gangmu* were printed in woodblock versions. For example:

The *Bencao Yuanshi* (*Origins of Materia Medica*) was compiled by Li Zhongli of the Ming Dynasty in 1612. Twelve volumes in total, it took most of its contents from the *Bencao Gangmu*. Its drugs number 452, with 379 pictures, and are classified into herbs, woods, cereals, vegetables and fruits. Cross-section drawings were sometimes prepared of drugs, with notes added for differentiation. The simple notes have made the book a renowned monograph of pharmacology in the history of China's *Bencao* works.

The *Bencao Huiyan* (*A Collection of Remarks on Bencao*), in 20 volumes, was compiled by Ni Zhumo of the Ming Dynasty in 1624. He praised the *Bencao Gangmu* as a book covering extensively the differentiation of herbs and medicines. Having interviewed 148 pharmacological experts, the author recorded their words and names, indicating the shape and origin of each drug. A total of 626 drugs are recorded. Later generations called the *Bencao Gangmu* the best-known book of its kind for its details and the *Bencao Huiyan* the best for its conciseness.

The *Bencao Huijian* (*Collection of Annotations to Materia Medica*), in 10 volumes, was edited by Gu Yuanjiao of the late Ming and early Qing period in 1660. Considering the voluminous content of the *Bencao Gangmu* and irrelevant points in the *Bencao Jingshu* (*Commentaries on Shen-nong's Canon of Materia Medica*), Gu condensed these books, recording nearly 400 drugs in 17 sub-categories, including herbs, woods, fruits, cereals and vegetables. The book is characterized by its emphasis on the use of drugs in clinical practice.

The 18-volume *Bencao Hui* was compiled by Guo Peilan in 1666 on the basis of the *Bencao Gangmu*, and with reference to the *Bencao Jingshu* and *Yixue Gangmu* (*Compendium of Medicine*). Guo recorded 485 drugs in 16 sub-categories, including herbs, cereals, vegetables, fruits and woods,



in simple words and with concise annotations.

The *Bencao Beiyao* (*Essentials of Materia Medica*), in four volumes, was completed by Wang Ang in 1694. It contains details of 475 drugs and has pictures of 461 of them. Compiled on the basis of the *Bencao Gangmu*, the book pays great attention to the dissemination of drugs. The *Tangtou Gejue* (*Prescriptions in Rhyme*) and *Yifang Jijie* (*Analytic Collection of Medical Formulas*) were also written by Wang Ang.

The *Bencao Fengyuan* (*The Source of Materia Medica*), in four volumes, was compiled in 1695 by pharmacologist Zhang Lu, also on the basis of the *Bencao Gangmu*. The book contains details of 831 drugs, and clear explanations of their application.

The *Bencao Chongyuan* (*Tracking the Origin of Materia Medica*), in three volumes, was compiled by Zhang Zhicong at the end of the 17th century. He built a hall on Mount Xushan, to which he invited students and doctors to discuss medical theories. In light of the *wuyun liuqi* (five lucks and six climates), he analyzed the pharmacological effects of 289 drugs in his *Bencao Chongyuan*, which is based on the parts of *Shen Nong's Great Herbal* carried in the *Bencao Gangmu*. Its purpose is to discuss the pharmacological origin and explain the differentiation of drugs.

The *Bencao Congxin* (*New Compilation of Materia Medica*), in six volumes, was compiled in 1757 by Wu Yiluo. Practicing medicine for 40 years, he accumulated a wealth of experience and theory. Noting errors in the *Bencao Beiyao*, Wu compiled the *Bencao Congxin* on the basis of the *Bencao Gangmu*. He recorded 720 drugs, and added his personal experience in the application of drugs, as well as more details of the drugs' shapes, quality and origins.

The *Bencao Gangmu Shiyi* (*Supplement to Materia Medica by Zhao Xuemin*), in 10 volumes, was compiled by Zhao Xuemin in 1864. He did profound research into *Bencao* works, and planted various types of herbs in his garden for observation and experimentation. He put his findings into 1,000 volumes of notes. Using the same arrangement as the *Bencao Gangmu*, Zhao added 716 drugs in his *Bencao Gangmu Shiyi*.



Though deleting the category of humans, he put a corrigendum at the beginning of the book to correct errors in the *Bencao Gangmu*. New drugs such as quinine are also included and discussed.

The popularity of the above nine books led to numerous reprinting. Other Chinese medical books worthy of note are the *Bencao Gangmu Leizhuan Bidu* (*Essential Reading of Categorical Compilation of Compendium of Materia Medica*) (1666), *Bencao Gangmu Bidu* (*Essential Reading of Compendium of Materia Medica*) (1667), *Bencao Gangmu Zhaiyao* (*Abstract of Compendium of Materia Medica*) (1669), *Bencao Gangmu Buwupin Mulu* (*Contents of Supplementary Items to the Compendium of Materia Medica*) (1752), *Bencao Gangmu Buwupin Mulu Houbian* (*Later Edition of Contents of Supplementary Items to the Compendium of Materia Medica*) (1789), *Bencao Gangmu Wanfang Leibian* (*Collection of over Ten Thousand Prescriptions from the Compendium of Materia Medica*) (32 volumes) (1800), *Bencao Gangmu Qimeng* (*A Beginner's Book for the Compendium of Materia Medica*) (1802), *Bencao Gangmu Wanfang Leiju* (*Categorical Collection of over Ten Thousand Prescriptions from the Compendium of Materia Medica*) (1872), *Bencao Gangmu Yizhi Lu* (*Easily Understood Records of the Compendium of Materia Medica*) (1885), *Bencao Gangmu Zhinan* (*A Guide to the Compendium of Materia Medica*) (1911), *Bencao Gangmu Xuanbu* (*Selected Supplements to the Compendium of Materia Medica*) (1911) and *Bencao Gangmu Jizhu Zhaji* (*Reading Notes on Edited Annotations to the Compendium of Materia Medica*) (1949).

Useful for research on the *Bencao Gangmu* are *Bencao Gangmu Jianbian* (*Brief Compilation of the Compendium of Materia Medica*) (1978), *Bencao Gangmu Jingyao* (*Essentials of the Compendium of Materia Medica*) (1988) and *Bencao Gangmu Suoyin* (*Index to the Compendium of Materia Medica*) (1999).

It was difficult to edit the *Bencao Gangmu Xuan* (*Condensed Compendium of Materia Medica*) while making sure to keep the important contents and maintain the academic value of the *Bencao Gangmu*. In his preface to the *Bencao Gangmu*, Wang Shizhen (1526-1590), a man of letters of the Ming Dynasty, says, "The book explains in simple ways, while covering extensive subjects; it highlights essential points, while giving detailed explanations."



The first edition of the *Bencao Gangmu* is the Jinling version. According to the Jinling version, proofread by Chen Guiting, the book contains 2.21 million characters, while in the Jiangxi edition, annotated by Liu Hengru, the figure rises to 4.17 million. Choosing to make an abridged version of up to 700,000 characters while keeping the essentials and the simple explanations was no easy task.

To make such a concise and essential version of the *Bencao Gangmu* for the Library of Chinese Classics series, we agreed on the following principles:

1. The work was to be carried out on the basis of the Jinling and Jiangxi versions;

2. The drugs were to be mainly selected from the Category of Herbs, while drugs belonging to the categories of waters, fires, metals, stones and animals were not to be included;

3. Notes concerning the publication, proofreading, reprinting, prefaces would not go into minute details;

4. Volumes 1-4 were not to be treated in detail;

5. Owing to the contents in the two versions exceeding the requirements of this book, we would delete over 13,300 entries in the categories of corrigenda or supplementary parts;

6. Prescriptions attached to the selected categories, like herbs, cereals and vegetables, also would not be detailed. For the categories of fruits and woods, we would omit the Explanation of Names and Explanation, except for Prescriptions.

To make this book concise, we provide only the original Chinese texts by Li Shizhen without furnishing a translation in vernacular Chinese. This work contains 15-30 percent of the contents of the two editions, and it is hoped that the academic and reference values of the original *Bencao Gangmu* have been retained.

Li Jingwei

Hon. chief research fellow, China Academy of Chinese Medical Sciences



凡 例

一、选本依陈贵廷点校金陵版《本草纲目》与刘衡如校注江西版《本草纲目》为依据。

二、本选录原则将以植物药为主，字数将控制在70万以内。

三、为了节省版面又不损于重要药物与重要内容的收纳，本选将按以下原则进行压缩。

四、《内容提要》、《出版说明》、《校点说明》、《重刻本草纲目序》、《重刊本草纲目叙》、《本草纲目总录》、《凡例》、《目录》、《本草纲目附图》等删节不用；

五、卷1-11之序例、主治、水部、火部、土部、金石部、石部等全文删节；卷38-52之服器、虫部、鳞部、介部、禽部、兽部与人部亦全文删节；

六、卷12-21草部：包括山草、芳草、隰草、毒草、蔓草、水草、石草、杂草类，在植物药类常用者多在于此，故多选录。凡草药类入选者，除“附方”全文删节外，其他如“释名”、“集解”、“修治”、“主治”、“发明”等，一般均全文收选。

七、卷22-28之谷部、菜部，多为日常所用粮食与蔬菜，其收选从严，但被选者除“附方”全文删节外，其他内容也以保留全文为原则。

八、卷29-37之果部、木部入选者虽不如草部比例大，但比谷部入选的比例可能要多些，对其内容除全文删除“附方”外，其“释名”与“集解”也作了若干删节。

九、卷38-52之服器、虫部、鳞部、介部、禽部、兽部、人部，其中虫部等本应选录部分常用者，但因篇幅限制，亦全文删节。

十、《本草纲目选》仅从《本草纲目》1897种药物之1000多种植物药中选录约350种所选录总数不足1897种的20%。



Principles of Compilation

1. The compilation of this book is based on the *Bencao Gangmu's* Jinling version, proofread by Chen Guiting and its Jiangxi version annotated by Liu Hengru.

2. The book mainly selects drugs from the Category of Herbs, and keeps the total number of characters under 700,000.

3. The book is condensed in a way that aims to save space while keeping important drugs and other materials.

4. Abstract, Publisher's Note, Prefaces for Reprinting, General Table of Contents, Author's Note, Contents and Appendices, and Illustrations have been deleted.

5. Volumes 1-11, including General Introduction, Indications, the categories of Water, Fires, Earth, Metals and Stones, have been deleted; Volumes 38-52, including the categories of Utensils, Insects, Animals with Scales, Shells, Fowls, Animals and Humans have also been deleted.

6. Many drugs have been selected from Volumes 12-21, the Category of Herbs, including mountain herbs, fragrant herbs, herbs from swampland, toxic herbs, creeping herbs, aquatic herbs, herbs from rocky land, mosses, and miscellaneous herbs. For those herbs selected, the Explanation of Names, Previous Explanations, Preparation, Indications and Explication have been kept, while Prescriptions has been removed completely.

7. The categories of Cereals and Vegetables in Volumes 22-28 include mostly what we consume daily. The entire texts of the selections have been retained except for Prescriptions.

8. The number of drugs from the categories of Fruits and Woods in Volumes 29-37 is less than that from the Category of Herbs, but more than that from Cereals. The entire texts except for Prescriptions

have been kept, while the Explanation of Names and Previous Explanations have been abridged.

9. The entire texts of Volumes 38-52, which cover the categories of Utensils, Insects, Animals with Scales, Shells, Fowls, Animals and Humans, have been removed for lack of space despite the fact that some of the drugs in the Category of Insects are commonly used.

10. The *Bencao Gangmu Xuan* (*Condensed Compendium of Materia Medica*) contains about 350 drugs from more than 1,000 herbs in the *Bencao Gangmu* (*Compendium of Materia Medica*), less than one-fifth of the total 1,897 drugs.



目 录

甘草	2
黄耆	24
人参	46
沙参	86
芥苳	98
桔梗	110
长松	124
黄精	128
萎蕤	148
知母	164
肉苁蓉	176
锁阳	186
赤箭,天麻	190
术	208
狗脊	242
贯众	250
巴戟天	260
远志	268
淫羊藿	280



CONTENTS

GANCAO	3
HUANGQI	25
RENSHEN	47
SHASHEN	87
JINI	99
JIEGENG	111
CHANGSONG	125
HUANGJING	129
WEIRUI	149
ZHIMU	165
ROUCONGRONG	177
SUOYANG	187
CHIJIAN, TIANMA	191
ZHU	209
GOUJI	243
GUANZHONG	251
BAJITIAN	261
YUANZHI	269
YINYANGHUO	281



仙茅	288
玄参	300
地榆	310
丹参	318
紫参	328
紫草	336
白头翁	344
白及	352
三七	362
黄连	368
胡黄连	396
黄芩	400
秦艽	424
苳胡	432
前胡	458
防风	468
独活	480
土当归	496
升麻	498
苦参	516
白鲜	528



XIANMAO	289
XUANSHEN	301
DIYU	311
DANSHEN	319
ZISHEN	329
ZICAO	337
BAITOUWENG	345
BAIJI	353
SANQI	363
HUANGLIAN	369
HUHUANGLIAN	397
HUANGQIN	401
QINJIAO	425
CHAIHU	433
QIANHU	459
FANGFENG	469
DUHUO	481
TUDANGGUI	497
SHENGMA	499
KUSHEN	517
BAIXIAN	529



真北斗以南

一

人解其裝無長物有

本草綱目數十卷謂予曰時珍荆楚

鄙人也幼多羸疾質成鈍椎長耽典

籍若啖蔗飴遂漁獵群書摛羅百氏

凡子史經傳聲韻農圃醫卜星相樂

府諸家稍有得處輒著數言古有本

草一書自炎皇及漢梁唐宋下迄

甘草（本经上品）

【释名】

蜜甘别录。蜜草别录。美草别录。落草别录。灵通记事珠。国老别录。

〔弘景曰〕此草最为众药之主，经方少有不用者，犹如香中有沉香也。国老即帝师之称，虽非君而为君所宗，是以





GANCAO

Liquorice

Glycyrrhiza uralensis Fisch.

Glycyrrhiza inflata Bat.

Glycyrrhiza glabra L.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

MIGAN

— *Mingyi Bielu* (*Records of Famous Doctors*).

MICAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

MEICAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

LUCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

LINGTONG

— *Jishizhu*.

GUOLAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

Tao Hongjing: Gancao/radix glycyrrhizae/liquorice root is a principal drug among all the drugs. Most of the classical prescriptions have this drug as an important ingredient. This is similar to Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood among the spices. It is also called Guolao, or 'the imperial instructor'. Gancao/radix glycyrrhizae/liquorice root is similar to the imperial instructor— who is not the monarch, but the monarch follows his instructions. Hence the name Guolao. Gancao/radix glycyrrhizae/liquorice root is a drug that can bring harmony among all the



能安和草石而解诸毒也。〔甄权曰〕诸药中甘草为君，治七十二种乳石毒，解一千二百般草木毒，调和众药有功，故有国老之号。

【集解】

〔别录曰〕甘草生河西川谷积沙山及上郡。二月、八月除日采根，暴干，十日成。〔陶弘景曰〕河西上郡今不复通市。今出蜀汉中，悉从汶山诸地中来。赤皮断理，看之坚实者，是抱罕草，最佳。抱罕乃西羌地名。亦有火炙干者，理多虚疏。又有如鲤鱼肠者，被刀破，不复好。青州间有而不如。又有紫甘草，细而实，乏时亦可用。〔苏颂曰〕今陕西、河东州郡皆有之。春生青苗，高一二尺，叶如槐叶，七月开紫花似柰冬，结实作角子如毕豆。根长者三四尺，粗细不定，皮赤色，上有横梁，梁下皆细根也。采得去芦头及



drugs in a prescription, and can neutralize the toxins of herbs and stone drugs.

Zhen Quan: In the making up of a prescription, Gancao/radix glycyrrhizae/liquorice root is taken as the monarch drug. It neutralizes the toxins of 72 stone and chemical drugs and 1,200 herbal and wood drugs. It is effective for harmonizing drugs in the same prescription. Hence it is called the imperial instructor.

[Previous Explanations]

Gancao/radix glycyrrhizae/liquorice root is produced in the valleys and sandy hills in the Hexi area and in Shangjun. It should be collected at the beginning of the second and eighth months of the year. Dry the roots in the sun for ten days.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: It is no longer available from Hexi and Shangjun, but from the Sichuan and Hanzhong areas. The commodity is transported from Wenshan and the surrounding area. Drug with red bark, interrupted texture and solid quality is the top-quality drug. It is called Baohancao, or herb from Baohan, the name of a place in the Xiqiang area. The drug may be stir-baked, until it has a light texture and loose quality. Other types of this drug may look similar to the intestines of a carp. Once it is cut with a knife, it is no longer a good drug. It is also produced in Qingzhou sometimes, but is not so good. There is another kind called Zigancao, or purple Gancao/radix glycyrrhizae/liquorice root, which is thin and solid. When there is a scarcity of the drug, this can be used as a substitute.

Su Song: Nowadays Gancao/radix glycyrrhizae/liquorice root is produced in prefectures in Shaanxi and Hedong. It bursts into bud in the spring, and may grow to a height of one or two *chi*. Its leaves are similar to those of the Japanese pagodatree. In the seventh month, it has purple flowers similar to Naidong. It bears peas similar to Wandou/semem pisi sativi/seed of garden pea. Its roots can be as long as three to four *chi*, and they can be thick or thin, with red bark. There are horizontal nodes, and under them fine roots. After collection, remove the roots and bark. Dry it in the shade. There are several kinds of Gancao/radix glycyrrhizae/liquorice root



赤皮，阴干用。今甘草有数种，以坚实断理者为佳。其轻虚纵理及细韧者不堪，惟货汤家用之。谨按尔雅云：藹，大苦。郭璞：藹似地黄。又诗唐风云，采苓采苓，首阳之巔，是也。藹与苓通用。首阳之山在河东蒲坂县，乃今甘草所生处相近，而先儒所说苗叶与今全别，岂种类有不同者乎？〔李时珍曰〕按沈括笔谈云：本草注，引尔雅藹大苦之注为甘草者，非矣。郭璞之注，乃黄药也，其味极苦，故谓之大苦，非甘草也。甘草枝叶悉如槐，高五六尺，但叶端微尖而糙涩，似有白毛，结角如相思角，作一本生，至熟时角折，子扁如小豆，极坚，齿啮不破，今出河东西界。寇氏衍义亦取此说，而不言大苦非甘草也。以理度之，郭说形状殊不相类，沈说近之。今人惟以大径寸而结紧断纹者为佳，谓之粉草。其轻虚细小者，皆不及之。刘绩霏雪录，言安南甘草大者如柱，土人以架屋，不识果然否也？



now. The best is that with solid quality and interrupted texture. That with light and loose quality and vertical texture or that which is thin and elastic is not a good-quality drug. Only cooks use it. *Er Ya* says that Ling is very bitter. Guo Pu annotates that Ling is similar to Dihuang/radix rehmanniae/rhizome of rehmannia. There is a poem called Tang Feng, which includes the lines “Picking Ling, Picking Ling, at the top of the Mount Shouyang.” Mount Shouyang is in Puban county, Hedong. This is very close to the origin of Gancao/radix glycyrrhizae/licuorice root. But what ancient scholars say about the seedlings and leaves of the drug is completely different from those of Gancao/radix glycyrrhizae/licuorice root. Is it because there are different species?

Li Shizhen: Shen Kuo, in his *Mengxi Bitan*, says that the annotation of *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) quotes *Er Ya* as saying that the drug Ling, very bitter, is like Gancao/radix glycyrrhizae/licuorice root. This is wrong. What Guo Pu is referring to is actually Huangyaozi/rhizome dioscoreae bulbiferae/rhizome of airpotato yam, which is very bitter in taste. Therefore, it is also named Daku, or ‘great bitterness’. It has nothing to do with Gancao/radix glycyrrhizae/licuorice root. Licuorice has similar twigs and leaves as Japanese pagodatree, five to six *chi* tall. But the tip of the leaf is slightly sharp, pointed and coarse, and seems to have white hair. It bears peas similar to that of Xiangsizi/semen abri precatorii/seed of redbean vine. It has one stalk and taproot. When it is ripe, the peas will open automatically. Its seed is similar to Chixiaodou/semen phaseoli/rice bean, but flatter. It is very hard and difficult to chew open. Now it is produced in the western boundary area of Hedong. Kou Zongshi, in his *Bencao Yanyi* (*Materia Medica Annotated by Kou Zongshi*), follows Guo Pu’s annotation, but does not say that if the drug is very bitter, it cannot be Gancao/radix glycyrrhizae/licuorice root. We can understand that what Guo Pu says is not reasonable, and that what Shen Kuo refers to is close to the real thing. Now people take the drug with thick roots, solid quality and interrupted texture as the top-quality drug. It is also called Fencao. That with thin roots and loose nature is not of very good quality. Liu Ji, in his *Feixue Lu*, records that Gancao/radix glycyrrhizae/licuorice root produced in Annan is as big as a pillar. It is said that the local people use it to frame their



根

〔修治〕〔雷斅曰〕凡使须去头尾尖处，其头尾吐人。每用切长三寸，擘作六七片，入瓷器中盛，用酒浸蒸，从巳至午，取出暴干锉细用。一法：每斤用酥七两涂炙，酥尽为度。又法：先炮令内外赤黄用。〔时珍曰〕方书炙甘草皆用长流水蘸湿炙之，至熟刮去赤皮，或用浆水炙熟，未有酥炙、酒蒸者。大抵补中宜炙用，泻火宜生用。

〔气味〕甘，平，无毒。〔寇宗奭曰〕生则微凉，味不佳；炙则温。〔王好古曰〕气薄味厚，升而浮，阳也。入足太阴厥阴经。〔时珍曰〕通入手足十二经。〔徐之才曰〕术、苦



house. Is this true?

GANCAOGEN, normally called GANCAO

Liquorice root

Radix glycyrrhizae

[Preparation]

Lei Xiao: The base and tip of the root should be removed, as these parts have the function of inducing vomiting. Cut the root into segments three *cun* long. Break each segment into six to seven pieces. Place the pieces in a porcelain container, and pound together with wine. Steam from morning till noon. Take the drug out and dry it in the sun. Then cut it into small pieces. It is now ready for use. Another way of preparation: Apply seven *liang* of Su/lac obesus preparatum/butter to one *jin* of the drug, and then stir-fry until the butter is completely consumed. A third preparation: Stir-bake the drug until it turns red-yellow inside and outside.

Li Shizhen: According to books of prescriptions, Gancao/radix glycyrrhizae/liquorice root is processed as follows: First dip the drug into running water, and then stir-fry it. When it is well stir-fried, peel off the red bark. Or dip the drug in Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet first, and then stir-fry it. It is not generally stir-fried with Su/lac obesus preparatum/butter or steamed with wine. Normally, when the drug is to be used to replenish the interior, it should be stir-fried. When it is designed to cool pathogenic Fire, the drug should be used in its crude form.

[Quality and Taste]

It is sweet, plain and nontoxic.

Kou Zongshi: The crude drug is slightly cool. It is not as sweet as the processed drug. When it is stir-fried, it becomes warm in quality.

Wang Haogu: It is thin in quality, thick in taste, and ascending and floating in movement. It is a Yang drug. It functions on The Spleen Channel of Foot Initial Yin and The Liver Channel of Foot Greater Yin.

Li Shizhen: It functions on all the 12 Channels.

Xu Zhicai: Its guiding drugs:



参、干漆为之使，恶远志，反大戟、芫花、甘遂、海藻。〔权曰〕忌猪肉。〔时珍曰〕甘草与藻、戟，遂，芫四物相反，而胡洽居士治痰癖，以十枣汤加甘草、大黄，乃是痰在膈上，欲令通泄，以拔去病根也。东垣李杲治项下结核，消肿溃坚汤加海藻。丹溪朱震亨治劳瘵，莲心饮用芫花。二方俱有甘草，皆本胡居士之意也。故陶弘景言古方亦有相恶相反者，乃不为害。非妙达精微者，不知此理。



Zhu/rhizome *atractylodis macrocephalae*/rhizome of largehead *atractylodes*,

Kushen/radix *sophorae flavescens*/root of lightyellow sophora, and
Ganqi/lacca *sinica exsiccatae*/dried lacquer.

It is mutually inhibiting to Yuanzhi/radix *polygalae*/root of thinleaf milkwort.

It is mutually contradicting to:

Daji/herba seu radix *cirsii japonica*/Japanese thistle,

Yuanhua/flos *genkwae*/flower bud of lilac daphne,

Gansui/radix *kansui*/gansui root, and

Haizao/sargassum/seaweed.

Zhen Quan: Pork is taboo when taking Gancao/radix *glycyrrhizae*/liquorice root.

Li Shizhen: Gancao/radix *glycyrrhizae*/liquorice root is mutually antagonistic to Daji/herba seu radix *cirsii japonica*/Japanese thistle, Yuanhua/flos *genkwae*/flower bud of lilac daphne, Gansui/radix *kansui*/gansui root and Haizao/sargassum/seaweed. But Mr. Hu Qia used the drug the other way round: To treat phlegm accumulation in hypochondrium, he used Shizao Tang* adding Gancao/radix *glycyrrhizae*/liquorice root and Da-huang/radix et rhizome *rhei/rhubarb*. This is because Doctor Hu Qia intended to induce vomiting, as the phlegm accumulation is at the upper portion of the body cavity. This is actually a very good treatment, though it seems to contradict the principle. Master Li Gao used Xiaozhong Kuijian Tang, adding Haizao/sargassum/seaweed to treat subcutaneous nodes on the neck. Master Zhu Zhenheng used Lianxin Yin with Yuanhua/flos *genkwae*/flower bud of lilac daphne. Gancao/radix *glycyrrhizae*/liquorice root was used in the above two prescriptions. They followed the idea set forth by Doctor Hu Qia. Tao Hongjing once said that in the ancient prescriptions, examples of

*Shizao Tang:

Dazao/fructus *jujubae*/Chinese date,

Raohua/flos *wikstroemiae dolichanthae*/flower of longflower stringbush

Gansui/radix *kansui*/gansui root, and

Daji/radix *euphorbiae pekinensis*/root of Peking euphorbia.

〔主治〕五脏六腑寒热邪气，坚筋骨，长肌肉，倍气力，金疮瘡，解毒。久服轻身延年本经。瘡音时勇切，肿也。温中下气，烦满短气，伤脏咳嗽，止渴，通经脉，利血气，解百药毒，为九土之精，安和七十二种石，一千二百种草别录。主腹中冷痛，治惊痫，除腹胀满，补益五脏，养肾气内伤，令人阴不痿，主妇人血沥腰痛，凡虚而多热者加用之甄权。安魂定魄，补五劳七伤，一切虚损，惊悸烦闷健忘，通九窍，利百脉，益精养气，壮筋骨大明。生用泻火热，熟用散表寒，去咽痛，除邪热，缓正





using drugs that were mutually inhibiting or contradicting could be found. But no harm was done. This can only be practiced by doctors who have a subtle mastery of the quintessence of medical theory.

[Indications]

It disperses pathogenic Cold and Heat, and noxious agents in the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and Six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao). It stabilizes tendons and bones, helps growth of muscle and increases physical strength. It treats incised wounds with swelling and neutralizes various toxins. Long-term intake of the drug enables the person to feel happy and enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It warms the interior and brings down ascending adverse gas. It treats restlessness and fullness with shortness of breath, relieves coughing due to damage to the internal organs. It quenches thirst, and dredges the Channels and Collaterals. It facilitates the normal flow of the blood and Vital Energy. It neutralizes the toxins of a hundred drugs. It is the essence of the Earth of nine directions. It harmonizes 72 stones and 1,200 herbs.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It treats abdominal coldness and pain. It relieves convulsions and epilepsy, reduces abdominal fullness and distention, and replenishes the Five Viscera. It nourishes damaged Kidney, and keeps a man sexually active. It also treats vaginal bleeding with lumbago. It should be added to a prescription that is going to be used for a person with a deficient condition and pathogenic Heat.

Da Ming: It pacifies the mind and soul. It replenishes the five overstrains and seven damages, as well as all sorts of consumptive diseases. It relieves convulsions and palpitations, restlessness and amnesia. It dredges the nine orifices and facilitates the flow of all Channels. It reinforces the Vital Essence, nourishes the Vital Energy, and strengthens tendons and bones.

Li Gao: When the crude drug is used, it disperses pathogenic Fire and Heat. After preparation, it disperses exterior Cold. It is good for relieving



气，养阴血，补脾胃，润肺李杲。吐肺痿之脓血，消五发之疮疽好古。解小儿胎毒惊痫，降火止痛时珍。

稍

〔主治〕生用治胸中积热，去茎中痛，加酒煮玄胡索、苦楝子尤妙元素。

头

〔主治〕生用能行足厥阴、阳明二经污浊之血，消肿导毒震亨。主痈肿，宜入吐药时珍。

【发明】

〔震亨曰〕甘草味甘，大缓诸火，黄中通理，厚德载物



throat pain, dispersing pathogenic Heat, harmonizing the body resistance, nourishing the Yin blood, replenishing the Spleen and Stomach, and moistening the Lung.

Wang Haogu: It induces vomiting to bring out the bloody pus in pulmonary flaccidity syndrome. It eliminates sores and phlegmons of five types of onset.

Li Shizhen: It eliminates fetal toxicosis, and relieves convulsions and epilepsy in an infant. It also brings down pathogenic Fire, and relieves pain.

GANCAOSHAO

Fine root of liquorice

Radix glycyrrhizae

[Indications]

Zhang Yuansu: When the crude drug is used, it is good for eliminating accumulating pathogenic Heat in the thorax, and relieving pain in the penis. It is even better if the drug can be stewed together with wine, Xuanhusuo/rhizome corydalis/yanhusuo and Kulianzi/fructus meliae azedarach/fruit of chinaberry.

GANCAOTOU

Rhizome of liquorice

Rhizoma glycyrrhizae

[Indications]

Zhu Zhenheng: "When the crude drug is used, it promotes the circulation of the turbid blood in the Liver Channel of Foot Greater Yin and the Stomach Channel of Foot Greater Yang, and disperses it. It eliminates swelling and induces the excretion of toxins.

Li Shizhen: It is good for eliminating carbuncles and swelling. It is suitable for adding to a prescription aimed at inducing vomiting.

[Explication]

Zhu Zhenheng: Gancao/radix glycyrrhizae/liquorice root, sweet in

之君子也。欲达下焦，须用梢子。〔杲曰〕甘草气薄味厚，可升可降，阴中阳也。阳不足者，补之以甘。甘温能除大热，故生用则气平，补脾胃不足而大泻心火；炙之则气温，补三焦元气而散表寒，除邪热，去咽痛，缓正气，养阴血。凡心火乘脾，腹中急痛，腹皮急缩者，宜倍用之。其性能缓急，而又协和诸药，使之不争。故热药得之缓其热，寒药得之缓其寒，寒热相杂者用之得其平。〔好古曰〕五味之用，苦泄辛散，酸收咸敛，甘上行而发，而本草言甘草下气何也？盖甘味主中，有升降浮沉，可上可下，可外可内，有和有





taste, can eliminate pathogenic Fire of various kinds. Yellow and with an internal texture that serves as a passageway, the drug is a gentleman-like thing with good virtue that can harmonize all the drugs. When it is wished that the drug should go downward to the lower portion, Gancaoshao/radix glycyrrhizae/fine root of liquorice should be used.

Li Gao: Gancao/radix glycyrrhizae/liquorice root is thin in quality and thick in taste, and can move up and down. It is the Yang in the Yin. A person with insufficient Yang should be replenished with drugs of sweet taste. Sweet and warm drugs can eliminate great heat. When the crude drug is used, it is mild in quality, replenishes the deficiency of the Spleen and Stomach, and vigorously purges pathogenic Fire from the Heart. When it is stir-fried, it becomes warm in quality, and replenishes the Primordial Vital Energy in all the three portions of the body cavity and disperses exterior Cold. It also disperses pathogenic Heat, relieves pain in the throat, harmonizes the body resistance and nourishes Yin blood. The dosage should be doubled to treat a patient with excessive pathogenic Fire of the Heart invading the Spleen and bringing about abdominal colic with contracture of the abdominal muscle. Gancao/radix glycyrrhizae/liquorice root is a drug that can relax an emergency and distended condition. It harmonizes all the drugs, making them work harmoniously with each other. When a drug of warm quality is assisted by Gancao/radix glycyrrhizae/liquorice root, its warm quality is reduced somewhat, and when a drug of cold quality is assisted by Gancao/radix glycyrrhizae/liquorice root, it reduces its cold quality. When drugs of both cold and hot quality are in the same prescription, Gancao/radix glycyrrhizae/liquorice root is a drug that can bring them into balance.

Wang Haogu: The five tastes of drugs indicate their specific functions, as follows: A drug of bitter taste is purging, a drug of pungent taste is dispersing, a drug of sour taste is withholding, a drug of salty taste is astringing, and a drug of sweet taste goes upward and is dispersive. However, *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) says that Gancao/radix glycyrrhizae/liquorice root can bring down the adverse ascending gas. This is because a drug of sweet taste stays in the middle of the cavity, thus having all the ascending, descending, sinking and floating functions,



缓，有补有泄，居中之道尽矣。张仲景附子理中汤用甘草，恐其僭上也；调胃承气汤用甘草，恐其速下也，皆缓之之意。小柴胡汤有柴胡、黄芩之寒，人参、半夏之温，而用甘草者，则有调和之意。建中汤用甘草，以补中而缓脾急也；凤髓丹用甘草，以缓肾急而生元气也，乃甘补之意。又曰：甘者令人中满，中满者勿食甘，甘缓而壅气，非中满所宜也。凡不满而用炙甘草为之补，若中满而用生甘草为之泻，能引诸药直至满所，甘味入脾，归其所喜，此升降浮沉之理也。经云，以甘补之，以甘泻之，以甘缓之，是矣。



and can move upward and downward, or going outwardly or inwardly. It can be harmonizing and mediating, replenishing and purging. It exerts all the functions, as it is in the middle position. Master Zhang Zhongjing used Gancao/radix glycyrrhizae/liquorice root in Fuzi Lizhong Tang.* This was to guard against its ascending function. In Tiaowei Chengqi Tang,** Gancao/radix glycyrrhizae/liquorice root is used to reduce its purging effect. These are examples of the harmonizing function of the drug. Xiao Chaihu Tang, in which the cold drugs Chaihu/radix bupleuri/root of Chinese thoroughwort and Huangqin/radix scutellariae/root of Baikal skullcap and the warm drugs Renshen/radix ginseng/ginseng root and Banxia/rhizome pinelliae/pinellia tuber are used simultaneously, Gancao/radix glycyrrhizae/liquorice root is used to harmonize them. In Jianzhong Tang, Gancao/radix glycyrrhizae/liquorice root is used to replenish the interior and reduce the urgent condition of the Spleen. In Fengsui Dan, Gancao/radix glycyrrhizae/liquorice root is used to reduce the urgent condition of the Kidney and help produce Primordial Vital Energy. The classic also says that a drug of sweet taste might bring internal fullness. So a patient suffering from interior fullness should not take a drug of sweet taste. This is because drugs of sweet taste and moderate movement may cause stagnation of Vital Energy. Therefore, for a patient without interior fullness, prepared Gancao/radix glycyrrhizae/liquorice root can be used to replenish the condition, and for a patient suffering from interior fullness, crude Gancao/radix glycyrrhizae/

*Fuzi Lizhong Tang:

Fuzi/radix aconite lateralis preparata/prepared daughter root of common monkhood,

Ganjiang/rhizoma zingiberis/dried ginger,

Baizhu/rhizome atractylodis macrocephalae/rhizome of largehead atractylodes,

Renshen/radix ginseng/ginseng root, and Gancao/radix glycyrrhizae/liquorice root.

**Tiaowei Chengqi Tang:

Dahuang/radix et rhizoma rhei/rhubarb,

Mangxiao/natrii sulfas/mirabilite,

Gancao/radix glycyrrhizae/liquorice root.



〔时珍曰〕甘草外赤中黄，色兼坤离；味浓气薄，资全土德。协和群品，有元老之功；普治百邪，得王道之化。赞帝力而人不知，敛神功而已不与，可谓药中之良相也。然中满、呕吐、酒客之病，不喜其甘；而大戟、芫花、甘遂、海藻，与之相反。是亦迂缓不可以救昏昧，而君子尝见嫉于宵人之意欤？

〔颂曰〕按孙思邈千金方论云：甘草解百药毒，如汤沃雪。有中乌头、巴豆毒，甘草入腹即定，验如反掌。方称大豆汁解百药毒，予每试之不效，加入甘草为甘豆汤，其验乃



liquorice root can be used to purge the condition. In this way, Gancào/radix glycyrrhizae/liquorice root is used correctly to lead the drugs of sweet taste to function on the Spleen. This is based on the theory of the four movements of the drugs, namely, the ascending, descending, sinking and floating movements. The classic also says that drugs of sweet taste can be used to replenish, purge or harmonize the condition. The above analysis explains the quotation from the classic.

Li Shizhen: Gancào/radix glycyrrhizae/liquorice root is red outside and yellow inside, the color of Yin and Yang. It is thick in taste and thin in quality. It is nourished by the virtue of the Earth element. It harmonizes all the drugs in a prescription. It is called “senior statesman” and works like a king in treating all diseases. Assisting the monarch, the drug helps other drugs to function miraculously, but its role is not known. This is really the able prime minister among all drugs. But it is prohibited in cases with interior fullness, vomiting and nausea, and alcoholism, as sweet-tasting drugs are not appropriate for such disorders. Gancào/radix glycyrrhizae/liquorice root is mutually contradictory to Daji/radix euphorbiae pekinensis/root of Peking euphorbia, Yuanhua/flos genkwae/flower bud of lilac daphne, Gansui/radix kansui/gansui root and Haizao/sargassum/seaweed. It is a drug that is considered slow and mild in action and therefore it is not good for treating urgent cases. This is similar to a gentleman who is always envied and oppressed by mean persons.

Su Song: *Qianjin Yaofang (Essential Prescriptions Worth A Thousand Gold)* by Sun Simiao records that Gancào/radix glycyrrhizae/liquorice root neutralizes the toxins of a hundred drugs. Its function is as clear as pouring hot water on snow. When a patient is intoxicated by poison of Wutou/radix aconiti/Sichuan aconite root and Badou/fructus crotonis/croton seed, administer Gancào/radix glycyrrhizae/liquorice root to him. Once it is taken, there is immediate relief. This has been proven very effective. Some books of medical prescriptions record that juice of Dadou/semen sojae/soybean seed can neutralize the toxins of a hundred drugs. I tried it, but it did not seem to work. But when Gancào/radix glycyrrhizae/liquorice root is added to juice of Dadou/semen sojae/soybean seed, it becomes very effective. *Zhouhou Fang (A Handbook of Prescriptions for Emergencies)* records

奇也。又葛洪肘后备急方云：席辩刺史尝言：岭南俚人解蛊毒药，并是常用之物，畏人得其法，乃言三百头牛药，或言三百两银药。久与亲狎，乃得其详。凡饮食时，先取炙熟甘草一寸，嚼之咽汁，若中毒随即吐出。仍以炙甘草三两，生姜四两，水六升，煮二升，日三服。或用都淋藤。黄藤二物，酒煎温常服，则毒随大小洩出。又常带甘草数寸，随身备急。若经含甘草而食物不吐者，非毒物也。三百头牛药，即土常山也。三百两银药，即马兜铃藤也。

【附方】

旧十五，新二十二。（略）





that Xi Bian, with the official title Cishi, once said that in an area south of the Fiver Ridges, the local people used something to neutralize toxins in a disease due to noxious agents produced by various parasites. This was actually a common thing, but the local people kept it a secret, calling it a drug worth 300 head of cattle, or drug worth 300 taels of silver. After living with them for a period of time, Xi Bian discovered the secret: Before every meal, they chewed a one-*cun* piece of prepared Gancào/radix glycyrrhizae/liquorice root and swallowed the juice. If it was a case of toxication, there would be vomiting. Then the patient drank a decoction of three *liang* of Zhigancào/radix glycyrrhizae preparata/prepared liquorice root and four *liang* of Shengjiang/rhizoma zingiberis recens/fresh ginger stewed in six *sheng* of water until two *sheng* were left. The patient drank the decoction three times a day. Alternatively, Dulinteng (Madouling/fructus aristolochiae/dutchmanspipe fruit) and Huangteng/caulis fibraureae/stem of common fibraurea were stewed in wine to make a decoction. The decoction was drunk warm frequently. In this way, toxins were expelled together with urine and stool. The local people always kept a piece of Gancào/radix glycyrrhizae/liquorice root several *cun* long with them for emergency use. If, after chewing Gancào/radix glycyrrhizae/liquorice root, there was no vomiting, it meant that the food was nontoxic. The “drug worth 300 head of cattle” is Tuchangshan/radix hydrangeae/root of strigose hydrangea. And the “drug worth 300 taels of silver” is Madoulingteng/caulis aristolochiae/dutchmanspipe stem. See the respective clauses.

[Prescriptions]

- 15 prescriptions collected previously, and
- 22 prescriptions collected recently.

黄耆（本经上品）

【释名】

黄芪纲目。戴糝本经。戴椹别录。又名独椹。芰草别录。又名蜀脂。百本别录。王孙药性论。

〔时珍曰〕耆，长也。黄耆色黄，为补药之长，故名。





HUANGQI

Membranous milkvetch

Astragalus membranaceus Bge. var. *mongholicus* (Bge.) Hsiao

Astragalus membranaceus (Fisch.) Bge.

Astragalus mongholicus Bge.

Astragalus chrysopterus Bge.

Astragalus foridus Benth.

Astragalus tongolensis Ulbr.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

HUANGQI

— *Bencao Gangmu* (*Compendium of Materia Medica*).

DAISAN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

DAISHEN

— *Mingyi Bielu* (*Records of Famous Doctors*).

Another name:

DUSHEN

JICAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

Another name:

SHUZHI

BAIBEN

— *Mingyi Bielu* (*Records of Famous Doctors*).

WANGSUN

— *Yaoxing Lun* (*Materia Medica Concerning Medicinal Qualities*).

Li Shizhen: Huang means yellow, and Qi, old. The drug is yellow, and

今俗通作黄芪。或作著者非矣，著乃著龟之著，音尸。王孙与牡蒙同名异物。

【集解】

〔别录曰〕黄耆生蜀郡山谷、白水、汉中，二月、十月采，阴干。〔弘景曰〕第一出陇西洮阳，色黄白甜美，今亦难得。次用黑水宕昌者，色白肌理粗，新者亦甘而温补。又有蚕陵白水者，色理胜蜀中者而冷补。又有赤色者，可作膏贴。俗方多用，道家不须。〔恭曰〕今出原州及华原者最良，蜀汉不复采用。宜州、宁州者亦佳。〔颂曰〕今河东、陕西州郡多有之。根长二三尺以来。独茎，或作丛生，枝干去地二三寸。其叶扶疏作羊齿状，又如蒺藜苗。七月中开黄紫花。其实作荚子，长寸许。八月中采根用。其皮折之如





is the leader of the tonics. Its colloquial name is Huangqi (with the second character written in a different way; see the index of drug names for the Chinese character). Some people write it wrongly by adding the grass radical on top of it. Then this character is no longer pronounced Qi, but Shi. It is a drug called Shicao/herba carecis kobomugi/herb of kobomug sedge. See SHI. It is a herb used in ancient times for divination purposes.

[Previous Explanations]

Huangqi/radix astragali/root of membranous milkvetch is produced in the mountain valleys of Shujun, Baishui and Hanzhong. It should be collected in the second and tenth months of the year. Dry the drug in the shade.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: The best-quality drug is produced in Taoyang, Longxi. It is yellow-white, and tastes sweet and wonderful. It is now difficult to get. Then we have the drug from Heishui Dangchang. This drug is white, and has a coarse quality. The new drug of this kind is sweet, warm and replenishing. There is another species produced in canling Baishui. Its color and quality are even better than that produced in Sichuan. It is cool and replenishing. There is also another kind with a red color, which can be used in making medicinal ointment. It is widely used by medical doctors, but Taoist alchemists do not use it.

Su Gong: Huangqi/radix astragali/root of membranous milkvetch produced in Yuanzhou and Huayang is the best. The types from Sichuan and Hanzhong are no longer used. That produced in Yizhou and Mingzhou is also a good-quality drug.

Su Song: Now it is produced in Hedong and Shaanxi. Its root is two to three *chi* long, or even longer. It has one stalk. It may grow thickly in tussocks. The branches are two to three *cun* above the ground. Its leaves are sparsely deployed, in the shape of sheep's teeth. It is also similar to seedlings of puncturevine caltrop. In the middle of the seventh month, there appear flowers of a yellow-purple color. Later it bears fruits one *cun* long, with seeds. In the middle of the eighth month, the roots can be excavated for medical use. When the root bark is as soft as cotton while it is bent, it is



绵，谓之绵黄耆。然有数种，有白水耆、赤水耆、木耆，功用并同，而力不及白水耆。木耆、短而理横。今人多以苜蓿根假作黄耆，折皮亦似绵，颇能乱真。但苜蓿根坚而脆，黄耆至柔韧，皮微黄褐色，肉中白色，此为异耳。〔承曰〕黄耆本出绵上者为良，故名绵黄耆，非谓其柔韧如绵也。今图经所绘宪州者，地与绵上相邻也。〔好古曰〕绵上即山西沁州，白水在陕西同州。黄耆味甘，柔软如绵，能令人肥；苜蓿根，味苦而坚脆，俗呼为土黄耆，能令人瘦。用者宜审。〔嘉谟曰〕绵上，沁州乡名，今有巡检司，白水、赤水二乡，俱属陇西。〔时珍曰〕黄耆叶似槐叶而微尖小，又似蒺藜叶而微阔大，青白色。开黄紫花，大如槐花。结小尖角，长寸许。根长二三尺，以紧实如箭箨者为良。嫩苗亦可炸淘茹食。其子收之，十月下种，如种菜法亦可。

【修治】

〔斆曰〕凡使勿用木耆草，真相似，只是生时叶短并根



called Mianhuangqi. There are also species called Baishuiqi, Chishuiqi and Muqi. All of them have similar functions and effects. But Baishuiqi is the best. Muqi is shorter, and has a horizontal texture. Merchants use Muxugen/radix medicaginis/alfalfa root as a substitute for Huangqi/radix astragali/root of membranous milkvetch. When it is bent, its bark is also similar to cotton. It is very difficult to differentiate. But there are differences: Muxugen/radix medicaginis/alfalfaroot is solid and crispy, while Huangqi/radix astragali/root of membranous milkvetch is very soft and elastic. Its bark is slightly yellow and brown, and it is white at the core.

Chen Cheng: Huangqi/radix astragali/root of membranous milkvetch produced in Mianshang is of top quality. It is called Mianhuangqi, or drug from Mian. It is not correct to say that the drug is as soft as cotton. In the drawings of *Tujing Bencao (Illustrated Materia Medica)*, there is one drug produced in Xianzhou, a place close to Mianshang.

Wang Haogu: Mianshang is Qinzhou, in Shanxi Province. Baishui is in Tongzhou, in Shaanxi Province. Huangqi/radix astragali/root of membranous milkvetch, sweet in taste and soft in quality, is a drug that can help a person to put on weight. Muxugen/radix medicaginis/alfalfa root, bitter in taste, solid and crispy in quality, will make a person lose weight. It is colloquially called Tuhuanqi. Doctors have to be careful when using this drug!

Chen Jiamo: Mianshang is the name of a village in Qinzhou. A local government is now set up there. Baishui and Chishui are villages in Longxi.

Li Shizhen: Huangqi has leaves similar to Huaiye/foolium sophorae/leaf of Japanese pagodatree. But it is slightly pointed at the tip. When its leaf is compared with Jiliye/foolium tribuli/leaf of puncturevine caltrop, it seems a bit wider and bigger. It is blue-white. Its flower is yellow-purple, and as big as Huaihua/flos sophorae/flower of Japanese pagodatree. Its fruit is one *cun* long, with a pointed tip. The roots are two to three *chi* long, and those which are as solid as an arrow are of the best quality. Its tender seedlings can be processed and eaten. Collect the seeds and sow them in the tenth month of the year, in the same way as planting vegetables.

[Preparations]

Lei Xiao: First, it is necessary to identify fake drugs: Muqicao, a very



横也。须去头上皱皮，蒸半日，擘细，于槐砧上锉用。〔时珍曰〕今人但捶扁，以蜜水涂炙数次，以熟为度。亦有以盐汤润透，器盛，于汤瓶蒸熟切用者。

根

〔气味〕甘，微温，无毒本经。白水者冷，补别录。〔元素曰〕味甘，气温、平。气薄味厚，可升可降，阴中阳也。入手足太阴气分，又入手少阳、足少阴命门。〔之才曰〕茯苓为之使，恶龟甲、白鲜皮。

〔主治〕痈疽久败疮，排脓止痛，大风癞疾，五痔鼠



similar drug to Huangqi/radix astragali/root of membranous milkvetch, should be differentiated by its leaves and roots. The roots are horizontal, and the leaves are shorter than those of the genuine drug. Take off the rhizome where there are creases. Steam the drug for half a day. Break it open, and then chop it into small pieces on a chopping block made of pagodatree wood.

Li Shizhen: Nowadays, it is processed by pounding the drug flat. Dip the drug in honey water and then stir-fry it. Repeat several times until it is well done. Another way of processing is to soak the drug in salt water until it is completely soaked. Put it in a container, and steam it in a boiler. Then cut it into small pieces.

HUANGQIGEN

Root of membranous milkvetch

Radix astragali

[Quality and Taste]

It is sweet, slightly warm and nontoxic.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

The drug produced in Baishui is cool and replenishing.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhang Yuansu: It is sweet, warm and plain. It is thin in quality and thick in taste. It is a drug that can move up and down, the Yang in the Yin. It functions on the Vital Energy system of the Lung Channel of Hand Initial Yin and the Spleen Channel of Foot Initial Yin. It also functions on the Sanjiao Channel of Hand Lesser Yang and the Kidney Channel of Foot Lesser Yin.

Xu Zhicai: Fuling/poria/indian bread can be used as its guiding drug. It is mutually inhibiting with Guijia/plastrum testudinis/tortoise plastron and Baixianpi/cortex dictamni radiceis/root-bark of dessefruit pittany.

[Indications]

It is good for treating chronic carbuncles and phlegmons by eliminating the pus and relieving the pain. It treats leprosy, pertinacious skin dis-



痿，补虚，小儿百病本经。妇人子脏风邪气，逐五脏间恶血，补丈夫虚损，五劳羸瘦，止渴，腹痛泄痢，益气，利阴气别录。主虚喘，肾衰耳聋，疗寒热，治发背，内补甄叔。助气壮筋骨，长肉补血，破症癖，瘰疬瘰赘，肠风血崩，带下赤白痢，产前后一切病，月候不匀，痰嗽，头风热毒赤目日华。治虚劳自汗，补肺气，泻肺火心火，实皮毛，益胃气，去肌热及诸经之痛元素。主太阴疟疾，阳维为病苦寒热，督脉为病逆气里急好古。

〔发明〕〔弘景曰〕出陇西者温补，出白水者冷补。又



ease, five types of hemorrhoids and fistulae. It replenishes a deficient condition. It is good for treating various infantile diseases.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It disperses pathogenic Wind from the uterus, eliminates noxious blood resting with Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It replenishes a deficient and consumptive condition with five overstrains and emaciation in men. It quenches thirst, relieves abdominal pain with diarrhea and dysentery, reinforces Vital Energy and facilitates Yin Vital Essence.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating asthma due to deficient condition and deafness due to exhausted condition of the Kidney. It treats diseases with chills and fever, and lumbodorsal carbuncles. It replenishes the interior condition, reinforces the Vital Energy, strengthens the tendons and bones, promotes the growth of muscle and replenishes the blood. It disperses hard mass and fluid-retention, and eliminates scrofula, goiters and polyps. It stops hemochezia due to invasion of pathogenic Wind into the intestines and metrorrhagia. It also treats leukorrhea and dysentery with white and bloody discharge. It is good for treating antepartum and postpartum diseases of various kinds and menstrual disorder. It relieves coughing with phlegm, severe intermittent headache, attack of pathogenic Heat and inflammation of the eye.

— *Da Ming Rihua Bencao (Materia Medica by Da Ming)*.

Zhang Yuansu: It treats spontaneous perspiration in cases of consumptive diseases. It replenishes the Lung, and purges pathogenic Fire from the Lung and Heart. It protects the exterior condition, reinforces the Stomach, and eliminates heat in the muscles and pain in all Channels.

Wang Haogu: It is good for treating malaria in the Initial Yin Channel. It treats chills and fever due to disorder of the Yangwei Channel and abdominal pain with dyspnea due to disorder of the Dumai Channel.

[Explication]

Tao Hongjing: Huangqi/radix astragali/root of membranous milkvetch produced in the Longxi area is warm and replenishing. That produced in Baishui is cool and replenishing. That with a red color can be used to make



有赤色者，可作膏，用消痈肿。〔藏器曰〕虚而客热，用白水黄耆；虚而客冷，用陇西黄耆。〔大明曰〕黄耆药中补益，呼为羊肉。白水耆凉无毒，排脓治血，及烦闷热毒骨蒸劳。赤水耆凉无毒，治血退热毒，余功并同。木耆凉无毒，治烦排脓之力，微于黄耆，遇阙即倍用之。〔元素曰〕黄耆甘温纯阳，其用有五：补诸虚不足，一也；益元气，二也；壮脾胃，三也；去肌热，四也；排脓止痛，活血生血，内托阴疽，为疮家圣药，五也。又曰：补五脏诸虚，治脉弦自汗，泻阴火，去虚热，无汗则发之，有汗则止之。〔好古曰〕黄耆治气虚盗汗，并自汗及肤痛，是皮表之药：治咯



medicinal ointment to treat carbuncles and swelling.

Chen Cangqi: to treat a deficient condition and guest Heat, use Huangqi/radix astragali/root of membranous milkvetch produced in Baishui. To treat a deficient condition and guest Cold, use the drug produced in Longxi.

Da Ming: Huangqi/radix astragali/root of membranous milkvetch is a good tonic, and therefore it is also called mutton. Huangqi/radix astragali/root of membranous milkvetch produced in Baishui is cool and nontoxic, and is good for expelling pus, regulating blood, treating hectic fever due to Yin deficiency and consumptive diseases with restlessness and stuffiness. Huangqi/radix astragali/root of membranous milkvetch from Chishui is cool and nontoxic, and is good for treating blood disorders with pathogenic Heat and toxins. Both drugs have similar other effects, as mentioned above. Muqi is cool and nontoxic. It can be used to expel pus and relieve restlessness, but is less effective than Huangqi/radix astragali/root of membranous milkvetch. It should be taken as a substitute only when there is a shortage of Huangqi/radix astragali/root of membranous milkvetch. In that case, the dosage should be doubled.

Zhang Yuansu: Huangqi/radix astragali/root of membranous milkvetch, sweet and warm, a drug of pure Yang, has the following five functions: One: To replenish deficient and insufficient conditions of various kinds; two: To replenish the Primordial Vital Energy; three: To reinforce the Spleen and Stomach function; four: To eliminate heat from the muscles; five: It is a wonderful drug for sores, for expelling pus, relieving pain, removing blood stasis and promoting growth of new blood, and expelling toxic phlegmons of Yin nature from within.

It also replenishes deficient condition of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It stops spontaneous perspiration with tight pulse. It purges Yin Fire, and eliminates pathogenic Heat of Yin nature. It brings about perspiration, and stops it when there is too much.

Wang Haogu: Huangqi/radix astragali/root of membranous milkvetch is good for treating night sweating due to deficient condition of the Vital Energy and spontaneous sweating with pain in the skin. It is a drug that functions on the body surface. It stops hemoptysis, and harmonizes the Spleen and Stomach condition. Therefore it is a drug that functions on the



血，柔脾胃，是中州之药；治伤寒尺脉不至，补肾脏元气，是里药，乃上中下内外三焦之药也。〔杲曰〕灵枢云：卫气者，所以温分肉而充皮肤，肥腠理而司开阖。黄耆既补三焦，实卫气，与桂同功；特此桂甘平，不辛热为异耳。但桂则通血脉，能破血而实卫气，耆则益气也。又黄耆与人参、甘草三味，为除躁热肌热之圣药。脾胃一虚，肺气先绝，必用黄耆温分肉，益皮毛，实腠理，不令汗出，以益元气而补三焦。〔震亨曰〕黄耆补元气，肥白而多汗者为宜；若面黑形实而瘦者服之，令人胸满，宜以三拗汤泻之。〔宗奭曰〕



middle portion of the body cavity. It is also good for treating febrile diseases caused by Cold with absence of pulse at the cubit position by reinforcing the Primordial Vital Energy in the Kidney. It is a drug that treats ailments at the interior (the lower portion). Therefore, Huangqi is a drug that is capable of treating diseases at all the upper, middle and lower portions of the body cavity, as well as the exterior and interior.

Li Gao: *Huangdi Neijing: Lingshu (Canon of Medicine of the Yellow Emperor: Miraculous Pivot)* says that the body resistance is something that warms the muscles and flesh, stiffens the skin, and governs the opening and closing of the sweat pores. Huangqi/radix astragali/root of membranous milkvetch is a drug that replenishes the three portions of the body cavity and reinforces the body resistance. It has similar functions to Rougui/cortex cinnamomi/cassia bark. But it is not as pungent and hot as the latter and it is sweet and plain. Rougui is a drug that facilitates the blood circulation, removes blood stasis and stiffens the body resistance, as Huangqi is a drug that reinforces the body resistance. Used together with Renshen/radix ginseng/ginseng root and Gancao/radix glycyrrhizae/liquorice root, Huangqi/radix astragali/root of membranous milkvetch forms a miraculous prescription for eliminating heat in the muscles, and restlessness and irritation. When the Spleen and Stomach are becoming deficient in their functions, Vital Energy in the Lung is the first to evanesce. At this time, Huangqi must be used to warm the muscles and reinforce the skin and sweat pores, preventing the leaking of sweat. In this way, Primordial Vital Energy is protected, and the three portions of the body cavity are replenished.

Zhu Zhenheng: Huangqi/radix astragali/root of membranous milkvetch replenishes the Primordial Vital Energy. It is suitable for a patient who is anemic and with a plump build, and perspires profusely. For a patient who is thin and wiry, with a dark complexion, the drug will cause fullness in the chest. Administer San'ao Tang* to the patient.

*San'ao Tang:

Mahuang/herba ephedrae/ephedra,

Xingren/semen armenicae amarum/bitter apricot seed, and

Gancao/radix glycyrrhizae/liquorice root.



防风、黄耆，世多相须而用。唐许胤宗初仕陈为新蔡王外兵参军时，柳太后病风不能言，脉沉而口噤。胤宗曰：既不能下药，宜汤气蒸之，药入腠理，周时可瘥。乃造黄耆防风汤数斛，置于床下，气如烟雾，其夕便得语也。〔杲曰〕防风能制黄耆，黄耆得防风其功愈大，乃相畏而相使也。〔震亨曰〕人之口通乎地，鼻通乎天。口以养阴，鼻以养阳。天主清，故鼻不受有形而受无形；地主浊，故口受有形而兼乎无形。柳太后之病不言，若以有形之汤，缓不及事；今投以二物，汤气满室，则口鼻俱受。非智者通神，不可回生也。〔杲曰〕小儿外物惊，宜用黄连安神丸镇心药。若脾



Kou Zongshi: Doctors always use Huangqi/radix astragali/root of membranous milkvetch together with Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia. Xu Yinzong, famous doctor of the Tang Dynasty, records a case which occurred when he served in the army of King Xincal of the State of Chen: Queen Liu suffered from a disease due to attack of pathogenic Wind that made her unable to speak, with lockjaw and deep pulse. Doctor Xu Yinzong said that since it was not possible to feed her medicine, steaming therapy could be practiced, so that the drug entered the sweat pores with the steam. This would be effective within a full day. So a decoction of Huangqi and Fangfeng amounting to several *hu* (originally equal to 10 *dou*, later 5 *dou*) was decocted. A container full of the steaming drug was placed under the bed of the patient. Steam came out like smoke and fog. In the evening, the patient resumed her ability to talk.

Li Gao: Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia is a drug that can control Huangqi/radix astragali/root of membranous milkvetch. Reinforced by the former, Huangqi has even stronger therapeutic effects. This is an example showing that drugs of mutual incompatibility sometimes reinforce each other.

Zhu Zhenheng: The human mouth is linked to Earth and the nose to Heaven. The function of the mouth nourishes Yin and that of the nose nourishes Yang. As Heaven is represented by lucidity and shapelessness, so the nose noly accepts things without shape. As Earth is represented by turbidity, the mouth can accept things with shape as well as shapeless things. In the above case, when Queen Liu could not speak, if the doctor had given her things with shape, they would be too far away from the ailment. So a decoction of Huangqi/radix astragali/root of membranous milkvetch and Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia was stewed and steam was created to fill the room. In that way, both mouth and nose could accept the drug. Thus, it worked. This is something only exceptionally clever doctors can do.

Li Gao: When an infant is frightened, drugs to suppress the Heart



胃寒湿，呕吐腹痛，泻痢青白，宜用益黄散药。如脾胃伏火，劳役不足之证，及服巴豆之类，胃虚而成慢惊者，用益黄、理中之药，必伤人命。当于心经中，以甘温补土之源，更于脾土中，以甘寒泻火，以酸凉补金，使金旺火衰，风木自平矣。今立黄耆汤泻火补金益土，为神治之法。用炙黄耆二钱，人参一钱，炙甘草五分，白芍药五分，水一大盏，煎半盏，温服。〔机曰〕萧山魏直著博爱心鉴三卷，言小儿痘



should be given. Huanglian Anshen Wan* is one of them. When an infant has pathogenic Cold and Humidity in the Spleen and Stomach, causing vomiting and nausea, abdominal pain, and dysentery with bluish and whitish discharge, Yihuang San** should be given. If the patient has hidden Fire in the Spleen and Stomach, complicated by a consumptive disease and toxication by Badou/fructus crotonis/croton seed that causes a deficient condition of the Spleen represented by chronic convulsions, Yihuang San and Li Zhong Tang should not be given. If they are given, the life of the patient will be threatened. The therapeutic principle of such cases is as follows: Among the drugs that function on the Heart, drugs of sweet taste and warm quality that replenish the source of Earth (Spleen and Stomach) should be added. Besides, drugs of sweet taste and cool quality should be given to eliminate Fire, and drugs of sour taste and cool quality should also be given to replenish the Metal (Lung). In this way, when the Metal element is strong, it curbs pathogenic Fire, thus calming down the rampaging of the pathogenic Wind of the Wood element (Liver). The following prescription, Huangqi Tang, Decoction of Huangqi/radix astragali/root of membranous milkvetch, is good for eliminating the Fire, replenishing the Metal and nourishing the Earth. It is a prescription which works wonders: Stew the following drugs in one big cupful of water until half of the decoc-

*Huanglian Anshen Wan:

Huanglian/rhizoma coptidis/coptis root,

Danggui/radix angelicae sinensis/root of Chinese angelica,

Longdancao/radix gentianae/Chinese gentian,

Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag,

Fushen/poria/indian bread with pine-root, and

Quanxie/scorpio/scorpion.

**Yihuang San:

Chenpi/pericarpium citri reticulatae/Tangerine peel,

Qingpi/pericarpium citri reticulatae viride/green Tangerine peel,

Hezi/fructus chebulae/fruit of medicine terminalia,

Gancao/radix glycyrrhizae/licuorice root, and

Dingxiang/flos caryophylli/clove.



疮，惟有顺、逆、险三证。顺者为吉，不用药。逆者为凶，不必用药。惟险乃悔吝之象，当以药转危为安，宜用保元汤加减主之。比方原出东垣，治慢惊土衰火旺之法。今借而治痘，以其内固营血，外护卫气，资助阴阳，作为脓血，其证虽异，其理则同。去白芍药，加生姜，改名曰保元汤。炙黄耆三钱，人参二钱，炙甘草一钱，生姜一片，水煎服之。险



tion is left:

Two *qian* of Huangqi/radix astragali/root of membranous milkvetch,

One *qian* of Renshen/radix ginseng/ginseng root,

Five *fen* of Zhigancao/radix glycyrrhizae preparata/prepared liquorice root, and five *fen* of Baishao/radix paeoniae alba/white peony root.

Take the decoction warm.

Wang Ji: Wei Zhi, a native of Xiaoshan, wrote a book in three volumes, *Bo'ai Xinjian*, discussing the three possible pathologies of smallpox: a favorable case, an unfavorable case and a dangerous case. If the case is favorable, no drug is necessary. If the case is unfavorable, drugs are also not necessary, but it is a bad case. Only when it becomes a dangerous case, should drugs be given. Baoyuan Tang, Decoction of Baoyuan, with additions and subtractions, should be adopted. This prescription was created by Li Gao and designed to treat convulsions with evanescent Earth (Spleen and Stomach) and excessive Fire. But it can also be borrowed to treat smallpox, as the prescription is good for stabilizing the nutrient essence and blood at the interior, protecting the body resistance at the exterior, and reinforcing and balancing Yin and Yang. It helps smallpox to mature into pus and blood. Although this prescription was not designed to treat smallpox, it is a prescription that can be used in cases with similar pathological conditions, albeit with some alterations. The name of the prescription is changed to Baoyuan Tang, and contains the following ingredients:

Three *qian* of Zhihuangqi/radix astragali preparata/prepared root of membranous milkvetch,

One *qian* of Zhigancao/radix glycyrrhizae preparata/prepared liquorice root, and

One slice of Shengjiang/rhizoma zingiberis recens/fresh ginger.

Stew the above drugs in water to make a decoction. Cases with the following symptoms and signs are considered dangerous cases:

- At the onset, the spots are round, dry, red and not moistened;
- With secretion and lustrous color that sinks;
- Although protruded, the spots have a dull color;
- With secretion of grey and dark color;
- With prolonged bright secretion that does not go away;



证者，初出圆晕干红少润也，浆长光泽顶陷不起也，既出虽起惨色不明也，浆行色灰不荣也，浆定光润不消也，浆老湿润不敛也，结痂而胃弱内虚也，痂落而口渴不食也，痂后生痈肿也，痈肿溃而敛迟也。凡有诸证，并宜此汤。或加芎藭，加官桂，加糯米以助之。详见本书。〔嘉谟曰〕人参补中，黄耆实表。凡内伤脾胃，发热恶寒，吐泄怠卧，胀满痞塞，神短脉微者，当以人参为君，黄耆为臣；若表虚自汗亡阳，溃瘍痘疹阴疮者，当以黄耆为君，人参为臣，不可执一也。

〔附方〕旧五，新九。(略)



- With prolonged moist secretion and perpetual opening;
- With crust formed but with a generally deficient interior condition and weak stomach function;
 - After the crust falls off, the patient still can not eat, but has a great desire to drink water;
 - Carbuncles and swelling appear after the crust has fallen off; and
 - Carbuncles and swelling ulcerate, but refuse to heal.

If any of the above symptoms and signs appear, this decoction should be given. Xiongqiong/herba chuanxiong/herb of szechwan lovage, Guangui/cortex cinnamomi/cassia bark and Nuomi/oryza glutinosae/polished glutinous rice can be added to strengthen its efficacy. See the book for details.

Chen Jiamao: Renshen/radix ginseng/ginseng root is a drug that replenishes the interior, while Huangqi/radix astragali/root of membranous milkvetch is a drug that consolidates the exterior defence. The two drugs can be used together to reinforce each other and achieve satisfactory effects. Either of the drugs can be used as the monarch (principal) and the minister (assistant) drugs in the following way:

— Renshen/radix ginseng/ginseng root is used as the monarch drug and Huangqi/radix astragali/root of membranous milkvetch as the minister drug to treat a case with interior damage to the Spleen and Stomach, with chills and fevers, vomiting and diarrhea, reluctance to move around and tendency to lie in bed, stuffiness and distention, depressed spirit and feeble pulse.

— Huangqi/radix astragali/root of membranous milkvetch is used as the monarch drug and Renshen/radix ginseng/ginseng root the minister drug to treat evenescence of Yang with spontaneous perspiration and exterior deficiency, ulceration, smallpox, measles and sores on the male genitalia.

[Prescriptions]

Five prescriptions collected previously, and
nine prescriptions collected recently.

人参（本经上品）

【释名】

人蔘音参。或省作蔘。黄参吴普。血参别录。人衔本经。鬼盖本经。神草别录。土精别录。地精广雅。海腴 皱面还丹广雅。

〔时珍曰〕人蔘年深，浸渐长成者，根如人形，有神，故谓之人蔘、神草。蔘字从蔘，亦浸渐之义。蔘即浸字，后





RENSHEN

Ginseng

Panax ginseng C. A. Mey.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*)

[Explanation of Names]

RENSHEN (often simplified as SHEN)

HUANGSHEN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

XUESHEN

— *Mingyi Bielu* (*Records of Famous Doctors*).

RENXIAN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

GUIGAI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

SHENCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

TUJING

— *Mingyi Bielu* (*Records of Famous Doctors*).

DIJING

— *Guang Ya*.

HAIYU

ZOUMIANHUANDAN

— *Guang Ya*.

Li Shizhen: Renshen/radix ginseng/ginseng root that has grown little by little over many years will develop into a human shape and have a miraculous effect. So it is named Renshen (Ren=man, Shen=the gradual process of growing). It was originally written with a more complicated charac-



世因字文繁，遂以参星之字代之，从简便尔。然承误日久，亦不能变矣，惟张仲景伤寒论尚作藎字。别录一名人微，微乃藎字之讹也。其成有阶级，故曰人街。其草背阳向阴，故曰鬼盖。其在五参，色黄属土，而补脾胃，生阴血，故有黄参、血参之名。得地之精灵，故有土精、地精之名。广五行记云：隋文帝时，上党有人宅后每夜闻人呼声，求之不得。去宅一里许，见人参枝叶异常，掘之入地五尺，得人参，一如人体，四肢毕备，呼声遂绝。观此，则土精之名，尤可证也。礼斗威仪云：下有人参，上有紫气。春秋运斗枢云：摇光星散而为人参。人君废山渎之利，则摇光不明，人参不生。观此，则神草之名，又可证矣。



ter, but later a simplified version of the character was used. Now people use the simplified character as the common name, although it might not be the right character, but it can not be changed. But in Master Zhang Zhongjing's *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, the term is still written in the original characters. So the term means that it is a 'drug in the shape of a person which is gradually developed'. It is also known as Shencao (Shen=magic or miraculous, Cao=herb), so 'miraculous herb'. In *Mingyi Bielu (Records of Famous Doctors)*, Renshen/radix ginseng/ginseng root is written Renwei (Wei is a character similar to Shen). This is wrong. As the drug root has horizontal layers, it is also called Renxian (Xian=rank). As the herb grows in shady places, it is also called Guigai, or a ghost-like thing. As there are five types of Shen (ginseng-like drugs), Renshen/radix ginseng/ginseng root is also called Huangshen, or 'yellow Shen', due to its color, yellow. As yellow pertains to the Spleen and Stomach, the drug is a good tonic for the Spleen and Stomach. As it also replenishes the blood, it is sometimes called Xueshen, or blood Shen. As the drug is enriched by the essence of the Earth, it is also called Tujing, or earth essence, and Dijing, or ground essence. *Guang Wuxing Ji* records that in the time of Emperor Wen of the Sui Dynasty, in Shangdang there was a family which heard a kind of calling from the backyard of the house at night. But nothing could be found there. About half a kilometer away, people found a herb with an extraordinary shape. A pit five *chi* deep was dug around the herb, and a root in the shape of a man with four complete extremities was found. Then there was no more calling at night. From this, we can understand why the drug is called Tujing. *Lidou Weiyi* says that if there is a Renshen/radix ginseng/ginseng root in the ground, there will be a purple cloud over it. *Chunqiu Yundou Shu* says that the light from the last star in the Big Dipper, the Yaoguang, is the source of Renshen/radix ginseng/ginseng root. When the monarch in human society can not govern the mountains and rivers in a proper way, the light of Yaoguang is no longer bright and Renshen/radix ginseng/ginseng root is not produced. This is why Renshen/radix ginseng/ginseng root is also called Shencao, or miraculous herb.



【集解】

〔别录曰〕人参生上党山谷及辽东，二月、四月，八月上旬采根，竹刀刮暴干，无令见风。根如人形者有神。〔普曰〕或生邯郸，三月生叶小锐，枝黑茎有毛，三月、九月采根，根有手足，面目如人者神。〔弘景曰〕上党在冀州西南，今来者形长而黄，状如防风，多润实而甘。俗乃重百济者，形细而坚白，气味薄于上党者。次用高丽者，高丽地近辽东，形大而虚软，不及百济，并不及上党者。其草一茎直上，四五叶相对生，花紫色。高丽人作人参赞云：三丫五叶，背阳向阴。欲来求我，椴树相寻。椴晋贾，树似桐，甚大，阴广则多生，采作甚有法。今近山亦有，但作之不好。〔恭曰〕人参见用多是高丽百济者，潞州太行紫团山所出者，谓之紫团参。〔保昇曰〕今沁州、辽州、泽州、箕州、平州、易州、檀州、幽州、妫州、并州并出人参，盖其山皆与太行连亘相接故也。〔珣曰〕新罗国所产者，有手



[Previous Explanations]

Renshen/radix ginseng/ginseng root is produced in the mountain valleys of Shangdang and Liaodong. The root should be collected in the early parts of the second, fourth and eighth months of the year. Scrape the roots with a bamboo knife, and dry it in the sun. Do not expose it to wind. Roots in the shape of a person have a miraculous effect.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Some of it is produced in Handan. In the third month, a small and pointed leaf emerges. The twigs are black and the stalk is hairy. The roots should be collected on the third and ninth month. Roots with extremities and something similar to a human face have a miraculous effect.

Tao Hongjing: Shangdang is situated to the southwest of Jizhou. Renshen/radix ginseng/ginseng root produced there is long and yellow, similar to Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia. Mostly it is moist, solid and sweet. Renshen/radix ginseng/ginseng root produced in Baiji, which is thin, solid and white, is generally prized. Its quality and taste are thinner than those of the drug produced in Shangdang. The next-favorite drug is Renshen/radix ginseng/ginseng root produced in Gaoli. Gaoli is close to Liaodong. The drug is bigger but loose and soft, not as good as that from Baiji or Shangdang. The herb has one stalk sticking straight upward, with four to five leaves. The flower is purple. A Korean poet once wrote *Ode to Ginseng*: "Ginseng, with three forks and five leaves, is found on the shady side of the mountain. /If you want to find me, first find the Jiashu tree." The Jiashu tree is similar to fortune paulownia with very big leaves. Such trees are numerous and provide good shade. Under the trees, plenty of ginseng can be found. Ginseng can also be found in nearby mountains, but with inferior quality.

Su Gong: The Renshen/radix ginseng/ginseng root commonly used is produced in Gaoli and Baiji. That produced on Mount Zituan in the Taihang range in Luzhou is called Zituanshen.

Han Baosheng: Renshen/radix ginseng/ginseng root is produced in the mountains of Qinzhou, Liaozhou, Zezhou, Qizhou, Pingzhou, Yizhou, Tanzhou, Youzhou, Guizhou and Bingzhou, as these mountains are linked with the Taihang range.



足，状如人形，长尺余，以杉木夹定，红丝缠饰之。又沙州参，短小不堪用。〔颂曰〕今河东诸州及泰山皆有之，又有河北榷场及闽中来者名新罗人参，俱不及上党者佳。春生苗，多于深山背阴，近椴漆下湿润处。初生小者三四寸许，一丫五叶；四五年后生两丫五叶，未有花茎；至十年后生三丫；年深者生四丫，各五叶。中心生一茎，俗名百尺杵。三月、四月有花，细小如粟，蕊如丝，紫白色。秋后结子，或七八枚，如大豆，生青熟红，自落。根如人形者神。泰山出者，叶干青，根白，殊别。江淮间出一种土人参，苗长一二尺，叶如匙而小，与桔梗相似，相对生，生五、七节。根亦如桔梗而柔，味极甘美。秋生紫花，又带青色。春秋采根，土人或用之。相传欲试上党参，但使二人同走，一含人参，一空口，度走三五里许，其不含人参者必大喘，含者气息自



Li Xun: Renshen/radix ginseng/ginseng root produced in the Xinluoguo (Korea) is in the shape of a human being, with extremities. It is one *chi* long, stabilized by pieces of Shanmu/lignum seuramulus cunninghamiae lanceloatae/heart-wood or twig of Chinese fir and decorated with red silk lace. Renshen/radix ginseng/ginseng root produced in Shazhou is short and thin, and is no good for medical use.

Su Song: Renshen/radix ginseng/ginseng root is also produced in the prefectures in the Hedong area and on Mount Taishan. Renshen/radix ginseng/ginseng root shipped from Quechang and Fujian is actually produced in Xinluo. Neither of them is as good as that from Shangdang. Renshen/radix ginseng/ginseng root begins to bud in spring. It grows in moist places close to Jia trees* and lacquer trees. At first, the plant is only three to four *cun* long, with five leaves on one fork. After four to five years, there will be two forks and five leaves, but no flowers yet. By the tenth year, there will be three forks or even four forks, with five leaves on each fork. In the center of the palnt, there grows a stalk on which flowers bloom in the third and fourth months. They are as small as millet seeds. The stamen is as thin as silk. It is purple-white. In late autumn, seeds begin to form. There can be seven to eight of them in the shape of Dadou/semen sojae/soybean seed. They are green at first, and turned red when they are ripe. They fall automatically. Renshen/radix ginseng/ginseng root in the shape of a human being works miraculously. Renshen/radix ginseng/ginseng root produced on Mount Taishan is different from that produced in other places: The leaf is dry and green, and the root is white. In areas between the Yangtze and Huai rivers, there is produced a kind of native ginseng. The plant is one to two *chi* tall, with smaller leaves in the shape of a spoon and similar to those of platycodon. The leaves grow in opposition in five to seven groups. The root is also similar to that of platycodon. It is sweet, and tastes delicious. In autumn, purple flowers bloom. They are sometimes purple and green. The root should be collected in spring and autumn. Local people use it as Renshen/radix ginseng/ginseng root. It is said that there is a way to test the authenticity of Renshen/radix ginseng/ginseng root produced in Shang-

*Jia=Jiashu. See above.



如，其人参乃真也。〔宗奭曰〕上党者根颇纤长，根下垂，有及一尺余者，或十歧者，其价与银等，稍为难得。土人得一窠，则置板上，以新彩绒饰之。〔嘉谟曰〕紫团参，紫大稍扁。百济参，白坚且圆，名白条参，俗名羊角参。辽东参，黄润纤长有须，俗名黄参，独胜。高丽参，近紫体虚。新罗参，亚黄味薄。肖人形者神，其类鸡腿者力洪。〔时珍曰〕上党，今潞州也。民以人参为地方害，不复采取。今所用者皆是辽参。其高丽、百济、新罗三国，今皆属于朝鲜矣。其参犹来中国互市。亦可收子，于十月下种，如种菜法。秋冬采者坚实，春夏采者虚软，非地产有虚实也。辽参连皮者黄润色如防风，去皮者坚白如粉，伪者皆以沙参、芥苳、桔梗采根造作乱之。沙参体虚无心而味淡，芥苳体虚无



dang: Let two persons compete in a walking race, one holding a piece of Renshen/radix ginseng/ginseng root in his or her mouth, and the other not. After walking briskly for five to seven *li*, the person without the ginseng will pant very hard, while the other person, with the ginseng, will not pant at all.

Kou Zongshi: Renshen/radix ginseng/ginseng root produced in Shangdang has thin, fibrous and descending roots. Some are more than one *chi* long. If the fine roots grow horizontally, the drug is very expensive. But such good-quality drug is not easy to obtain. When local people find one, they stick the root on a piece of board decorated with colored silk.

Chen Jiamo: Zituanshen is big, purple and slightly flat. Baijishen (from Korea) is white, round and solid. It is also called Baitianshen, or Yangjiaoshen. Renshen/radix ginseng/ginseng root produced in the Liaodong area is yellow and moist, thin and long, with fine roots. It is known as Huangshen, or yellow Renshen/radix ginseng/ginseng root locally, and is of top quality. Renshen/radix ginseng/ginseng root from Gaoli is loose in quality and nearly purple in color. Renshen/radix ginseng/ginseng root from Xinluo is slightly yellow and tastes insipid. That in the shape of a human being is of top quality, and that with fine roots similar to chicken legs has a strong effect.

Li Shizhen: Renshen/radix ginseng/ginseng root is no longer produced in Shangdang, now called Luzhou, as the local people feel the collection of it has brought disasters to them. What we use now is all from the Liaodong area. Gaoli, Baiji and Xinluo, three areas where Renshen/radix ginseng/ginseng root is produced, are part of Korea. Korean traders bring Renshen/radix ginseng/ginseng root to China. Ginseng seeds can be collected and planted in the tenth month, in the same way as planting vegetables. When the roots are collected in autumn and winter, they are solid and hard, but when they are collected in spring and summer, they are loose and soft. The characteristic of the root is decided by the timing of the collection, not by the origin. Renshen/radix ginseng/ginseng root produced in Liaodong (with bark) is yellow and moist, similar to Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia. When it is peeled, it is as white as rice powder. Merchants adulterate Renshen/radix ginseng/ginseng root by mixing Shashen/radix glehniae/root of coastal glehnia, Jini/radix adenophorae



心，桔梗体坚有心而味苦。人参体实有心而味甘，微带苦，自有余味，俗名金井玉阑也。其似人形者，谓之孩儿参，尤多贗伪。宋苏颂图经本草所绘潞州者，三丫五叶，真人参也。其滁州者，乃沙参之苗叶。沁州、兖州者，皆芥菀之苗叶。其所云江淮土人参者，亦芥菀也。并失之详审。今潞州者尚不可得，则他处者尤不足信矣。近又有薄夫以人参先浸取汁自啜，乃晒干复售，谓之汤参，全不任用，不可不察。考月池翁讳言闻，字子郁，銜太医吏目。尝著人参传上下卷甚详，不能备录，亦略节要语于下条云耳。



trachelioidis/root of apricotleaf ladybell and Jiegeng/radix platycodi/platycodon root with it. The following ways can be used to differentiate them: Shashen/radix glehniae/root of coastal glehnia is loose in quality, without a core and plain in taste. Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell is loose in quality and without a core. Jiegeng/radix platycodi/platycodon root is solid and with a core, but it tastes bitter. Renshen/radix ginseng/ginseng root is solid in quality, with a core and tastes sweet but slightly bitter. The taste remains in one's mouth for a period of time. It is locally called Jinjing Yulan. Renshen/radix ginseng/ginseng root in the shape of a human being is called Hai'er shen, or Shen Similar to A Boy. But most of these roots are fake. Renshen/radix ginseng/ginseng root depicted in Su Song's *Tujing Bencao (Illustrated Materia Medica)* has three forks and five leaves. That is the real Renshen/radix ginseng/ginseng root from Luzhou. But the illustration of that produced in Chuzhou is actually the leaves and seedlings of Shashen/radix glehniae/root of coastal glehnia. And the illustrations indicating Renshen/radix ginseng/ginseng root produced in Qinzhou and Yanzhou are actually the seedlings and leaves of Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell. The remarks in the book about Renshen/radix ginseng/ginseng root produced in areas between the Yangtze and Huai rivers also refer to leaves of Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell. So the illustrations made by Su Song were carelessly done. Now it is very hard to get real Renshen/radix ginseng/ginseng root from Luzou, and that produced in other places is not at all reliable. Recently, it has been reported that rascally merchants soak Renshen/radix ginseng/ginseng root to get juice for their own use, and then dry the drug again to sell to consumers. Such a thing is called Tang Shen, as it is used Renshen/radix ginseng/ginseng root, which is no longer any good. Master Yuechi*, also called Yanwen and Ziyu, with the official title Limu of the Imperial Hospital, wrote a book in two volumes about ginseng, called *Treatise on Renshen*. It is too voluminous to quote in its entirety, but selected quotations are given in the following passages whenever necessary.

*Li Yuechi, Li Shizhen's father.



【修治】

〔弘景曰〕人参易蛀虫，唯纳新器中密封，可经年不坏。〔炳曰〕人参频见风日则易蛀，惟用盛过麻油瓦罐，泡净焙干，入华阴细辛与参相间收之，密封，可留经年。一法：用淋过灶灰晒干罐收亦可。

根

〔气味〕甘，微寒，无毒。〔别录曰〕微温。〔普曰〕神农：小寒。桐君、雷公：苦。黄帝、岐伯：甘，无毒。〔元素曰〕性温，味甘，微苦，气味俱薄，浮而升，阳中之阳也。又曰：阳中微阴。〔之才曰〕茯苓，马蔺为之使，恶溲疏、卤碱，反藜芦。一云：畏五灵脂，恶皂荚、黑



[Preparation]

Tao Hongjing: Renshen/radix ginseng/ginseng root is vulnerable to moths. Keep it in a new container, sealed tightly. It can be kept intact in this way for a couple of years.

Xiao Bing: Renshen/radix ginseng/ginseng root is apt to be eaten up by moths if it is frequently exposed to air and wind. Keep it in a porcelain jar that has been used to hold Mayou/oleum sesami seminis/sesame oil. Wash the jar clean, and bake it dry. Keep Renshen/radix ginseng/ginseng root and Xixin/herba asari/herb of manchurian wildginger produced in Huayin in the jar, separate from each other. Seal the jar. In this way, both of the drugs can be kept in good condition for a couple of years. Another method of preservation: Soak Fuqimo (black ashes adhering to the pan base after burning grass) in water. Filter the decoction and dry the ashes. Dry Renshen/radix ginseng/ginseng root together with the ashes in the sun. Then keep the drug in a jar.

RENSHENG

Ginseng root

Radix Ginseng

[Quality and Taste]

It is sweet, slightly cold and nontoxic.

It is slightly warm.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is slightly cold according to Shen Nong. It is bitter according to Tong Jun and Lei Gong. It is sweet and nontoxic according to the Yellow Emperor and Qi Bo.

Zhang Yuansu: It is warm in quality, and sweet but slightly bitter in taste. It is thin in both quality and taste. It floats and ascends, a drug of Yang in the Yang. It is also said to be Yang with a little Yin in it.

Xu Zhicai: Fuling/poria/indian bread and Malin/herba iridis chinensis/herb of Chinese small iris can be used as its guiding drugs. It is mutually inhibiting with Soushu/fructus deutziae scabra/fruit of scabrous deutzia and Lujian/crystallus bittern/bittern crystal. It is mutually contradictory to LiLilu/rhizoma et radix veratri/rhizome and root of falsehellebore. Some



豆，动紫石英。〔元素曰〕人参得升麻引用，补上焦之元气，泻肺中之火；得茯苓引用，补下焦之元气，泻肾中之火。得麦门冬则生脉，得干姜则补气。〔杲曰〕得黄耆、甘草，乃甘温除太热，泻阴火，补元气，又为疮家圣药。〔震亨曰〕人参入手太阴。与藜芦相反，服参一两，入藜芦一钱，其功尽废也。〔言闻曰〕东垣李氏理脾胃，泻阴火，交泰丸内用人参、皂荚，是恶而不恶也。古方疗月闭四物汤加人参、五灵脂，是畏而不畏也。又疗痰在胸膈，以人参、藜



say that the drug is incompatible with *Wulingzhi/faeces trogopteroni/trogopterus dung*. It is mutually inhibiting with *Zaojia/fructus gleditsiae/fruit of Chinese honeylocust* and *Heidou/semen sojae nigra/seed of black soybean*. It stimulates *Zishiying/fluoritum/fluorite*.

Zhang Yuansu: Guided by *Shengma/rhizoma cimicifugae/rhizoma of large trifolious bugbane*, *Renshen/radix ginseng/ginseng root* replenishes the Primordial Vital Energy in the upper portion of the body, and purges pathogenic Fire from the Lung. Guided by *Fuling/poria indian bread*, the drug replenishes Primordial Vital Energy in the lower portion, and purges pathogenic Fire from the Kidney. Reinforced by *Maimendong/radix ophiopogonis/tuber of dwarf lilyturf*, *Renshen/radix ginseng/ginseng root* activates the pulse. Reinforced by *Ganjiang/rhizoma zingiberis/dried ginger*, the drug replenishes Vital Energy.

Li Gao: Reinforced by *Huangqi/radix astragali/root of membranous milkvetch* and *Gancao/radix glycyrrhizae/licuorice root*, the drug is effective in purging Yin Fire and replenishing Primordial Vital Energy. It is a prescription with drugs of sweet taste and warm quality, but it eliminates excessive pathogenic Heat. It is also a good remedy for skin sores.

Zhu Zhenheng: *Renshen/radix ginseng/ginseng root* functions on the Lung Channel of Hand Initial Yin. It is mutually contradictory with *Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore*. One tenth of one *liang* of *Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore* will reverse all the therapeutic effects of one *liang* of *Renshen/radix ginseng/ginseng root*.

Li Yanwen: For regulating the Spleen and Stomach function and purging Yin Fire, Master Li Dongyuan used *Renshen/radix ginseng/ginseng root* and *Zaojia/fructus gleditsiae/fruit of Chinese honeylocust*, mutually contradictory drugs in the prescription *Jiaotai Wan*. In this way, drugs reinforce each other. In an ancient prescription for treating amenorrhea, *Siwu Tang**

**Siwu Tang*:

Shaoyao/radix paeoniae/peony root,

Dihuang/radix rehmanniae/rhizome of rehmannia,

Danggui/radix angelicae sinensis/root of Chinese angelica, and

Chuanxiong/rhizoma chuanxiong/rhizome of szechwan lovage.



芦同用而取涌越，是激其怒性也。此皆精微妙奥，非达权衡者不能知。

〔主治〕补五脏，安精神，定魂魄，止惊悸，除邪气，明目开心益智。久服轻身延年本经。疗肠胃中冷，心腹鼓痛，胸胁逆满，霍乱吐逆，调中，止消渴，通血脉，破坚积，令人不忘别录。主五劳七伤，虚损痰弱，止呕啜，补五脏六腑，保中守神。消胸中痰，治肺痿及痢疾，冷气逆上，伤寒不下食，凡虚而多梦纷纭者加之甄权。止



with Renshen/radix ginseng/ginseng root and Wulingzhi/faeces trogopteri/trogopterus dung added was given. In this case, mutually incompatible drugs were used together. For treating phlegm accumulation in the chest and diaphragm, Renshen/radix ginseng/ginseng root and Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore are used together. This is a use of contradictory drugs to bring about vomiting. Such examples show the subtlety of the mutual relationships of drugs. Only those who have mastered the therapy can apply it in their therapeutic practice.

[Indications]

It is good for replenishing the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), tranquilizing the spirit and pacifying the soul, relieving convulsions and palpitations, and dispersing pathogenic factors. It improves the eyesight and the intelligence. Long-term taking of the drug makes the patient happy and able to enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It warms a cold feeling in the stomach and intestines, and relieves pain and distention in the epigastrium and abdomen, and fullness and uneasiness in the chest and costal regions. It treats cholera with vomiting and adverse ascension of gas. It harmonizes the interior, quenches thirst in cases of diabetes, facilitates the blood circulation, and dissolves hardness and stagnation. It also strengthens the power of memory.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating five types of overstrain and seven types of injuries, consumptive diseases in persons of weak build and phlegm accumulation. It stops vomiting and nausea. It replenishes the Five Viscera (Liver, Heart, Spleen, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao), protects the interior and pacifies the mind. It eliminates phlegm from the thorax. It treats pulmonary flaccidity syndrome and epilepsy. It brings down adverse ascension of cold gas. It improves the appetite of a patient suffering from anorexia in case of a febrile disease caused by Cold. In treating a patient with deficient condition with dreamy sleep, Renshen/radix ginseng/ginseng root should be added to the prescription.



烦躁，变酸水李珣。消食开胃，调中治气，杀金石药毒大明。治肺胃阳气不足，肺气虚促，短气少气，补中缓中，泻心肺脾胃中火邪，止渴生津液元素。治男妇一切虚证，发热自汗，眩运头痛，反胃吐食，痲疹，滑泻久痢，小便频数淋漓，劳倦内伤，中风中暑，痿痹，吐血嗽血下血，血淋血崩，胎前产后诸病时珍。

〔发明〕〔弘景曰〕人参为药切要，与甘草同功。〔杲曰〕人参甘温，能补肺中元气，肺气旺则四脏之气皆旺，精自生而形自盛，肺主诸气故也。张仲景云，病人汗后身热亡血脉沉迟者，下痢身凉脉微血虚者，并加人参。古人血脱者



Li Xun: It relieves restlessness and irritation, and reduces acid regurgitation.

Da Ming: It relieves indigestion and whets the appetite, harmonizes the interior and regulates the Vital Energy, and neutralizes the toxin in metal and stone drugs.

Zhang Yuansu: It replenishes the Yang Vital Energy in the Lung and Stomach. It treats shortness of breath due to deficient condition of the Lung. It replenishes and harmonizes the interior. It purges pathogenic Fire from the Heart, Lung, Spleen and Stomach. It quenches thirst and helps produce body fluid.

Li Shizhen: It treats consumptive and deficient diseases of all kinds in both men and women, accompanied by fever and spontaneous perspiration, vertigo and headache, regurgitation and vomiting of food, pertinacious malaria, slippery diarrhea and dysentery, frequent urination and urinary dripping, consumptive disease with internal damage, heat stroke and invasion of pathogenic Wind, paralysis, hematemesis, coughing with blood and hematuria, stranguria with hematuria and metrorrhagia, and antepartum and postpartum diseases.

[Explication]

Tao Hongjing: Renshen/radix ginseng/ginseng root is very important drug. It has similar functions to Gancao/radix glycyrrhizae/liquorice root.

Li Gao: Renshen/radix ginseng/ginseng root, sweet and warm, can replenish Primordial Vital Energy in the Lung. Once Vital Energy in the Lung is reinforced, Vital Energy in all the Viscera will become reinforced. Vital Essence will be produced, and the body's constitution will be built up. This is because the Lung is a Viscus that governs all the Vital Energy in the body. Master Zhang Zhongjing said that Renshen/radix ginseng/ginseng root should be added to a prescription for a patient with body fever, loss of blood with deep and slow pulse after diaphoresis has been adopted, and accompanied by dysentery, cold body, feeble pulse and deficient condition of the blood. Doctors in ancient times treated cases of loss of blood with drugs that replenish the Vital Energy. This is because blood can not be produced unless it is reinforced by drugs that bring up Yang Vital Energy. When Yang



益气，盖血不自生，须得生阳气之药乃生，阳生则阴长，血乃旺也。若单用补血药，血无由而生矣。素问言：无阳则阴无以生，无阴则阳无以化。故补气须用人参，血虚者亦须用之。本草十剂云：补可去弱，人参、羊肉之属是也。盖人参补气，羊肉补形，形气者，有无之象也。〔好古曰〕洁古老人言，以沙参代人参，取其味甘也。然人参补五脏之阳，沙参补五脏之阴，安得无异？虽云补五脏，亦须各用本脏药相佐使引之。〔言闻曰〕人参生用气凉，熟用气温；味甘补阳，微苦补阴。气主生物，本乎天；味主成物，本乎地。气味生成，阴阳之造化也。凉者，高秋清肃之气，天之阴也，其性降；温者，阳春生发之气，天之阳也，其性升。甘者，湿土



is raised, Yin will rise together with it, keeping the balance. In this way, blood and Yin substance will be produced too. If only drugs that replenish the blood are given, blood can not germinate alone. As *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* puts it: Without Yang, Yin can not be produced, and without Yin, Yang can not transform itself. Therefore, when Vital Energy needs to be replenished, Renshen/radix ginseng/ginseng root should be given. Renshen/radix ginseng/ginseng root should also be given in cases of blood deficiency. *Bencao Shiyi* says that replenishing is a treatment for a weak build. Renshen/radix ginseng/ginseng root and mutton can be given. This is because Renshen/radix ginseng/ginseng root replenishes Vital Energy, and mutton replenishes the body's build. The body's build and Vital Energy are the two aspects of the visible and the invisible.

Wang Haogu: Master Zhang Jiegu said that Shashen/radix glehniae/root of coastal glehnia can be used as a substitute for Renshen/radix ginseng/ginseng root, as the former is sweet. But Renshen/radix ginseng/ginseng root is a drug that replenishes Yang of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and Shashen/radix glehniae/root of coastal glehnia replenishes Yin of the Five Viscera. How could the former take the place of the latter? When it is said that the drug replenishes the Five Viscera, guiding and assistant drugs leading to each specific Viscus should be given at the same time to strengthen its efficacy.

Li Yanwen: When Renshen/radix ginseng/ginseng root is used in its crude form, it is cool in quality, and it turns warm when it is prepared. As it is sweet in taste, it replenishes Yang. It is also slightly bitter, which enables it to replenish Yin. Vital Energy is something that determines the growth of all things. It is a characteristic of Heaven. Taste is something that helps the formation of things. It is a characteristic of Earth. Drugs of quality and taste are the transformation of Heaven and Earth. Cool quality is formed by the cool and astringing atmosphere of the autumn. It is Yin of Heaven. It has a tendency to descend. Warm quality is formed by the germinating atmosphere of the spring. It is Yang of Heaven. It has a tendency to ascend. Sweet taste is transformed from the humid earth. It is the Yang of Earth. It tends to float. Slight bitterness is the germination given by Fire



化成之味，地之阳也，其性浮；微苦者，火土相生之味，地之阴也，其性沉。人参气味俱薄。气之薄者，生降熟升；味之薄者，生升熟降。如土虚火旺之病，则宜生参，凉薄之气，以泻火而补土，是纯用其气也；脾虚肺怯之病，则宜熟参，甘温之味，以补土而生金，是纯用其味也。东垣以相火乘脾，身热而烦，气高而喘，头痛而渴，脉洪而大者，用黄檗佐人参。孙真人治夏月热伤元气，人汗大泄，欲成痿厥，用生脉散，以泻热火而救金水。君以人参之甘寒，泻火而补元气；臣以麦门冬之苦甘寒，清金而滋水源，佐以五味子之酸温，生肾精而收耗气。此皆补天元之真气，非补热火也。白飞霞云：人参炼膏服，回元气于无何有之乡。凡病后气虚



and Earth. It is Yin of Earth. It has a tendency to descend. Renshen/radix ginseng/ginseng root is a drug with both thin quality and thin taste. Drugs with thin quality have a tendency to descend if they are used in their crude form, but tend to ascend when they are prepared. Drugs of thin taste have a tendency to ascend when they are crude, and to descend when they are processed. In treating a case of deficient Earth (Spleen and Stomach) and excessive Fire (Heart), crude Renshen/radix ginseng/ginseng root should be used, as it is cool and thin, so as to purge Fire and replenish Earth. This is using its quality only, and not its taste. To treat a case with deficient condition of the Spleen and Lung, prepared Renshen/radix ginseng/ginseng root should be used, as it is sweet and warm and is able to replenish Earth and help germinate Metal. This is using its taste only, and not its quality. Master Li Dongyuan used Renshen/radix ginseng/ginseng root together with Huangbai/cortex phellodendri/bark of Chinese corktree to treat a case of encroachment on the Spleen by Ministerial Fire, accompanied by the following symptoms and signs: body fever, restlessness, asthma with dyspnea, headache and thirst, and vigorous pulse. Master Sun Simiao treated cold extremities with excessive perspiration due to heatstroke that had damaged the Primordial Vital Energy in summer with Shengmai San. This was a strategy of purging Fire and Heat so as to rescue Metal and Water. The three drugs in Sheng Maisan have the following functions: Renshen/radix ginseng/ginseng root, the monarch drug, sweet and cold, purges Fire and replenishes Primordial Vital Energy. Maimendong/radix ophiopogonis/tuber of dwarf lilyturf, the minister drug, bitter, sweet and cold, clears Metal and reinforces the source of Water. Assisted by Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine, sour and warm, it helps produce Vital Essence in the Kidney, and astringes evanescent Vital Energy. This is a prescription designed to replenish Primordial Vital Energy, but not to bring about Heat and Fire. Bai Feixia says that when Renshen/radix ginseng/ginseng root is processed into paste, it can restore Primordial Vital Energy from any possible condition. It is applicable to cases with deficient condition of Vital Energy after the patient has just recovered from a serious illness, and coughing due to deficient condition of the Lung. If the patient is deficient in Vital Energy accompanied by Fire, blend paste of Renshen/



及肺虚嗽者，并宜之。若气虚有火者，合天门冬膏对服之。

〔正误〕〔斆曰〕夏月少使人参，发心痿之患。〔好古曰〕人参甘温，补肺之阳，泄肺之阴。肺受寒邪，宜此补之。肺受火邪，则反伤肺，宜以沙参代之。〔王纶曰〕凡酒色过度，损伤肺肾真阴，阴虚火动，劳嗽吐血咳血等证，勿用之。盖人参入手太阴能补火，故肺受火邪者忌之。若误服参、耆甘温之剂，则病日增；服之过多，则死不可治。盖甘温助气，气属阳，阳旺则阴愈消；惟宜苦甘寒之药，生血降火。世人不识，往往服参、耆为补而死者多矣。〔言闻曰〕



radix ginseng/ginseng root with paste of Tianmendong/radix aspagi/root of Cochin Chinese asparagus.

[Corrections]

Lei Xiao: In the summer months, Renshen/radix ginseng/ginseng root should be used with caution. Random use of the drug may cause palpitations.

Wang Haogu: Renshen/radix ginseng/ginseng root, sweet and warm, replenishes Yang of the Lung, and purges Yin of the Lung. When the Lung is attacked by pathogenic Cold, Renshen/radix ginseng/ginseng root should be given to replenish them. But if the Lung is invaded by pathogenic Fire, Renshen/radix ginseng/ginseng root should not be given, otherwise the Viscus could be damaged. In this case, Shashen/radix glehniae/root of coastal glehnia can be given.

Wang Lun: When the Vital Essence of the Lung and Kidney is damaged by over-indulgence in sex and alcohol, causing the upward moving of Fire due to Yin deficiency, it brings with it consumptive coughing, hematemesis and hemoptysis. In this case, Renshen/radix ginseng/ginseng root should not be given. This is because Renshen/radix ginseng/ginseng root is a drug that replenishes Fire in the Lung Channel of Hand Initial Yin. So, when the Lung is already invaded by Fire, it is prohibited. If such warm drugs like Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch are given, the disease may be aggravated, and if this persists, it may end fatally, as drugs of sweet taste and warm quality can reinforce Vital Energy, which pertains to Yang. The more rampant the Yang is, the weaker the Yin is. Only drugs of bitter-sweet taste and cold quality should be given, to bring down Fire and help produce blood. As this is normally not understood by ordinary people, or sometimes even doctors, many cases end fatally just because of adoption of Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch when such tonics are not really needed.

Li Yanwen: Sun Simiao, a man of virtue, says that in the summer months three dosages of Shengmai San and Shenli Tang should be taken. This will prevent attacks of various diseases. Master Li Dongyuan says that



孙真人云：夏月服生脉散、肾沥汤三剂，则百病不生。李东垣亦言生脉散、清暑益气汤，乃三伏泻火益金之圣药，而雷斅反谓发心痞之患，非矣！痞乃脐旁积气，非心病也。人参能养正破坚积，岂有发痞之理？观张仲景治腹中寒气上冲，有头足，上下痛不可触近，呕不能食者，用大建中汤，可知矣。又海藏王好古言人参补阳泄阴，肺寒宜用，肺热不宜用。节斋王纶因而和之，谓参、耆能补肺火，阴虚火动失血诸病，多服必死。二家之说皆偏矣。夫人参能补元阳，生阴血，而泻阴火，东垣李氏之说也明矣。仲景张氏言亡血血虚者，并加人参；又言肺寒者去人参加干姜，无令气壅。丹溪朱氏亦言虚火可补，参、耆之属；实火可泻，芩、连之属。二家不察三氏之精微，而谓人参补火，谬哉。夫火与元气不



both Shengmai San and Qingshu Yiqi Tang are drugs that purge Fire and nourish Metal (the Lung). But Lei Xiao says that taking the drug may induce palpitations. Such palpitations are due to accumulated gas around the umbilicus. It is not a Heart disease. Renshen/radix ginseng/ginseng root is a drug that nourishes the body resistance and dissolves hard mass, how could it arouse palpitations? Master Zhang Zhongjing worked out a prescription called Da Jianzhong Tang, in which Renshen/radix ginseng/ginseng root is used. This is a prescription aimed at treating cold gas rushing up from the abdomen with palpable shaped and terrible pain. This serves as another example. Also, Wang Haogu says that Renshen/radix ginseng/ginseng root is a drug that replenishes Yang and purges Yin. It is applicable to a case with pathogenic Cold in the Lung, and is not good for treating a case with pathogenic Heat in the Lung. Wang Lun says that Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch can reinforce pathogenic Fire in the Lung. In such a case, if Renshen/radix ginseng/ginseng root is given, it brings about Yin deficiency and rampaging of Fire, causing a hemorrhage. So, if large doses of Renshen/radix ginseng/ginseng root are given in such a case, it will end fatally. But it seems both of them are biased. Let me explain: Renshen/radix ginseng/ginseng root is a root that replenishes Primordial Vital Energy, helps produce Yin blood and purges Yin Fire. This has already been explained by Li Dongyuan. Master Zhang Zhongjing says that in cases involving loss of blood and blood deficiency, Renshen/radix ginseng/ginseng root should be given. He also says that if Cold encroaches on the Lung, Ganjiang/rhizoma zingiberis/dried ginger should be substituted for Renshen/radix ginseng/ginseng root, as the former can prevent feelings of suffocation. Zhu Danxi says that a case with deficient Fire can be treated by tonics. Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch can be used, and a case with excessive Fire should be purged by drugs such as Huangqin/radix scutellariae/root of baikal skullcap and Huanglian/rhizoma coptidis/coptis root. Not having studied the analyses of the three masters, Wang Haogu and Wang Lun both thought that Renshen/radix ginseng/ginseng root could replenish the Fire. They were wrong. Pathogenic Fire and Primordial Vital Energy contradict each other. When Primordial Vital



两立，元气胜则邪火退。人参既补元气而又补邪火，是反复之小人矣，何以与甘草、苓、术谓之四君子耶？虽然，三家之言不可尽废也。惟其语有滞，故守之者泥而执一，遂视人参如蛇蝎，则不可也。凡人面白面黄面青黧悴者，皆脾肺肾气不足，可用也；面赤面黑者，气壮神强，不可用也。脉之浮而芤濡虚大迟缓无力，沉而迟涩弱细结代无力者，皆虚而不足，可用也；若弦长紧实滑数有力者，皆火郁内实，不可用也。洁古谓喘嗽勿用者，痰实气壅之喘也；若肾虚气短喘促者，必用也。仲景谓肺寒而咳勿用者，寒束热邪壅郁在肺之咳也；若自汗恶寒而咳者，必用也。东垣谓久病郁热在肺勿



Energy is reinforced, Fire will retreat. How could Renshen/radix ginseng/ginseng root replenish the Primordial Vital Energy and the Fire simultaneously? How could it be called one of the “four gentlemen” in the Decoction of Four Gentlemen (Si Junzi Tang)? However, the opinions of these two gentlemen should not be ignored. The way they express their ideas is not correct, and this led later doctors to be very dogmatic. They consider Renshen/radix ginseng/ginseng root as a very dangerous drug, which of course, is not true. Before using Renshen/radix ginseng/ginseng root, examine the patient first. If the patient has a pale, sallow or blue and black complexion, it shows deficient condition of the Spleen, Lung and Kidney. In that case, Renshen/radix ginseng/ginseng root can be used. When the patient has a red and black complexion, with high spirits and vigor, Renshen/radix ginseng/ginseng root can not be used. Examine the pulse: The following types of pulse indicate deficient condition: floating and void, soft and deficient, slow and moderate but flaccid, deep and slow, hesitant and weak, slow-uneven and interrupted. Then Renshen/radix ginseng/ginseng root can be given. But the following types of pulse manifest excessive condition with pent-up Fire, unsuitable for the use of Renshen/radix ginseng/ginseng root: tight, long, excessive, slippery, and speedy with strong pulsation. Zhang Jiegu says that in the case of Asthma and coughing, Renshen/radix ginseng/ginseng root should not be adopted. That is applicable only to such a syndrom caused by excessive phlegm and stagnation of Vital Energy. If it is asthma with shortness of breath due to deficient condition of the Kidney, Renshen/radix ginseng/ginseng root is a drug that must be used. Master Zhang Zhongjing says that Renshen/radix ginseng/ginseng root should not be used in cases with coughing due to pathogenic Cold prevailing in the Lung. This is a case with prevalence of Cold in the Lung that has wrapped the pent-up Heat and pathogen inside. If it is a case of coughing with spontaneous perspiration and aversion to cold, it requires Renshen/radix ginseng/ginseng root. Master Li Dongyuan says that a case with pent-up Heat in the Lung in a chronic disease should not be treated with Renshen/radix ginseng/ginseng root, as such a case needs to be dispersed rather than replenished. If it is a case with deficient condition of the Lung, accompanied by excessive Fire, shortness of breath and spontaneous perspiration,



用者，乃火郁于内宜发不宜补也；若肺虚火旺气短自汗者，必用也。丹溪言诸痛不可骤用者，乃邪气方锐，宜散不宜补也；若里虚吐利及久病胃弱虚痛喜按者，必用也。节斋谓阴虚火旺勿用者，乃血虚火亢能食，脉弦而数，凉之则伤胃，温之则伤肺，不受补者也；若自汗气短肢寒脉虚者，必用也。如此详审，则人参之可用不可用，思过半矣。〔机曰〕节斋王纶之说，本于海藏王好古，但纶又过于矫激。丹溪言虚火可补，须用参、芪。又云阴虚潮热，喘嗽吐血，盗汗等



Renshen/radix ginseng/ginseng root is necessary. Master Zhu Danxi says that in a case with pain, Renshen/radix ginseng/ginseng root should not be used right away. This is because when the pathogenic factors are still rampant, it is not tonics, but dispersives that should be given to accelerate the expulsion of the pathogens. Renshen/radix ginseng/ginseng root is a necessary drug in a prescription for treating cases with the following symptoms and signs: vomiting and diarrhea due to interior deficiency, chronic weak Stomach function, dull pain and a tendency to invite pressure to the belly. Wang Lun says that Renshen/radix ginseng/ginseng root should not be used where there is deficient Yin and excessive Fire. This is because when there is Yin deficiency, Fire is rampant, bringing about a good appetite and tight and speedy pulse. In such a case, if drugs of cold quality are given, they will damage the Stomach function. But if drugs of warm quality are given, they will harm the Lung. If the patient has spontaneous perspiration, shortness of breath, cold extremities and deficient pulse, then Renshen/radix ginseng/ginseng root must be used. Careful examination of cases, and of symptoms and signs, make it much easier to decide when Renshen/radix ginseng/ginseng root should and should not be used.

Wang Ji: Wang Lun inherited the theory from Wang Haogu, but he went even further astray. Zhu Danxi says that a case with Fire of deficient nature can be replenished. Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch can be given. Master Zhu also prescribes the following for a case with deficient Yin and hectic fever, coughing, hematemesis and night sweating. The prescription is based on Siwu Tang, with additions like the following:

Shaoyao/radix paeoniae/peony root,

Shudihuang/radix rehmanniae preparata/rhizome of rehmannia prepared,

Danggui/radix angelicae sinensis/root of Chinese angelica, and
Chuanxiong/rhizoma chuanxiong/rhizome of szechwan lovage,
adding:

Renshen/radix ginseng/ginseng root,

Huangbai/cortex phellodendri/bark of Chinese corktree, and

Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena.



证，四物加人参、黄檗、知母。又云好色之人，肺肾受伤，咳嗽不愈，琼玉膏主之。又云肺肾虚极者，独参膏主之。是知阴虚劳瘵之证，未尝不用人参也。节斋，私淑丹溪者也，而乃相反如此。斯言一出，印定后人眼目。凡遇前证，不问病之宜用不宜，辄举以借口。致使良工掣肘，惟求免夫病家之怨。病家亦以此说横之胸中，甘受苦寒，虽至上呕下泄，去死不远，亦不悟也。古今治劳莫过于葛可久，其独参汤、保真汤，何尝废人参而不用耶？节斋之说，诚未之深思也。〔杨起曰〕人参功载本草，人所共知。近因病者吝财薄医，医复算本惜费，不肯用参疗病，以致轻者至重，重者至



He also says that to treat a case resulting from overexertion in sexual activity that has damaged the Kidney and Lung, causing protracted coughing, prescribe Qiongyu Gao. Prescription:

Shengdihuang/radix rehmanniae/rhizome of rehmannia,
Fuling/poria/indian bread,
Fengmi/mel/honey, and
Renshen/radix ginseng/ginseng root.

If the Lung and Kidney are in severely deficient condition, Dushen Gao, paste of Renshen/radix ginseng/ginseng root, should be given. This shows that for consumptive diseases and cases with Yin deficiency, Renshen/radix ginseng/ginseng root can be given. Mr. Wang Lun, a follower of Master Zhu Danxi, had such a contradictory understanding to that of his master. What a pity! But when Mr. Wang had his ideas published, later scholars all followed him. Whenever they encounter cases similar to those described above, they would not dare to use Renshen/radix ginseng/ginseng root at all. They are greatly restrained by the idea that Renshen/radix ginseng/ginseng root can not be used in such cases. They are afraid of the family members of the patient arguing about the correct use of Renshen/radix ginseng/ginseng root. Also, patients and their family members are influenced by Mr. Wang's idea, daring not to accept Renshen/radix ginseng/ginseng root even when it is really necessary, for example, even when the patient suffering from severe vomiting and diarrhea enters a crisis stage, they still dare not accept Renshen/radix ginseng/ginseng root, but rather accept drugs of bitter taste and cold quality. Doctor Ge Kejiu, noted for his treatment of consumptive diseases, uses a lot of Renshen/radix ginseng/ginseng root in his prescriptions, such as Dushen Tang (decoction with only Renshen/radix ginseng/ginseng root) and Baozhen Tang. Wang Lun published his ideas before he had carefully digested them.

Yang Qi: The miraculous therapeutic effects of Renshen/radix ginseng/ginseng root, clearly recorded in Bencao works, are known to all. Nowadays, patients are reluctant to pay doctors for the necessary use of Renshen/radix ginseng/ginseng root; at the same time, doctors are also parsimonious. The result is less use of Renshen/radix ginseng/ginseng root. Then a case may deteriorate or even become fatal merely from economic consid-



危。然有肺寒、肺热、中满、血虚四证，只宜散寒、消热、消胀、补营，不用人参，其说近是；殊不知各加人参在内，护持元气，力助群药，其功更捷。若曰气无补法，则谬矣。古方治肺寒以温肺汤，肺热以消肺汤，中满以分消汤，血虚以养营汤，皆有人参在焉。所谓邪之所臻，其气必虚。又曰养正邪自除，阳旺则生阴血，贵在配合得宜尔。庸医每谓人参不可轻用，诚哉庸也。好生君子，不可轻命薄医，医亦不



erations. Nevertheless, cases with the following four symptoms do not require Renshen/radix ginseng/ginseng root:

1. With pathogenic Cold in the Lung;
2. With pathogenic Heat in the Lung;
3. With fullness in the epigastrium and abdomen; and
4. With blood deficiency.

The corresponding treatments for the above cases are:

1. Dispersing pathogenic Cold;
2. Eliminating pathogenic Heat;
3. Dissolving fullness; and
4. Nourishing nutrient essence.

The above analysis is quite accurate. But if Renshen/radix ginseng/ginseng root can be added to the prescriptions for treating the above symptoms, it will only reinforce their efficacy, giving more satisfaction. If someone says that there is no way to replenish Vital Energy, then he is wrong. In ancient prescriptions for treating the above four cases, we have the following recipes, all of which had Renshen/radix ginseng/ginseng root as a must drug:

- Wenfei Tang for treating Cold in the Lung;
- Qingfei Tang for treating Heat in the Lung;
- Fenxiao Tang for treating interior fullness; and
- Yangying Tang for treating blood deficiency.

As *Huangdi Neijing (Canon of Medicine of the Yellow Emperor)* puts it: wherever pathogenic factors are invading, there is a deficient condition of Vital Energy. This classic also says that the best way to disperse pathogenic factors is to nourish the body resistance. When Yang is reinforced to become strong, Yin blood will be produced. The most important thing is to balance the drugs with the case. A mediocre doctor dare not use Renshen/radix ginseng/ginseng root even when it is required, for fear of malpractice ensuing. A gentleman of good virtue should not attach too much importance to money, but attach little to his own welfare. A benevolent doctor should use Renshen/radix ginseng/ginseng root whenever it is required, and should never take profit into consideration. Such are my reflections. I hope I am not regarded as being too pedantic.

可计利不用。书此奉勉，幸勿曰迂。

〔附方〕旧七，新六十。（略）

芦

〔气味〕苦，温，无毒。

〔主治〕吐虚劳痰饮时珍。

〔发明〕〔吴绶曰〕人弱者，以人参芦代瓜蒂。〔震亨曰〕人参入手太阴，补阳中之阴，芦则反能泻太阴之阳。亦如麻黄，苗能发汗，根则止汗。谷属金而糠之性热，麦属阳而麸之性凉。先儒谓物物具一太极，学者可不触类而长之





[Prescriptions]

Seven prescriptions collected previously, and
60 prescriptions collected recently.

RENSHENLU

Rhizome of Ginseng
Rhizoma Ginseng

[Quality and Taste]

It is bitter, warm and nontoxic.

[Indications]

Li Shizhen: It is good for inducing vomiting to bring out Tanyin fluid-retention in the case of a deficient and consumptive disease.

[Explication]

Wu Shou: In the case of a weak patient, whenever vomiting is necessary, give him Renshenlu/rhizoma ginseng/ginseng rhizome instead of Guadi/pedicellus melo/muskmelon base, which could be too strong for a feeble person.

Zhu Zhenheng: Renshen/radix ginseng/ginseng root functions on the Lung Channel of Hand Initial Yin, and replenishes the Yin in the Yang. But the rhizome of the drug can purge the Yang from the Lesser Yin Channel. Different parts of a drug may have different functions. For example, Mahuang/herba ephedrae/ephedra is a diaphoretic, and Mahuanggen/radix ephedrae/ephedra root can stop perspiration. Cereals pertain to Metal, and its chaff is hot in quality. Xiaomai/semen tritici/wheat pertains to Yang, and Maifu/testa tritici levis/wheat bran is cool in quality. Scholars in ancient times held that all things have the Supreme Ultimate in themselves. Scholars should consider this before they try to understand anything — things always have their two poles. Here is one case, which was treated with Renshenlu/rhizoma ginseng/ginseng rhizome: A woman was irritable and loved spicy food. One summer day, after she got furious, she began to suffer from hiccups. Her whole body jerked involuntarily, and she was



乎？一女子性躁味厚，暑月因怒而病呃，每作则举身跳动，昏冒不知人。其形气俱实，乃痰因怒郁，气不得降，非吐不可。遂以人参芦半两，逆流水一盞半，煎一大碗饮之，大吐顽痰数碗，大汗昏睡一日而安。又一人作劳发症，服疟药变为热病，舌短痰嗽，六脉洪数而滑，此痰蓄胸中，非吐不愈。以参芦汤加竹沥二服，涌出胶痰三块，次与人参、黄耆、当归煎服，半月乃安。



in danger of losing her sanity. She was strong both in physique and spirit. This was due to the accumulation of Vital Energy when excessive anger occurred. The normal flow of Vital Energy downward was obstructed. An emetic was the only cure. Then half a *liang* of Renshenlu/rhizoma ginseng/ginseng rhizome was stewed in 1.5 cupfuls of adverse running water to make a decoction in a big bowl. The decoction was taken. Then the patient vomited out several bowls of sputum, and perspired a lot. After that, she had a sound sleep, and then recovered. Another case: A certain person had a consumptive condition, and developed malaria. After taking drugs aimed at treating malaria, the case turned into a disease with overwhelming Heat. The patient had a contracted tongue, phlegm and coughing. The pulse at all the six pulse positions was grand, speedy and slippery. This was caused by the accumulation of phlegm in the thorax. An emetic was required. Renshenlu/rhizoma ginseng/ginseng rhizome was stewed together with Zhuli/succus bambusae/juice in a bamboo stem to make a decoction. After two doses of the decoction, three lumps of greasy phlegm were vomited out. Then the patient was given another decoction, consisting of the following drugs:

Renshen/radix ginseng/ginseng root,

Huangqi/radix astragali/root of membranous milkvetch, and

Danggui/radix angelicae sinensis/root of Chinese angelica.

After half a month of such treatment and care, the patient was all right again.

沙参（本经上品）

【释名】

白参吴普。知母别录。羊乳别录。羊婆奶纲目。铃儿草别录。虎须别录。苦心别录：又名文希，一名识美，一名志取。





SHASHEN

Coastal glehnia

Glehnia littoralis F. Schmidt ex. Miq.

Adenophora axilliflora Borb.

Adenophora tetraphylla (Thunb.) Fisch.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

BAISHEN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHIMU

— *Mingyi Bielu* (*Records of Famous Doctors*).

YANGRU

— *Mingyi Bielu* (*Records of Famous Doctors*).

YANGPONAI

— *Bencao Gangmu* (*Compendium of Materia Medica*).

LING'ERCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

HUXU

— *Mingyi Bielu* (*Records of Famous Doctors*).

KUXIN

— *Mingyi Bielu* (*Records of Famous Doctors*).

WENXI

— *Mingyi Bielu* (*Records of Famous Doctors*).

SHIMEI

— *Mingyi Bielu* (*Records of Famous Doctors*).

ZHIQU

— *Mingyi Bielu* (*Records of Famous Doctors*).



〔弘景曰〕此与人参、玄参、丹参、苦参是为五参，其形不尽相类，而主疗颇同，故皆有参名。又有紫参，乃牡蒙也。〔时珍曰〕沙参白色，宜于沙地，故名。其根多白汁，俚人呼为羊婆奶，别录有名未用羊乳，即此也。此物无心味淡，而别录一名苦心，又与知母同名，不知所谓也。铃儿草，象花形也。

【集解】

〔别录曰〕沙参生河内川谷及冤句般阳续山，二月、八月采根暴干。又曰：羊乳一名地黄，三月采，立夏后母死。〔恭曰〕出华山者为善。〔普曰〕二月生苗，如葵，



Tao Hongjing: It is one of the commonly known “five Shens”*: Renshen/radix ginseng/ginseng root, Xuanshen/radix scrophulariae/figwort root, Danshen/radix salviae miltiorrhizae/root of danshen, Kushen/radix sophorae flavescens/root of lightyellow sophora and Shashen/radix glehniae/root of coastal glehnia. The five Shens are not exactly the same shape, but they have similar therapeutic effects. So they are all called Shen. There is another kind of Shen — Zishen, or “purple Shen”, which is actually Mumeng.

Li Shizhen: Shashen, white in color and suitable to growing in sandy fields, is thus named (Sha=sand, Shashen=Shen grown on sandy land). When its root is snapped, it secretes white fluid like milk. So it is colloquially called Yangponai, or ‘sheep mother’s milk’. In *Mingyi Bielu (Records of Famous Doctors)*, in the category of drugs with names recorded but not yet in use, it is named Yangru, or ‘sheep’s milk’. The root does not have a core, and it has a plain taste. In *Mingyi Bielu (Records of Famous Doctors)* it is also named Kuxin, or bitter heart, the same name as is given to *Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena*. The reason for this is not known. Ling’ercao, bell flower herb, is named after its flower.

[Previous Explanation]

Shashen/radix glehniae/root of coastal glehnia is produced in the mountain valleys in the Henei area and on Mount Banyangxu in Yuanju. The roots should be collected in the second and eighth months of the year. Dry the roots in the sun. According to another record, Yangru, also called Dihuang, should be collected in the third month. After the solar term the Beginning of Summer (c. May 5), the herb dies.

— *Mingyi Bielu (Records of Famous Doctors)*.

Su Gong: Shashen/radix glehniae/root of coastal glehnia produced in Huashan Mountain is the top-quality drug.

*Shen, in Chinese, is normally an abbreviation of Renshen/radix ginseng/ginseng root. But the term may also mean herbs with similar shapes and functions as the drugs listed above.

叶青色，根白，实如芥，根大如芫菁，三月采。〔弘景曰〕今出近道，丛生，叶似枸杞，根白实者佳。〔保昇曰〕其根若葵根，其花白色。〔颂曰〕今淄、齐，潞、随、江、淮、荆、湖州郡皆有之。苗长一、二尺以来，丛生崖壁间，叶似枸杞而有叉丫，七月开紫花，根如葵根，大如指许，赤黄色，中正白实者佳，二月、八月采根。南土生者叶有细有大，花白，瓣上仍有白粘，此为小异。〔藏器曰〕羊乳根如芥苋而圆，大小如拳，上有角节，折之有白汁，人取根当芥苋。苗作蔓，折之有白汁。〔时珍曰〕沙参处处山原有之。二月生苗，叶如初生小葵叶，而团扁不光。八、九月抽茎，高一、二尺。茎上之叶，则尖长如枸杞叶，而小有细齿。秋





Wu Pu: It produces seedlings in the second month of the year, similar to the cluster mallow. Its leaves are blue-green and the root is white. Its fruit is similar to that of Jiezi/semen brassicae/seed of india mustard. Its root can be as big as Wujing/radix brassicae rapae/turnip root. It should be collected in the third month.

Tao Hongjing: It is also found in nearby areas, in tussocks. Its leaf is similar to that of barbary wolfberry. That with a white and solid root is a good herb.

Han Baosheng: Its root is similar to Kuigen/radix malvae/root of cluster mallow, and its flower is white.

Su Song: Nowadays, the herb can be found in many places, such as Zizhou, Qizhou, Luzhou, Suizhou, Jiangzhou, Huaizhou, Jingzhou and Huzhou. Its stalk is one to two *chi* long, it grows on mountain cliffs, in clumps. Its leaf is similar to that of barbary wolfberry, but with forks and openings. It blooms in the seventh month, with purple flowers. Its root is similar to that of Kuigen/radix malvae/root of cluster mallow. It is as thick as a finger, a red-yellow colored bark and pure white in the heart. This is a herb of top quality. The root should be collected in the second and eighth months. Shashen/radix glehniae/root of coastal glehnia produced in the south has small or big leaves. The flower is white, and gives off a white secretion. This is the slight difference compared with the herb which grows in the north.

Chen Cangqi: Shashen/radix glehniae/root of coastal glehnia is similar to Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell but it is rounder, similar to a fist. There are sharp ends and nodes on it. When it is snapped, there is a secretion of white fluid. Merchants sometimes take this as Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell. Its seedling is on the vine. If the vine is broken, there is also a secretion of white fluid.

Li Shizhen: Shashen is produced in mountains everywhere. The leaf begins to grow in the second month. At first, it looks like the seedling of cluster mallow. But it is rounder, flatter and not lustrous. In the eighth and ninth months, the stem emerges. It grows one to two *chi* tall. The leaf on the stem is similar to that of barbary wolfberry. But it is smaller and with



月叶间开小紫花，长二、三分，状如铃铎，五出，白蕊，亦有白花者。并结实，大如冬青实，中有细子。霜后苗枯。其根生沙地者长尺余，大一虎口，黄土地者则短而小。根茎皆有白汁。八、九月采者，白而实；春月采者，微黄而虚。小人亦往往絜蒸压实以乱人参，但体轻松，味淡而短耳。

根【气味】

苦，微寒，无毒。

〔别录曰〕羊乳，温，无毒。〔普曰〕沙参，岐伯：咸。神农、黄帝、扁鹊：无毒。〔李当之〕大寒。〔好古曰〕甘、微苦。〔之才曰〕恶防己，反藜芦。

【主治】

血积惊气，除寒热，补中，益肺气本经。疗胃痹心腹



a sawtooth edge. In autumn, purple flowers will bloom, two to three *fen* in length and in the shape of a bell. It has five petals and white pistil. There are also species with white flowers. It bears fruit similar to the size of that of *Dongqingzi*/fructus *ilicis purpureae*/fruit of purpleflower holly. Inside, there are small seeds. After frost forms, the herb will wither. The plant growing on sandy land may have a root as long as one *chi*. It can be as big as one hand can hold. That which grows on loess land has shorter and smaller roots. Its stalk and root secrete a white fluid when snapped. If the root is collected in the eighth and ninth months, it is white and solid. But if it is collected in spring, it will be slightly yellow and puffy. Dishonest merchants may bind the root and steam it, and then squeeze it to look like *Renshen*/radix *ginseng*/ginseng root. But it is light and loose, with a plain and short-lasting flavor.

SHASHENGEN

Root of coastal glehnia
Radix *glehniae*

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

Yangru (*Shashen*/radix *glehniae*/root of coastal glehnia) is warm and nontoxic.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: *Shashen*/radix *glehniae*/root of coastal glehnia is salty according to Qi Bo. It is nontoxic according to Shen Nong, the Yellow Emperor and Bian Que.

Li Dangzhi: It is very cold in quality.

Wang Haogu: It is sweet and slightly bitter.

Xu Zhicai: It is mutually inhibiting to *Fangji*/radix *stephaniae tetrandrae*/root of fourstamen stephania and contradicting to *Lilu*/rhizoma et radix *veratri*/rhizome and root of falsehellebore.

[Indications]

It removes accumulation of blood stasis, relieves convulsions, and



痛，结热邪气头痛，皮间邪热，安五脏。久服利人。又云：羊乳，主头眩痛，益气，长肌肉别录。去皮肤浮风，疝气下坠，治常欲眠，养肝气，宣五脏风气甄权。补虚，止惊烦，益心肺，并一切恶疮疥癣及身痒，排脓，消肿毒大明。清肺火，治久咳肺痿时珍。

【发明】

〔元素曰〕肺寒者，用人参；肺热者，用沙参代之，取其味甘也。〔好古曰〕沙参味甘微苦，厥阴本经之药，又为脾经气分药。微苦补阴，甘则补阳，故洁古取沙参代人参。盖人参性温，补五脏之阳；沙参性寒，补五脏之阴。虽云补



disperses pathogenic Cold and Heat. It improves the interior condition, and replenishes the Lung Vital Energy.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It treats impediment in the Stomach, relieves epigastric and abdominal pain, disperses accumulation of pathogenic Heat, reduces headache due to attack of pathogenic factors and fever on the skin due to invasion of vicious agents. It pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). Also, Yangru is good for relieving headache and vertigo. It reinforces Vital Energy, and promotes the growth of muscle.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It disperses invading pathogenic Wind on skin and muscle. It treats hernia with a descending feeling. It is good for improving drowsiness, nourishing the Liver and dispersing invading pathogenic Wind from the Five Viscera (Liver, Heart, Spleen, Lung and Kidney).

Da Ming: It replenishes deficient conditions, and stops convulsions and restlessness. It is good for treating the Heart and Lung, as well as for treating various kinds of malignant sores, tinea, scabies and bodily itching. It dispels pus, and eliminates pyogenic infection.

Li Shizhen: It is good for treating prolonged coughing and pulmonary flaccidity syndrome.

[Explication]

Zhang Yuansu: To treat a case of chronic Cold, Renshen/radix ginseng/ginseng root should be used. To treat a case of prevalence of Heat, Shashen/radix glehniae/root of coastal glehnia should be given as a substitute for Renshen/radix ginseng/ginseng root, as it is sweet in taste.

Wang Haogu: Shashen/radix glehniae/root of coastal glehnia, sweet and slightly bitter in taste, is a drug of the Greater Yin Channel. It also functions on the Vital Energy system of the Spleen Channel. Slightly bitter, the drug is good for repelling the Yin, and sweet in taste, it replenishes Yang. That is why Master Zhang Jiegu used Shashen/radix glehniae/root of coastal glehnia instead of Renshen/radix ginseng/ginseng root whenever tonification was required. As it is warm, Renshen/radix ginseng/ginseng root is drug that replenishes Yang, and because it is cold, Shashen/radix



五脏，亦须各用本脏药相佐，使随所引而相辅之可也。〔时珍曰〕人参甘苦温，其体重实，专补脾胃元气，因而益肺与肾，故内伤元气者宜之。沙参甘淡而寒，其体轻虚，专补肺气，因而益脾与肾，故金能受火克者宜之。一补阳而生阴，一补阴而制阳，不可不辨之也。

【附方】

旧一，新二。（略）

glehniae/root of coastal glehnia nourished Yin of the Five Viscera. Drugs leading to the particular Viscus should be added to guide the tonic function.

Li Shizhen: Renshen/radix ginseng/ginseng root, sweet, bitter and warm, is a drug that is heavy and solid. It has a special quality of replenishing Primordial Vital Energy in the Spleen and Stomach, so that it is good for nourishing the Lung and Kidney. Therefore, a patient who has had his Primordial Vital Energy damaged needs tonification from Renshen/radix ginseng/ginseng root. Shashen/radix glehniae/root of coastal glehnia, sweet, plain and cold, is a drug with a light and loose quality. It replenishes the Lung effectively, thus benefiting the Spleen and Kidney. Therefore, it is especially good for patients whose Metal (Lung) is encroached upon by excessive Fire. One (Renshen/radix ginseng/ginseng root) tonifies Yang, thus promoting the germination of Yin, and the other (Shashen/radix glehniae/root of coastal glehnia) tonifies Yin, thus curbing the exuberance of Yang. Doctors should be careful to differentiate them.

[Prescriptions]

One prescription collected previously, and two prescriptions collected recently.



芥苳（别录中品）

【释名】

杏参图经。杏叶沙参救荒。蔗苳蔗音底。尔雅。甜桔梗纲目。白面根救荒。苗名隐忍。

〔时珍曰〕芥苳多汁，有济苳之状，故以名之。济苳，浓露也。其根如沙参而叶如杏，故河南人呼为杏叶沙参。苏颂图经杏参，即此也。俗谓之甜桔梗。尔雅云：苳，蔗苳也。





JINI

Apricotleaf ladybell

Adenophora trachlioides Maxim.

— Drug of medium class in *Mingyi Bie lu* (*Records of Famous Doctors*).

[Rectification]

Xingshen in *Tujing Bencao* (*Illustrated Materia Medica*) has been moved into this section.

[Explanation of Names]

XINGSHEN

— *Tujing Bencao* (*Illustrated Materia Medica*).

XINGYESHASHEN

— *Jiuhuang Bencao* (*Herbal for Relief of Famines*).

DINI

— *Er Ya*.

TIANJIEGENG

— *Bencao Gangmu* (*Compendium of Materia Medica*).

BAIMIANGEN

— *Jiuhuang Bencao* (*Herbal for Relief of Famines*).

YINREN (its seedling)

Li Shizhen: Jini, a kind of dense syrup, is used to describe the drug, as it secretes something like dense syrup. Its root is similar to that of Shashen/*radix glehniae*/root of coastal *glehnia*, and its leaf is similar to apricot leaf. That is why the people of Henan call it Xingyeshashen, root of coastal *glehnia* with apricot leaf. The Xingshen described in Su Song's *Tujing Bencao* (*Illustrated Materia Medica*) is this drug. It is also called Tianjiegeng, sweet Jiegeng/*radix platycodi*/*platycodon* root. *Er Ya* says that Ni is Jini.



郭璞云：即芥苳也。隐忍，说见下文。

【集解】

〔弘景曰〕芥苳根茎都似人参，而叶小异，根味甜绝，能杀毒。以其与毒药共处，毒皆自然歇，不正入方家用也。又曰：魏文帝言芥苳乱人参，即此也。芥苳叶甚似桔梗，但叶下光明滑泽无毛为异，又不如人参相对耳。〔恭曰〕人参苗似五加而阔短，茎圆有三四丫，丫头有五叶，陶引芥苳乱人参，误矣。且芥苳、桔梗又有叶差互者，亦有叶三四对者，皆一茎直上，叶既相乱，惟以根有心为别尔。〔颂曰〕今川蜀、江浙皆有之。春生苗茎，都似人参，而叶小异，根似桔梗，但无心为异。润州、陕州尤多，人家收以为果，或作脯啖，味甚甘美，兼可寄远，二月、八月采根暴干。〔承



Guo Pu's annotation says that it is the drug Jini. Yinren, another name, is explained below.

[Previous Explanations]

Tao Hongjing: Jini's root and rhizome are similar to those of Renshen/radix ginseng/ginseng root, but its leaf is not the same. Its root is very sweet and can neutralize toxins, as it grows side by side with poisonous herbs. It is not very often used by Taoist alchemists. According to historical records, Emperor Wendi of the State of Wei once said that as Jini is so similar to Renshen/radix ginseng/ginseng root, it might be difficult to differentiate them. The leaf of Jini is similar to that of platycodon. But there is a slight difference: It is lustrous, bright and without hair on the reverse side. Also, the leaves do not grow in opposition as ginseng does.

Su Gong: The seedlings of ginseng are similar to those of manyprickle acanthopanax but are wider and shorter. The stem is round, with three to four forks. On top of each fork, there are five leaves. What Tao Hongjing says about confusing Jini with ginseng is not correct. The leaves of Jini and platycodon are similar, as they may grow independently or with three to four leaves in opposition. Both of them have only one upright stem. So it is difficult to tell one from the other. But there is a difference: Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell does not have a core, while Jiegeng/radix platycodi/platycodon root has one.

Su Song: Now the drug is produced in Chuanshu (Sichuan), Jiangsu and Zhejiang. In spring, the seedlings and stem are similar to those of ginseng, but the leaves are slightly different. Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell has no core. Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell is produced in bulk in Runzhou and Shanzhou. Local people collect it as a fruit. It can be preserved for long-term consumption. It is sweet and very tasty. People send it to their far-away friends and acquaintances. The root should be collected in the second and eighth months and dried in the sun.

Chen Cheng: Merchants steam the drug and press it to make it look like Renshen/radix ginseng/ginseng root. But it is plain in taste, compared with Renshen/radix ginseng/ginseng root.



曰]今人多以蒸过压扁乱人参，但味淡尔。〔宗奭曰〕陶以根言，故云芥苳乱人参；苏以苗言，故以陶为误也。〔机曰〕芥苳苗茎与桔梗相似，其根与人参相乱。今言苗茎都似人参，近于误也。当以人参、芥苳、桔梗三注参看自明矣。〔时珍曰〕芥苳苗似桔梗，根似沙参，故奸商往往以沙参、芥苳通乱人参。苏颂图经所谓杏参，周定王救荒本草所谓杏叶沙参，皆此芥苳也。图经云：杏参生淄州田野，根如小菜根。土人五月采苗叶，治咳嗽上气。救荒本草云：杏叶沙参，一名白面根。苗高一二尺，茎色青白。叶似杏叶而小，微尖而背白，边有叉牙。杪间开五瓣白碗子花。根形如野胡萝卜，颇肥，皮色灰黝，中间白色，味甜微寒。亦有开碧花者。嫩苗炸熟水淘，油盐拌食。根换水煮，亦可食，人



Kou Zongshi: When talking about the similarities between the roots, Tao Hongjing says that Jini/radix adenophorae trachelioidis/root of apricot-leaf ladybell resembles that of Renshen/radix ginseng/ginseng root. This causes confusion. But Su Gong discusses the difference between the leaves of the two herbs, and considers that Tao Hongjing is wrong.

Wang Ji: The seedlings and stem of Jini are similar to those of platycodon, and the root of Jini resembles Renshen/radix ginseng/ginseng root. But when people say that the seedlings and stem are also similar to those of ginseng, they are wrong. Careful study of all the three drugs — ginseng, Jini and platycodon — is needed.

Li Shizhen: The seedlings of Jini are similar to those of platycodon, and its root is similar to that of Shashen/radix glehniae/root of coastal glehnia. Dishonest merchants often substitute Shanshen/radix glehniae/root of coastal glehnia and Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell for Renshen/radix ginseng/ginseng root. The Xingshen described in Su Song's *Tujing Bencao (Illustrated Materia Medica)* and Xingyeshashen described in *Jiuhuang Bencao (Herbal for Relief of Famines)* actually indicate the same thing, i. e., Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell. *Tujing Bencao (Illustrated Materia Medica)* says that Xingshen grows in fields in Zizhou. Its root is similar to that of a small vegetable. The local people collect the seedlings and leaves in the fifth month, and use them to treat coughing with dyspnea. *Jiuhuang Bencao (Herbal for Relief of Famines)* says that Xingyeshashen, also called Baimianguan, has a stem one to two *chi* long and with a green-white color. Its leaf is similar to that of the apricot, but smaller, more pointed and white on the back and with a sawtooth edge. Flowers with five petals each in the shape of a white bowl bloom on the top of the fork. Its root is similar to that of the wild carrot, and is quite plump with a dark grey bark and a white heart. It is sweet in taste and slightly cold in quality. There is also a species that has green flowers. The local people stir-fry the tender leaves, rinse them in water and then blend them with oil and salt to make a cold dish. The root can be stewed. Change the water, and stew it again. It is a good food. The local people stir-fry it with honey, and eat it as a kind of fruit. Tao Hongjing's annotation of Jiegeng (platycodon) says that its seedlings are



以蜜煎充果。又陶弘景注桔梗，言其叶名隐忍，可煮食之，治蛊毒。谨按尔雅云：莠，隐忍也。郭璞注云：似苏，有毛。江东人藏以为菹，亦可淪食。葛洪肘后方云：隐忍草，苗似桔梗，人皆食之。捣汁饮，治蛊毒。据此则隐忍非桔梗，乃芥苳苗也。芥苳苗甘可食，桔梗苗苦不可食，尤为可证。神农本经无芥苳，止有桔梗一名芥苳，至别录始出芥苳。盖芥苳、桔梗乃一类，有甜，苦二种，则其苗亦可呼为隐忍也。

根

〔气味〕甘，寒，无毒。

〔主治〕解百药毒别录。杀蛊毒，治蛇虫咬，热狂温疾，罍毒箭大明。利肺气，和中明目止痛，蒸切作羹粥



called Yinren, and can be boiled to serve as a dish. It is good for treating diseases due to noxious agents produced by various parasites. *Er Ya* claims that Bang is Yinren. Guo Pu's annotation says that it is a herb similar to Zisu/herba perillae/perilla, but it is hairy. People in the Jiangdong area process it as preserved vegetable. It can also be boiled to serve as a cold dish. Ge Hong, in his *Zhouhou Fang (A Handbook of Prescriptions for Emergencies)*, says that Yinrencao, with similar seedlings to those of platycodon, is taken by local people as a kind of vegetable. The drug can be pounded to get juice. Drink the juice to treat diseases due to noxious agents produced by various parasites. According to the above, it is clear that Yinren is not platycodon. It is the seedlings of Jini (apricotleaf ladybell). The seedlings of Jini are sweet and edible, while the seedlings of platycodon are bitter and not edible. It is not difficult to differentiate between them. But in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* it is recorded that Jini is only another name for Jiegeng (platycodon). There is no entry for the drug Jini, which first appears as an independent drug in *Mingyi Bielu (Records of Famous Doctors)*. This is because Jini and Jiegeng are actually two species of the same drug, one bitter and the other sweet. That is why the seedlings of both drugs can be called Yinren.

JINIGEN

Root of apricotleaf ladybell

Radix adenephorae trachelioidis

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

It neutralizes the toxins of 100 drugs.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It treats diseases due to noxious agents produced by various parasites. It is good for treating snake bite, and acute febrile diseases with fever and mania. It neutralizes the toxins from poisonous arrowhead.

Zan Yin: It facilitates the normal circulation of Lung Vital Energy,



食，或作齏菹食簪般。食之，压丹石发动孟诜。主咳嗽消渴强中，疮毒丁肿，辟沙虱短狐毒时珍。

〔发明〕〔时珍曰〕芥苳寒而利肺，甘而解毒，乃良品也，而世不知用，惜哉。按葛洪肘后方云：一药而兼解众毒者，惟芥苳汁浓饮二升，或煮嚼之，亦可作散服。此药在诸药中，毒皆自解也。又张鷟朝野僉载云：各医言虎中药箭，食清泥而解；野猪中药箭，脰芥苳而食。物犹知解毒，何况人乎？又孙思邈千金方，治强中为病，茎长兴盛，不交精出，消渴之后，发为痈疽，有芥苳丸、猪肾芥苳汤方，此皆本草所未及者。然亦取其解热解毒之功尔，无他义。



harmonizes the interior, improves the eyesight, and relieves pain. Steam the drug, and then cut it into slices to make gruel or porridge, or make preserved vegetables with it.

Meng Xian: It oppresses the onset of side effects of stone alchemical drugs.

Li Shizhen: It is good for treating coughing, thirst in cases of diabetes and priapism. It eliminates toxins from sores and furuncles, and neutralizes toxins from chigoe flea and fox bites.

[Explication]

Li Shizhen: Jini/radix adenophorae trachelioideis/root of apricotleaf ladybell facilitates the normal circulation of Lung Vital Energy as it is cold, and neutralizes toxins as it is sweet. It is a drug with very good quality and function. But its properties are not widely known. What a pity! According to Ge Hong's *Zhouhou Fang (A Handbook of Prescriptions for Emergencies)*, there is one drug that can neutralize the toxins produced by many drugs, and this is Jini/radix adenophorae trachelioideis/root of apricotleaf ladybell: Drink two *sheng* of dense juice of Jini/radix adenophorae trachelioideis/root of apricotleaf ladybell. Or stew the drug, and chew it. It can be processed to powder. When this drug is added to a group of drugs in a prescription, it neutralizes the possible toxins produced by the drugs. Zhang Zhuo, in his *Chaoye Qianyan*, quoted doctors as saying that when a tiger is shot with a poisonous arrow it will try to eat some mud as a detoxication measure. When a wild boar is shot with a poisonous arrow, it will eat the herb Jini to neutralize the toxins. So if even animals know how to neutralize toxins, we human beings certainly should. In Master Sun Simiao's *Qianjin Yaofang (Essential Prescriptions Worth A Thousand Gold)* there are the prescriptions known as Jini Wan and Zhushen Jini Tang for treating priapism and seminal loss not in the process of intercourse. After the patient has suffered from great thirst in a case of diabetes, carbuncles and phlegmons develop. Such functions of Jini are not recorded in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. They are prescriptions that eliminate pathogenic Heat and neutralize toxins.

(附方) 旧四, 新三。(略)



[Prescriptions]

Four prescriptions collected previously, and
three prescriptions collected recently.



桔梗（本经下品）

【释名】

白药别录。梗草别录。荠苳本经。

〔时珍曰〕此草之根结实而梗直，故名。吴普本草一名利如，一名符扈，一名房图，方书并无见，盖亦瘦辞尔。桔梗、荠苳乃一类，有甜、苦二种，故本经桔梗一名荠苳，而今俗呼荠苳为甜桔梗也。至别录始出荠苳条，分为二物，然其性味功用皆不同，当以别录为是。

【集解】

〔别录曰〕桔梗生嵩高山谷及冤句，二、八月采根





JIEGENG

Platycodon

Platycodon grandiflorum(Jacq.) A. DC.

— Drug of inferior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

BAIYAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

GENGCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

JINI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

Li Shizhen: As the root of this herb is solid and straight, it is called Jiegeng, as the Chinese characters mean that. In *Wu Pu Bencao* (*Wu Pu's Herbal*), the following names are also recorded: Liru, Fuhu and Fangtu. Such names do not appear in other works, and their indications are not clear. Jiegeng is a herb in the same category as Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell. But the former is bitter, while the latter is sweet. That is why in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) only Jiegeng/radix platycodi/platycodon root is recorded, with a note indicating that it is also called Jini. Therefore, Jini is sometimes called Tianjiegeng, or “sweet Jiegeng.” Up until *Mingyi Bielu* (*Records of Famous Doctors*), Jini was recorded as an independent drug. As the two drugs have different tastes, qualities and functions, they should be regarded as two drugs. So what *Mingyi Bielu* (*Records of Famous Doctors*) did is correct.

[Previous Explanations]

Jiegeng/radix platycodi/platycodon root is produced in the valley of



暴干。〔普曰〕叶如荠苳，茎如笔管，紫赤色，二月生苗。〔弘景曰〕近道处处有，二三月生苗，可煮食之。桔梗疗蛊毒甚验，俗方用此，乃名荠苳。今别有荠苳，能解药毒，可乱人参，叶甚相似。但荠苳叶下光明滑泽无毛为异，叶生又不如人参相对耳。〔恭曰〕荠苳、桔梗，叶有差互者，亦有叶三四对者，皆一茎直上，叶既相乱，惟以根有心为别耳。〔颂曰〕今在处有之。根如小指大，黄白色。春生苗，茎高尺余。叶似杏叶而长椭，四叶相对而生，嫩时亦可煮食。夏开小花紫碧色，颇似牵牛花，秋后结子。八月采根，其根有心，若无心者为荠苳。关中所出桔梗，根黄皮，似蜀葵根。茎细，青色。叶小，青色，似菊叶也。



Mount Songgao and in Yuanju. The root should be collected in the second and eighth months of the year. Dry the root in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Leaf of platycodon is similar to that of apricotleaf ladybell, and its stem is straight, like the shaft of a Chinese brush. It has a purple-red color. The seedlings begin to sprout in the second month.

Tao Hongjing: This drug is found everywhere in nearby places. The seedlings sprout in the second and third months, and it can be collected and eaten as a vegetable after boiling. Jiegeng/radix platycodi/platycodon root is very effective for treating diseases due to noxious agents produced by various parasites. The local people use it in this way, calling it Jini. There is another drug called Jini which is good for neutralizing the toxins of drugs. It is so similar to Renshen/radix ginseng/ginseng root that merchants sell it as ginseng to make extra profit. Its leaf is almost the same as that of ginseng. But looking at the back of the leaf, a difference can be found: It is lustrous, slippery and without hair. Also, the leaves of ginseng grow in opposition. But those of Jini do not.

Su Gong: Whether the leaves of Jini and Jiegeng grow in opposition or not in opposition, there is no difference between the two. Both herbs have one upright stem. The only difference is that there is a core in Jiegeng/radix platycodi/platycodon root and no core in Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell.

Su Song: Jiegeng/radix platycodi/platycodon root can be found everywhere. Its root is as thick as the little finger, and it has a yellow-white color. The seedlings bud in the second month, and the stem is one *chi* long or more. Its leaf is similar to that of the apricot, but it is longer and oval. Four leaves grow in opposition. The leaves can be boiled and served as a vegetable when they are still tender. In summer, small purple-blue flowers bloom. They are similar to those of pharbitis. The seeds are formed in autumn. The root should be collected in the eighth month. There is a core in the root. If there is no core, then it must be Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell. Jiegeng/radix platycodi/platycodon root produced in the Guanzhong area has a yellow bark, similar to that of Shukui/althea rosea/hollyhock. Its stem is green and thin. The leaves are small and green, similar to those of the chrysanthemum.



根

〔修治〕〔斲曰〕凡使勿用木梗，真似桔梗，只是咬之腥涩不堪。凡用桔梗，须去头上尖硬二三分已来，并两畔附枝。于槐砧上细锉，用生百合捣膏，投水中浸一伏时滤出，缓火熬令干用。每桔梗四两，用百合二两五钱。〔时珍曰〕今但刮去浮皮，米泔水浸一夜，切片微炒用。

〔气味〕辛，微温，有小毒。〔普曰〕神农、医和：苦，无毒。黄帝、扁鹊：辛、咸。岐伯，雷公：甘，无毒。〔李当之〕大寒。〔权曰〕苦、辛。〔时珍曰〕当以苦、辛、平为是。〔之才曰〕节皮为之使。畏白及、龙眼、龙胆草，忌猪肉。得牡蛎、远志，疗恚怒。得消石、石膏，



JIEGENGEN

Root of platycodon
Radix platycodi

[Preparation]

Lei Xiao: Be careful not to use Mugeng, a drug very similar to Jiegeng/radix platycodi/platycodon root. When the former is chewed, there is a strong fishy and foul smell. First remove two to three *fen* of the head and the fine roots. Chop the rest up on a chopping block of pagodatree wood. Then pound Baihe/bulbus lili/lily bulb to paste. Soak the drug with the paste in water for a full day. Filter the decoction, and put the drug in a pan over a slow fire. Dry the drug slowly. The ratio of the two drugs: four *liang* of Jiegeng/radix platycodi/platycodon root and two and half a *liang* of Baihe/bulbus lili/lily bulb.

Li Shizhen: Nowadays, the processing of the drug is as follows: Peel off the coarse bark, and soak the drug in Miganshui (water in which rice has been washed) overnight. Slice the root, and stir-fry it slightly.

[Quality and Taste]

It is pungent, slightly warm and slightly toxic.

Wu Pu: It is bitter and nontoxic according to Shen Nong and Yi He. It is pungent and salty according to the Yellow Emperor and Bian Que. It is sweet and nontoxic according to Qi Bo and Lei Gong.

Li Dangzhi: It is very cold in quality.

Zhen Quan: It is bitter and pungent.

Li Shizhen: It should be bitter, pungent and plain.

Xu Zhicai: Jiepi can be used as its guiding drug. It is incompatible with Baiji/rhizoma bleutilae/tuber of common bleutila, Longyan/alillus longan/longan pulp and Longdancao/radix gentianae/Chinese gentian. Pork is prohibited when taking this drug. Assisted by Muli/concha ostreae/oyster shell and Yuanzhi/radix polygalae/root of thinleaf milkwort, the drug is good for pacifying excessive anger. Assisted by Xiaoshi/sal nitri/niter and Shigao/gypsum fibrosum/gypsum, it is good for treating febrile diseases



疗伤寒。白粥解其瘥毒。〔时珍曰〕伏砒。徐之才所云节皮，不知何物也。

〔主治〕胸胁痛如刀刺，腹满肠鸣幽幽，惊恐悸气本经。利五脏肠胃，补血气，除寒热风痹，温中消谷，疗咽喉痛，下蛊毒别录。治下痢，破血去积气，消积聚痰涎，去肺热气促嗽逆，除腹中冷痛，主中恶及小儿惊痫甄权。下一切气，止霍乱转筋，心腹胀痛，补五劳，养气，除邪辟温，破癥瘕肺痛，养血排脓，补内漏及喉痹大明。利



caused by Cold. White rice porridge can neutralize its toxins.

Li Shizhen: It oppresses Pishi/arsenicum/arsenic. The Jiepi mentioned by Xu Zhicai is not known.

[Indications]

It is good for treating stabbing pains in the chest and ribs, and abdominal fullness with an intestinal booming sound. It is also good for relieving fright and terror, and palpitations.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It facilitates the normal functions of the Five Viscera, Stomach and Intestines, replenishes the blood and Vital Energy, and disperses arthralgia due to attack of pathogenic Wind with chills and fever. It warms the interior, and helps digestion. It treats sore throat and diseases due to noxious agents produced by various parasites.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating dysentery, removing blood stasis and stagnation of gas, eliminating accumulation and assemblage, and dissolving phlegm and saliva. It eliminates pathogenic Heat in the Lung, and treat coughing with dyspnea and adverse ascension of gas. It relieves abdominal pain and cold feeling. It treats syncope due to attack of fright and noxious factors, infantile convulsions and epilepsy.

Da Ming: It is a drug that brings down all forms of gas and Vital Energy. It stops cholera with spasms, and relieves epigastric and abdominal distention and pain. It replenishes the condition resulting from the five overstrains, and nourishes Vital Energy. It disperses pathogenic factors, and prevents attack of epidemics. It dissolves hard mass and pulmonary abscess by nourishing the blood and expelling pus. It eliminates pus from the ear* and treats throat inflammation.

Zhang Yuansu: It facilitates the functions of the orifices. It eliminates pathogenic Wind and Heat from the Lung, clears pathogenic factors from the head and eyes, and improves the condition of the throat. It relieves pain

*This may indicate internal hemorrhage.



窍，除肺部风热，清利头目咽嗑，胸膈滞气及痛，除鼻塞元素。治寒呕李杲。主口舌生疮，赤目肿痛时珍。

〔发明〕〔好古曰〕桔梗气微温，味苦辛，味厚气轻，阳中之阴，升也。入手太阴肺经气分及足少阴经。〔元素曰〕桔梗清肺气，利咽喉，其色白，故为肺部引经。与甘草同行，为舟楫之剂。如大黄苦泄峻下之药，欲引至胸中至高之分成功，须用辛甘之剂升之。譬如铁石入江，非舟楫不载。所以诸药有此一味，不能下沉也。〔时珍曰〕朱肱活人书治胸中痞满不痛，用桔梗、枳壳，取其通肺利膈下气也。张仲景伤寒论治寒实结胸，用桔梗、贝母、巴豆，取其温中消谷破积也。又治肺痛唾脓，用桔梗、甘草，取其苦辛清



and stagnation of gas, and pain in the thorax and diaphragm. It clears a stuffy nose.

Li Gao: It relieves nausea due to invasion of pathogenic Cold.

Li Shizhen: It is good for treating aphtha of the tongue and lips, and eliminates pink inflamed eye with swelling and pain.

[Explication]

Wang Haogu: Jiegeng/radix platycodi/platycodon root, slightly warm in quality, bitter and pungent in taste, is a drug with a thick taste and thin quality. It is the Yin in the Yang, with a tendency to ascend. It functions on the Vital Energy system of the Lung Channel of Hand Initial Yin and the Kidney Channel of Foot Lesser Yin.

Zhang Yuansu: Jiegeng/radix platycodi/platycodon root clears the Lung, and facilitates the function of the throat. As it is white, it works as a guiding drug in the Lung Channel. Working together with Gancao/radix glycyrrhizae/liquorice root, it functions as a boat transporting drugs to function at the right locations. For example, Dahuang/radix et rhizoma rhei/rhubarb, a strong purgative with a bitter taste, can be led to function at the upper portion of the chest by adding drugs of pungent and sweet taste. This is like transporting metal and stone on a river. The boat is the carrier. Therefore, when Jiegeng/radix platycodi/platycodon root is added to a group of drugs, it works to keep them afloat.

Li Shizhen: In *Huoren Shu* of Zhu Gong, there is a prescription for treating Vital Energy stagnation and fullness in the chest without pain, in which both Jiegeng/radix platycodi/platycodon root and Zhiqiao/fructus aurantii/bitter orange are used. This is because both drugs have the function of facilitating Vital Energy in the Lung and the Diaphragm, and bringing down stagnated gas. In Master Zhang Zhongjing's *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, there is a prescription for treating blocked-up chest due to excessive Cold in which the following drugs are used: Jiegeng/radix platycodi/platycodon root, Beimu/bulbus fritillaria thunbergii/cirrhosa/bulb of thunberg/tendrilleaf fritillary and Badou/fructus crotonis/croton seed. Such drugs have the function of warming the interior, helping digestion and dissolving stagnation. Also, there is a prescription

肺，甘温泻火，又能排脓血、补内漏也。其治少阴证二三日咽痛，亦用桔梗、甘草，取其苦辛散寒，甘平除热，合而用之，能调寒热也。后人易名甘桔汤，通治咽喉口舌诸病。宋仁宗加荆芥、防风、连翘，遂名如圣汤，极言其验也。按王好古医垒元戎载之颇详，云失音加诃子，声不出加半夏，上气加陈皮，涎嗽加知母、贝母，咳渴加五味子，酒毒加葛根，





for treating pulmonary abscess with expecoration of pus in which Jiegeng/radix platycodi/platycodon root and Gancao/radix glycyrrhizae/liquorice root are both used. This is because both drugs have the function of purging the Lung. Being bitter and pungent, and eliminating Heat, being sweet and warm. They can dispel pus and eliminate internal hemorrhage. To treat Lesser Yin syndrome on the second and third day with sore throat, both Jiegeng/radix platycodi/platycodon root and Gancao/radix glycyrrhizae/liquorice root are used. This is because both drugs can disperse Cold as they are bitter and pungent, and eliminate Heat as they are sweet and plain. When they are used together, they can balance Cold and Heat. Scholars in later times changed the name of this prescription to Ganjie Tang (Decoction of Gancao/radix glycyrrhizae/liquorice root and Jiegeng/radix platycodi/platycodon root). It has become a general recipe for treating various kinds of diseases of the throat, oral cavity and tongue. Emperor Renzhong of the Song Dynasty added the following drugs to the prescription, and renamed it Rusheng Tang:

Jingjie/herba schizonepetae/herb of fineleaf schizonepeta,
Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia, and
Lianqiao/fructus forsythiae/capsule of weeping forsythia.

The emperor commented that this was a very effective prescription, and regarded it highly. Wang Haogu, in his *Yilei Yuanrong*, further explored the prescription. He provided the following additions to the possible complications listed below:

If there is aphonia, add Hezi/fructus chebulae/fruit of medicine terminalia;

If there is loss of voice, add Banxia/rhizoma pinelliae/pinellia tuber;

If there is dyspnea, add Chenpi/pericarpium citri reticulatae/peel;

Coughing with salivation requires the addition of Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena and Beimu/bulbus fritillaria thunbergii/bulb of thunberg fritillary;

Coughing and thirst need the addition of Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine;

For treating alcoholism, Gegen/radix peurariae/root of lobed kudzu-vine should be added;



少气加人参，呕加半夏、生姜，唾脓血加紫菀，肺痿加阿胶，胸隔不利加枳壳，心胸痞满加枳实，目赤加栀子、大黄，面肿加茯苓，肤痛加黄耆，发斑加防风、荆芥，疫毒加鼠粘子、大黄，不得眠加栀子。〔震亨曰〕干咳嗽，乃痰火之邪郁在肺中，宜苦梗以开之。痢疾腹痛，乃肺金之气郁在大肠，亦宜苦梗开之，后用痢药。此药能开提气血，故气药中宜用之。

〔附方〕旧十，新八。（略）



If there is shortness of breath, Renshen/radix ginseng/ginseng root should be added;

If there is nausea and retching, Banxia/rhizome pinelliae/pinellia tuber and Shengjiang/rhizome zingiberis recens/fresh ginger should be added;

If there is expectoration of bloody pus, add Ziwan/radix asteris/root of tatarian aster;

If there is pulmonary flaccidity, add Ejiao/colla corii asini/ass-hide glue;

Zhiqiao/fructus aurantii/bitter orange should be added if there is an uneasy feeling in the chest and diaphragm;

Inflamed eye requires Zhizi/fructus gardeniae/fruit of cape jasmine and Dahuang/radix et rhizome rhei/rhubarb;

A puffy face needs Fuling/poria/Indian bread;

If there is pain in the skin, Huangqi/radix astragali/root of membranous milkvetch should be added;

If there is a skin rash, add Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia and Jingjie/herba schizonepetae/herb of fineleaf schizonepeta;

In the case of epidemics and toxins, add Shunianzi/fructus arctii/achene of great burdock and Dahuang/radix et rhizome rhei/rhubarb; and,

If there is insomnia, add Zhizi/fructus gardeniae/fruit of cape jasmine.

Zhu Zhenheng: Dry coughing is an indication of pent-up Fire and phlegm accumulating in the Lung, which needs to be opened up. Jiegeng/radix platycodi/platycodon root is the right drug. Abdominal pain in a case of dysentery is the outcome of stagnating Vital Energy of the Lung Metal element in the Large Intestine. Jiegeng/radix platycodi/platycodon root can dissolve the stagnation. So Jiegeng/radix platycodi/platycodon root can also be used as a drug for treating dysentery. As this drug is good for regulating the blood and Vital Energy, it is often used for Vital Energy regulation.

[Prescriptions]

10 prescriptions collected previously, and eight prescriptions collected recently.

长松（拾遗）

【释名】

仙茆。

〔时珍曰〕其叶如松，服之长年，功如松脂及仙茆，故有二名。

【集解】

〔藏器曰〕长松生关内山谷中，叶似松，叶上有脂，山人服之。〔时珍曰〕长松生古松下，根色如荠苳，长三五寸，味甘微苦，类人参，清香可爱。按张天觉文集云：僧普明居五台山，患大风，眉发俱堕，哀苦不堪。忽遇异人，教服长松，示其形状。明采服之，旬余毛发俱生，颜色如故。





CHANGSONG*

CHANGSONG

— *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi).*

[Explanation of Names]

XIANMAO

Li Shizhen: Its leaf is similar to that of a pine tree, and long-term taking of the drug can prolong the life span. It has a similar function to that of Songzhi/colophonium/colophony and Xianmao.** Hence the name Changsong and Xianmao (Chang=long, Song=pine, which is a symbol of long life).

[Previous Explanations]

Chen Cangqi: Changsong is produced in the mountain valleys of the Guannei area. Its leaf is similar to pine leaf, and it also produces resin. People living in that mountain area eat it.

Li Shizhen: Changsong grows under ancient pine trees. Its root is similar to that of Jini/radix adenophorae trachelioidis/root of apricotleaf ladybell, three to five *cun* long. It is sweet and slightly bitter, similar to Renshen/radix ginseng/ginseng root, very lovely and delicious. *Zhang Tian Juejiao Ji* records the following: Monk Pu Ming, living on Mount Wutai, suffered from leprosy, and his eyebrows and hair all fell out. He suffered a lot from the ailment. One day he met a hermit, who introduced him to Changsong. Some ten days after taking the drug, the monk's hair and eye-

*Could be Gangsong/baeckea frutescens L. according to *Zhongyao Da Cidian (Dictionary of Chinese Pharmacopia)*.

**Xianmao has the same pronunciation as the drug Xianmao/rhizome curculiginis/rhizome of common curculigo. So here it means the latter.



今并代间土人，多以长松杂甘草、山药为汤煎，甚佳。然本草及方书皆不载，独释慧祥清凉传始叙其详如此。韩悉医通云：长松产太行西北诸山，根似独活而香。

根【气味】

甘，温，无毒。

【主治】

风血冷气宿疾，温中去风藏器。治大风恶疾，眉发堕落，百骸腐溃。每以一两，入甘草少许，水煎服，旬日即愈。又解诸虫毒，补益长年时珍。

【附方】

新一。（略）



brows grew again, and he recovered from his disease. Now local people in Bingzhou and Daizhou take this drug together with Gancao/radix glycyrrhizae/liquorice root and Shanyao/rhizome dioscoreae/rhizome of common yam by decocting them. It works very effectively. But this drug is not recorded in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) and other Bencao works. Only in Shi Huixiang's *Qingliang Zhuan* is it recorded. According to *Hanmao Yitong*, Changsong is produced in the mountains of Taihang and the northwest area. Its root is similar to that of Duhuo/radix et rhizome angelicae pubescentis/root and rhizome of double-teeth pubescent angelica, but has a fragrant flavor.

CHANGSONGGEN

Root of Changsong

[Quality and Taste]

It is sweet, warm and nontoxic.

[Indications]

Chen Cangqi: It is good for treating chronic disease due to attack of pathogenic Wind, Cold and blood stasis. It warms the interior, and disperses invading pathogenic Wind.

Li Shizhen: It is good for treating leprosy and malignant diseases with falling out of the hair and eyebrows, and ulceration of the bones. Stew one *liang* of the drug with a little Gancao/radix glycyrrhizae/liquorice root to make a decoction. Drink the decoction for ten days. The syndrome will be gone. It also neutralizes the toxins of various parasites. It is a good tonic that brings long life to the person who takes it.

[Prescriptions]

One prescription collected recently.

黄精（别录上品）

【释名】

黄芝瑞草经。戊己芝五符经。菟竹别录。鹿竹别录。仙人余粮弘景。救穷草别录。米铺蒙筌。野生姜蒙筌。重楼





HUANGJING

Solomonseal

Polygonatum kingianum Coll. et Hemsl.

Polygonatum sibiricum Red.

Polygonatum cyrtoneura Hua.

— Drug of superior class in *Mingyi Bielu* (*Records of Famous Doctors*).

[Rectification]

Jiuhuangcao in *Bencao Shiyi* (*Supplement to Materia Medica by Chen Cangqi*) is included in this section.

[Explanation of Names]

HUANGZHI

— *Ruicao Jing*.

WUJIZHI

— *Wufu Jing*.

TUZHU

— *Mingyi Bielu* (*Records of Famous Doctors*).

LUZHU

— *Mingyi Bielu* (*Records of Famous Doctors*).

XIANRENYULIANG

— Tao Hongjing.

JIUQIONGCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

MIPU

— *Bencao Mengquan* (*Introductory Materia Medica*).

YESHENGJIANG

— *Bencao Mengquan* (*Introductory Materia Medica*).



别录。鸡格别录。龙衔广雅。垂珠。

〔颂曰〕隋时羊公服黄精法云：黄精是芝草之精也，一名葳蕤，一名白及，一名仙人余粮，一名苟格，一名马箭，一名垂珠，一名菟竹。〔时珍曰〕黄精为服食要药，故别录列于草部之首，仙家以为芝草之类，以其得坤土之精粹，故谓之黄精。五符经云，黄精获天地之淳精，故名为戊己芝，是此义也。余粮、救穷，以功名也。鹿竹、菟竹，因叶似竹，而鹿兔食之也。垂珠，以子形也。陈氏拾遗救荒草即此也，今并为一。〔嘉谟曰〕根如嫩姜，俗名野生姜。九蒸九曝，可以代粮，又名米铺。



CHONGLOU

— *Mingyi Bielu (Records of Famous Doctors)*.

JIGE

— *Mingyi Bielu (Records of Famous Doctors)*.

LONGXIAN

— *Guang Ya*.

CHUIZHU

Su Song: *Yang Gong Fu Huangjing Fa* of the Sui Dynasty said that Huangjing is the essence of precious herbs: It has the following names: Weirui, Baiji, Xianrenyuliang, Gouge, Majian, Chuizhu and Tuzhu.

Li Shizhen: Huangjing/rhizoma polygonati/rhizome of solomonseal is a very important drug among the alchemical drugs. That is why it was listed as the top drug in the Category of Herbs in *Mingyi Bielu (Records of Famous Doctors)*. Taoist alchemists think that it is a kind of precious drug, like Lingzhi/ganoderma lucidum seu japonicum/lucid ganoderma. It is a drug that has been enriched by the essence of the Earth element. And that is why it is named Huangjing (Huang=yellow=earth, Jing=essence). *Wufu Jing* says that Huangjing/rhizoma polygonati/rhizome of solomonseal is a drug that has absorbed the pure essence of Heaven and Earth. Therefore, it is called Wujizhi. It is also named Xianrenyuliang (Yuliang=spare food) and Jiuqiong (rescuing the poor) because the drug can be used in urgent and famine conditions. It is also named Luzhu and Tuzhu (Lu=deer, Zhu=bamboo; Tu=rabbit). That means the leaf of the drug looks like bamboo, and deer and rabbits like to eat it. Chuizhu, meaning hanging pearl, is a name given after the appearance of its seed. *Jiuhuangcao* recorded in *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)* is this drug. That is why it was moved to this section.

Chen Jiamo: Its root is similar to that of Shengjiang/rhizoma zingiberis recens/fresh ginger. Therefore, it is also called Yeshengjiang, or wild Shengjiang/rhizoma zingiberis recens/fresh ginger. After steaming it and drying it in the sun, the drug can be used as food. Hence the name Mipu, or rice store.



【集解】

〔别录曰〕黄精生山谷，二月采根阴干。〔弘景曰〕今处处有之。二月始生，一枝多叶，叶状似竹而短。根似萋薹。萋薹根如荻根及菖蒲，概节而平直；黄精根如鬼白、黄连，大节而不平。虽燥，并柔软有脂润。俗方无用此，而为仙经所贵，根、叶、花、实皆可饵服，酒散随宜，具在断谷方中。其叶乃与钩吻相似，惟茎不紫、花不黄为异，而人多惑之。其类乃殊，遂致死生之反，亦为奇事。〔斆曰〕钩吻真似黄精，只是叶头尖有毛钩子二个，若误服之害人。黄精叶似竹也。〔恭曰〕黄精肥地生者，即大如拳；薄地生者，犹如拇指。萋薹肥根，颇类其小者，肌理形色，大都相似。



[Previous Explanations]

Huangjing/rhizoma polygonati/rhizome of solomonseal is produced in mountain valleys. Its root should be collected in the second month of the year. Dry the root in the shade.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Now the drug can be found everywhere. It begins to sprout in the second month of the year. It has one stem and many leaves. Its leaf is similar to that of Zhuye/fohium bambusae/bamboo leaf. Its root is similar to that of Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal. But there are differences: Weiruigen/radix polygonati odorati/root of fragrant solomonseal is similar to the root of Di/miscanthus sacchariflorus/reed and Shichangpugen/radix acori graminei/root of grassleaf sweet flag. It has many nodes, but is flat and straight. The root of Huangjing is similar to Guijiu/radix dysosmae versipellis/root of common dysosma and Huanglian/radix coptidis root. It has fewer and more protruding nodes. Even in dry weather, it is soft, moist and oily. Medical doctors do not use the drug very much, but it is valued by Taoist alchemists. Its root, leaf, flower and seed can all be used as alchemical drugs. They can be taken in powder form or in medicinal wine. It is recorded in *Duangu Fang*. Its leaf is similar to that of Gouwen/herba gelsemimi elegantis/herb of graceful jessamine. But its stem is not purple, and its flower is not yellow. It is strange that though the two are different many people mix them up. Misuse of the two may endanger the life of the patient. This should be borne in mind.

Lei Xiao: Gouwen/herba gelsemimi elegantis/herb of graceful jessamine is quite similar to Huangjing. The difference is that the tip of the leaf of Gouwen/herba gelsemimi elegantis/herb of graceful jessamine has two small hairy hooks. If it is mistaken as Huangjing/rhizoma polygonati/rhizome of solomonseal, it may prove fatal. The leaf of Huangjing is similar to Zhuye/fohium bambusae/bamboo leaf.

Su Gong: Huangjing/rhizoma polygonati/rhizome of solomonseal produced in fertile soil can grow as big as a human fist, but that produced in barren soil can only grow as large as a thumb. Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal grown in fertile soil may produce rhizomes similar to the small ones of Huangjing/rhizoma polygonati/rhi-



今以鬼白、黄连为比，殊无仿佛。黄精叶似柳及龙胆、徐长卿辈而坚。其钩吻蔓生，叶如柿叶，殊非比类。〔藏器曰〕黄精叶偏生不对者名偏精，功用不如正精。正精叶对生，钩吻乃野葛之别名，二物殊不相似，不知陶公凭何说此？〔保昇曰〕钩吻一名野葛，陶说叶似黄精者当是。苏说叶似柿者，当别是一物。〔颂曰〕黄精南北皆有，以嵩山、茅山者为佳。三月生苗，高一二尺以来。叶如竹叶而短，两两相对。茎梗柔脆，颇似桃枝，本黄末赤。四月开细青白花，状如小豆花。结手白如黍粒，亦有无子者。根如嫩生姜而黄色，二月采根，蒸过暴干用。今遇八月采，山中人九蒸九暴作果卖，黄黑色而甚甘美。其苗初生时，人多采为菜茹，谓



zome of solomonseal, with similar texture, shape and color. But it is comparable with that of Huanglian/*rhizoma coptidis/coptis rhizome* and Guijiu/*rhizoma dysosmae versipellis/rhizome* of common dysosma. Actually, it is not at all similar to them. The leaf of Huangjing is similar to Liuye/*folium salicis baryloniae/leaf of babylon weeping willow*, Longdancao/*folium gentianae/Chinese gentian leaf* and Xuchangqing/*folium cynanchi paniculati/leaf of paniculate swallowwort*, but it is tougher. Gouwen/*herba gelsemimi elegantis/herb of graceful jessamine* has vines with leaves similar to Shiye/*folium kaki/leaf of persimmon*. How can it be compared to the former?

Chen Cangqi: Huangjing with leaves grow in opposition is the top-quality drug, and that with leaves grown not in opposition is less effective. Gouwen/*herba gelsemimi elegantis/herb of graceful jessamine* is another name for Yege. It is a drug quite different from the former. How could Master Tao Hongjing make such a comparison?

Han Baosheng: Gouwen/*herba gelsemimi elegantis/herb of graceful jessamine* is also called Yege. What Tao Hongjing says about its leaf being similar to that of Huangjing is correct. What Su Gong says about the similarity between the leaves of Huangjing and persimmon is groundless. He might mean something else.

Su Song: Huangjing/*rhizoma polygonati/rhizome of solomonseal* is produced in both the north and the south of the country. That produced on Mounts Songshan and Maoshan is the best. It sprouts in the third month of the year, and has a stem one to two *chi* tall. Its leaves are similar to Zhuye/*folium bambusae/bamboo leaf* but a little shorter and grown in opposition in pairs. Its stalk and twig are soft and crispy, and the latter looks like Taozhi/*caulis persicae/tender twig of peach*. It is yellow, but red at the tip. In the fourth month of the year, small blue-white flowers bloom, which are similar to Chixiaodouhua/*flos phaseoli/rice bean flower*. Its seed is similar to that of millet, but it is white. There is a species that does not bear seeds. Its root is similar to that of tender yellow ginger. The root should be collected in the second month. Steam the root, and dry it in the sun. Now people collect the root in the eighth month of the year. People living in the mountains collect it and steam it, and then dry it in the sun. The process is repeated nine times. They sell the product as fruit, yellow and black. It is



之笔菜，味极美。江南人说黄精苗叶稍类钩吻，但钩吻叶头极尖而根细，而苏恭言钩吻蔓生，恐南北所产之异耳。〔时珍曰〕黄精野生山中，亦可劈根长二寸，稀种之，一年后极稠，子亦可种。其叶似竹而不尖，或两叶、三叶、四、五叶，俱对节而生。其根横行，状如萎蕤，俗采其苗炸熟，淘去苦味食之，名笔管菜。陈藏器本草言青粘是萎蕤，见萎蕤发明下。又黄精、钩吻之说，陶弘景、雷斅、韩保昇皆言二物相似。苏恭、陈藏器皆言不相似。苏颂复设两可之辞。今考神农本草、吴普本草，并言钩吻是野葛，蔓生，其茎如箭，与苏恭之说相合。张华博物志云：昔黄帝问天老曰：天地所生，有食之令人不死者乎？天老曰：太阳之草名黄精，食之可以长生；太阴之草名钩吻，不可食之，入口立死。人信钩吻杀人，不信黄精之益寿，不亦惑乎？按此但以黄精、



very delicious. When the seedling first grows, local people collect it, and take it as a vegetable. It is locally called Bicai, or brush-pen vegetable, a very delicious dish. People in the south say that the leaf of Huangjing is similar to that of Gouwen/herba gelsemimi elegantis/herb of graceful jessamine. But actually they are not very similar. The leaf of Gouwen/herba gelsemimi elegantis/herb of graceful jessamine is very sharp, and its root is very thin. Su Gong says that Gouwen/herba gelsemimi elegantis/herb of graceful jessamine has vines. The species of the drug may differ from north to south.

Li Shizhen: Huangjing grows in the wild. But it can be cultivated too. Break open a root two *cun* long, and plant it in a field. After one year, it can develop into a thick tussock. Its seed can also be planted. Its leaf is similar to Zhuye/folium bambusae/bamboo leaf, but it is pointed at the tip. The leaves grow in opposition, with two, three, four or five in one group. Its root develops horizontally, similar to that of Weirui/fragrant solomonseal. The local people collect its leaf, and boil it and wash away its bitter taste to make a dish. It is locally called Biguancai, or vegetable similar to a pen shaft. In *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)*, it is recorded that Qingnian is Weirui. See the details in the Explication of Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal. About the argument of the similarities between Huangjing and Gouwen/herba gelsemimi elegantis/herb of graceful jessamine, Tao Hongjing, Lei Xiao and Han Baosheng all thought that they were similar. But Su Gong and Chen Cangqi did not think so. Su Song did not make a clear distinction. After studying *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* and *Wu Pu Bencao (Wu Pu's Herbal)*, all said that Gouwen/herba gelsemimi elegantis/herb of graceful Jessamine, also called Yege, has vines, and its stem is similar to an arrow shaft. This is the same as what Su Gong said. Zhang Hua, in his *Bowu Zhi*, says that the Yellow Emperor once asked the Lord of Heaven: Is there anything produced by Heaven and Earth that can make a human being live for ever? The Lord of Heaven replied: The herb of Greater Yang is named Huangjing. Taking the herb can prolong one's life. The herb of Greater Yin is called Gouwen. Once it is taken, the person may die. It is strange that all know that Gouwen/herba gelsemimi



钩吻相对待而言，不言其相似也。陶氏因此遂谓二物相似，与神农所说钩吻不合。恐当以苏恭所说为是，而陶、雷所说别一毒物，非钩吻也。历代本草惟陈藏器辨物最精审，尤当信之。余见钩吻条。

根【修治】

〔斆曰〕凡采得以溪水洗净蒸之，从巳至子，薄切暴干用。〔颂曰〕羊公服黄精法：二月、三月采根，入地八九寸为上。细切一石，以水二石五斗，煮去苦味，漉出，囊中压取汁，澄清再煎，如膏乃止。以炒黑黄豆末，相和得所，捏作饼子，如钱大。初服二枚，日益之。亦可焙干筛末，水

elegantis/herb of graceful jessamine may kill a person. But few know that Huangjing/rhizoma polygonati/rhizome of somomonseal may prolong the life of a human being. These two drugs were recorded together because they were compared. There is no reason for Tao Hongjing to think that they were similar to each other. What Tao Hongjing said is not in conformity with what *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* records. It seems that what Su Gong said is correct. What Tao Hongjing and Lei Xiao described (a herb similar to Huangjing) could be another drug that is poisonous. It is definitely not Gouwen/herba gelsemimi elegantis/herb of graceful jessamine. Among all the Bencao writers, Chen Cangqi is one who made very careful differentiations of all drugs. What he says about drugs in his *Bencao Shiyi (Supplement to Materia Medica by Chen Cangqi)* is reliable. See more explanations in Gouwen/herba gelsemimi elegantis/herb of graceful jessamine.

HUANGJINGGEN

Rhizome of solomonseal

Rhizoma polygonati

[Preparation]

Lei Xiao: After collecting the drug, it should be cleaned with stream water and then steamed from Sishi (the hours 9-11) to Zishi (the hours 23-1). Cut the drug into thin slices, and dry them in the sun.

Su Song: Master Yang Gong's method of processing Huangjing/rhizoma polygonati/rhizome of somomonseal (in the book *Yang Gong Fu Huangjing Fa*): Collect the root (rhizome) in the second and third months of the year. Dig about eight or nine *cun* into the ground. Cut one *dan* of the drug into fine slices. Stew the drug in 2.5 *dan* of water to get rid of its bitter taste. Take the drug out, and put it in a big bag. Press the bag to squeeze the juice out. Filter the juice, and stew it again until it condenses into paste. Blend the paste with powder of Huangdou/sojae/soybean seed (stir-fried until it turns black), and then make small cakes the size of coins. At first, take two pieces per dose and then increase the dosage day by day. It can also be baked and then ground to powder. Take the powder with water.





服。〔洗曰〕饵黄精法，取甕子去底，釜内安置得所，入黄精令满，密盖，蒸至气溜，即暴之。如此九蒸九暴。若生则刺人咽喉。若服生者，初时只可一寸半，渐渐增之，十日不食，服止三尺五寸。三百日后，尽见鬼神，久必升天。根、叶、花、实皆可食之，但以相对者是正，不对者名偏精也。

【气味】

甘，平，无毒。

〔权曰〕寒。〔时珍曰〕忌梅实，花、叶、子并同。

【主治】

补中益气，除风湿，安五脏。久服轻身延年不饥别录。补五劳七伤，助筋骨，耐寒暑，益脾胃，润心肺。单服九蒸九暴食之，驻颜断谷大明。补诸虚，止寒热，填精



Meng Xian: *Er Huangjing Fa (Way to Take Huangjing)*: Remove the bottom of a jar, and put it into a steamer. Fill the jar with Huangjing/rhizoma polygonati/rhizome of solomonseal. Cover the jar and pot closely. Heat until steam comes out profusely. Take out the drug and dry it in the sun. Repeat nine times. This is the well processed drug. If the drug is taken in crude form, it will irritate the throat. The way to take the crude drug is as follows: At first only a piece as long as 1.5 *cun* can be taken. Then increase the length of the drug day by day. For ten days, no food should be taken. Increase the dosage to 35 *cun* of the drug per day. After 300 days, the person will be able to see immortals and ghosts with his own eyes. Sooner or later, he will be able to ascend to Heaven. The root, flower, leaf and seed of the drug can all be used in medicine. But the herb with leaves grown in opposition is the top quality drug, while that with leaves not grown in opposition is only of secondary quality, and is called Pianjing.

[Quality and Taste]

It is sweet, plain and nontoxic.

Zhen Quan: It is cold.

Li Shizhen: Meishi/fructus mume/fruit of Japanese apricot — including its flower, leaf and seed — is prohibited when taking this drug.

[Indications]

It replenishes interior and the Vital Energy, disperses pathogenic Wind and Humidity, and pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). Long-term taking of the drug makes one happy, not feel hungry and enjoy a long life.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It treats five overstrains and seven damages. It replenishes the tendons and bones, and makes the patient more resistant to cold and hot weather. It replenishes the Spleen and Stomach, and moistens and nourishes the Heart and Lung. The drug can be taken independently: Steam it and then dry it in the sun. Repeat nine times. Taking it over a long period of time will make one look always young and able to live without eating anything for a certain period of time.



髓，下三尸虫时珍。

【发明】

〔时珍曰〕黄精受戊己之淳气，故为补黄宫之胜品。土者万物之母，母得其养，则水火既济，木金交合，而诸邪自去，百病不生矣。神仙芝草经云：黄精宽中益气，使五脏调良，肌肉充盛，骨髓坚强，其力增倍，多年不老，颜色鲜明，发白更黑，齿落更生。又能先下三尸虫：上尸名彭质，好宝货，百日下；中尸名彭矫，好五味，六十日下；下尸名彭居，好五色，三十日下，皆烂出也。根为精气，花实为飞英，皆可服食。又按雷氏炮炙论序云：驻色延年，精蒸



Li Shizhen: It replenishes deficient condition of various kinds, stops chills and fevers, replenishes the Vital Essence and marrow, and purges Sanshichong.*

[Explication]

Li Shizhen: Enriched by the Wu and Ji elements, Huangjing/rhizoma polygonati/rhizome of solomonseal is a wonder drug that replenishes the Yellow Palace (Huanggong, the Spleen and Stomach). The Earth is the mother of all things. Nourished by their mother, the internal organs will all be in harmony, with balanced Water and Fire and interaction of Wood and Metal. When a person is in such a condition, he will be free from all diseases. *Shenxian Zhicao Jing* says that Huangjing/rhizoma polygonati/rhizome of solomonseal is a drug that relieves epigastric distention, and reinforces the Vital Energy. It harmonizes the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), makes the muscles strong, and consolidates the bones and marrow. The person will have much more strength, and look much younger, with lustrous complexion. His white hair will turn black, and teeth which have fallen out will grow again. It will purge the Sanshichong, the three haunting agents: The upper agent is called Pengzhi. It makes the person adore precious things. It requires taking of the drug for 100 days to purge it. The middle agent is called Pengjiao. It makes one addicted to fine flavors. It requires taking of the drug for 60 days to purge it. The lower agent is called Pengju. It makes the person infatuated with sex and the five colors. Thirty days are needed to drive it away. After taking the drug, all the three agents will be purged and defecated in the form of mucous substance. The root of the drug is called Jingqi, and its flower and seed are called Feiying. It can be served as life prolongation drug. In the preface to *Lei Gong Paozhilun (Lei Gong's Treatises on the Preparation of Drugs)*, it is recorded that to preserve youthful looks and live a long life, steam Huangjing/rhizoma polygonati/rhizome of solomonseal with Shen-

*Sanshichong, understood by Taoists to be a kind of spirit haunting patient. It can be further divided into three haunting agents — the upper, the middle and the lower agents.



神锦。注云：以黄精自然汁拌研细神锦，于柳木甑中蒸七日，以木蜜丸服之。木蜜，枳椇也。神锦不知是何物，或云朱砂也。〔禹锡曰〕按抱朴子云：黄精服其花胜其实，服其实胜其根。但花难得，得其生花十斛，干之才可得五六斗尔，非大有力者不能办也。日服三合，服之十年，乃得其益。其断谷不及术。术饵令人肥健，可以负重涉险；但不及黄精甘美易食，凶年可与老少代粮，谓之米脯也。〔慎微曰〕徐鉉稽神录云：临川士家一婢，逃入深山中，久之见野草枝叶可爱，取根食之，久久不饥。夜息大树下，闻草中动，以为虎攫，上树避之。及晓下地，其身欻然凌空而去，若飞鸟焉。数岁家人采薪见之，捕之不得，临绝壁下网围之，俄而腾上山顶。或云此婢安有仙骨，不过灵药服食尔。



jin. Its annotation further explains: Blend fine Shenjin with natural juice of Huangjing/rhizoma polygonati/rhizome of solomonseal. Steam in a steaming pot made of willowwood for seven days. Then make pills with Mumi (juice of Zhijuzi/fructus hoveniae/fruit of Japanese raisin tree). Shenjin is not known. Some say it is Zhusha/cinnabaris/cinnabar.

Zhang Yuxi: Master Ge Hong in his book *Baopuzi* says that to eat the flower of Huangjing is better than to eat its seed, and to eat its seed is better than to eat its root (rhizome). But it is not easy to get a sufficient quantity of the flowers. Ten *hu* of fresh flowers can only make five to six *dou* of dry flowers, only five percent of the fresh ones. Only rich people can afford to eat them. Three *ge* of the flowers should be taken daily for 10 years. When this drug is compared with Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes, the latter has an even stronger function to enable a person to survive without eating. Long-term taking of Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes makes one become stout and capable of walking long distances carrying heavy burdens. But it is not very tasty or easy to take. In times of famine, Huangjing/rhizoma polygonati/rhizome of solomonseal can be served to the old and young to substitute for the shortage of food. It is thus called Mipu, or substitute for rice.

Tang Shenwei: *Xu Xuan Jishen Lu* records that a maid in a big family in Linchuan escaped one day into the mountains. Deep in the mountains, she saw a kind of very attractive herb. She ate its root. After a period of time, she was no longer feeling hungry. One night, while she was sleeping under a big tree, she was woken by a sound in the bushes. Fearing that it could be a tiger, she climbed the tree. The next morning, when she wanted to get down, she found herself flying like a bird. Several years later, when a member of the family was gathering firewood he recognized her. He gathered people together to try to catch her. But it was not easy to do so. Finally, they placed a big net against a steep cliff, trying to drive her there and trap her. But the girl flew to the top of the mountain. The family all thought that this maid must have the bones of a fairy. It was actually due to the taking of the wonder drug. Then they placed delicious food and wine in the middle of the road where she always passed. After consuming the feast, she

遂以酒饵置往来之路，果来，食讫，遂不能去，擒之，具述其故。指所食之草，即是黄精也。

【附方】

旧一，新四。(略)



was no longer able to fly, and was caught. She then told how she had eaten the herb, which turned out to be Huangjing/rhizoma polygonati/rhizome of solomonseal.

[Prescriptions]

One prescription collected previously, and four prescriptions collected recently.



萎蕤（本经上品）

【释名】

女萎本经。葳蕤吴普。萎蕤音威移。委萎尔雅。萎香纲目。荧尔雅。音行。玉竹别录。地节别录。

〔时珍曰〕按黄公绍古今韵会云：葳蕤，草木叶垂之貌。此草根长多须，如冠缨下垂之缕而有威仪，故以名之。凡羽盖旌旗之缨缕，皆象葳蕤，是矣。张氏瑞应图云：王者礼备，则葳蕤生于殿前。一名萎香。则威仪之义，于此可





WEIRUI

Fragrant solomonseal

Polygonatum odoratum (Mill.) Druce var. *pluriflorum* (Miq.) Ohwi.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

NÜWEI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

WEIRUI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

WEIYI

WEIWEI

— *Er Ya*.

WEIXIANG

— *Bencao Gangmu* (*Compendium of Materia Medica*).

XING

— *Er Ya*.

YUZHU

— *Mingyi Bielu* (*Records of Famous Doctors*).

DIJIE

— *Mingyi Bielu* (*Records of Famous Doctors*).

Li Shizhen: Huang Gongshao's *Gujin Yunhui*: Weirui, two characters depicting a plant with drooping leaves. The root of this drug has many fine roots attached to the main root, similar to a tassel on a warrior's helmet, official's hat or banner. Hence the name. *Zhangshi Ruiying Tu* says that when a monarch behaves in conformity with all the rituals, the drug Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal will grow in front of his shrine. Another name of the drug is Weixiang. So the names



见。别录作姜蕤，省文也。说文作姜蕤，音相近也。尔雅作委姜，字相近也。其叶光莹而象竹，其根多节，故有荧及玉竹、地节诸名。吴普本草又有乌女、虫蝉之名。宋本一名马熏，即乌姜之讹者也。

【正误】

〔弘景曰〕本经有女姜无姜蕤，别录无女姜有姜蕤，而功用正同，疑女姜即姜蕤，惟名异尔。〔恭曰〕女姜功用及苗蔓与姜蕤全别。今本经朱书是女姜功效，故别录墨书乃姜蕤功效也。〔藏器曰〕本草女姜、姜蕤同传。陶云是一物。苏云二物不同，于中品别出女姜一条。然其主霍乱泄痢肠鸣，正与上品女姜相合，则是更非二物矣。〔颂曰〕观古方书所用，胡洽治时气洞下有女姜丸，治伤寒冷下结肠丸中用女姜，治虚劳下痢小黄耆酒中加女姜，详此数方所用，乃似中品女姜，缘其性温主霍乱泄痢故也。又治贼风手



of the drug are related to the matter of dignity. In *Mingyi Bielu (Records of Famous Doctors)* it is called Weirui. In *Shuowen Jiezi* it is written as Weiyi, a very close pronunciation. In *Er Ya* it is called Weiwei, two similar characters. Its leaf is bright and lustrous, and similar to Zhuye/foolium bambusae/bamboo leaf. Its root has many nodes. It therefore has the names Xing, Yuzhu and Dijie. In *Wu Pu Bencao (Wu Pu's Herbal)* it is recorded as Wunü and Chongchan. In a *Bencao* work of the Song Dynasty it is also called Maxun, another name for Wuwei.

[Corrections]

Tao Hongjing: In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. Nüwei is recorded but not Weirui. But in *Mingyi Bielu (Records of Famous Doctors)*, there is Weirui but no Nüwei. Both drugs are recorded as having similar functions and effects. So it is likely that Nüwei is Weirui, one drug with two names.

Su Gong: The function and effect of Nüwei and its seedlings and vine are completely different from those of Weirui. The functions and effects of Nüwei in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* are written in red ink. But in *Mingyi Bielu (Records of Famous Doctors)*, the functions and effects of Weirui are written in black ink.

Chen Cangqi: Both Nüwei and Weirui are recorded in *Bencao* works. Tao Hongjing thought the two names indicated one drug. But Su Gong thought differently. So he has Nüwei as an independent entry in the drugs of medium class. But the function of Weirui in treating cholera, diarrhea and dysentery with intestinal booming sound coincides with that of Nüwei. Therefore, it is certain that both names indicate the same thing.

Su Song: Doctor Hu Qia had a prescription named Nüwei Wan for treating watery dysentery due to attack of an epidemic, and use Nüwei in the prescription of Jiechang Wan for treating cold dysentery in febrile disease caused by Cold. In treating dysentery due to consumptive disease, Nüwei is included in the prescription of Xiao Huangqi Jiu. According to the functions of the above prescriptions, it seems that the drug used is Nüwei, a drug of the medium class. As it is a drug of warm quality, it is good for treating cholera, diarrhea and dysentery. Nüwei is also used in the



足枯痹四肢拘挛茵陈酒中用女萎，古今录验治身体痲痲斑驳有女萎膏，乃似上品本经朱书女萎，缘其主中风不能动摇及去疢好色故也。又治伤寒七、八日不解续命鳖甲汤，及治脚弱鳖甲汤，并用萎蕤，及延年方治风热项急痛四肢骨肉烦热有萎蕤饮，又主虚风热发即头热有萎蕤丸，乃似上品别录墨书萎蕤，缘其主虚热湿毒腰痛故也。三者既别，则非一物明矣。且萎蕤甘平，女萎辛温，安得为一物？〔时珍曰〕本经女萎，乃尔雅委萎二字，即别录萎蕤也，上古钞写讹为女萎尔。古方治伤寒风虚用女萎者，即萎蕤也，皆承本草之讹而称之。诸家不察，因中品有女萎名字相同，遂致费辩如此。



prescription of Yinyu Jiu, a prescription designed to treat paralysis of the hands and feet and contracture of extremities due to attack of pathogenic Wind and vicious agents. In *Gujin Luyan*, there is recorded Nüwei Gao, for treating tinea versicolor. But this seems to be the same as the Nüwei in red ink in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, as the drug has the function of dispersing pathogenic Wind that has paralysed the extremities and eliminating cicatrix. There is also Xuming Biejia Tang for treating febrile diseases caused by Cold that have lasted for seven or eight days. There is also Biejia Tang, for treating weakness in the feet. Weirui is used in the above two prescriptions. In *Yannian Fang* there is recorded Weirui Yin for treating stiff neck and pain in the extremities due to attack of pathogenic Wind and Heat, and Weirui Wan for treating fever in the head due to attack of pathogenic Wind and Heat in a deficient condition. Weirui is used in both prescriptions. This Weirui seems to be that written in black ink in *Mingyi Bielu (Records of Famous Doctors)*, a drug of superior class. This is because both prescriptions are aimed at treating pain in the extremities and lumbago due to attack of pathogenic Heat, Humidity and toxins in a deficient condition. Since the functions of the above listed prescriptions using either Nüwei or Weirui are different from one another, it is quite clear that Nüwei and Weirui are not the same thing. Moreover, Weirui is sweet and plain, and Nüwei is pungent and warm, so how could they be the same thing?

Li Shizhen: Nüwei in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* and Weiwei in *Er Ya* are actually the Weirui recorded in *Mingyi Bielu (Records of Famous Doctors)*. The difference in the characters results from a scribal error in ancient times, a very common occurrence. Nüwei is included in ancient prescriptions for treating febrile diseases caused by Cold and Wind in a deficient condition, but this is actually Weirui. This was a result of a mistake in writing Nüwei in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. Later scholars all followed *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. Scholars argued a lot over the different names of the same drug. So it is clarified here that even though it is written in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* as Nüwei, it is actually the Weirui as recorded in *Mingyi Bielu (Records of Famous Doctors)*.



今正其误，只依别录书萎蕤为纲，以便寻检。

【集解】

〔别录曰〕萎蕤生太山山谷及丘陵，立春后采，阴干。〔普曰〕叶青黄色，相值如姜叶，二月、七月见采。〔弘景曰〕今处处有之。根似黄精，小异。服食家亦用之。〔颂曰〕今滁州、舒州及汉中、均州皆有之。茎干强直，似竹箭杆，有节。叶狭而长，表白里青，亦类黄精。根黄而多须，大如指，长一二尺。或云可啖。三月开青花，结圆实。〔时珍曰〕处处山中有之。其根横生似黄精，差小，黄白色，性柔多须，最难燥。其叶如竹，两两相值。亦可采根种之，极易繁也。嫩叶及根，并可煮淘食茹。



There is another drug called Nüwei, which is good for treating diarrhea and dysentery. It is a kind of creeping herb. See Nüwei.

[Previous Explanations]

Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal is produced in the valleys of Mount Taishan and the hills around it. It should be collected after the solar term the Beginning of Spring (c. February 5). The drug should be dried in the shade.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: The leaf is green-yellow and grows in the same manner as Jiangye/ folium zingiberis/ginger leaf. Its rhizome should be collected in the second and seventh months.

Tao Hongjing: Now the drug is found everywhere. Its root (rhizome) is similar to Huangjing/rhizoma polygonati/rhizome of king solomonseal, but with a slight difference. Taoist alchemists also use this drug.

Su Song: Now the drug is produced in Chuzhou, Shuzhou, Hanzhong and Junzhou. Its stalk is solid and straight, similar to an arrow shaft but with nodes. Its leaf is narrow and long, white on the surface, and green at the back, more or less the same as leaf of king solomonseal. The root is yellow and has plenty of fibrous roots attached. It is as thick as a finger, and one or two *chi* long. Some people say that it can be eaten directly. Its blue or green flowers bloom in the third month. Later, round seeds are formed.

Li Shizhen: The drug is found in mountains everywhere. Its root develops horizontally and is similar to Huangjing/rhizoma polygonati/rhizome of king solomonseal, but a bit smaller and thinner. It is soft and full of fibrous roots of a yellow-white color. It is very difficult to dry the drug. Its leaf looks like Zhuye/folium bambusae/bamboo leaf, and grows in pairs in opposition. The root can be collected and planted, a very easy practice for development. Its tender leaf and root can all be stewed to make a dish.

WEIRUIGEN

Rhizome of fragrant solomonseal

Rhizoma polygonati odorati



根【修治】

〔斆曰〕凡使勿用黄精并钩吻，二物相似。萎蕤节上有须毛，茎斑，叶尖处有小黄点，为不同。采得以竹刀刮去节皮，洗净，以蜜水浸一宿，蒸了焙干用。

【气味】

甘，平，无毒。

〔普曰〕神农：苦。桐君、雷公、扁鹊：甘，无毒。黄帝：辛。〔之才曰〕畏卤碱。



[Preparation]

Lei Xiao: Be careful to differentiate the drug from Huangjing/rhizoma polygonati/rhizome of king solomonseal and Gouwen/herba gelsemimi elegantis/herb of graceful jessamine, as the latter two are similar to the former. On the node of the stalk of Weirui, it is hairy and the stalk has dots. On the tip of the leaf, there are small yellow dots. Remember these differences so as to make a correct differentiation. After collection of the drug, peel off the nodes and bark with a bamboo knife. Wash the drug clean, and soak it in honey water overnight. Then steam the drug and bake it dry.

[Quality and Taste]

It is sweet, plain and nontoxic.

Wu Pu: It is bitter according to Shen Nong. It is sweet and nontoxic according to Tong Jun, Lei Gong and Bian Que. It is pungent according to the Yellow Emperor.

Xu Zhicai: It is incompatible with Lujian/crystallus bittern/bittern crystal.

[Indications]

Nüwei: It is good for treating diseases caused by invasion of pathogenic Wind and excessive Heat that has crippled the extremities, with twitching of the tendons and muscle nodes and an overall deficient condition. Long-term taking of the drug eliminated cicatrices from the face and help the patient to maintain a good complexion. The patient will feel happy and enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

Weirui: Good for dispersing accumulation of gas in the epigastric and abdominal region. It treats lumbago due to attack of pathogenic Humidity, Heat and toxin. It relieves cold feeling in the penis, pain in the eye with shedding of tears and marginal blepharitis.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating epidemic diseases with chills and fevers. It replenishes the interior deficient condition and consumptive diseases, and disperses guest Heat. In cases of headache and restlessness, add



【主治】

女萎：主中风暴热，不能动摇，跌筋结肉，诸不足。久服去面黑黧，好颜色润泽，轻身不老本经。萎蕤：主心腹结气，虚热湿毒腰痛，茎中寒，及目痛眦烂泪出别录。时疾寒热，内补不足，去虚劳客热。头痛不安，加而用之，良甄权。补中益气萧炳。除烦闷，止消渴，润心肺，补五劳七伤虚损，腰脚疼痛。天行热狂，服食无忌大明。服诸石人不调和者，煮汁饮之弘景。主风温自汗灼热，及劳疟寒热，脾胃虚乏，男子小便频数，失精，一切虚损时珍。

【发明】

〔杲曰〕萎蕤能升能降，阳中阴也。其用有四：主风淫四末，两目泪烂，男子湿注腰痛，女子面生黑黧。〔时珍曰〕萎蕤性平味甘，柔润可食。故朱肱南阳活人书，治风温自汗身重，语言难出，用萎蕤汤，以之为君药。予每用治虚劳寒热疟症，及一切不足之证，用代参、耆，不寒不燥，大



this drug to the prescription.

Xiao Bing: It is good for replenishing the interior condition and reinforcing Vital Energy.

Da Ming: It eliminates restlessness and stuffiness, quenches thirst in cases of diabetes, moistens the Heart and Lung, treats five overstrains and seven damages resulting from consumptive disease, relieves pain in the lumbar region and feet, and treats epidemic febrile diseases with mania. There is no taboo.

Tao Hongjing: Where there is a side effect after taking alchemical stone drugs, stew the drug to make a decoction. Drink the decoction.

Li Shizhen: It is good for treating febrile diseases caused by pathogenic Wind and Warmth with fever and spontaneous perspiration, malaria with general debility with chills and fevers, deficient and debilitated Spleen and Stomach, frequent micturition, seminal emission and all types of consumptive diseases.

[Explication]

Li Gao: Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal is a drug that can ascend as well descend, a Yin in the Yang. It has four therapeutic functions: To disperse invading pathogenic Wind from the extremities; to eliminate marginal blepharitis with shedding of tears; to treat lumbago due to attack of pathogenic Humidity; and to treat cicatrices on the face of women.

Li Shizhen: Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal, with plain quality and sweet taste, is a drug that is moistening or nourishing, and is good for the health. There was a prescription called Weirui Tang in *Zhu Gong's Nanyang Huoren Shu*, which was designed to treat febrile diseases caused by pathogenic Wind and Heat with spontaneous perspiration, heaviness in the body and speech difficulty. In this prescription, Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal was used as the principal drug. I often use this prescription to treat consumptive diseases with chills, fevers, chronic malaria and overall deficient condition. This drug can be used as a substitute for Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch.



有殊功，不止于去风热湿毒而已，此昔人所未阐者也。〔藏器曰〕陈寿魏志樊阿传云：青粘一名黄芝，一名地节。此即萎蕤，极似偏精。本功外，主聪明，调血气，令人强壮。和漆叶为散服，主五脏益精，去三虫，轻身不老，变白，润肌肤，暖腰脚，惟有热不可服。晋嵇绍有胸中寒疾，每酒后苦唾，服之得愈。草似竹，取根花叶阴干用。昔华陀入山见仙人所服，以告樊阿，服之寿百岁也。〔颂曰〕陈藏器以青粘即葳蕤。世无识者，未敢以为信然。〔时珍曰〕苏颂注黄精，疑青粘是黄精，与此说不同。今考黄精、萎蕤性味功用大抵相近，而萎蕤之功更胜。故青粘一名黄芝，与黄精同



It is neither hot nor cold, a very mild and effective drug. It is not confined to the well-known function of dispersing pathogenic Wind, Heat, Humidity and toxins. This has not been explored by former scholars.

Chen Cangqi: In Chen Shou's *Weizhi Fan A Zhuan* it is recorded that Qingnian was also called Huangzhi and Dijie. This is Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal. It is very similar to Pianjing (Huangjing/rhizoma polygonati/rhizome of king solomonseal with its leaves not grown in opposition). Besides its efficacy, it is also good for improving the memory, regulating the blood and Vital Energy, and building up the constitution. Blend the drug with Qiye/fohium toxicodendri verniciflora/leaf of true lacquertree to make a medicinal powder. This is a drug that replenishes Vital Energy in the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), disperses the three parasites (or the Sanshichong), and makes the person feel happy and able to enjoy a long life. It turns white hair black, moistens the muscles and skin, and warms the lumbar region and feet. But it is not suitable for a patient who has excessive Heat. Mr. Ji Shao of the Jin Dynasty had a kind of accumulation of cold in his chest, and would suffer from profuse salivation after drinking wine. When this drug was taken, he was cured. This herb looks like bamboo. Its root, flower and leaf can all be used. Dry them in the shade. While Master Hua Tuo was visiting a hermit deep in the mountains, he saw that the immortal-like hermit had this drug. Fan A, his disciple, served him this drug for a long term, and he lived to be 100 years old.

Su Song: Chen Cangqi thought Qingnian was just Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal. But no one knows this drug, so this can not be taken as a definite answer.

Li Shizhen: In Su Song's annotation to the drug Huangjing/rhizoma polygonati/rhizome of king solomonseal, he considers Qingnian to be Huangjing/rhizoma polygonati/rhizome of king solomonseal. This is different from the understanding of the drug Qingnian by Chen Cangqi, who thought it was Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal. After studying both drugs, we find that they have similar functions, and that Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal even has stronger functions. Qingnian has the name Huangzhi,

名；一名地节，与萎蕤同名。则二物虽通用亦可。

【附方】

旧一，新六。（略）





which is also the name of Huangjing/rhizoma polygonati/rhizome of king solomonseal. Qingnian also has the name Dijie, which is another name of the drug Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal. In that case, it seems that Qingnian can be used as a substitute for both Huangjing/rhizoma polygonati/rhizome of king solomonseal and Weirui/rhizoma polygonati odorati/rhizome of fragrant solomonseal.

[Prescriptions]

One prescription collected previously, and six prescriptions collected recently.

知母（本经中品）

【释名】

蚘母本经。音迟。说文作芪。连母本经。蛄母蛄音匙，又音提，或作萋。货母本经。地参本经。水参又名水须，水浚。蕒尔雅。音覃。沆藩音沉烦。苦心别录。儿草别录。又名儿踵草、女雷、女理、鹿列、韭逢、东根、野蓼、昌支。





ZHIMU

Common anemarrhena

Anemarrhena asphodeloides Bge.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

CHIMU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

LIANMU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

SHIMU, or TIMU

HUOMU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

DISHEN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

SHUISHEN, also:

SHUIXU,

SHUIJUN,

XUN.

— *Er Ya*.

CHENFAN

KUXIN

— *Mingyi Bielu* (*Records of Famous Doctors*).

ERCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

Also, it has the following names:

ERZHONGCAO

NÜLEI



〔时珍曰〕宿根之旁，初生子根，状如蚺蝥之状，故谓之蚺母，讹为知母、蛄母也。余多未详。

【集解】

〔别录曰〕知母生河内川谷，二月、八月采根暴干。〔弘景曰〕今出彭城。形似菖蒲而柔润，叶至难死，掘出随生，须枯燥乃止。〔禹锡曰〕按范子云：提母出三辅，黄白者善。郭璞释尔雅云：蕒，蛄母也。生山上，叶如韭。〔颂曰〕今濒河怀、卫、彰德诸郡及解州、滁州亦有之。四月开青花如韭花，八月结实。

根【修治】

〔斆曰〕凡使，先于槐砧上锉细，焙干，木臼杵捣，勿



NÜLI
LULIE
JIUFENG
DONGGEN
YELIAO
CHANGZHI.

Li Shizhen: A lateral root in the shape of Chimang, a kind of worm, grows from the original root. So it is named Chimu (Chi=Chimang, Mu=mother), a drug with a Chimang-like root lateral to the mother root. Later it was mistakenly called Zhimu or Shimu. The sources of the other names are not clear.

[Previous Explanations]

Zhimu is produced in the valleys in Henei. The root (rhizome) should be collected in the second and eighth months. Dry the root in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Now it is produced in Pengcheng. It looks like Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag, but is softer and moister. Its leaf is very difficult to wither. When it is dug out, it can be planted anywhere and it grows again. Only when it is withered and completely dried will it lose its life.

Zhang Yuxi: According to Fan Zi, Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena is produced in Sanfu. The drug with a yellow-white color is the best. In *Guo Pu's Annotation to Er Ya*, it is recorded that Xun, also called Shimu, grows in mountains, and has a leaf similar to that of Jiucail/folium allii tuberosae/leaf of tuber onion.

Su Song: Now the drug is produced in the prefectures close to the Yellow River, and also in Huai, Wei and Zhangde and places like Xiezhou and Chuzhou. In the fourth month, it produces a green flower similar to that of tuber onion. The seeds mature in the eighth month.

ZHIMUGEN

Rhizome of common anemarrhena
Rhizoma anemarrhenae



犯铁器。〔时珍曰〕凡用，拣肥润里白者，去毛切。引经上行则用酒浸焙干，下行则用盐水润焙。

【气味】

苦，寒，无毒。

〔大明曰〕苦、甘。〔权曰〕平。〔元素曰〕气寒，味大辛、苦。气味俱厚，沉而降，阴也。又云：阴中微阳，肾经本药，入足阳明、手太阴经气分。〔时珍曰〕得黄檗及酒良，能伏盐及蓬砂。

【主治】

消渴热中，除邪气，肢体浮肿，下水，补不足，益气本经。疗伤寒久疟烦热，胁下邪气，膈中恶，及风汗内



[Preparation]

Lei Xiao: Chop up the drug on a chopping block made of Japanese pagodatree wood into small pieces, and bake the pieces. Pound the drug in a wooden mortar. Avoid contact with iron things.

Li Shizhen: Select the drug that is big and moist and has a white heart. Peel the hair from the skin. If the drug is intended to function on the upper portion, it should be soaked in wine first and then baked dry. If the drug is intended to work on the lower portion, it should be first soaked in salt water and then baked dry.

[Quality and Taste]

It is bitter, cold and nontoxic.

Da Ming: It is bitter and sweet.

Zhen Quan: It is plain.

Zhang Yuansu: It is cold in quality, very pungent and bitter in taste. It is a drug with both thick quality and taste. It is a Yin drug with sinking and descending quality. Some say it is a drug functioning on the Kidney Channel, a Yin with slight Yang. It functions on the Stomach Channel of Foot Greater Yang and the Vital Energy system of the Lung Channel of Hand Initial Yin.

Li Shizhen: Reinforced by Huangbai/cortex phellodendri/bark of Chinese corktree and wine, the drug works even more effectively. It oppresses salt and Pengsha/borax/borax.

[Indications]

It treats diabetes with thirst and interior Heat. It disperses pathogenic factors and eliminates puffy edema of the extremities. It purges fluid retention, replenishes deficiency and reinforces Vital Energy.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for treating febrile disease caused by Cold complicated by malaria with fever and restlessness, invasion of pathogenic factors at the ribs, uneasy feeling in the diaphragm and interior phlegmon due to attack of pathogenic Wind and perspiration. If a big dose of the drug is given it will cause diarrhea.



疸。多服令人泄别录。心烦躁闷，骨热劳往来，产后蓐劳，肾气劳，憎寒虚烦甄权。热劳传尸疰病，通小肠，消痰止嗽，润心肺，安心，止惊悸大明。凉心去热，治阳明火热，泻膀胱、肾经火，热厥头痛，下痢腰痛，喉中腥臭元素。泻肺火，滋肾水，治命门相火有余好古。安胎，止子烦，辟射工、溪毒时珍。

【发明】

〔权曰〕知母治诸热劳，患人虚而口干者，加用之。〔杲曰〕知母入足阳明、手太阴。其用有四：泻无根之肾火，疗有汗之骨蒸，止虚劳之热，滋化源之阴。仲景用此入白虎汤治不得眠者，烦躁也。烦出于肺，躁出于肾。君



— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating restlessness and vexation with stuffiness, and hectic fever due to Yin deficiency with chills and fevers. It treats general debility during puerperium, consumptive diseases due to Kidney deficiency, aversion to cold and restlessness.

Da Ming: It treats consumptive diseases with invasion of pathogenic Heat, consumptive and infectious diseases and chronic infectious diseases. It facilitates the normal functioning of the Small Intestine, eliminates phlegm and stops coughing, moistens the Heart and Lung, pacifies the Heart, and stops palpitations and fright.

Zhang Yuansu: It eliminates pathogenic Fire and Heat by cooling the Heart and purging Fire from the Urinary Bladder and Kidney. It treats headache with fever and cold extremities, stops dysentery, and relieves lumbago and fishy sensation in the throat.

Wang Haogu: It purges Fire from the Lung, moistens the Kidney and eliminates excessive ministerial Fire from the Gate of Life.

Li Shizhen: It soothes the fetus, and stops restlessness due to pregnancy. It also detoxicates toxins of Shegong.

[Explication]

Zhen Quan: Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena is good for treating consumptive diseases with Heat. Patients suffering from consumptive diseases with parched throat need this drug.

Li Gao: Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena functions on the Stomach Channel of Foot Greater Yang and Lung Channel of Hand Initial Yin. It has four therapeutic effects:

- One: to purge rootless Fire from the Kidney;
 - Two: to treat hectic fever due to Yin deficiency with perspiration;
 - Three: to eliminate pathogenic Heat in cases of consumptive disease;
- and
- Four: to moisten the Yin of the source of life.

Master Zhang Zhongjing used the drug in Baihu Tang to treat insomnia with restlessness and irritation. Restlessness indicates the condition of the Lung, and irritation indicates the condition of the Kidney. Shigao/gypsum



以石膏，佐以知母之苦寒，以清肾之源；缓以甘草、粳米，使不速下也。又凡病小便闭塞而渴者，热在上焦气分，肺中伏热不能生水，膀胱绝其化源，宜用气薄味薄淡渗之药，以泻肺火清肺金而滋水之化源。若热在下焦血分而不渴者，乃真水不足，膀胱干涸，乃无阴则阳无以化，法当用黄檗、知母大苦寒之药，以补肾与膀胱，使阴气行而阳自化，小便自通。方法详载木部黄檗下。〔时珍曰〕肾苦燥，宜食辛以润之。肺苦逆，宜食苦以泻之。知母之辛苦寒凉，下则润肾燥而滋阴，上则清肺金而泻火，乃二经气分药也。黄檗则是肾经血分药。故二药必相须而行，昔人譬之虾与水母，必相依



fibrosum/gypsum is used as the principal drug. Assisted by Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena, it clears Heat from the Kidney. Gancao/radix glycyrrhizae/licuorice root and Gengmi/ultivarietas oryzae sativae/polished round-grained non-glutinous rice are added to slow down the function of descending. Pathological analysis: Dysuria and thirst show that pathogenic Heat is invading the Vital Energy at the upper portion. This is hidden Heat in the Lung that hampers the normal function of producing fluid in the Lung. In this condition, original fluid in the Urinary Bladder is exhausted, causing dysuria and thirst. Threatment: Drugs of thin quality, thin taste and with plain and draining function should be used to clear the Lung Metal so as to moisten the source of the fluid. If the condition is caused by prevalence of pathogenic Heat resting with the blood system in the lower portion, there will be no thirst. This is a case with insufficiency of genuine Water and exhaustion of the Urinary Bladder. To treat such a case, if there is no Yin, Yang will not be able to be transformed. The treatment is the adoption of drugs of great bitter and cold taste and quality to replenish the Kidney and Urinary Bladder. In this way, Yin will be motivated so as to make Yang function. Once Yang works, urination will return to normal. Therapeutic analysis can be found in the section on Huangbai/cortex phellodendri/bark of Chinese corktree.

Li Shizhen: The Kidney will suffer if Dryness prevails. Drugs of pungent taste should be given to moisten this condition. The Lung will suffer if there is an adverse ascent of gas. Drugs of bitter taste should be adopted to bring the condition down. Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena, a drug that is pungent and bitter in taste, and cool and cold in quality, functions on the one hand at the lower portion to moisten dryness in the Kidney to replenish Yin, and on the other hand at the upper portion to clear Lung Metal so as to purge Fire. It is a drug that functions on the Vital Energy system of both the Channels of the Lung and the Kidney. Huangbai/cortex phellodendri/bark of Chinese corktree is a drug that functions on the blood system of the Kidney. Therefore, it is better to have both the drugs used together to give a more satisfactory effect. People say that this is just like the case of Xia (shrimp) and Shuimu, which should always be used together. As to the function of replenishing the Yin of Zhimu/

附。补阴之说，详黄檗条。

【附方】

旧二，新六。（略）



rhizoma anemarrhenae/rhizoma of common anemarrhena, see details in the section of Huangbai/cortex phellodendri/bark of Chinese corktree.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.





肉苁蓉（本经上品）

【释名】

肉松容吴普。黑司命吴普。

〔时珍曰〕此物补而不峻，故有从容之号。从容，和缓之貌。

【集解】

〔别录曰〕肉苁蓉生河西山谷及代郡雁门，五月五日采，阴干。〔普曰〕生河西山阴地，丛生，二月至八月采。〔弘景曰〕代郡雁门属并州，多马处便有之，言是野马精落地所生。生时似肉，以作羊肉羹补虚乏极佳，亦可生啖。苁苁河南间至多。今第一出陇西，形扁广，柔润多



ROUCONGRONG

Desertliving cistanche

Cistanche deserticola Y. C. Ma

Cistanche salsa (C. A. Mey.) Benth. et Hook. f. (*phelipaea salsa* C. A. Mey.)

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

ROUSONGRONG

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

HEISIMING

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

CONGRONG

Li Shizhen: This is a drug that replenishes very mildly. Therefore it is named Congrong, meaning a very leisured manner.

[Previous Explanations]

Roucongong/herba cistanches/desertliving cistanche is produced in the mountain valleys of the Hexi area and in Yanmen, Daijun. It should be collected on the fifth day of the fifth month. Dry it in the shade.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Wu Pu: The drug grows in bunches on the shady side of mountains in the Hexi area. It should be collected from the second to the eighth month.

Tao Hongjing: Yanmen is in Bingzhou. This herb is found in places where there are a lot of horses. Some say that the herb is the outcome of horse sperm. The fresh herb looks like flesh. Make gruel with it together with mutton. It is a good tonic in cases with deficiency and general fatigue. It can also be taken crude. Small as it is, it grows abundantly in the Henan



花而味甘。次出北地者，形短而少花。巴东建平间亦有，而不嘉也。〔恭曰〕此乃论草苁蓉也，陶未见肉者。今人所用亦草苁蓉刮去花，代肉苁蓉，功力稍劣。〔保昇曰〕出肃州福祿县沙中。三月、四月掘根，长尺余，切取中央好者三四寸，绳穿阴干，八月始好，皮有松子鳞甲。其草苁蓉四月中旬采，长五、六寸至一尺以来，茎圆紫色。〔大明曰〕生敦落树下，并土塹上，此即非马交之处，陶说误尔。又有花苁蓉，即暮春抽苗者，力较微尔。〔颂曰〕今陕西州郡多有之，然不及西羌界中来者，肉厚而力紧。旧说是野马遗沥所生，今西人云大木间及土塹垣中多生，乃知自有种类尔。或疑其初生于马沥，后乃滋殖，如茜根生于人血之类是也。五月采取，恐老不堪，故多三月采之。〔震亨曰〕河西混一



area. Now the top production place is Longxi. The herb produced there has flat and broad leaves, is moist, has a lot of flowers, and tastes sweet. The herb produced in northern China is short and has fewer flowers. It is also produced in Jianping in the Badong area, but is not of good quality.

Su Gong: What Tao Hongjing refers to is actually Caocongrong, or Liedang/herba orobanches/broomrape herb. Tao Hongjing had not seen the real Roucongrong/herba cistanches/desertliving cistanche. What is used by doctors is actually Caocongrong with the flowers removed. When the drug is replaced by Caocongrong, it has inferior function and effect.

Han Baosheng: It is produced in the sandy land in Fulu County near Suzhou. Its root should be collected in the third and fourth months. Its root is one *chi* long or more. Cut both ends of the root, and take the three or four *cun* left in the middle. Thread the roots with a piece of string, and dry them in the shade until the eighth month. Then the drug is ready for use. On the bark, there appear scales similar to those on pine trees. *Caocongrong* (Liedang/herba orobanches/broomrape herb) should be collected in the middle of the fourth month. Its root is five to six *cun* long, or even one *chi*. Its stem is round and purple.

Da Ming: The drug grows under a kind of Boluo tree or in hilly places — not where horses mate. How could the semen of horses turn into herbs? What Tao Hongjing said is not right. There is another kind called Huacongrong, the seedlings of which begin to sprout in late spring. It is a drug with much less efficacy.

Su Song: Now the drug is produced in Shaanxi. But the drug produced in the Xiqiang area is the best, as it is thick in body and strong in function. According to anecdote, the drug is the outcome of horse sperm. But people in the west say that the drug grows under big trees or in hilly places, and seemingly has nothing to do with horses. Some people say that at first it grows in places where horse semen has been deposited, and later develops into its own shape. This is similar to what people say of Qiangen/radix rubiae/root of indian madder — that it is produced by human blood. If it is collected in the fifth month, it might be overripe. The best time for collection is in the third month.

Zhu Zhenheng: After the unification of the Hexi area, the true feature



之后，今方识其真形，何尝有所谓鳞甲者？盖苁蓉罕得，人多以金莲根用盐盆制而为之，又以草苁蓉充之，用者宜审。〔嘉谟曰〕今人以嫩松梢盐润伪之。

【修治】

〔斆曰〕凡使先须清酒浸一宿，至明以棕刷去沙土浮甲，劈破中心，去白膜一重，如竹丝草样。有此，能隔人心前气不散，令人上气也。以甑蒸之，从午至酉取出，又用酥炙得所。

【气味】

甘，微温，无毒。

〔别录曰〕酸、咸。〔普曰〕神农、黄帝：咸。雷公：酸。李当之：小温。

【主治】

五劳七伤，补中，除茎中寒热痛，养五脏，强阴，益精气，多子，妇人癥瘕。久服轻身本经。除膀胱邪气腰



of the drug became clear. How could the drug be covered with scales similar to those of the pine tree? As it is difficult to get, merchants often substitute Jinliangen (root of *Trollius Chinese Bunge*) processed with salt for it. Also, caocongong (*Liedang/herba orobanches/broomrape herb*) can be used as a substitute. Users should be careful.

Chen Jiamo: Tender pine twigs processed with salt are often used to make a fake of this drug.

[Preparation]

Lei Xiao: First soak the drug in lucid wine overnight. The next morning, brush the drug to clear away dust and bark. Cut the drug in the middle, and take out a kind of white membrane similar to *Zhusicao*. With this in the drug, it will bring about dyspnea, as it obstructs the normal flow of Vital Energy in the chest. Steam the drug from *Wushi* (the hours 11-13) to *Youshi* (the hours 17-19). Then stir-fry the drug together with *Su/lac obesus preparatum/butter*.

[Quality and Taste]

It is sweet, slightly warm and nontoxic.

It is sour and salty.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is salty according to *Shen Nong* and the Yellow Emperor. It is sour according to *Lei Gong*. It is slightly warm according to *Li Danzhi*.

[Indications]

It treats the five overstrains and seven damages. It replenishes the interior, relieves pain in the penis due to attack of pathogenic Cold and Heat, nourishes the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), strengthens the Yin and male sexuality, and makes a man more prolific. It dissolves hard mass in women. Long-term intake of the drug makes one feel happy and able to enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It disperses pathogenic factors from the Urinary Bladder, relieves lumbago and stops dysentery.



痛，止痢别录。益髓，悦颜色，延年，大补壮阳，日御过倍，治女人血崩甄权。男子绝阳不兴，女子绝阴不产，润五脏，长肌肉，暖腰膝，男子泄精尿血遗沥，女子带下阴痛大明。

【发明】

〔好古曰〕命门相火不足者，以此补之，乃肾经血分药也。凡服苁蓉以治肾，必妨心。〔震亨曰〕峻补精血。骤用，反动大便滑也。〔藏器曰〕强筋健髓，以苁蓉、鳝鱼二味为末，黄精汁丸服之，力可十倍。此说出干宁记。〔颂曰〕西人多用作食。只刮去鳞甲，以酒浸洗去黑汁，薄切，合山芋、羊肉作羹，极美好，益人，胜服补药。〔宗奭曰〕洗去黑汁，气味皆尽矣。然嫩者方可作羹，老者味苦。人药少则不效。



— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It replenishes the marrow, maintains a good complexion and prolongs life. It is an effective tonic that enhances male sexuality and doubles a man's ability. It treats female metrorrhagia.

Da Ming: It is good for treating impotence in men due to exhaustion of Yang, and infertility in women due to exhaustion of Yin. It moistens the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), helps the growth of muscles, and warms the lumbar region and knees. It treats hematochezia, seminal emission and urinary dripping in men, and leukorrhea and pain in the vulva in women.

[Explication]

Wang Haogu: It is a good tonic for a person who has insufficient ministerial Fire in the Gate of Life. It is a drug that functions on the blood system of the Kidney Channel. But when Roucongong/herba cistanches/desertliving cistanche is given to treat the Kidney, the Heart is hampered at the same time.

Zhu Zhenheng: It is a tonic that replenishes the Vital Essence and blood drastically. Sudden use of the drug may cause slippery stool.

Chen Cangqi: Here is a prescription designed to strengthen the tendons and fill the marrow: Grind Roucongong/herba cistanches/desertliving cistanche and Shanyu/monopterus/mud eel to powder. Wash down the powder with juice of Huangjing/rhizoma polygonati/rhizome of king solomon-seal. It is a very strong tonic. It is a prescription preserved in *Qianning Ji*.

Su Song: People in the west use of the drug as food. First peel the bark and scale it, then soak it in wine to get rid of the black juice. Cut the drug into thin slices. Make gruel together with Shanyao/rhizoma dioscoreae/rhizome of common yam and mutton. It is a very delicious food, and has an even better therapeutic effect than tonics.

Kou Zongshi: If the drug is soaked in wine to get rid of the black juice, then it loses its taste and quality. To make gruel, select only the tender drug. The over-ripe ones are bitter and no good. The dosage of the drug should be comparatively big; otherwise it won't work.

【附方】

旧一，新四。（略）



[Prescriptions]

One prescription collected previously, and
four prescriptions collected recently.



锁阳（补遗）

【集解】

〔时珍曰〕锁阳出肃州。按陶九成辍耕录云：锁阳生鞞鞞田地，野马或与蛟龙遗精入地，久之发起如笋，上丰下俭，鳞甲栉此，筋脉连络，绝类男阳，即肉苁蓉之类。或谓里之淫妇，就而合之，一得阴气，勃然怒长。土人掘取洗涤，去皮薄切晒干，以充药货，功力百倍于苁蓉也，时珍疑此自有种类，如肉苁蓉、列当，亦未必尽是遗精所生也。

【气味】

甘，温，无毒。

【主治】

大补阴气，益精血，利大便。虚人大便燥结者，啖之





SUOYANG

Songaria cynomorium

Cynomorium songaricum Rupr.

— *Bencao Yanyi Buyi* (Zhu Zhenheng's Supplement to the "Materia Medica Annotated by Kou Zongshi").

[Previous Explanations]

Li Shizhen: Suoyang/herba cynomorii/herb of songaria cynomorium is produced in Suzhou. According to *Tao Jiucheng Chuogeng Lu*, Suoyang/herba cynomorii/herb of songaria cynomorium is produced in the fields at Dada. When wild horses or dragons spilled their sperm on the ground, it would sprout like bamboo shoots. It is thick at the upper end and thinner at the base, with scales, nodes and connecting veins. The whole thing looks like the male organ. It is a drug of the same category as Roucongrong/herba cistanches/desertliving cistanche. Some say that when a wanton woman has intercourse with the drug, the drug will grow abruptly, as it is assisted by Yin. Local people dig up the drug, and wash it clean. Then they peel and slice it and dry it in the sun. This is a drug with twice the efficacy of Roucongrong/herba cistanches/desertliving cistanche. I doubt that this drug has any connection with the sperm of a horse or dragon.

[Quality and Taste]

It is sweet, warm and nontoxic.

[Indications]

Zhu Zhenheng: It is a drug that replenishes Yin Vital Essence in a big way. It reinforces Vital Essence and blood. It facilitates normal stool. Constipation occurring in a weak patient can be treated with this drug, which is much better than Congrong/herba cistanches/desertliving cistanche. The

可代苁蓉，煮粥弥佳。不燥结者勿用震亨。润燥养筋，治痿弱时珍。



best way to take it is to add the drug to rice porridge. Patients without constipation should not take it.

Li Shizhen: It moistens Dryness and nourishes the tendons. It is good for treating impotence with general debility.



赤箭（本经上品）天麻（宋开宝）

【释名】

赤箭芝药性。独摇芝抱朴子。定风草药性。离母本经。
合离草抱朴子。神草吴普。鬼督邮本经。





CHIJIAN, TIANMA

Tuber of tall gastrodia

Gastrodia elata B1.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

TIANMA

Tuber of tall gastrodia

Gastrodia elata B1.

— *Kaibao Bencao* (*Materia Medica of Kaibao*).

[Rectification]

Tianma/rhizoma gastrodiae/tuber of tall gastrodia is a drug recorded in *Kaibao Bencao* (*Materia Medica of Kaibao*). It is the same as Chijian in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). Therefore, both names are recorded in this section.

[Explanation of Names]

CHIJIANZHI

— *Yaoxing Bencao* (*Medical Properties of Materia Medica*).

DUYAOZHI

— *Baopuzi*.

DINGFENGCAO

— *Yaoxing Bencao* (*Medical Properties of Materia Medica*).

LIMU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

HELICAO

— *Baopuzi*.

SHENCAO

— *Wu Pu Bencao* (*Wu Pu's Herbal*).



〔弘景曰〕赤箭亦是芝类。其茎如箭杆，赤色，叶生其端。根如人足，又云如芋，有十二子为卫。有风不动，无风自摇。如此，亦非俗所见。而徐长卿亦名鬼督邮。又有鬼箭，茎有羽，其主疗并相似，而益大乖异，并非此赤箭也。〔颂曰〕按抱朴子云：仙方有合离草，一名独摇芝，一名离母。所以谓之合离、离母者，此草下根如芋魁，有游子十二枚周环之，以仿十二辰也。去大魁数尺，皆有细根如白发，虽相须而实不相连，但以气相属尔。如菟丝之草，下有伏菟之根。无此则丝不得上，亦不相属也。然则赤箭之异，陶隐居已云非俗所见；菟丝之下有伏菟，亦不闻有见者，殆其种类时有神异者而如此尔。〔时珍曰〕赤箭以状而名，独摇、定风以性异而名，离母、合离以根异而名，神草、鬼督邮以功而名。天麻即赤箭之根，开宝本草重出一条。



GUIDUYOU

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

Tao Hongjing: Chijian is a kind of *Zhi/ganoderma lucidum seu japonicum/lucidganoderma*. Its stem is straight, similar to the shaft of an arrow. It is red. Leaves grow around the top of the stem. Its root (rhizome) is similar to a man's feet, or like *Yutou/rhizoma colocasiae esculentae/tuber of dasheen*, with 12 small ones attached to the principal root. When the wind blows, the herb does not move. But when there is no wind, it may move by itself. This is hearsay, and it does not seem to be easy to prove. It is also called Guiduyou, which happens to be the other name for *xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort*. There is a similar drug called Guijian, which has feather-like leaves on the stem. It has similar functions to those of Chijian. But their therapeutic effects are not the same. And they cannot be used as substitutes for one other.

Su Song: Baopuzi says that in prescriptions of alchemical drugs, *Heli-cao* is used. It is also named *Duyaozhi* and *Limu*. There are 12 small tubers around the principal one, which is similar to *Yutou/rhizoma colocasiae esculentae/tuber of dasheen*. The 12 small ones pertain to the 12 *Shichen* (two-hour period). Several *chi* from the main tuber, there are fine roots like white hair. It seems that the fine roots are connected to the tuber, but actually they are not connected. It is the Vital Energy that connects them. This is just like *Tusicao/herba cuscutae/dodder herb*, which has the root of *Futu*. Without this, the herb can not creep upward. But the strange characteristic of Chijian is not easy to see. It is the same for the root of *Futu* and *Tusicao/herba cuscutae/dodder herb*. Actually, nobody has been reported to have seen that. This is because for such drugs there can be some miraculous ones which have such strange things. Not every one has such a characteristic.

Li Shizhen: Chijian is named after its shape (Chi = red, Jian = arrow shaft). *Duyao* and *Dingfengcao* are named after their characteristics (*Duyao*: Du = independently, Yao = move. *Dingfengcao*: Ding = stable, Feng = wind, Cao = grass or herb). *Limu* and *Heli* are names describing the big tuber and the 12 small ones attached to it. *Shencao* and *Guiduyou* describe its miraculous effects. *Tianma* is the root of Chijian. In *Kaibao Bencao (Materia Medica of Kaibao)*, *Tianma* is an independent entry.



【集解】

〔别录曰〕赤箭生陈仓川谷、雍州及太山少室，三月、四月、八月采根暴干。〔弘景曰〕陈仓今属雍州扶风郡。〔志曰〕天麻生郢州、利州、太山、劳山诸处，五月采根暴干。叶如芍药而小，当中抽一茎，直上如箭杆。茎端结实，状若续随子。至叶枯时，子黄熟。其根连一、二十枚，犹如天门冬之类。形如黄瓜，亦如芦菔，大小不定。彼人多生啖，或蒸煮食之。今多用郢州者佳。〔恭曰〕赤箭是芝类。茎似箭杆，赤色。端有花，叶赤色，远看如箭有羽。四月开花，结实似苦楝子，核作五、六棱，中有肉如面，日暴则枯萎。其根皮肉汁，大类天门冬，惟无心脉尔。去根五、六寸，有十余子卫之，似芋，可生啖之，无干服之法。〔颂曰〕赤箭今江湖间亦有之，然不中药用。其苗如苏恭所说，



[Previous Explanations]

Chijian is produced in the mountain valleys of Chencang and Yongzhou, and Mount Taishan and Mount Shaoshi. The root (rhizome) should be collected in the third, fourth, and eighth months. Dry the drug in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Chencang is in Fufeng prefecture, Yongzhou.

Ma Zhi: Tianma/rhizoma gastrodiae/tuber of tall gastrodia is produced in Yunzhou and Lizhou, and on Mount Taishan and Mount Laoshan. The root should be collected in the fifth month. Dry the drug in the sun. Its leaf is similar to Shaoyao/foolium paeoniae/peony leaf, but smaller. In the middle there is a straight stem, sticking upward like an arrow shaft. On top of the stem, it bears fruit which is similar to Xusuizi/semen euphorbiae lathyrus/mole weed seed. When the leaf becomes withered, the seed is ripe, and turns yellow. Its tuber has 10 to 20 small tubers attached in the shape of Tianmendong/radix aspagi/root of cochinchinese asparagus. It is in the shape of a cucumber, Hulu/fructus largenarie depressae/fruit of depressed bottle gourd or Laifu/radix raphani/radish root. It can be big or small. The local people eat the fresh drug or steam or boil it to eat as food. Now the product from Yunzhou is of the best quality.

Su Gong: Chijian is a kind of Zhi/ganoderma lucidum seu japonicum/lucid ganoderma. Its stem is red, and similar to an arrow shaft. On top of the stem flowers bloom. The leaf is red. Seen from a distance, it looks like a feathered arrow. It blooms in the fourth month. Its seed is similar to that of Kuliانzi/fructus meliae azedarach/fruit of chinaberry, and is pentagonal or hexagonal in shape. The heart is similar to four. After being dried in the sun, it withers. The outside and inside of the root and rhizome resemble Tianmendong/radix aspagi/root of cochinchinese asparagus very much. But there is no core. Five to six *cun* from the tuber, there are a dozen small tubers around the big one. They look like Yutou/rhizoma colocasiae esculentae/tuber of dasheen, and can be eaten fresh. It seems that there is no record of taking them when they are dry.

Su Song: Chijian is also produced among the rivers and lakes (in the south). But it is not good for medical use. Its seedlings are just as Su Gong describes. *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* says



但本经云三月、四月、八月采根，不言用苗。而今方家乃三月、四月采苗，七月、八月、九月采根，与本经参差不同，难以兼著，故但从今法。又曰：天麻今汴京东西、湖南、淮南州郡皆有之。春生苗，初出若芍药，独抽一茎直上，高三四尺，如箭杆状，青赤色，故名赤箭芝。茎中空，依半以上，贴茎微有尖小叶。梢头生成穗，开花结子，如豆粒大。其子至夏不落，却透虚入茎中，潜生土内。其根形如黄瓜，连生一、二十枚，大者至重半斤，或五、六两。其皮黄白色，名曰龙皮。肉名天麻，二月、三月、五月、八月内采。初得乘润刮去皮，沸汤略煮过，暴干收之。嵩山、衡山人，或取生者蜜煎作果食，甚珍之。〔宗奭曰〕赤箭，天麻苗也。与天麻治疗不同，故后人分为二条。〔承曰〕今医家见用天麻，即是赤箭根。开宝本草又于中品出天麻一条，云出



that the root (rhizome) should be collected in the third, fourth and eighth months. It does not mention the seedlings. But, according to modern doctors, the seedlings can be collected in the third and fourth months, and the root (rhizome) can be collected between the seventh and eighth months, which is different from what *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) says. Normally people follow the instructions of the present day. Some say that Tianma/rhizoma gastrodiae/tuber of tall gastrodia is now produced in the east and west of the Bianjing, Hunan and Huainan areas. In spring, the seedlings begin to sprout in the shape of Shaoyao/foium paeoniae/peony leaf. Then one stem grow upwards to reach three to four *chi* long in the shape of an arrow shaft. It is blue-red. That is why it is called Chijianzhi (Chi = red, Jian = arrow, Zhi = Zhi/ganoderma lucidum seu japonicum/lucid ganoderma). The stem is empty inside. On the upper half of the stem, there are small and sharp leaves. On top of the stem there appears a spike, from where flowers bloom and seeds are cultivated. Each seed is as big as a soya bean. Its seed will not fall off until summer, but may sink from the empty stem into the earth. Its root (tuber) looks like that of Huanggua/fructus cucumeris sativi/cucumber, with 10 or 20 small ones attached to it. The big ones can weigh as much as half a *jin* or five to six *liang*. Its bark is yellow-white. It is called Longpi, its pulp is called Tianma/rhizoma gastrodiae/tuber of tall gastrodia. It should be collected in the second, third, fifth and eighth months. When it is collected, peel it while it is still fresh. Boil it in water for a while, then dry it in the sun. It is ready for use. People living on Mount Hengshan and Mount Songshan preserve the fresh drug with honey and keep it to serve as fruit. They cherish it very much.

Kou Zongshi: Chijian, the seedling of Tianma, has a different therapeutic effect from Tianma. So the two are regarded as different drugs.

Chen Cheng: Tianma/rhizoma gastrodiae/tuber of tall gastrodia used by doctors is actually the root (tuber) of Chijian. In *Kaibao Bencao* (*Materia Medica of Kaibao*), Tianma appears as an independent drug in the category of medium class drugs. It says that the drug is produced in Yunzhou. Now the tuber and the seedling of the drug coming from Qizhou and Yunzhou are of top quality. The drawing in Su Song's *Tujing Bencao* (*Illustrated*



郟州。今之赤箭根苗，皆自齐郟而来者为上。苏颂图经所载天麻之状，即赤箭苗之未长大者也。赤箭用苗，有自表入里之功；天麻用根，有自内达外之理。根则抽苗径直而上，苗则结子成熟而落，返从杆中而下，至土而生，此粗可识其外内主治之理。今翰林沈括最为博识，尝云：古方用天麻不用赤箭，用赤箭不用天麻，则天麻、赤箭本为一物明矣。〔机曰〕赤箭、天麻一物也，经分为二，以根与苗主治不同也。产不同地者，各有所宜也。〔时珍曰〕本经止有赤箭，后人称为天麻。甄权药性论云，赤箭芝一名天麻，本自明白。宋人马志重修本草，重出天麻，遂致分辩如此。沈括笔谈云：神农本草明言赤箭采根。后人谓其茎如箭，疑当用茎，盖不然也。譬如鳶尾、牛膝，皆因茎叶相似，其用则根，何足疑



Materia Medica) of Tianma is a young seedling of the drug. When Chijian is used, it has the function of entering the body from the exterior into the interior. When Tianma/rhizoma gastrodiae/tuber of tall gastrodia is used, it functions first at the interior, and then goes outwardly to the exterior. A seedling grows from the tuber and develops into a stem going straight upward. When the seed is ripe, it sinks into the earth for a new life cycle. From this, we can understand the difference in function when they are used medically. Shen Kuo, with the official title Hanlin, was a learned scholar. He said that in ancient prescriptions when Tianma was used Chijian was not used. And when Chijian was used Tianma was not mentioned. From this we can understand that Chijian and Tianma are one drug.

Wang Ji: Chijian and Tianma are the same thing. But as they are different parts of the same drug, Bencao works record them separately. The drug produced in different places has different therapeutic effects.

Li Shizhen: In *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), only Chijian is recorded. Later scholars called it Tianma. Zhen Quan, in his *Yaoping Lun* (*Materia Medica Concerning Medicinal Qualities*), says that Chijianzhi is also called Tianma. This is quite clear. When Ma Zhi compiled *Kaibao Bencao* (*Materia Medica of Kaibao*) in the Song Dynasty, he classified Tianma as an independent drug. Thus, such a differentiation arose. Shen Kuo, in his *Mengxi Bitan*, says that in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) it is recorded that the root (tuber) of Chijian should be collected for medical use. This means that Chijian is the name of the drug. But later scholars thought that since the stem of the drug is red and straight like an arrow shaft, Chijian (meaning red arrow shaft) must be the name of the stem, but not of the root (tuber) of the drug. This is not correct. For example, just because in the cases of Yuanwei/rhizoma iridis tectori/rhizome of roof iris and Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes, both names indicate similarity to a bird's tail and an ox's knee of its stem and leaf, respectively, it does not mean that when the names of the herbs are mentioned, they mean the leaf or stem. They mean their roots (rhizome). So when Chijian is mentioned, it does not mean its stem and seedling; It still indicates the root (tuber). Besides the five Zhi/ganoderma lucidum seu japonicum/lucid ganoderma, Chijian is the first



哉？上品五芝之外，补益上药，赤箭为第一。世人惑于天麻之说，遂止用之治风，良可惜哉。沈公此说虽是，但根茎并皆可用。天麻子从茎中落下，俗名还筒子。其根暴干，肉色坚白，如羊角色，呼羊角天麻；蒸过黄皱如干瓜者，俗呼酱瓜天麻，皆可用者。一种形尖而空，薄如玄参状者，不堪用。抱朴子云：独摇芝生高山深谷之处，所生左右无草。其茎大如手指，赤如丹素。叶似小菟。根有大魁如斗，细者如鸡子十二枚绕之。人得大者，服之延年。按此乃天麻中一种神异者，如人参中之神参也。〔斆曰〕凡使天麻勿用御风草，二物相似，只是叶茎不同。御风草根茎斑，叶背白有青点。使御风草即勿使天麻。若同用，令人有肠结之患。

【正误】

〔藏器曰〕天麻生平泽，似马鞭草，节节生紫花。花



tonic among drugs of the superior class. Later scholars all knew that Tianma is good at dispersing pathogenic Wind, and was thus use. It is a pity that the drug is not used at all as a tonic. What Shen Kuo says is correct. Both the stem and the tuber can be used. Huantongzi, indicating the seed falling from the tuber of the stem, has different therapeutic effects. After the root (tuber) of the drug is dried in the sun, its pulp is as white and solid as a sheep's horn. It is colloquially called Yangjiao Tianma, or Tianma in the shape of a sheep's horn. A tuber that is steamed will shrink and crumple, and resemble a pickled cucumber. This is called Jianggua Tianma. Both drugs are good for medical use. There is one species of the drug that is thin and hollow inside, similar to Xuanshen/radix scrophulariae/figwort root. It is no good for medical use. *Baopuzi* records that Duyaozhi is produced deep in mountain valleys. There are no other herbs around it. Its stem is as thick as a finger and as red as Dansha/cinnabaris/cinnabar. Its leaf is as small as Xiancai/caulis et folium amaranthi tricoloris/stem and leaf of three-colored amaranth. Its root (tuber) can be as big as a *dou* measure, with 12 small ones around it. When the big tuber is taken, it will prolong the life of the one who takes it. This refers to a kind of extraordinary speies of the drug, similar to the case of Renshen/radix ginseng/ginseng root, when a species with miraculous effect can be found. Such a drug is called Shenshen, or miraculous Renshen/radix ginseng/ginseng root.

Lei Xiao: When Tianma/rhizoma gastrodiae/tuber of tall gastrodia is to be used, be careful not to confuse it with Yufengcao. The two drugs look much alike, but with slight differences in their rhizomes and leaves. Yufengcao has a dotted rhizome, and the back of its leaf is white with blue or green dots. If Yufengcao is to be used in a prescription, Tianma should not be used. The two drugs, if used together, may cause intestinal obstruction.

[Corrections]

Chen Cangqi: Tianma grows in plains and marshlands. It is similar to Mabiancao/herba verbenae/herb of european verbena. Purple flowers appear around each node. There is a seed in the flower in the shape of Qingxianzi/semen celosiae/seed of feather cockscomb. The seed is cold in



中有子，如青箱子，子性寒，作饮去热气。茎叶捣傅痈肿。〔承曰〕藏器所说，与赤箭不相干，乃别一物也。〔时珍曰〕陈氏所说，乃一种天麻草，是益母草之类是也。嘉祐本草误引入天麻下耳。今正其误。

【修治】

〔斆曰〕修事天麻十两，锉安于瓶中。用蒺藜子一盞，缓火熬焦，盖于天麻上，以三重纸封系，从巳至未取出。蒺藜炒过，盖系如前，凡七遍。用布拭上气汗，刀劈焙干，单捣用。若用御风草，亦同此法。〔时珍曰〕此乃治风痹药，故如此修事也。若治肝经风虚，惟洗净，以湿纸包，于糠火中煨熟，取出切片，酒浸一宿，焙干用。

赤箭

〔气味〕辛，温，无毒。〔志曰〕天麻，辛、平，无



quality. It can be used to eliminate pathogenic Heat. The stem and leaf can be pounded into paste and applied to treat carbuncles and swelling.

Chen Cheng: What Chen Cangqi describes seems to be an entirely different drug from Chijian.

Li Shizhen: What Chen Cangqi describes is another kind of Tianmao, a species similar to *Yimucao/fructus leonuri/motherwort fruit*. *Jiayou Bencao (Materia Medica of Jiayou)* wrongly includes this drug under the Tianma entry.

[Preparation]

Lei Xiao: Crumble 10 *liang* of Tianma/rhizoma gastrodiae/tuber of tall gastrodia, and put it in a bottle. Bake one *yi* of Jili/fructus tribuli/fruit of puncturevine caltrop over a slow fire until it is scorched. Place it on top of Tianma/rhizoma gastrodiae/tuber of tall gastrodia. Seal the bottle with triple-folded paper. Keep it there from Sishi (the hours 9-11) to Weishi (the hours 13-15). Then take out Jili/fructus tribuli/fruit of puncturevine caltrop and stir-fry it. Put it back while still hot. Repeat seven times. Wipe the bottle dry with a piece of cloth. Cut the drug up, and then bake it. Then pound it. It is now ready for use. If Yufengcao is to be used, process it in the same way.

Li Shizhen: The above method of processing Tianma/rhizoma gastrodiae/tuber of tall gastrodia is done to treat arthralgia due to attack of pathogenic Wind. If the drug is intended to disperse invasion of pathogenic Wind in a deficient condition of the Liver Channel, it should be processed in the following way: Wash the drug clean first, and wrap it in damp paper. Put the package into a fire of Mikang/spermodermis oryzae/seed-coat of rice until it is well done. Take it out, and cut it into slices. Soak the drug in wine overnight. Then bake it dry. It will then be ready for use.

CHIJIAN

Tuber of tall gastrodia

Rhizoma gastrodiae



毒。〔大明曰〕甘，暖。〔叔曰〕赤箭芝一名天麻。味甘，平，无毒。〔好古曰〕苦，平，阴中之阳也。

〔主治〕杀鬼精物，蛊毒恶气。久服益气力，长阴肥健，轻身增年本经。消痈肿，下支满，寒疝下血别录。天麻：主诸风湿痹，四肢拘挛，小儿风痫惊气，利腰膝，强筋力。久服益气，轻身长年开宝。治冷气痲痹，摊缓不随，语多恍惚，善惊失志甄权。助阳气，补五劳七伤，鬼疰，通血脉，开窍。服食无忌大明。治风虚眩运头痛元素。



[Quality and Taste]

It is pungent, warm and nontoxic.

Ma Zhi: It is pungent, plain and nontoxic.

Da Ming: It is sweet and mild.

Zhen Quan: Chijianzhi, also called Tianma, is sweet, plain and nontoxic.

Wang Haogu: It is bitter and plain, a drug of Yang in the Yin.

[Indications]

It kills ghosts and haunting souls, and treats diseases due to noxious agents produced by various parasites. Long-term taking of the drug reinforces the strength, replenishes Yin and helps the person put on weight. It makes the person happy and able to enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It eliminates carbuncles and swelling, and puffiness in the lower extremities. It treats hernia of cold nature and hematochezia.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tianma/rhizoma gastrodiae/tuber of tall gastrodia is good for treating arthralgia due to attack of pathogenic Wind and Humidity with contracture of the four extremities. It treats infantile convulsions and epilepsy due to attack of pathogenic Wind. It improves the condition of the waist and knees, and reinforces the tendons. Long-term taking of the drug reinforces Vital Energy, and makes the person happy and able to enjoy a long life.

— *Kaibao Bencao (Materia Medica of Kaibao)*.

Zhen Quan: It treats arthralgia and paralysis due to attack of pathogenic Cold accompanied by slurred speech, convulsions and trance.

Da Ming: It reinforces Yang Vital Energy, replenishes the conditions of the five overstrains and seven damages, as well as consumptive diseases. It facilitates the blood circulation and dredges the orifices. No food taboo is required.

Zhang Yuansu: It treats headache and vertigo due to attack of pathogenic Wind when there is an overall deficient condition.



〔发明〕〔杲曰〕肝虚不足者，宜天麻、芎藭以补之。其用有四：疗大人风热头痛，小儿风痫惊悸，诸风麻痹不仁，风热语言不遂。〔时珍曰〕天麻乃肝经气分之药。素问云：诸风掉眩，皆属于肝。故天麻入厥阴之经而治诸病。按罗天益云：眼黑头旋，风虚内作，非天麻不能治。天麻乃定风草，故为治风之神药。今有久服天麻药，遍身发出红丹者，是其祛风之验也。〔宗奭曰〕天麻须别药相佐使，然后见其功，仍须加而用之。人或蜜渍为果，或蒸煮食，当深思则得矣。

〔附方〕新二。（略）



[Explication]

Li Gao: when the Liver is in a deficient and insufficient condition, Tianma/rhizoma gastrodiae/tuber of tall gastrodia and Xiongqiong/herba chuanxiong/herb of Szechwan lovage should be given as a tonification. The drug has four therapeutic effects:

One: To treat adult headache due to attack of pathogenic Wind and Heat;

Two: To treat infantile convulsions and epilepsy due to invasion of pathogenic Wind;

Three: To treat numbness and arthralgia due to attack of various pathogenic Wind; and

Four: To treat aphasia due to attack of pathogenic Wind and Heat.

Li Shizhen: Tianma/rhizoma gastrodiae/tuber of tall gastrodia is a drug that functions on the Vital Energy system of the Liver Channel. *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* says that vertigo due to attack of pathogenic Wind is a pathological condition of the Liver. Tianma/rhizoma gastrodiae/tuber of tall gastrodia is a drug that functions on the Liver Channel of Foot Greater Yin, and can treat the above disease. According to Luo Tianyi, vertigo with blurred vision is an indication of a deficient condition with attack of pathogenic Wind to the interior. Tianma/rhizoma gastrodiae/tuber of tall gastrodia is the only drug that can treat the case. Tianma, also called Dingfengcao, meaning a drug that stabilizes the condition brought about by Wind, is a drug that has a very strong function in treating a case caused by Wind. It is reported that some people, after long-term consumption of Tianma/rhizoma gastrodiae/tuber of tall gastrodia, develop a red skin eruption all over the body. This happens when pathogenic Wind has been dispersed.

Kou Zongshi: When Tianma/rhizoma gastrodiae/tuber of tall gastrodia is to be used, other drugs should also be given to assist it. Some people preserve the drug with honey, and serve it as fruit. Or it can be steamed or boiled before serving. The way of preparation requires careful consideration.

[Prescriptions]

Two prescriptions collected recently.

术（直律切。本经上品）

【释名】

山蓊本经。杨桴音孚。桴蓊尔雅。马蓊纲目。山姜别录。山连别录。吃力伽日华。

〔时珍曰〕按六书本义，术字篆文，象其根干枝叶之形。吴普本草一名山芥，一名天蓊。因其叶似蓊，而味似





ZHU

Largehead atractylodes

Atractylodes macrocephala Koidz.

Atractylodes lancea (Thumb.) DC.

Atractylodes chinensis (DC.) Koidz.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

SHANJI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

YANGFU

FUJI

— *Er Ya*.

MAJI

— *Bencao Gangmu* (*Compendium of Materia Medica*).

SHANJIANG

— *Mingyi Bielu* (*Records of Famous Doctors*).

SHANLIAN

— *Mingyi Bielu* (*Records of Famous Doctors*).

CHILIJIA

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

Li Shizhen: According to *Liushu Benyi*, the character Zhu is a pictograph of the plant, with its root, stem and leaf. In *Wu Pu Bencao* (*Wu Pu's Herbal*), it is also called Shanjie and Tianji. This is because the drug has a similar leaf to that of Daji/herba seu radix cirsii japonici/Japanese thistle, and its taste is similar to that of Shengjiang/rhizoma zingiberis recens/fresh ginger and Jiezi/semen brassicae/seed of india mustard (Shanjie: Shan = mountain, Jie = Jiezi/semen brassicae/seed of india mustard. Tianji: Tian



姜、芥也。西域谓之吃力伽，故外台秘要有吃力伽散。扬州之域多种白术，其状如桴，故有杨桴及桴蓊之名，今人谓之吴术是也。桴乃鼓槌之名。古方二术通用，后人始有苍、白之分。

【集解】

〔别录曰〕术生郑山山谷、汉中、南郑，二月、三月、八月、九月采根暴干。〔弘景曰〕郑山，即南郑也。今处处有，以蒋山、白山、茅山者为胜。十一月、十二月采者好，多脂膏而甘。其苗可作饮，甚香美。术有两种：白术叶大有毛而作丫，根甜而少膏，可作丸散用；赤术叶细无丫，根小苦而多膏，可作煎用。东境术大而无气烈，不任用。今市人卖者，皆以米粉涂令白，非自然矣，用时宜刮去之。〔颂曰〕术今处处有之，以茅山、嵩山者为佳。春生苗，青色



= heaven, Ji = Daji/herba seu radix cirsii japonici/Japanese thistle). In the Western Regions, the drug is called Chilijia. In *Waitai Miyao (Medical Secrets of an Official)*, there is a prescription called Chilijia San. In the area of Yangzhou large amounts of Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes are produced. As the drug is in the shape of a drumstick, it is called Yangfu (Yang = Yangzhou, Fu = drumstick). Sometimes, it is called Fuji. Today people call the drug from Yangzhou Wuzhu (Zhu from the area of Wu, another name of the area where Yangzhou is situated). In ancient times, both Cangzhu and Baizhu were used in the same way. But later, they were treated as two drugs: Cangzhu/rhizoma atractylodis/atractylodes rhizome and Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes. See the explanations below.

[Previous Explanations]

Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is produced in the valleys of Mount Zhengshan, and in Hanzhong and Nanzheng. The root (rhizome) should be collected in the second, third, eighth and ninth months. Dry it the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Zhengshan is Nanzheng. Now the drug is produced everywhere. The drug from Mount Jiangshan, Mount Baishan and Mount Maoshan is of top quality. That collected in the eleventh and twelfth months is of the best quality. It is more oily and sweet. Its seedlings can be used to make a fragrant and delicious drink. Zhu comes in two species: Baizhu and Chizhu (Cangzhu). Baizhu has bigger hairy leaves with forks. Its root is sweet and less oily. It is good for making medicinal pills and powders. Chizhu has a narrower leaf without a fork. Its root is smaller, more bitter and more oily. It can be used to stew a decoction. Dongjingzhu, Zhu from Dongjing, is big but is not strong in taste or quality. It is not very good for medical use. Merchants sprinkle a kind of white powder on it to make it look better. This is not its natural color. Scrub the powder off before use.

Su Song: Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is now produced everywhere. That produced on Mount Maoshan and Mount Songshan is of top quality. In spring, it begins to bud,



无丫。茎作蒿干状，青赤色，长三二尺以来。夏开花，紫碧
色，亦似刺蓟花，或有黄白色者。入伏后结子，至秋而苗
枯。根似姜而旁有细根，皮黑，心黄白色，中有膏液紫色。
其根干湿并通用。陶隐居言术有二种，则尔雅所谓桴蓟，
即白术也。今白术生杭、越、舒、宣州高山岗上，叶叶相
对，上有毛，方茎，茎端生花，淡紫碧红数色，根作丫生。
二月、三月、八月、九月采暴干用，以大块紫花为胜。古方
所用术者，皆白术也。〔宗奭曰〕苍术长如大拇指，肥实，
皮色褐，其气味辛烈，须米泔浸洗去皮用。白术粗促，色微
褐，其气亦微辛苦而不烈。古方及本经止言术，不分苍、白



with a green stem without a fork. Its stem is similar to that of Qinghao/herba artemisiae annuae/herb of sweet wormwood. It is blue or green and tending to red, and two to three *chi* long. The flowers bloom in summer. They are purple-green, and similar to the flower of Daji/herba seu radix cirsii japonici/Japanese thistle. Sometimes yellow-white flowers can be found. The seeds begin to form in the hottest season. When autumn arrives, the leaves begin to wither. The root (rhizome) is similar to that of Shengjiang/rhizoma zingiberis recens/fresh ginger, but with small ones attached. Its bark is black, and its heart is yellow-white. The sap is purple. The root (rhizome) can be used in fresh or dry forms. Tao Hongjing says that there are two kinds of Zhu. And *Er Ya* records the drug as Fuji. It is actually Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes. Now Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes grows on top of mountains and hills in Hangzhou, Yuezhou, Shuzhou and Xuanzhou. It has pairs of leaves grown in opposition, with hair. Its stem is square, and on top of it there are flowers of white, purple, green and red. Its root (rhizome) develops with forks. Collect the root (rhizome) in the second, third, eighth and ninth months. Dry them in the sun. That with bigger rhizome and purple flowers is the best. In ancient prescriptions, Zhu is always Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes.

Kou Zongshi: Cangzhu/rhizoma atractylodis/atractylodes rhizome is as big as a thumb, and has a brown rind. It has a strong pungent smell. Soak the drug in Miganshui (water in which rice has been washed) and then peel it. In this way its strong smell can be eliminated. Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is rough with a slightly brown rind. It is slightly pungent and bitter, but it does not have a strong smell. In ancient prescriptions and in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), only Zhu is recorded, without distinguishing it into Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes and Cangzhu/rhizoma atractylodis/atractylodes rhizome. Whenever Zhu is used, be careful to make a distinction between Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes and Cangzhu/rhizoma atractylodis/atractylodes rhizome.



二种，亦宜两审。〔时珍曰〕苍术，山蓊也，处处山中有之。苗高二三尺，其叶抱茎而生，梢间叶似棠梨叶，其脚下叶有三五叉，皆有锯齿小刺。根如老姜之状，苍黑色，肉白有油脂。白术，桴蓊也，吴越有之。人多取根栽蒔，一年即稠。嫩苗可茹，叶稍大而有毛。根如指大，状如鼓槌，亦有大如拳者。彼人剖开暴于，谓之削术，亦曰片术。陈自良言白而肥者，是浙术；瘦而黄者，是幕阜山所出，其力劣。昔人用术不分赤白。自宋以来，始言苍术苦辛气烈，白术苦甘气和，各自施用，亦颇有理。并以秋采者佳，春采者虚软易坏。嵇含南方草木状云：药有吃力伽，即术也。濒海所产，一根有至数斤者，采饵尤良。〔嘉谟曰〕浙术俗名云头术，种平壤，颇肥大，由粪力也，易润油。歙术并名狗头术，虽



Li Shizhen: Cangzhu/rhizoma atractylodis/atractylodes rhizome, also called Shanji, is found everywhere in the mountains. Its stem is two to three *chi* long, with leaves growing around it. On top of the stem, the leaves look like those of Tangli. At the lower end of the stem there appear three to five forks with serrated leaves. The root (rhizome) looks like that of mature Shengjiang/rhizoma zingiberis recens/fresh ginger, which is brown and black outside, and white inside, with oily juice. Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes, also called Fuji, is produced in the Wu and Yue areas. The local people plant the root, and can expect a good harvest one year later. Its tender seedlings can be eaten as vegetables. Its leaf is big and hairy. Its root is as big as a thumb and in the shape of a drumstick. Sometimes it can be as big as a fist. The local people cut it open, and dry it in the sun. It is commercially called Xiaozhu or Pianzhu, meaning sliced Zhu. Chen Ziliang says that the white and fat drug is Zhu from Zhejiang. The yellow and thin drug is from Mount Mufushan, which is less effective medically. In the past, Zhu was not differentiated into Baizhu and Chizhu. It was only in the Song Dynasty that it was discovered that Cangzhu/rhizoma atractylodis/atractylodes rhizome was pungent and bitter with a strong smell and Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes was sweet and bitter with a mild quality, and therefore the two should be differentiated. So from then on, the two drugs were used separately. This is of course reasonable. The drug collected in the autumn is of good quality, while that collected in spring is soft, loose and difficult to keep. *Ji Han Nanfang Caomuzhuang* says that there is a kind of drug called Chilijia, which is Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes. It grows by the seaside, and can reach several *jin* in weight. It is especially good for medical use.

Chen Jiamo: Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes produced in Zhejiang is colloquially called Yuntou-zhu. It grows on plains. As it is cultivated using manure fertilizer, it has a very big root. It easily gets greasy and oily. Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes produced in She is colloquially called Goutouzhu, or dog-head Zhu. Although it is small, it gets



瘦小，得土气充也，甚燥白，胜于浙术。宁国、昌化、池州者，并同歙术，境相邻也。

术白术也。

〔气味〕甘，温，无毒。〔别录曰〕甘。〔权曰〕甘、辛。〔杲曰〕味苦而甘，性温，味厚气薄，阳中阴也，可升可降。〔好古曰〕入手太阳、少阴，足太阴、阳明、少阴、厥阴六经。〔之才曰〕防风、地榆为之使。〔权曰〕忌桃、李、菘菜、雀肉、青鱼。〔嘉谟曰〕咀后人乳汁润之，制其性也。脾病以陈壁土炒过，窃土气以助脾也。



the full nourishment of the Earth. The heart of the root is dry and white, and has a better therapeutic effect than that produced in Zhejiang. The drug produced in Ningguo, Changhua and Chizhou has similar functions to that produced in Shezhou, as the former places are close to the latter.

ZHU, BAIZHU

Rhizome of largehead atractylodes
Rhizoma atractylodis macrocephalae

[Quality and Taste]

It is sweet, warm and nontoxic.

It is sweet.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is sweet and bitter.

Li Gao: It is bitter and sweet in taste, and warm in quality. It is a drug with a thick taste and thin quality, and Yin in Yang, which can ascend and descend.

Wang Haogu: It functions on the following six Channels:

- Small Intestine Channel of Hand Initial Yang,
- Heart Channel of Hand Lesser Yin,
- Spleen Channel of Foot Initial Yin,
- Stomach Channel of Foot Greater Yang,
- Kidney Channel of Foot Lesser Yin, and
- Liver Channel of Foot Greater Yin.

Xu Zhicai: Fangfeng/radix ledebouriellae/root of divaricate saposnikovia and Diyu/radix sanguisorbae/root of garden burnet can be its guiding drugs.

Zhen Quan: When taking the drug, the following things should be prohibited: peach, plum, Chinese cabbage, sparrow meat and black carp.

Chen Jiamo: Chew the drug first, and then moisten it with human milk. This is a way to control its strong action. When treating a Spleen disease, stir-fry the drug together with Chenbitu (loess from an old wall). This is because the loess can replenish the Spleen.



〔主治〕 风寒湿痹，死肌痲疽，止汗除热消食。作煎
饵久服，轻身延年不饥本经。主大风在身面，风眩头痛，
目泪出，消痰水，逐皮间风水结肿，除心下急满，霍乱
吐下不止，利腰脐间血，益津液，暖胃消谷嗜食别录。治
心腹胀满，腹中冷痛，胃虚下利，多年气痢，除寒热，
止呕逆甄权。止反胃，利小便，主五劳七伤，补腰膝，长
肌肉，治冷气，痲癖气块，妇人冷癥瘕大明。除湿益气，
和中补阳，消痰逐水，生津止渴，止泻痢，消足胫湿肿，
除胃中热、肌热。得枳实，消痞满气分。佐黄芩，安胎清
热元素。理胃益脾，补肝风虚，主舌本强，食则呕，胃脘



[Indications]

It is good for treating arthralgia due to attack of pathogenic Wind, Cold and Humidity. It treats muscle spasms and jaundice, clears dead muscle, stops perspiration, eliminates heat and helps digestion. Prepare the drug ready-made, and take it regularly. This will make the person feel happy and able to enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It disperses prevalence of pathogenic Wind from the skin and face, with headache and vertigo, and shedding of tears. It eliminates phlegm and fluid-retention, Wind-edema and swelling of the skin, as well as epigastric fullness and distention. It stops cholera with incessant vomiting and diarrhea. It facilitates the normal circulation of the blood in the lumbar region and umbilicus. It reinforces the body fluid, warms the Stomach and whets the appetite.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It eliminates epigastric and abdominal distention, relieves pain and cold feeling in the adomen, stops dysentery due to deficient condition of the Stomach and chronic dysentery with passing of flatus. It eliminates chills and fevers, and stops nausea and retching.

Da Ming: It stops regurgitation, facilitates urination, treats the five overstrains and seven damages, replenishes deficient condition in the lumbar region and knees, and promotes the growth of muscle. It disperses feelings of cold gas and hard mass like a hanging noose in the abdomen of a man and hard and cold mass in the abdomen of a woman.

Zhang Yuansu: It disperses pathogenic Humidity and reinforces the Vital Energy, harmonizes the interior and replenishes Yang, eliminates phlegm and purges fluid-retention, and produces body fluid to quench thirst. It stops diarrhea and dysentery, and eliminates edema from the tibia due to invasion of pathogenic Humidity. It eliminates pathogens from the Stomach and muscles. Assisted by Zhishi/fructus aurantii immaturus/immature bitter orange, the drug eliminates Vital-energy stagnation. Assisted by Huangqin/radix scutellariae/root of baikal skullcap, the drug soothes the fetus and eliminates pathogenic Heat.

Wang Haogu: It regulates the Stomach and reinforces the Spleen, re-



痛，身体重，心下急痛，心下水痞。冲脉为病，逆气里急，脐腹痛好古。

〔发明〕〔好古曰〕本草无苍白术之名。近世多用白术，治皮间风，止汗消痞，补胃和中，利腰脐间血，通水道。上而皮毛，中而心胃，下而腰脐，在气主气，在血主血，无汗则发，有汗则止，与黄耆同功。〔元素曰〕白术除湿益燥，和中补气。其用有九：温中，一也；去脾胃中湿，二也；除胃中热，三也；强脾胃，进饮食，四也；和胃生津液，五也；止肌热，六也；四肢困倦，嗜卧，目不能开，不



plenishes the Liver in deficient condition with prevalence of pathogenic Wind. It relieves stiffness in the tongue proper with vomiting of food just taken and epigastric pain and a heavy feeling when moving the body. It also relieves acute epigastric pain and fluid-retention. It treats diseases of the Chongmai Channel, with dyspnea and pain in the abdomen and umbilical region.

[Explication]

Wang Haogu: In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, there is no differentiation between Cangzhu/rhizoma atractylodis/attractylodes rhizome and Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead attractylodes. Nowadays, Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead attractylodes is used more often in the following ways: To eliminate pathogenic Wind from the muscles, to disperse Vital Energy stagnation and stop perspiration, to replenish the Stomach and harmonize the interior, to facilitate the blood circulation in the lumbar and umbilical region, and to dredge the water duct to ensure a smooth flow. It is a drug that functions up to the hair and skin, in the Heart and Stomach and down in the lumbar and umbilical region. It works in the blood as well as in the Vital Energy system. If perspiration is required, it promotes it, and it can halt perspiration in case of excess. In this way, it is similar to the function of Huangqi/radix astragali/root of membranous milkvetch.

Zhang Yuansu: Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead attractylodes dries up pathogenic Humidity, harmonizes the interior and replenishes Vital Energy. It has the following nine functions:

- One: Warming the interior;
- Two: Eliminating pathogenic Humidity in the Spleen and Stomach;
- Three: Eliminating pathogenic Heat from the Stomach;
- Four: Strengthening the Spleen and Stomach functions, so as to whet the appetite;
- Five: Harmonizing the Stomach, and helping produce body fluid;
- Six: Removing fever from the muscle;
- Seven: Treating general fatigue with debilitated extremities, tendency to lie in bed with closed eyes and lack of appetite;
- Eight: Quenching thirst; and



思饮食，七也；止渴，八也；安胎，九也。凡中焦不受湿不能下利，必须白术以逐水益脾。非白术不能去湿，非枳实不能消痞，故枳术丸以之为君。〔机曰〕脾恶湿，湿胜则气不得施化，津何由生？故曰膀胱者津液之府，气化则能出焉。用白术以除其湿，则气得周流而津液生矣。

〔附方〕旧七，新二十四。（略）

苍术

〔释名〕赤术别录。山精抱朴。仙术纲目。山蓊。〔时



Nine: Soothing the fetus.

Whenever the middle portion is encroached upon by pathogenic Humidity, there will be diarrhea. The treatment is to use Baizhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* to replenish the Spleen, so as to disperse the fluid. Zhishi/*fructus aurantii immaturus*/immature bitter orange should be given at the same time to disperse Vital Energy stagnation. So we have the prescription Zhizhu Wan, in which both drugs are used as the principal ones.

Wang Ji: The Spleen is a Viscus with an aversion to Humidity. When pathogenic Humidity prevails in the Spleen, the vaporization of Vital Energy is hampered. In this way, the normal production of body fluid is also hampered. That is why the classics say that the Urinary Bladder is the source of body fluid. Only when vaporization of the Vital Energy functions can normal urination be realized. When Baizhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* is given, Humidity is driven to circulate all over the body, making the production of body fluid possible.

[Prescriptions]

Seven prescriptions collected previously, and
 24 prescriptions collected recently.

CANGZHU

Atractylodes rhizome
Rhizoma atractylodis

[Explanation of Names]

CHIZHU

— *Mingyi Bielu (Records of Famous Doctors)*.

SHANJING

— *Baopuzi*.

XIANZHU

— *Bencao Gangmu (Compendium of Materia Medica)*.

SHANJI



珍曰] 异术言术者山之精也，服之令人长生辟谷，致神仙，故有山精、仙术之号。术有赤、白二种，主治虽近，而性味止发不同。本草不分苍、白，亦未可据。今将本经并别录、甄权、大明四家所说功用，参考分别，各自附方，庶使用者有所依凭。

〔修治〕〔大明日〕用术以米泔浸一宿，入药。〔宗奭曰〕苍术辛烈，须米泔浸洗，再换泔浸二日，去上粗皮用。〔时珍曰〕苍术性燥，故以糯米泔浸去其油，切片焙干用。亦有用脂麻同炒，以制其燥者。



Li Shizhen: *Yi Shu* says that Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* is the essence of the mountain. Long-term taking of the drug makes the person enjoy a long life like an immortal without feeling hungry. That is why it is called Shanjing (essence of the mountain) and Xianzhu (immortal Zhu). There are two kinds of Zhu: Bai-zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* and Cangzhu/rhizoma *atractylodis/atractylodes* rhizome. Although they have similar therapeutic effects, there is a little difference in their quality, taste and movement. But in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), the two drugs are not differentiated. In this section, we take the record of the following four works as reference, and present the respective functions and prescriptions, so that readers can have a clear understanding of the two drugs. The four works are:

- *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*),
- *Mingyi Bielu* (*Records of Famous Doctors*),
- *Yaoping Bencao* (*Medical Properties of Materia Medica*),
- *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

[Preparation]

Da Ming: Soak Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* in Miganshui (water in which rice has been washed) overnight before use.

Kou Zongshi: Cangzhu/rhizoma *atractylodis/atractylodes* rhizome is a drug with very strong functions. Soak it in Miganshui (water in which rice has been washed) for some time. Then change the Miganshui (water in which rice has been washed), and soak it again. This requires a period of two days. Peel the rind off.

Li Shizhen: As Cangzhu/rhizoma *atractylodis/atractylodes* rhizome has very strong Dryness in it, it is necessary to soak the drug in Miganshui (water in which rice has been washed) to get rid of its oil. Cut the drug into slices, and dry them in the sun. It can also be processed by drying it together with Zhima/semens sesami/sesame seed to reduce its Dryness.



〔气味〕苦、温，无毒。〔别录曰〕甘。〔权曰〕甘、辛。〔时珍曰〕白术甘而微苦，性温而和。赤术甘而辛烈，性温而燥，阴中阳也，可升可降，入足太阴、阳明、手太阴、阳明、太阳之经。忌同白术。

〔主治〕风寒湿痹，死肌痠疽。作煎饵久服，轻身延年不饥本经。主头痛，消痰水，逐皮间风水结肿，除心下急满及霍乱吐下不止，暖胃消谷嗜食别录。除恶气，弭灾疹弘景。主大风痲痹，心腹胀痛，水肿胀满，除寒热，



[Quality and Taste]

It is bitter, warm and nontoxic.

It is sweet.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is sweet and pungent.

Li Shizhen: Baizhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes*, sweet and slightly bitter, is warm in quality and moderate in action. Cangzhu/rhizoma *atractylodis/atractylodes* rhizome, sweet and very pungent, is warm in quality and dry, a Yang in Yin. It can ascend and descend. It functions on the following Channels:

- Spleen Channel of Foot Initial Yin,
- Stomach Channel of Foot Greater Yang,
- Lung Channel of Hand Initial Yin,
- Large Intestine Channel of Hand Greater Yang, and
- Small Intestine Channel of Hand Initial Yang.

Taboos are the same as Baizhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes*.

[Indications]

It is good for treating arthralgia due to attack of pathogenic Wind, Cold and Humidity, stiff muscle, spasm and jaundice. Stew the drug to make ready-made drugs. Taking the drug over a long period of time will make the person feel happy, able to enjoy a long life and not feel hungry.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for relieving headache, eliminating fluid-retention and phlegm, dispersing Wind-edema and swelling in the skin, epigastric distress, and cholera with incessant vomiting and diarrhea. It warms the Stomach, helps the digestion and whets the appetite.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: It disperses attack of vicious pathogenic factors and epidemics.

Zhen Quan: It treats apoplexy with numbness and arthralgia, epigastric and abdominal distention, pain and edema. It treats chills and fevers, stops nausea and vomiting, and dysentery with cold feeling.



止呕逆下泄冷痢甄权。治筋骨软弱，痲痺气块，妇人冷气癥瘕，山岚瘴气温疾大明。明目，暖水脏刘完素。除湿发汗，健胃安脾，治痿要药李杲。散风益气，总解诸郁震亨。治湿痰留饮或挟瘀血成窠囊，及脾湿下流，浊沥带下，滑泻肠风时珍。

〔发明〕〔宗奭曰〕苍术气味辛烈，白术微辛苦而不烈。古方及本经止言术，未分苍、白。只缘陶隐居言术有两种，自此人多贵白者，往往将苍术置而不用。如古方平胃散之类，苍术为最要药，功效尤速。殊不详本草原无白术



Da Ming: It improves a debilitated condition of the tendons and bones, eliminates hard mass in the shape of a hanging noose and mass formed by stagnation of gas, and mass in a woman due to blood stasis with cold feeling, and eliminates miasma and epidemic disease.

Liu Wansu: It improves the eyesight, and warms the Water Viscus (the Kidney).

Li Gao: It is a drug that disperses pathogenic Humidity by inducing perspiration, and replenishes and soothes the Spleen and Stomach. It is a very important drug for the treatment of paralysis.

Zhu Zhenheng: It disperses pathogenic Wind and reinforces Vital Energy. It relieves various kinds of melancholy.

Li Shizhen: It disperses pathogenic Humidity and remaining fluid-retention and cyst formed by fluid-retention and blood stasis. It treats stranguria with turbid urine and leukorrhea due to the descent of Spleen Vital Energy and slippery diarrhea and hematochezia due to invasion of pathogenic Wind into the intestines.

[Explication]

Kou Zongshi: Cangzhu/rhizoma atractylodis/atractylodes rhizome is pungent in taste and has a strong function. Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is slightly pungent and bitter, with a mild action. In ancient prescriptions and in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), only Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is mentioned, without differentiation of Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes and Cangzhu/rhizoma atractylodis/attractylodes rhizome. Since the time when Tao Hongjing said that there were two species of Zhu, doctors have felt that Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is much better than Cangzhu/rhizoma atractylodis/attractylodes rhizome, and preferred to use only Baizhu. Cangzhu/rhizoma atractylodis/attractylodes rhizome was no longer used. In the ancient prescription Pingwei San, Cangzhu/rhizoma atractylodis/attractylodes rhizome is used as the most important ingredient. It is a drug that has a prompt therapeutic effect. But in *Shen Nong Bencao Jing* (*Shen Nong's*



之名。嵇康曰：闻道人遗言，饵术、黄精，令人久寿。亦无白字，用宜两审。〔杲曰〕本草但言术，不分苍、白。而苍术别有雄壮上行之气，能除湿，下安太阴，使邪气不传入脾也。以其经泔浸火炒，故能出汗，与白术止汗特异，用者不可以此代彼。盖有止发之殊，其余主治则同。〔元素曰〕苍术与白术主治同，但比白术气重而体沉。若除上湿发汗，功最大；若补中焦，除脾胃湿，力少不如白术。腹中窄狭者，须用之。〔震亨曰〕苍术治湿，上中下皆有可用。又能总解诸郁。痰、火、湿、食、气、血六郁，皆因传化失



Great Herbal) Zhu is recorded only as one drug. Ji Kang says “I heard a Taoist say that taking Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes and Huangjing/rhizoma polygonati/rhizome of king solomonseal brings long life to a person.” He does not mention whether the drug is Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes or Cangzhu/rhizoma atractylodis/attractylodes rhizome. Whenever Zhu is used, differentiation should be made for these two drugs.

Li Gao: *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* records Zhu as one drug, without further differentiation. Cangzhu/rhizoma atractylodis/attractylodes rhizome is a drug that has a strong action of ascending. It disperses pathogenic Humidity, and protects the Spleen Channel of Foot Initial Yin from invasion by pathogenic factors. After the drug is processed by soaking it in Miganshui (water in which rice has been washed) and then stir-fried, it has the function of inducing perspiration, which is different from the action of Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes, as the latter stops perspiration. Doctors should not take one for the other, as the two drugs are so different in their actions of stopping and inducing perspiration. Their other functions are more or less similar.

Zhang Yuansu: Therapeutic functions of both Cangzhu/rhizoma atractylodis/attractylodes rhizome and Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes are similar. But the former has a strong quality and descending characteristic. If it is intended to disperse pathogenic Humidity at the upper portion of the body cavity, Cangzhu/rhizoma atractylodis/attractylodes rhizome has very strong effect. But if it is intended to replenish the middle portion and disperse pathogenic Humidity in the Spleen and Stomach, Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes has better functions. When there is a distended feeling in the abdomen, Cangzhu/rhizoma atractylodis/attractylodes rhizome should be used.

Zhu Zhenheng: When it is intended to disperse pathogenic Humidity from all the upper, middle and lower portions, Cangzhu/rhizoma atractylodis/attractylodes rhizome can be used. It is also good for relieving melancholy of all sorts. Melancholy caused by stagnation of phlegm, Fire,



常，不得升降，病在中焦，故药必兼升降。将欲升之，必先降之；将欲降之，必先升之。故苍术为足阳明经药，气味辛烈，强胃强脾，发谷之气，能径入诸经，疏泄阳明之湿，通行敛涩。香附乃阴中快气之药，下气最速。一升一降，故郁散而平。〔杨士瀛曰〕脾精不禁，小便漏浊淋不止，腰背酸疼，宜用苍术以敛脾精，精生于谷故也。〔弘景曰〕白术少膏，可作丸散；赤术多膏，可作煎用。昔刘涓子掇取其精而丸之，名守中金丸，可以长生。〔颂曰〕服食多单饵术，或合白茯苓，或合石菖蒲，并捣末，旦日水服，晚再进，久久弥佳。斲取生术，去土水浸，再三煎如饴糖，酒调饮之，更



Humidity, indigestion, Vital Energy and blood all come about when transformation loses its normal circulation, hampering the ascent and descent of Vital Energy. The trouble lies in the middle portion, and requires the application of drugs that can ascend and descend. If ascension is intended, a descending drug must be given first, and if descension is intended application of an ascending drug is the first step. Cangzhu/rhizoma atractylodis/atractylodes rhizome is a drug that functions on the Stomach Channel of Foot Greater Yang, with pungent taste and strong functions. It reinforces the Spleen and Stomach functions, enriches itself by means of cereal Vital Energy and functions on all the Channels. It dredges the Greater Yang Channel, and disperses pathogenic Humidity. Xiangfu/rhizoma cyperi/rhizome of nutgrass galinale is a drug facilitating the descent of Vital Energy in the Yin system. Both drugs, if used together, will perform their ascending and descending functions at the same time. In this way, melancholy will be dispersed.

Yang Shiyong: When the Vital Essence of the Spleen is not under control, it will bring about metrostaxis, stranguria with turbid urine, and soreness in the back and lumbar region. Cangzhu/rhizoma atractylodis/atractylodes rhizome should be used to astringe Vital Essence of the Spleen, which is produced by cereals.

Tao Hongjing: As Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is less oily, it can be processed to make pills and powders. Cangzhu/rhizoma atractylodis/atractylodes rhizome is more oily, and can be stewed to make a decoction. Master Liu Juanzi used the essence of Cangzhu/rhizoma atractylodis/atractylodes rhizome and made Zhongjin Wan (Zhongjin Pill), which can ensure long life if taken regularly.

Su Song: For prolongation of life, Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes can be taken independently, or used together with Fuling/poria/indian bread or with Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag. Pound the drugs to powder. Take the powder once in the morning and once in the evening. The longer one takes the drug, the better one's health. Another way of preparation: Collect the drug, clean it, and soak it in water. Then stew it until the decoction is as thick as Jiaoyi/saccharum granorum/malt extract. Blend the ex-



善。今茅山所造术煎，是此法也。陶隐居言取其精丸之，今乃是膏煎，恐非真也。〔慎微曰〕梁庾肩吾答陶隐居查术煎启云：绿叶抽条，紫花标色。百邪外御，六府内充。山精见书，华神在录。木荣火谢，尽采撷之难；启旦移申，穷淋漓之剂。又谢朓蒸启云：味重金浆，芳逾玉液。足使坐致延生，伏深铭感。又葛洪抱朴子内篇云：南阳文氏，汉末逃难壶山中，饥困欲死。有人教之食术，遂不饥。数十年乃还乡里，颜色更少，气力转胜。故术一名山精，神农药经所谓必欲长生，常服山精，是也。〔时珍曰〕按吐纳经云：紫微夫人术序云：吾察草木之胜速益于己者，并不及术之多验也。可以长生久视，远而更灵。山林隐逸得服术者，五岳比肩。又神仙传云：陈子皇得饵术要方，其妻姜氏得疲病，服之自



tract with wine. Take it. It is a good tonic. The extract of Zhu processed by Taoists on Mount Maoshan is this drug. Tao Hongjing says that pills should be made out of the essence of Zhu. But here it mentions only a decoction and extract. It is doubtful if this is the drug Tao Hongjing describes.

Tang Shenwei: Master Yu Jianwu of Liang replied to Master Tao Hongjing about the Zhu extract as follows: A purple flower with a green leaf and stem is its characteristic. Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* is a drug that disperses invasion by various pathogenic factors. It replenishes the six Bowels. As the essence of the mountain, the drug is recorded in Hua Tuo's and Shen Nong's books. It takes a lot of effort to collect the drug and a lot of work to process the extract. Xie Zhu, also known as Zhengqi, says that the extract of Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* tastes like nectar, and is as fragrant as top-quality wine. Long-term taking of the drug makes one enjoy a long life without doing anything else. And how impressive it is! Ge Hong, in the "Neipian" section of his book *Baopuzi*, records that a certain Mr. Wen, a native of Nanyang, went deep into the mountains to escape the calamities at the end of the Han Dynasty. He almost died of hunger, until someone advised him to eat Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes*. When he returned to his home village after many years, he looked even younger than he was before, with mighty strength. Therefore, Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* is also called Shanjing, or essence of the mountain. *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) records that if one wants to live longer, one should take Shanjing regularly.

Li Shizhen: In the preface written by Ziwei Furen for *Tuna Jing* about Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes*, he records the following: When I examined all the herbs I could find, I found nothing that could benefit the people so directly and effectively as Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes*. People enjoy a long life after taking it. The longer one takes the drug, the better the efficacy. Hermits in the mountains can live as long as the mountains if they take Zhu/rhizoma *atractylodis macrocephalae*/rhizome of largehead *atractylodes* regularly. *Shenxian Zhuan* says that Mas-



愈，颜色气力如二十时也。时珍谨按已上诸说，皆似苍术，不独白术。今服食家亦呼苍术为仙术，故皆列于苍术之后。又张仲景辟一切恶气，用赤术同猪蹄甲烧烟。陶隐居亦言术能除恶气，弭灾疹。故今病疫及岁旦，人家往往烧苍术以辟邪气。类编载越民高氏妻，病恍惚谵语，亡夫之鬼凭之。其家烧苍术烟，鬼遽求去。夷坚志载江西一士人，为女妖所染。其鬼将别曰：君为阴气所浸，必当暴泄，但多服平胃散为良。中有苍术能去邪也。许叔微本事方云：微患饮癖三十年。始因少年夜坐写文，左向伏几，是以饮食多坠左边。中夜必饮酒数杯，又向左卧。壮时不觉，三、五年后，觉酒止从左下有声，胁痛食减嘈杂，饮酒半杯即止。十数日，必呕



ter Chen Zihuang acquired the prescription of Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes. When his wife suffered from general fatigue, he served her the drug. After a period of such treatment, she was rejuvenated, and began to look and behave like a woman of twenty. According to the above records, I feel that it is not only Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes but also Cangzhu/rhizoma atractylodis/atractylodes rhizome that has such wonderful effects. Now Taoist alchemists call Cangzhu/rhizoma atractylodis/atractylodes rhizome Xianzhu, or the immortals drug. As recorded by Master Zhang Zhongjing, Cangzhu/rhizoma atractylodis/atractylodes rhizome is a drug that can prevent attacks by various pathogenic factors: Burn Cangzhu/rhizoma atractylodis/atractylodes rhizome together with Zhutijia/uniquicula si scrofae/pig trotternail for fumigation. Tao Hongjing also records that Zhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is good for dispersing invasion by pathogenic factors and preventing attacks by vicious factors. So people burn Cangzhu/rhizoma atractylodis/atractylodes rhizome to ward off epidemic diseases. It is practiced at the New Year to ward off attacks by noxious factors. According to *Lei Bian*, the widow of a certain Mr. Gao, a native of the Yue area, suffered from a disease with trance and delirium. She seemed to be haunted by her deceased husband. Her family members burned Cangzhu/rhizoma atractylodis/atractylodes rhizome to fumigate her. Then the haunting soul went away. *Yijian Zhi* says that a scholar in Jiangxi was once haunted by a female ghost. She told him that he was overwhelmed by Yin, and would suffer from severe diarrhea. The treatment was to take a big dosage of Pingwei San, as in it Cangzhu/rhizoma atractylodis/atractylodes rhizome was an ingredient that can disperse vicious factors. *Benshi Fang (Effective Prescriptions for Universal Relief)* of Xu Shuwei records: I had been suffering from fluid-retention with hard mass for the previous 30 years. While I was young, I sat up late to write essays. I learned my left side on the desk, and indigestion formed on my left side. I had the habit of drinking several cupfuls of wine at midnight before sleeping. And I slept on the left side too. At first I did not feel anything wrong. But after three or five years, I heard a booming sound from the left side of my body after drinking wine. Other



酸水数升。暑月止右边有汗，左边绝无。遍访名医及海上方，间或中病，止得月余复作。其补如天雄、附子、矾石辈，利如牵牛、甘遂、大戟，备尝之矣。自揣必有癖囊，如潦水之有科白，不盈科不行。但清者可行，而浊者停滞，无路以决之，故积至五、七日必呕而去。脾土恶湿，而水则流湿，莫若燥脾以去湿，崇土以填科白。乃悉屏诸药，只以苍术一斤，去皮切片为末，生油麻中两，水二盏，研滤汁，大枣五十枚，煮去皮核，捣和丸梧子大。每日空腹温服五十丸，增至一、二百丸。忌桃、李、雀肉。服三月而疾除。自此常服，不呕不痛，胸膈宽利，饮啖如故，暑月汗亦周身，



symptoms and signs were costal pain, poor appetite and acid regurgitation. But after taking half a cup of wine the discomfort would vanish. Every ten days, I would vomit several *sheng* of fluid. On hot days, I only sweated on the right side of my body. I visited numerous doctors, read plenty of books of prescriptions and received treatment. There was some relief, but in the following month it recurred. I tried drugs such as Tianxiong/radix aconite/common monkshood, Fuzi/radix aconite lateralis preparata/prepared daughter root of common monkshood and Fanshi/alumen/alum as tonics, and purgatives like Qianniuzi/semen pharbitidis/pharbitis seed, Gansui/radix kansui/gansui root and Jingdaji/radix euphorbiae pekinensis/root of peking euphorbia. But nothing seemed to work. So I thought the problem must be cysts. This is just like when flood water fills a road, it fills the pits in the road too. The pits, like cysts in the body, must be filled, and the water will continue to flow. The clear water may flow away, but the turbidity in the water will sink and accumulate. In this way, the cyst needs five to seven days to get full of accumulated turbidity. Then it is vomited out. After that, there is relief. The Spleen is a Viscus with aversion to Humidity. The treatment of excessive Humidity is to dry the Spleen, so as to disperse Humidity. When the Spleen (the Earth) is reinforced, it will fill up the cyst (the pit) and solve the problem once and for all. With such an understanding, I decided to use only one drug — Cangzhu/rhizoma atractylodis/atractylodes rhizome — to cure the pathological condition. Preparation: peel and cut one *jin* of Cangzhu/rhizoma atractylodis/atractylodes rhizome into pieces, and then grind it to powder. Blend the powder with half a *liang* of crude Mayou/oleum sesami seminis/sesame oil and two cupfuls of water and 50 Dazao/fructus jujubae/Chinese date (remove the core and peel). Pound the drug and make pills the size of parasol seeds. Take 50 pills per dose before meals. The dosage can be gradually increased to 100 or 200 pills. Food taboos: peach, plum and sparrow meat. After three months of treatment, the syndrome disappeared. After that, I took the drug regularly. There was no more nausea or pain. I had a smooth feeling in my chest and diaphragm. My appetite returned to normal. In summer, sweat appeared all over my body. I could write very small characters under the lamp light. This shows the efficacy of Cangzhu. When the drug is first taken, there will be a feel-

灯下能书细字，皆术之力也。初服时必觉微燥，以山栀子末沸汤点服解之，久服亦自不燥矣。

〔附方〕旧二，新三十二。（略）



ing of slight irritation. Boil powder of Zhizi/fructus gardeniae/fruit of cape jasmine to make a decoction. Drink a little of the decoction. After long-term taking, there will be no more side effects.

[Prescriptions]

Two prescriptions collected previously, and
32 prescriptions collected recently.



狗脊（本经中品）

【释名】

强脊别录。扶筋别录。百枝本经。狗青吴普。

〔恭曰〕此药苗似贯众，根长多歧，状如狗之脊骨，而肉作青绿色，故以名之。〔时珍曰〕强脊、扶筋，以功名也。别录又名扶盖，乃扶筋之误。本经狗脊一名百枝，别录草薺一名赤节，而吴普本草谓百枝为草薺，赤节为狗脊，皆似误也。





GOUJI

Rhizome of East Asian tree fern

Cibotium barometz (L.) J. Sm.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

QIANGLÜ

— *Mingyi Bielu* (*Records of Famous Doctors*).

FUJIN

— *Mingyi Bielu* (*Records of Famous Doctors*).

BAIZHI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

GOUQING

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Su Gong: Its seedling looks like Guanzhong/Chinese aspidium. Its root is long, and it has many branches. Its heart is blue-green. It looks like a dog's spinal cord, and so it is called Gouji, or dog's spine.

Li Shizhen: Qianglü and Fujin are names given because of their functions. Qianglü (Qiang = strengthen, Lü = strength). Fujin (Fu = help, support, Jin = tendon). In *Mingyi Bielu* (*Records of Famous Doctors*) it is also recorded as Fugai, a miscopying of the name Fujin. In *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), the drug has the alternate name of Baizhi. In *Mingyi Bielu* (*Records of Famous Doctors*), the drug Bixie/rhizoma dioscoreae hypoglaucæ/rhizome of hypoglaucous collett yam has the alternate name of Chijie. But in *Wu Pu Bencao* (*Wu Pu's Herbal*), Baizhi is considered to be Bixie/rhizoma dioscoreae hypoglaucæ/rhizome of hypoglaucous collett yam, and Chijie is considered to be Gouji/rhizoma cibotii/rhizome of east asian tree fern. It seems such names are all wrong.



【集解】

〔别录曰〕狗脊生常山川谷，二月、八月采根暴干。〔普曰〕狗脊如葶藶，茎节如竹有刺，叶圆赤，根黄白，赤如竹根，毛有刺。岐伯经云：茎无节，叶端圆青赤，皮白有赤脉。〔弘景曰〕今山野处处有之，与菝葜相似而小异。其茎叶小肥，其节疏，其茎大直，上有刺，叶圆有赤脉，根凸凹岌岌如羊角强细者是。〔颂曰〕今太行山、淄、温、眉州亦有之。苗尖细碎青色，高一尺以来，无花。其茎叶似贯众而细。其根黑色，长三四寸，多歧，似狗之脊骨，大有两指许。其肉青绿色。春秋采根暴干。今方亦有用金毛者。陶氏所说乃有刺葶藶，非狗脊也，今江左俗犹用之。〔斆曰〕凡使狗脊，勿用透山藤根，形状一般，只是入顶苦，不可饵也。〔时珍曰〕狗脊有二种：一种根黑色，如



[Previous Explanations]

Gouji/rhizoma cibotii/rhizome of east asian tree fern is produced in the valleys of Mount Chanshan. Its root (rhizome) should be collected in the second and eighth months. Dry it in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Like Bixie/hypoglaucaous collett yam, Gouji/east asian tree fern has a stem with nodes and thorns. Its leaf is round and red. Its root is yellow-white, similar to bamboo root, with hair and thorns. *Qi Bo Jing* says that there are no nodes on its stem. The tip of the leaf is round, blue and red. It has a white rind with red collaterals.

Tao Hongjing: The drug is now found everywhere in the mountains and fields. It is similar to Baqi/Chinaroot greenbrier, with only a slight difference. Its stem and leaf are smaller and thicker than those of the former, with fewer nodes. Its main stem is big and straight, with thorns. Its leaf is round and covered with red collaterals. Its root is irregularly shaped, with protruding and sinking points, shaped like a sheep's horn.

Su Song: Now the drug is also produced in the Taihang Mountains, as well as in Zizhou, Wenzhou and Meizhou. It has a sharp-tipped leaf of a blue-green color, with a stem one *chi* long or more. There is no flower, its stem and leaf are similar to those of Guanzhong/Chinese aspidium, but thinner. Its root is black, three to four *cun* long, has many branches, and is similar in shape to a dog's spinal cord. It is as thick as two fingers, with a blue-green heart. Collect the root in spring and autumn, and dry it in the sun. In modern prescriptions, the drug with golden hair is used. What Tao Hongjing describes is actually Bixie/rhizoma dioscoreae hypoglaucac/rhizome of hypoglaucaous collett yam with thorns. It is not Gouji/rhizoma cibotii/rhizome of east asian tree fern. Nowadays, in the Jiangzuo area people still use this drug.

Lei Xiao: Whenever Gouji/rhizoma cibotii/rhizome of east asian tree fern is to be used, be careful not to use root of Toushanteng, which looks very similar to the former. The difference is that Toushanteng is bitter at the top of the root, and can not be used as medicine.

Li Shizhen: There are two kinds of Gouji/rhizoma cibotii/rhizome of east asian tree fern: One has a black root (rhizome) in the shape of a dog's



狗脊骨；一种有金黄毛，如狗形，皆可入药。其茎细而叶花两两对生，正似大叶蕨，此贯众叶有齿，面背皆光。其根大如拇指，有硬黑发簇之。吴普、陶弘景所说根苗，皆是菝葜；苏恭、苏颂所说，即真狗脊也。按张揖广雅云：菝葜，狗脊也。张华博物志云：菝葜与葶藶相乱，一名狗脊。观此则昔人以菝葜为狗脊，相承之误久矣。然菝葜、葶藶、狗脊三者，形状虽殊，而功用亦不甚相远。

根【修治】

〔斲曰〕凡修事，火燎去须，细锉了，酒浸一夜，蒸之，从巳至申，取出晒干用。

【气味】

苦，平，无毒。



spinal cord, while the other has a root (rhizome) in the shape of a dog with golden and yellow hair. Both are good drugs. Its stem is thin with leaves and flowers growing in pairs in opposition. It is similar to Dayejue. It is also similar to leaf of Guanzhong/Chinese aspidium. But its edge is not serrated. Both sides of the leaf are lustrous. Its root is as big as a thumb, and is surrounded by tough, black hair. The root and seedling described by Wu Pu and Tao Hongjing are actually those of Baqi/chinaroot greenbrier. What Su Gong and Su Song describe is the genuine drug. *Zhang Ji Guang Ya* says that Baqi is Gouji. *Zhang Hua Bowu Zhi* says that Baqi/rhizoma *smilacis chinensis*/rhizome of chinaroot greenbrier, a similar drug to Bixie/rhizoma *dioscoreae hypoglaucæ*/rhizome of hypoglaucous collett yam, has the alternate name of Gouji. From the above information, we can see that people in ancient times took Baqi/rhizoma *smilacis chinensis*/rhizome of chinaroot greenbrier to be Gouji/rhizoma *cibotii*/rhizome of east asian tree fern. And this has been accepted by later scholars. It is a mistake that has been perpetuated. But anyway, the three drugs — Baqi/rhizoma *smilacis chinensis*/rhizome of chinaroot greenbrier, Bixie/rhizoma *dioscoreae hypoglaucæ*/rhizome of hypoglaucous collett yam and Gouji/rhizoma *cibotii*/rhizome of east asian tree fern — though not very similar in shape, yet have similar functions and therapeutic effects.

GOJIGEN

Rhizome of East Asian tree fern

Rhizoma cibotii

[Preparation]

Lei Xiao: Burn the attached fine roots away over a fire first. Then chop the drug into small pieces. Soak the drug in wine overnight. Then steam it from Sishi (the hours 9-11) to Shenshi (the hours 15-17). Take out the drug and take it.

[Quality and Taste]

It is bitter, plain and nontoxic.

It is sweet and warm.

〔别录曰〕甘，微温。〔普曰〕神农：苦。桐君、黄帝、岐伯、雷公、扁鹊：甘，无毒。李当之：小温。〔权曰〕苦、辛，微热。〔之才曰〕葶藶为之使，恶败酱、莎草。

【主治】

腰背强，关机缓急，周痹寒湿膝痛，颇利老人本经。疗失溺不节，男子脚弱腰痛，风邪淋露，少气目暗，坚脊利俯仰，女子伤中关节重别录。男子女人毒风软脚，肾气虚弱，续筋骨，补益男子甄权。强肝肾，健骨，治风虚时珍。

【附方】

新四。（略）





— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is bitter according to Shen Nong. It is sweet and nontoxic according to Tongjun, the Yellow Emperor, Qi Bo, Lei Gong and Bian Que. It is slightly warm according to Li Dangzhi.

Zhen Quan: It is bitter, pungent and slightly hot.

Xu Zhicai: Bixie/rhizoma dioscoreae hypoglaucae/rhizome of hypoglaucaous collett yam can be its guiding drug. It is mutally inhibiting to Baijiang/herba patriniae/herb of dahurian patrinia and Shacao/herba cyperi/herb of nutgrass galingale.

[Indications]

It straightens rigid back and waist, smoothes the movements of the joints, and relieves general arthralgia and pain in the knees due to attack of pathogenic Cold and Humidity. It is a drug that is good for the health of the aged.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It controls incontinence of urine, treats male diseases such as lumbago and weak feet, stranguria with urinary dripping due to attack of pathogenic Wind, shortness of breath and dim vision. It reinforces the spinal cord. It is also good for treating such women's diseases as internal damage and heaviness when moving the joints.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for replenishing deficient and weak Kidney in both men and women so as to disperse attack of pathogenic Wind and toxins, and strengthen debilitated feet. It strengthens tendons and bones, and replenishes general deficient condition in men.

Li Shizhen: It reinforces the Liver and Kidney, strengthens the bones and treats diseases due to attack of pathogenic Wind when there is overall deficiency.

[Prescriptions]

Four prescriptions collected recently.

贯众（本经下品）

【释名】

贯节本经。贯渠本经。百头本经。又名虎卷、扁苻。草
鴟头别录。黑狗脊纲目。凤尾草图经。

〔时珍曰〕此草叶茎如凤尾，其根一本而众枝贯之，故





GUANZHONG

Chinese aspidium

Dryopteris crassirhizoma Nakai

Lunathyrium acrostichoides (Sweet) Ching

Blechnum orientale L.

Woodwardia japonica (L.f.) Sweet

Osmunda japonica Thunb.

Matteuccia struthiopteris (L.) Todaro.

— Drug of inferior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

GUANJIE

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

GUANQU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

BAITOU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

HUJUAN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

BIANFU

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

CAOCHITOU

— *Mingyi Bielu* (*Records of Famous Doctors*).

HEIGOUJI

— *Bencao Gangmu* (*Compendium of Materia Medica*).

FENGWEICAO

— *Tujing Bencao* (*Illustrated Materia Medica*).

Li Shizhen: Its leaf and stem resemble the tail of a phoenix. So it is



草名凤尾，根名贯众、贯节、贯渠。渠者，魁也。吴普本草作贯中，俗作贯仲、管仲者，皆谬称也。尔雅云，泝（音灼），贯众，即此也。别录一名伯萍，一名药藻，皆字讹也。金星草一名凤尾草，与此同名，宜互考之。〔弘景曰〕近道皆有之。叶如大蕨。其根形色毛芒，全似老鸱头，故呼为草鸱头。

【集解】

〔别录曰〕贯众生玄山山谷及冤句少室山，二月、八月采根阴干。〔普曰〕叶青黄色，两两相对。茎有黑毛丛生，冬夏不死。四月花白，七月实黑，聚相连卷旁生。三月、八月采根，五月采叶。〔保昇曰〕苗似狗脊，状如雉尾，根直多枝，皮黑肉赤，曲者名草鸱头，所在山谷阴处则有



named Fengweicao (Fengwei = phoenix tail, Cao = herb). There is one big root to which are attached many fine roots. So it is called Guanzhong, Guanjie or Guanqu (Guan = all the way through). So the term Guanzhong means fine roots attached to the main root all the way through (Guanqu: Qu = big). In *Wu Pu Bencao* (*Wu Pu's Herbal*), it is written as 贯中(Guanzhong), or generally written as 贯仲 (Guanzhong) and 管仲 (Guanzhong). These are wrong names with different characters of similar pronunciation. *Er Ya* says that Zhuo is another name for Guanzhong. That is the same drug. In *Mingyi Bielu* (*Records of Famous Doctors*), the drug is also called Boping and Yaozao, names with characters written wrongly. Jinxingcao/herba phymatopsis hastate/herb of phymatopsis hastate also has the name Fengweicao. Attention should be paid when the name Fengweicao is encountered, as it may indicate either of the two drugs.

Tao Hongjing: The drug is found in nearby places. Its leaf is as big as that of Jue/forlium pteridii latiusculi/leaf of eastern bracken fern. Its root is covered with fine roots like hair in the shape of the head of a sparrow hawk. So it is called Caochitou, or 'herbal Chitou' (head of a sparrow hawk).

[Previous Explanations]

Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium is produced in the valleys of Mount Xuanshan and Mount Shaoshi in Yuanju. Collect the root in the second and eighth months. Dry the root in the shade.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Wu Pu: Its leaves are blue-green-yellow and grow in opposition in pairs. A clump of black hair grows on the stem. The plant does not wither in winter or summer. In the fourth month, white flowers bloom, and black seeds ripen in the seventh month. The seeds appear in curled pericarp. The root should be collected in the third and eighth months, and the leaf should be collected in the fifth month.

Han Baosheng: Its seedling is similar to that of Gouji/foolium cibotii/leaf of east asian tree fern, in the shape of the tail of a pheasant. Its root is straight, with many fine roots attached to it. It has a black rind and red heart. The curled root is called Caochitou. It grows on the shady side of mountains.



之。〔颂曰〕今陕西、河东州郡及荆、襄间多有之，而少有花者。春生苗，赤。叶大如蕨。茎干三棱。叶绿色似鸡翎，又名凤尾草。其根紫黑色，形如大爪，下有黑须毛，又似老鸱。郭璞注尔雅云，叶员锐，茎毛黑，布地，冬不死，广雅谓之贯节是矣。〔时珍曰〕多生山阴近水处。数根丛生，一根数茎，茎大如箸，其涎滑。其叶两两对生，如狗脊之叶而无锯齿，青黄色，面深背浅。其根曲而有尖嘴，黑须丛族，亦似狗脊根而大，状如伏鸱。

根

〔气味〕苦，微寒，有毒。〔之才曰〕藿菌、赤小豆为之使，伏石钟乳。

〔主治〕腹中邪热气，诸毒，杀三虫本经。去寸白，



Su Song: Now the drug is produced in Shaanxi, Hedong, Jing and Xiang. But normally there is no flower. Red buds intergrow. Its leaf is as big as *Jue/folium pteridii latiusculi*/leaf of eastern bracken fern. Its stem is in the form of a triangle. Its leaf is green and in the shape of a chicken feather. It is therefore called Fengweicao, or phoenix tail herb. Its root is purple-black and in the shape of a big chicken claw, with black fine roots like hair. It is similar in shape to the head of a sparrow hawk. In the annotation to *Er Ya* by Guo Pu it is described as follows: Its leaf is round, with a sharp tip. Its stem is covered with black hair. It spreads over the ground, and will not wither in winter. In *Guang Ya* it is called Guanjie.

Li Shizhen: It grows on the shady side of mountains, close to water. It grows in tussocks, each with several roots. Its root is the size of a chopstick. When broken, it secretes slippery juice. Its leaves grow in opposition in pairs. It looks like *Gouji/folium cibotii*/leaf of East Asian tree fern, but without the serrated edge. It is blue-green-yellow, darker on the face and lighter at the back. Its root is curled, with a sharp end, and it has fine black hair-like roots thickly attached. It is similar to *Gouji/rhizoma cibotii*/rhizome of East Asian tree fern, but somewhat bigger. It looks like the head of a sparrow hawk.

GUANZHONGGEN

Rhizome of Chinese aspidium

Rhizoma dryopteris crassirhizomae

[Quality and Taste]

It is bitter, slightly cold and toxic.

Xu Zhicai: Guanjun and Chixiaodou/*semen phaseoli*/rice bean can be used as its guiding drugs. It oppresses *Shizhongru/stalactium/stalactite*.

[Indications]

It eliminates pathogenic Heat in the abdomen, and neutralizes toxins of various kinds. It kills three kinds of worms.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It kills tapeworms, dissolves hard mass in the abdomen, relieves severe



破癥瘕，除头风，止金疮别录。为末，水服一钱，止鼻血有效苏颂。治下血崩中带下，产后血气胀痛，斑疹毒，漆毒，骨哽。解猪病时珍。

〔发明〕〔时珍曰〕贯众大治妇人血气，根汁能制三黄，化五金，伏钟乳，结砂制汞，且能解毒软坚。王海藏治夏月痘出不快，快斑散用之。云贯众有毒，而能解腹中邪热之毒。病因内感而发之于外者多效，非古法之分经也。又黄山谷煮豆帖，言荒年以黑豆一升接净，入贯众一斤，铍如骰子大，同以水煮，文火斟酌至豆熟，取出日干，覆令展尽余汁，簸去贯众。每日空心嚼豆五、七粒，能食百草木枝叶有



intermittent headache and heals incised wounds.

— *Mingyi Bielu (Records of Famous Doctors)*.

Su Song: Grind the drug to powder. Take one *qian* of the powder to stop epistaxis. It is effective.

Li Shizhen: It treats metrorrhagia, metrostaxis, leukorrhea, puerperal abdominal pain and distention in women due to disorder of blood and Vital Energy. It neutralizes toxin from skin rash and dermatitis rhus. It can help to bring down a bone stuck in the throat. It also treats diseases caused by contact with pigs.

[Explication]

Li Shizhen: Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium is good for treating abdominal pain in women due to disorder of blood and Vital Energy. The juice of its root can control Xionghuang/realgar/red orpiment, Cihuang/orpimentum/orpiment and Liuhuang/sulfur/sulphur, dissolve gold, silver, copper, iron and lead, oppress Shizhongru/stalactium/stalactite, stabilize Zhusha/cinnabaris/cinnabar and control Shuiyin/hydrargyrum/mercury. It neutralizes toxins and softens harness. Doctor Wang Haizang had a prescription called Kuaiban San used to treat retarded smallpox, in which Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium was used. He explained that as Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium was toxic, it would neutralize the toxins produced by pathogenic Heat in the abdomen. This drug is effective for treating diseases with exterior manifestation due to internal pathological conditions. It has nothing to do with the Channel system, a principle set forth in an ancient classic. Here is another prescription used in famine years: Prescription of Zhudou Tie, provided by Doctor Huang Shangu: Peel one *sheng* of Heidou/semen sojae nigra/seed of black soybean and cut one *jin* of Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium into small pieces the size of dice. Stew the two drugs in water over a mild fire until Heidou/semen sojae nigra/seed of black soybean is well cooked. Dry the drugs in the sun. Remove Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium. Eat five to seven beans before meals. In this way, the person can eat anything like herbs, leaves or twigs of any plant and will

味可饱。又王璆百一选方，言滁州蒋教授，因食鲤鱼玉蝉羹，为肋肉所哽，凡药皆不效。或令以贯众浓煎汁一盞半，分三服，连进至夜，一咯而出。亦可为末，水服一钱。观此可知其软坚之功，不但治血治疮而已也。

〔附方〕新一十五。（略）

花

〔主治〕恶疮，令人泄。别录





no longer feel hungry. This is a recipe for use in times of famine. Another case, as recorded by Wan Qiu in *Baiyi Xuanfang*: There was a Professor Ji-ang living in Chuzhou, who got a piece of carp bone stuck in his throat. All treatments failed to solve the problem. Someone told him to stew Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium to get one and a half cupfuls of dense juice. Drink the juice in three draughts until night-fall. The patient did so, and coughed out the bone. This drug can also be used in powder form, wash down one *qian* of the powder with water. From the above case, we can understand that Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium has the function of softening hardness. It is a drug that also is good for treating blood disorder and sores.

[Prescriptions]

15 prescriptions collected recently.

Guanzhonghua

Flower of Chinese aspidium

Flos dryopteris crassirhizomae

[Indications]

It is good for treating malignant sores. It brings about a loose stool.

— *Mingyi Bielu (Records of Famous Doctors)*.

巴戟天（本经上品）

【释名】

不凋草日华。三蔓草。

〔时珍曰〕名义殊不可晓。

【集解】

〔别录曰〕巴戟天生巴郡及下邳山谷，二月、八月采根阴干。〔弘景曰〕今亦用建平、宜都者，根状如牡丹而细，外赤内黑，用之打去心。〔恭曰〕其苗俗名三蔓草。叶似茗，经冬不枯。根如连珠，宿根青色，嫩根白紫，用之亦同，以连珠多肉厚者为胜。〔大明曰〕紫色如小念珠，有小





BAJITIAN

Medicinal Indian mulberry

Morinda officinalis How.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

BUDIAOCAO

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

SANMANCAO

Li Shizhen: Meaning of these names can not be traced.

[Previous Explanations]

Bajitian/medicinal Indian mulberry is produced on Mount Bajun and Mount Xiapi. The root should be collected in the second and eighth months. Dry it in the shade.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Tao Hongjing: Now this drug is also produced in Yudu and Jianping. Its root is similar to that of *Mudan/paeonia suffruticosa*/tree peony, but thinner. It is red outside and black at the heart. When it is used, remove the heart.

Su Gong: Its leaf is called Sanmancao, and is in the shape of *Cha/gemma et folium camelliae*/tea bud and leaf, which does not wither in winter. Its root has many small balls attached to it. Its perennial root is blue-green, and its tender root is white-purple. They can also be used in the same way. The best-quality drug is that with many small balls and with thick and rich flesh.

Da Ming: The root is purple, and in the shape of beads. It has a small hole in it. It is hard, and difficult to pound.



孔子，坚硬难捣。〔宗奭曰〕巴戟天本有心，干缩时偶自落，或抽去，故中心或空，非自有小孔也。今人欲要中间紫色，则多伪以大豆汁沃之，不可不察。〔颂曰〕今江淮、河东州郡亦有，但不及蜀川者佳，多生竹林内。内地生者，叶似麦门冬而厚大，至秋结实。今方家多以紫色为良。蜀人云：都无紫色者。采时或用黑豆同煮，欲其色紫，殊失气味，尤宜辨之。又有一种山葎根，正似巴戟，但色白。土人采得，以醋水煮之，乃以杂巴戟，莫能辨也。但击破视之，中紫而鲜洁者，伪也；其中虽紫，又有微白，糝有粉色，而理小暗者，真也。真巴戟嫩时亦白，干时亦煮治使紫，力劣弱耳。

根【修治】

〔斆曰〕凡使须用枸祀子汤浸一宿，待稍软漉出，再



Kou Zongshi: There is a heart in the root. When the drug shrinks, the heart may fall out automatically or can be removed. So it is hollow inside. The hole in it is not a natural phenomenon. Now people like the drug to be purple in the middle. So merchants fill the inside with juice of Heidou/seed of black soybean. Be careful to differentiate the real drug from the fake.

Su Song: Now the drug is also produced in prefectures in the Yangtze River and Huai River areas, and in Hedong. But the drug produced in Sichuan is the best. It grows in bamboo groves. That produced in inland areas has a leaf similar to Maimendong/foolium ophiopogonis/leaf of dwarf lilyturf, but thicker and bigger. It bears fruit in the autumn. Doctors think that the drug with a purple color is the best. But people in Sichuan say that the drug is not purple at all. After the drug is collected, it is boiled together with Heidou/seed of black soybean to make it turn purple. But in this way its taste and quality are mostly lost, and it is no longer good for medical use. Be careful not to use such a substance. There is one kind of drug similar to Bajitian/radix morindae officinalis/root of medicinal Indian mulberry. It is colloquially called Shanlügen, and is white in color. Local people boil it with vinegar and then mix it with Bajitian/radix morindae officinalis/root of medicinal Indian mulberry. It is difficult to separate it from the real drug. But when such a drug is broken open, it is found to have a purple and fresh heart. This is the fake drug. The heart of the real drug should be purple, mixed with slightly white and pink colors, with a little dark texture. When the real drug is tender, it is also white. When the dry drug is boiled, it turns purple. But its therapeutic effect is reduced.

BAJIGEN

Root of medicinal Indian mulberry

Radix of morindae officinalis

[Preparation]

Lei Xiao: First soak the drug in a decoction of Gouqizi/fructus lycii/ripe fruit of barbery wolfberry overnight. Then the drug becomes soft. Take it out, and soak it in wine for a whole day. Then stew the drug together



酒浸一伏时，漉出，同菊花熬焦黄，去菊花，以布拭干用。〔时珍曰〕今法：惟以酒浸一宿，锉焙入药。若急用，只以温冰浸软去心也。

【气味】

辛、甘，微温，无毒。

〔大明曰〕苦。〔之才曰〕覆盆子为之使，恶雷丸、丹参、朝生。

【主治】

大风邪气，阴痿不起，强筋骨，安五脏，补中增志益气本经。疗头面游风，小腹及阴中相引痛，补五劳，益精，利男子别录。治男子夜梦鬼交精泄，强阴下气，治风癩甄叔。治一切风，疗水胀日华。治脚气，去风疾，补血海时珍。出仙经。



with Juhua/floschrysanthemi/chrysanthemum in water until the drug turns yellow. Remove the Juhua/floschrysanthemi/chrysanthemum, and wipe the drug dry with a cloth.

Li Shizhen: Now the drug is processed as follows: Soak it in wine overnight, and then chop it into small pieces. It is now ready for use. If the drug is to be used in an urgent case, it should be soaked in warm water until it becomes soft. Then remove the heart. It is now ready for use.

[Quality and Taste]

It is pungent, sweet, slightly warm and nontoxic.

Da Ming: It is bitter.

Xu Zhicai: Fupenzi/fructus rubi immaturus/immature fruit of palmleaf raspberry can be used as its guiding drug. It is mutually inhibiting to Leiwān/omphalia/stone-like omphalia, Danshen/radix salviae miltiorrhizae/root of danshen and Mujin/hibiscus syriacus/shrubalthea.

[Indications]

It is good for treating apoplexy due to invasion of pathogenic factors. It is also good for treating impotence and strengthening the bones and tendons, replenishing the interior, reinforcing the Vital Energy and improving the memory.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for treating wandering edema on the head and face, relieving pain referred to the lower abdomen and genitalia, replenishing the five overstrains and reinforcing the Vital Essence, and is a drug good for men.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating sexual activity of men in dreams with emission, enhancing male ability and treating nodular leprosy.

It is good for dispersing invasion of various types of pathogenic Wind, distention and fluid retention.

— *Da Ming Rihua Bencao (Materia Medica by Da Ming)*.

Li Shizhen: According to alchemists, it is good for treating beriberi, dispersing invasion of pathogenic Wind and replenishing the sea of blood (the Liver).



【发明】

〔好古曰〕巴戟天，肾经血分药也。〔叔曰〕病人虚损，加而用之。〔宗奭曰〕有人嗜酒，日须五、七杯，后患脚气甚危。或教以巴戟半两，糯米同炒，米微转色，去米不用，大黄一两，锉炒，同为末，熟蜜丸，温水服五、七十丸，仍禁酒，遂愈。

[Explication]

Wang Haogu: Bajitian/radix morindae officinalis/root of medicinal indianmulberry is a drug that functions on the blood system of Kidney Channel of Foot Lesser Yin.

Zhen Quan: It is good for treating patients with consumptive diseases in a deficient condition.

Kou Zongshi: There was once a man who drank five to seven cupfuls of wine every day. Later he suffered from severe beriberi, which developed into a very critical condition. Someone advised him to treat himself as follows: Stir-fry 0.5 *liang* of Bajitian/radix morindae officinalis/root of medicinal Indian mulberry together with Nuomi/oryza glutinosae/polished glutinous rice. When the color of the rice changes, stop stir-frying it. Remove the rice. Chop up the drug together with one *liang* of Dahuang/radix et rhizoma rhei/rhubarb and then stir-fry them. Grind them to powder. Make pills together with honey. Wash down 50 to 70 pills per dose with warm water. Stop drinking wine. The patient got well after taking the drug.



远志（本经上品）

【释名】

苗名小草本经。细草本经。棘菀本经。蔓绕本经。

〔时珍曰〕此草服之能益智强志，故有远志之称。世说载郝隆讥谢安云：处则为远志，出则为小草。记事珠谓之醒心杖。

【集解】

〔别录曰〕远志生太山及冤句川谷，四月采根叶阴





YUANZHI

Thinleaf milkwort

Polygala tenuifolia Willd.

Polygala sibirica L.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

XIAOCAO (its seedling)

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

XICAO

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

JIWAN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

YAORAO

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

Li Shizhen: This drug has the function of benefiting the intelligence and invigorating the wisdom. So it is called Yuanzhi, which means for a longer memory. In *Shi Shuo* it is recorded that when Mr. Hao Long talked to Mr. Xie An, he ridiculed the latter using both names of the drug, saying, "If you stay here, you will be Yuanzhi and if you go out, you will be a Xiaocao." This meant that if he refused to go out (to do something or to accept some job), he would be a clear-headed (Yuanzhi) person, and if you went out (which he should not), he would be regarded contemptuously as small grass (Xiaocao). In *Jishizhu*, the drug is given the name Xingxinzhang.

[Previous Explanations]

Yuanzhi/thinleaf milkwort is produced in the valleys of Mount Taishan and Mount Yuanju. The root and leaf can be collected in the fourth month.



干。〔弘景曰〕冤句属兖州济阴郡，今此药犹从彭城北兰陵来。用之去心取皮，一斤止得三两尔。亦入仙方用。小草状似麻黄而青。〔志曰〕茎叶似大青而小。比之麻黄，陶不识也。〔禹锡曰〕按尔雅云：萋绕，棘菟。郭璞注云：今远志也。似麻黄，赤华，叶锐而黄。其上谓之小草。〔颂曰〕今河、陕、洛西州郡亦有之。根形如蒿根，黄色。苗似麻黄而青，又如毕豆。叶亦有似大青而小者。三月开白花。根长及一尺。泗州出者花红，根叶俱大于他处。商州出者根乃黑色。俗传夷门出者最佳。四月采根晒干。古方通用远志、小草。今医但用远志，稀用小草。〔时珍曰〕远志有大叶、小



Dry the drug in the shade.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Yuanju is part of Jiyin Prefecture, Yanzhou. Today the drug is produced in Lanling, a place north of Pengcheng city. The heart of the drug should be removed. Only the bark of the root is used. So only 30 percent of the drug can be used medically. This drug is also used by Taoist alchemists. Xiaocao/caulis et folium polygalae/stem and leaf of thinleaf milkwort looks like Mahuang/herba ephedrae/ephedra, but it is greener.

Ma Zhi: Its stem and leaf look like Daqingye/folium isatidis/leaf of indigowoad but smaller. Tao Hongjing compared it with Mahuang/herba ephedrae/ephedra. This shows that he did not know the drug.

Zhang Yuxi: *Er Ya* records the names of this drug as Yaoyao and Jitu. Guo Pu's annotation says that this is what is known as Yuanzhi/radix polygalae/root of thinleaf milkwort today. It looks like Mahuang/herba ephedrae/ephedra. It has red flowers, and a narrow yellow leaf. Its stem and leaf are collectively called Xiaocao.

Su Song: Now the drug is also produced in Hedong, Hexi, Shaanxi and Luoxi. Its root is yellow and looks like that of Qinghao/sweet wormwood. Its seedling looks like that of Mahuang/herba ephedrae/ephedra, but is greener. It also resembles that of Wandou/garden pea. Some of the drug may have similar leaves to Daqingye/folium isatidis/leaf of indigoweed, but smaller. White flowers bloom in the third month. Its root is as long as one *chi*. The drug produced in Sizhou has red flowers, and its leaf and root are normally bigger than those of the drug produced in other places. The drug produced in Shangzhou has a black root. People generally regard Yuanzhi/radix polygalae/root of thinleaf milk wort produced in Yimen is the best-quality drug. The root of the drug should be collected in the fourth month and dried in the sun. In ancient prescriptions, Yuanzhi (Yuanzhi/radix polygalae/root of thinleaf milkwort) and Xiaocao (Xiaocao/caulis et folium polygalae/stem and leaf of thinleaf milkwort) were used interchangeably. Doctors today only use Yuanzhi/radix polygalae/root of thinleaf milkwort. Xiaocao/caulis et folium polygalae/stem and leaf of thinleaf milkwort is seldom used in medicine.

Li Shizhen: Yuanzhi comes in two species: one has a bigger leaf than

叶二种：陶弘景所说者小叶也，马志所说者大叶也，大叶者花红。

根

〔修治〕〔斲曰〕凡使须去心，否则令人烦闷。仍用甘草汤浸一宿，暴干或焙干用。

〔气味〕苦，温，无毒。〔之才曰〕远志、小草，得茯苓、冬葵子、龙骨良。畏珍珠、藜芦、蜚蠊、齐蛤。〔弘景曰〕药无齐蛤，恐是百合也。〔权曰〕是蛭螬也。〔恭曰〕药录下卷有齐蛤，陶说非也。





the other. What Tao Hongjing describes is Yuanzhi with the smaller leaf, and that described by Ma Zhi is that with the bigger leaf. The latter has red flowers.

YUANZHIGEN

Root of thinleaf milkwort

Radix polygalae

[Preparation]

Lei Xiao: Before using this drug, the heart of the root should be removed; otherwise, the drug will cause suffocation. Then soak the drug in a decoction of Gancao/radix glycyrrhizae/licuorice root overnight. Dry the drug in the sun or bake it dry.

[Quality and Taste]

It is bitter, warm and nontoxic.

Xu Zhicai: Reinforced by the following drugs, Yuanzhi/radix polygalae/root of thinleaf milkwort and Xiaocao/caulis et folium polygalae/stem and leaf of thinleaf milkwort will function even better. The drugs are:

Fuling/poria/Indian bread,

Dongkuizi/semem malvae/seed of cluster mallow, and

Longgu/os draconis/dragon's bone.

They are incompatible with Zhenzhu/margarita/pearl, Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore, Zhanglang/blatta seu periplaneta/oriental cockroach and Qige/concha solen gonldii/shell of razor clam.

Tao Hongjing: Qige mentioned here should be Baihe/bulbus lillii/lily bulb. There is no such a drug as Qige.

Zhen Quan: It should be Qicao/holotrichia diomphalia/northeast giant black chafer.

Su Gong: In the later half of *Li Dangzhi Yaolu* (*Li Dangzhi's Herbal*), Qige/concha solen gonldii/shell of razor clam is mentioned: What Tao Hongjing says is not correct.



〔主治〕咳逆伤中，补不足，除邪气，利九窍，益智慧，耳目聪明，不忘，强志倍力。久服轻身不老本经。利丈夫，定心气，止惊悸，益精，去心下膈气，皮肤中热，面目黄别录。杀天雄、附子、乌头毒，煎汁饮之之才。治健忘，安魂魄，令人不迷，坚壮阳道甄权。长肌肉，助筋骨，妇人血噤失音，小儿客忤日华。肾积奔豚好古。治一切痈疽时珍。

叶

〔主治〕益精补阴气，止虚损梦泄别录。



[Indications]

It treats coughing with dyspnea and damaged interior condition. It replenishes a deficient condition, disperses invading pathogenic factors, facilitates the functions of the nine orifices, invigorates the wisdom, improves the eyesight and hearing, treats amnesia, reinforces the will power and strengthens the physical force. Long-term taking of the drug makes the patient happy and able to enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is a drug good for men. It tranquilizes the mind, stops convulsions and palpitations, reinforces the Vital Essence, disperses stagnation of gas from the epigastrium and diaphragm, eliminates heat from the skin and yellowish color from the face and eyes.

— *Mingyi Bielu (Records of Famous Doctors)*.

Xu Zhicai: It neutralizes toxins of Tianxiong/radix aconiti/common monkshood, Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood and Wutou/radix aconiti/sichuan aconite root. Stew the drug to make a decoction. Drink the decoction.

Zhen Quan: It treats amnesia, pacifies the soul and spirit, and makes a person energetic and sexually potent.

It promotes the growth of muscles and flesh, and strengthens the tendons and bones. It also treats lockjaw due to blood disorder and loss of voice in women. It also relieves infantile convulsive seizures due to fright.

— *Da Ming Rihua Bencao (Materia Medica by Da Ming)*.

Wang Haogu: It relieves Bentun (ascending gas like a running piglet).

Li Shizhen: It treats carbuncles and phlegmons of various kinds.

YUANZHIYE

Stem and leaf of thinleaf milkwort

Caulis et folium polygalae

[Indications]

It replenishes Vital Essence and Yin Vital Essence, and stops night emission in the case of a deficient and consumptive condition.

— *Mingyi Bielu (Records of Famous Doctors)*.



【发明】

〔好古曰〕远志，肾经气分药也。〔时珍曰〕远志入足少阴肾经，非心经药也。其功专于强志益精，治善忘。盖精与志，皆肾经之所藏也。肾精不足，则志气衰，不能上通于心，故迷惑善忘。灵枢经云：肾藏精，精舍志。肾盛怒而不止则伤志，志伤则喜忘其前言，腰脊不可以俯仰屈伸，毛悴色夭。又云：人之善忘者，上气不足，下气有余，肠胃实而心肺虚，虚则营卫留于下，久之不以时上，故善忘也。陈言三因方，远志酒治痲疽，云有奇功，盖亦补肾之力尔。葛洪抱朴子云：陵阳子仲服远志二十年，有子三十七人，能开书所视不忘。坐在立亡。



[Explication]

Wang Haogu: Yuanzhi/radix polygalae/root of thinleaf milkwort is a drug that works on the Vital Energy system of Kidney Channel of Foot Lesser Yin.

Li Shizhen: Yuanzhi/radix polygalae/root of thinleaf milkwort is a drug that functions on the Kidney Channel of Foot Lesser Yin, not on the Heart Channel of Hand Lesser Yin. It is good for strengthening willpower and reinforcing Vital Essence, as well as for treating amnesia. Vital Essence and willpower are stored in the Kidney. When the Kidney is deficient, the willpower and intelligence will be lowered, and the Vital Energy can not be connected to the Heart, causing trance and amnesia. As *Huangdi Neijing: Lingshu (Canon of Medicine of the Yellow Emperor: Miraculous Pivot)* puts it: The Kidney is where Vital Essence is stored. Vital Essence and willpower are mutually connected. When excessive anger damages the Kidney, willpower will also be damaged. When willpower is damaged, the person is forgetful, and the spinal cord becomes rigid, making the bending and stretching of the body difficult. The hair will wither and the complexion will fade. The classic continues that a patient suffering from amnesia has insufficient Vital Energy at the upper portion, and excessive Vital Energy at the lower portion. The Intestines and Stomach are filled with excessiveness, and the Heart and Lung are hollow. In such a pathological condition, nutrient essence and body resistance can only circulate at the lower portion of the body and can not ascend to the upper portion, making amnesia most likely. Chen Yan, in his *Sanyin Fang (Prescriptions Assigned to the Three Categories of Pathogenic Factors of Diseases)*, records that some people say that Yuanzhi Jiu (wine of Yuanzhi/radix polygalae/root of thinleaf milkwort) is good for treating carbuncles and phlegmons. It works miraculously. This is because Yuanzhi/radix polygalae/root of thinleaf milkwort can replenish the Kidney. Ge Hong, in his *Baopuzi*, records that Master Lingyang Zizhong took Yuanzhi/radix polygalae/root of thinleaf milkwort regularly for more than 20 years. He had 37 sons and could memorize whatever he read. He passed away one day while he was sitting.

【附方】

旧三，新四。（略）





[Prescriptions]

Three prescriptions collected previously, and
four prescriptions collected recently.



淫羊藿（本经中品）

【释名】

仙灵脾唐本。放杖草日华。弃杖草日华。千两金日华。
干鸡筋日华。黄连祖日华。三枝九叶草图经。刚前本经。

〔弘景曰〕服之使人好为阴阳。西川北部有淫羊，一日



YINYANGHUO

Shorthorned epimedium

Epimedium brevicornum Maxim.

Epimedium sagittatum (Sieb. et Zucc) Maxim.

Epimedium pubescens Maxim.

Epimedium koreanum Nakai.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

XIANLINPI (仙灵脾)

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

FANGZHANGCAO

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

QIZHANGCAO

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

QIANLIANGJIN

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

GANJIJIN

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

HUANGLIANZU

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

SANZHIJUYECAO

— *Tujing Bencao* (*Illustrated Materia Medica*).

GANGQIAN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

Tao Hongjing: After taking the drug, the patient tends to have love affairs more often. There is a kind of sheep in the north of Xichuan (Western Sichuan) which likes eating this drug a lot and mates often, even 100 times



百遍合，盖食此藿所致，故名淫羊藿。〔时珍曰〕豆叶曰藿，此叶似之，故亦名藿。仙灵脾、千两金、放杖、刚前，皆言其功力也。鸡筋、黄连祖，皆因其根形也。柳子厚文作仙灵毗，入脐曰毗，此物补下，于理尤通。

【集解】

〔别录曰〕淫羊藿生上郡阳山山谷。〔恭曰〕所在皆有。叶形似小豆而圆薄，茎细亦坚，俗名仙灵脾是也。〔颂曰〕江东、陕西、泰山、汉中、湖湘间皆有之。茎如粟秆。叶青似杏，叶上有刺。根紫色有须。四月开白花，亦有紫花者。碎小独头子。五月采叶晒干。湖湘出者，叶如小豆，枝茎紧细，经冬不凋，根似黄连。关中呼为三枝九叶草，苗高一、二尺许，根叶俱堪用。蜀本草言生处不闻水声者良。〔时珍曰〕生大山中。一根数茎，茎粗如线，高一、二尺。一茎三丫。一丫三叶。叶长二、三寸，如杏叶及豆藿，



within a single day. So this drug is named Yinyanghuo, or herb that drives sheep to mate.

Li Shizhen: The leaf of Dadou/soybean is called Huo, and leaf of this drug is similar to soybean leaf. So it is also called Huo. Xianlingpi, Qianliangjin, Fangzhang, Gangqian are names that describes its efficacy. Jijin and Huanglianzu are names describing its root. Liu Zi says that the original name of the drug was written as 仙灵毗 (Xianlingpi). The last character indicates the umbilicus, meaning the drug functions at the lower portion of the body. It is well named.

[Previous Explanations]

Yinyanghuo/herba epimedii/herb of shorthorned epimedium is produced in the mountain valleys of Shangjun and Yangshan.

— *Mingyi Bielu (Records of Famous Doctors)*.

Su Gong: It is produced everywhere. Its leaf is similar to that of Chixiaodou/rice bean, but it is rounder and thinner. Its stem is thin and solid. It is colloquially called Xianlingpi.

Su Song: It is produced in places like Jiangdong, Shaanxi, Mount Taishan, Hanzhong, Huzhou and Xiangzhou. Its stem is similar to that of Sumi/millet. Its leaf is green and in the shape of an apricot with thorns. Its root is purple and covered in fine roots. Its white flower blooms in the fourth month. There are species with a purple flower. There is only one flower, with small petals. The leaf can be collected in the fifth month. Dry it in the sun. The drug produced in Huzhou and Xiangzhou has a leaf similar to that of Chixiaodou/rice bean. Its stem and twig are thin and solid, and will not wither in winter. Its root is similar to Huanglian/rhizoma coptidis/coptis rhizome. People in the Guanzhong area call the drug Sanzhijiuyecao, or herb with three twigs and nine leaves. It can grow to one to two *chi* long. Both the root and leaf can be used medically. According to *Shu Bencao (Materia Medica of the Shu State)*, the drug which grows in a place where there is no sound of running water is the top-quality drug.

Li Shizhen: It grows deep in the mountains. One root has several stems. Each stem is one to two *chi* long, with three forks, and each fork has three leaves two to three *cun* long. The leaf is similar to an apricot leaf or



面光背淡，甚薄而细齿，有微刺。

根叶【修治】

〔斆曰〕凡使时呼仙灵脾，以夹刀夹去叶四畔花枝，每一斤用羊脂四两拌炒，待脂尽为度。

【气味】

辛，寒，无毒。

〔普曰〕神农、雷公：辛。李当之：小寒。〔权曰〕甘，平。可单用。〔保昇曰〕性温。〔时珍曰〕甘、香、微辛，温。〔之才曰〕薯蕷、紫芝为之使，得酒良。

【主治】

阴痿绝伤，茎中痛，利小便，益气力，强志本经。坚筋骨，消瘰疬赤痢，下部有疮，洗出虫。丈夫久服，令人



bean leaf. It has a lustrous surface and pale back. It is very thin, with a serrated edge and thorny surface.

YINYANGHUOGEN

Root of shorthorned epimedium
Radix epimedii

YINYANGHUOYE

Herb of shorthorned epimedium
Herba epimedii

[Preparation]

Lei Xiao: When the drug is processed it is called Xianlingpi. Remove the flowers around the leaf. Blend one *jin* of the leaves with four *liang* of sheep's fat and stir-fry the mixture until the fat is exhausted.

[Quality and Taste]

It is pungent, cold and nontoxic.

Wu Pu: It is pungent according to Shen Nong and Lei Gong. It is slightly cold according to Li Dangzhi.

Zhen Quan: It is sweet and plain. The drug can be used independently.

Han Baosheng: It is warm in quality.

Li Shizhen: It is sweet, fragrant, slightly pungent and warm.

Xu Zhicai: Shuyu/rhizoma dioscoreae/rhizome of common yam and Zizhi/ganoderma lucidum seu japonicum/lucid ganoderma can be used as it guiding drugs. It has stronger efficacy if it is processed with wine.

[Indications]

It treats impotence due to exhaustion and damage, with pain in the penis. It reinforces physical strength and invigorates willpower.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It consolidates tendons and bones, eliminates scrofula and red carbuncles. It can be used to wash sores on the private parts and to wash away worms. Long-term taking of the drug will make the man infertile.



无子别录。〔机曰〕无子字误，当作有子。丈夫绝阳无子，女人绝阴无子，老人昏耄，中年健忘，一切冷风劳气，筋骨挛急，四肢不仁，补腰膝，强心力大明。

【发明】

〔时珍曰〕淫羊藿味甘气香，性温不寒，能益精气，乃手足阳明、三焦、命门药也，真阳不足者宜之。

【附方】

旧三，新五。（略）

— *Mingyi Bielu (Records of Famous Doctors)*.

Wang Ji: *Mingyi Bielu (Records of Famous Doctors)* makes a mistake, saying long-term taking of the drug will make the man infertile. The word “infertile” should be corrected to prolific.

Da Ming: It is good for treating male infertility due to exhaustion of Yang, and female infertility due to exhaustion of Yin. It treats mental confusion in the aged and amnesia in the middle-aged. It treats a pathological condition with cold feeling, exhaustion, contracture of tendons and numbness of extremities. It replenishes debilitated knees and lumbar region, and reinforces the mental condition.

[Explication]

Li Shizhen: Yingyanghuo/herba epimedii/herb of shorhorned epimedium is a drug with a sweet taste, fragrant flavor and warm quality, and is good for reinforcing Vital Essence. It is a drug that functions on the Greater Yang Channels of the Hand and Foot, the Sanjiao Channel of Hand Lesser Yang and the Gate of Life. Patients with Yang insufficiency need this drug.

[Prescriptions]

Three prescriptions collected previously, and five prescriptions collected recently.



仙茅（开宝）

【释名】

独茅开宝。茅瓜子开宝。婆罗门参。

〔珣曰〕其叶似茅，久服轻身，故名仙茅。梵音呼为阿输乾陀。〔颂曰〕其根独生。始因西域婆罗门僧献方于唐玄宗，故今江南呼为婆罗门参，言其功补如人参也。

【集解】

〔珣曰〕仙茅生西域。叶似茅。其根粗细有筋，或如笔管，有节文理。其花黄色多涎。自武城来，蜀中诸州亦皆有之。〔颂曰〕今大庾岭、蜀川、江湖、两浙诸州亦有之。叶





XIANMAO

Common curculigo

Curculigo orchioides Gaerth.

— Drug recorded in *Kaibao Bencao (Materia Medica of Kaibao)*.

[Explanation of Names]

DUMAO

— *Kaibao Bencao (Materia Medica of Kaibao)*.

MAOZHAOZI

— *Kaibao Bencao (Materia Medica of Kaibao)*.

POLUOMENSHEN

Li Xun: Its leaf is similar to couchgrass. Long-term taking of the drug makes one feel as happy as an immortal. So it is called Xianmao, or couchgrass of the immortals. In Sanskrit, it is called Ashuqiantuo (a transliteration).

Su Song: It has one root growing independently. In Tang times, a Brahman monk from the Western Regions brought some of this drug as tribute for the Tang Dynasty Emperor Xuanzong. So the drug is still called Poluomenshen, a ginseng-like drug from a Brahman. This is to indicate that the drug has a similar tonification effect to Renshen/radix ginseng/ginseng root.

[Previous Explanations]

Li Xun: Xianmao/rhizoma curculiginis/rhizome of common curculigo is produced in the Western Regions, and has a similar leaf to couchgrass. Its root, thick or thin, has fiber in it. Or it may resemble the handle of a writing brush, with nodes and texture. Its flower is yellow and full of juice. The drug is produced in Wucheng City. It is also produced in Sichuan.

Su Song: Now the drug is produced in Dayuling, in some prefectures



青如茅而软，且略阔，面有纵文。又似初生棕榈秧，高尺许。至冬尽枯，春初乃生。三月有花如卮子花，黄色，不结实。其根独茎而直，大如小指，下有短细肉根相附，外皮稍粗褐色，内肉黄白色。二月、八月采根暴干用。衡山出者花碧，五月结黑子。〔时珍曰〕苏颂所说详尽得之。但四、五月中抽茎四、五寸，开小花深黄色六出，不似卮子。处处大山中有之，人惟取梅岭者用，而会典成都岁贡仙茅二十一斤。

根【修治】

〔斲曰〕采得以清水洗，刮去皮，于槐砧上用铜刀切豆许大，以生稀布袋盛，于乌豆水中浸一宿，取出用酒拌湿蒸之，从巳至亥，取出暴干。勿犯铁器及牛乳，斑人鬢



in Sichuan, and in the Jianghu and Liangzhe areas. Its leaf is blue-green, similar to couchgrass but softer. Its leaf is a bit broader than that of couchgrass, and has a vertical texture. It is also similar to the new seedling of Zonglü/windmillpalm. Its stem is about one *chi* long. In winter, it withers completely, and new buds emerge. In the third month, the flower is similar to Zhizihua/flos gardeniae/flower of cape jasmine. It is yellow, but does not bear fruit. There is only one root, which is straight and as thick as a little finger. There are fine fat and short roots attached to the end of the main root. Its rind is somewhat coarse and brown in color. The heart is yellow-white. The root should be collected in the second and eighth months. Dry it in the sun. The drug produced on Mount Hengshan has a green flower, and black seeds are formed in the fifth month.

Li Shizhen: Su Song's description of the drug is quite detailed. But in the fourth and fifth month, forks four to five *cun* long will grow and bear dark-yellow flowers with six petals each. It does not look like Zhizihua/flos gardeniae/flower of cape jasmine. This herb is found deep in the mountains everywhere. People prefer the type produced in the Meiling range. According to Hui Dian, Chengdu City used to send 21 *jin* of Xianmao/rhizoma curculiginis/rhizome of common curculigo as tribute to the capital every year.

XIANMAOGEN

Rhizome of common curculigo

Rhizoma curculiginis

[Preparation]

Lei Xiao: First wash the root (rhizome) with water. Peel the rind off. Cut the drug into pieces as big as beans with copper knife on a chopping block of pagodatree wood. Then put the drug in a loose crude cloth sack, and soak it in water of Heidou/semen sojae nigra/seed of black soybean overnight. Take the drug out the next day, blend it with wine and steam it from Sishi (the hours 9-11) to Haishi (the hours 21-23). Dry the drug in the sun. Do not expose it to iron objects or cow's milk; otherwise it will whiten the beard.



须。〔大明曰〕彭祖单服法：以竹刀刮切，糯米泔浸去赤汁出毒，后无妨损。

【气味】

辛，温，有毒。

〔珣曰〕甘，微温，有小毒。又曰：辛，平，宣而复补，无大毒，有小热、小毒。

【主治】

心腹冷气不能食，腰脚风冷挛痹不能行，丈夫虚劳，老人失溺无子，益阳道。久服通神强记，助筋骨，益肌肤，长精神，明目开宝。治一切风气，补暖腰脚，清安五脏。久服轻身，益颜色。丈夫五劳七伤，明耳目，填骨髓。李珣。开胃消食下气，益房事不倦大明。

【发明】

〔颂曰〕五代伪唐筠州刺史王颜著续传信方，因国



Da Ming: Peng Zu's method of preparing the drug independently: Scrub and cut the drug with a bamboo knife. Soak the drug in Nuomigan (water in which polished glutinous rice has been washed) until a red secretion appears. Take the drug out, and leave it until the toxins are gone. Then the drug will be ready for use.

[Quality and Taste]

It is pungent, warm and toxic.

Li Xun: It is sweet, slightly warm and slightly toxic. Some say that the drug is pungent, plain, dispersive and replenishing. It is slightly toxic and hot.

[Explication]

It is good for treating anorexia due to prevalence of cold gas in the epigastrium and abdomen, inability to walk due to spasms and arthralgia of the waist and feet due to attack of pathogenic Wind and Cold. It is good for treating consumptive diseases in men. It treats infertility of the aged, with incontinence of urine. It enhances male sexuality. Long-term taking of the drug strengthens the memory, tendons and bones, stimulates the brain and sharpens the eyesight.

— *Kaibao Bencao (Materia Medica of Kaibao)*.

Li Xun: It is good for dispersing invasion of pathogenic Wind of all sorts. It replenishes and warms the waist and feet, and clears and pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). Long-term taking of the drug makes the patient happy and maintains a good complexion. It is good for treating the five overstrains and seven damages in a man, improves the eyesight and hearing, and fills up the marrow.

Da Ming: It whets the appetite, helps digestion and brings down adverse ascending gas. It reinforces male sexuality and prolongs the intercourse.

[Explication]

Su Song: Xu Chuanxin Fang, written by Wang Yan, with the official title Cishi of Yunzhou, who lived in the state of Later Tang during the Five



书编录西域婆罗门僧服仙茅方，当时盛行。云五劳七伤，明目益筋力，宣而复补。云十斤乳石不及一斤仙茅，表其功力也。本西域道士所传。开元元年婆罗门僧进此药，明皇服之有效，当时禁方不传。天宝之乱，方书流散，上都僧不空三藏始得此方，传与司徒李勉、尚书路嗣恭、给事齐杭、仆射张建封服之，皆得力。路公久服金石无效，得此药，其益百陪。齐给事守缙云日，少气力，风疹继作，服之遂愈。八、九月采得，竹刀刮去黑皮，切如豆粒，米泔浸两宿，阴干捣筛，熟蜜丸梧子大，每旦空心酒饮任便下二十丸。忌铁器，禁食牛乳及黑牛肉，大减药力。〔机曰〕五台山有仙茅，患大风者，服之多瘥。〔时珍曰〕按许真君书云：仙茅久服长生。其味甘能养肉，辛能养节，苦能养气，咸能养骨，



Dynasties period, records that after a Brahman monk's prescription of Xianmao/rhizoma curculiginis/rhizome of common curculigo was recorded in the official annals, people were keen to take the drug. It is a prescription that treats the five overstrains and seven damages, and improves the eyesight and strength. It is a drug that is both dispersive and replenishing. People say that 10 *jin* of Zhongrushishi/stalactium/stalactite is not as good as one *jin* of Xianmao/rhizoma curculiginis/rhizome of common curculigo. This was originally a prescription kept by a Taoist in the Western Regions. In the first year of the Kaiyuan reign period, the Brahman monk sent the secret recipe as tribute to Emperor Minghuang. The emperor took the drug, and felt good. But the prescription was kept a secret until the years of turbulence during the Tianbao reign period. Bukong Sanzang, high-ranking monk in the capital, got hold of this prescription and passed it down to Li Mian, with the official title Situ, Lu Sigong, with the official title Shangshu, Qi Hang, with the official title Geishi and Zhang Jianfeng, with the official title Puye. All of them took the drug, and got satisfactory effects. After long-term consumption of alchemical stone drugs with little effect, Mr. Lu Sigong began to take this drug, and found it 100 times more effective than the alchemical drugs. Mr. Qi Hang, with the official title Geishi, recovered from general debility and rubella after taking this drug. Preparation: Collect the drug in the eighth and ninth months. Scrub off the black rind and cut the drug into pieces the size of beans. Soak the drug in Migan (water in which rice has been washed) for two days. Dry the drug in the shade, pound it, and sift it. Make pills with honey the size of parasol seeds. Wash down 20 pills per dose every morning before a meal with wine. Iron objects should not be used in the processing. Do not drink cow's milk or eat the meat of a black ox; otherwise, the medical effect will be greatly reduced.

Wang Ji: Xianmao/rhizoma curculiginis/rhizome of common curculigo produced on Mount Wutai is effective for treating leprosy. All the people suffering from the disease who take this drug recover.

Li Shizhen: According to *Xu Zhenjun Shu*, long-term taking of Xianmao/rhizoma curculiginis/rhizome of common curculigo will make a person live as long as the immortals. It is a drug with multi-functions, as it is multiple in taste and quality. It nourishes the muscles, as it is sweet. It nourishes the



滑能养肤，酸能养筋，宜和苦酒服之，必效也。又范成大虞衡志云：广西英州多仙茅，其羊食之，举体悉化为筋，不复有血肉，食之补人，名乳羊。沈括笔谈云：夏文庄公禀赋异于人，但睡则身冷如逝者，既觉须令人温之，良久乃能动。常服仙茅、钟乳、硫黄，莫知纪极。观此则仙茅盖亦性热，补三焦命门之药也，惟阳弱精寒、禀赋素怯者宜之。若体壮相火炽盛者服之，反能动火。按张杲医说云：一人中仙茅毒，舌胀出口，渐大与肩齐。因以小刀螯之，随破随合，螯至百数，始有血一点出，曰可救矣。煮大黄、朴消与服，以药掺之，应时消缩。此皆火盛性淫之人过服之害也。弘治间东海张弼梅岭仙茅诗，有使君昨日才持去，今日人来乞墓铭之



joints, as it is pungent. It nourishes the Vital Energy, as it is bitter. It nourishes the bones, as it is salty. It nourishes the skin, as it is slippery. It nourishes the tendons, as it is sour. The drug should be blended with vinegar to enhance its efficacy. *Fan Chengda Yuheng Zhi* says that in Yingzhou in Guangxi, Xianmao/rhizoma curculiginis/rhizome of common curculigo is found everywhere. Sheep eat the herb, and develop plenty of tendons instead of flesh and muscle. Such sheep can provide a very good tonic, locally called Ruyang. Shen Kuo, in his *Mengxi Bitan*, records that Master Xia Wenzhuang, an extraordinary man, would find his body had cooled down during sleep. After he woke up, he needed other people to warm him up, so that he could move again. He took regular big doses of Xianmao/rhizoma curculiginis/rhizome of common curculigo, Shizhongru/stalactium/stalactite and Liuhuang/sulfur/sulphur. From this, we can know that Xianmao/rhizoma curculiginis/rhizome of common curculigo is a drug with a hot quality and is good for replenishing the Sanjiao and Gate of Life. This drug is good only for those who have weak Yang and cold Vital Essence, with general debility. If a person afflicted with excessive Ministerial Fire takes this drug, the excessive Fire will be aggravated. *Zhang Gao Yishuo* recorded a case in which a person was poisoned by an overdose of Xianmao/rhizoma curculiginis/rhizome of common curculigo. His tongue became distended and enlarged. It protruded down to his shoulder. The doctor cut the tip of the tongue with a knife. The wound healed immediately. After 100 cuts, a little blood appeared. Then the doctor said that it was curable case. Dahuang/radix et rhizoma rhei/rhubarb and Poxiao/natrii sulfas/mirabilite was stewed to make a decoction. The decoction was taken, and drugs were applied to the tongue. The tongue began to shrink. This was caused by an overdose of Xianmao/rhizoma curculiginis/rhizome of common curculigo to a person who was overwhelmed by excessive Fire and busy with sex. In the reign period Hongzhi, the poet Zhang Bi, a native of Donghai, wrote a poem depicting Xianmao/rhizoma curculiginis/rhizome of common curculigo grown in the Meiling range. The poem included a comment about a man who took the drug one day, and sent a man to prepare his epitaph the next day. Such people did not understand the way to take drugs of life prolongation. If it is intended to improve the sexual function with the drug, life

句。皆不知服食之理，惟借药纵恣以速其生者，于仙茅何尤？

【附方】

新二。（略）



will be endangered and happiness end too soon. Shall we blame the person or the drug Xianmao/rhizoma curculiginis/rhizome of common curculigo?

[Prescriptions]

Two prescriptions collected recently.



玄参（本经中品）

【释名】

黑参纲目。玄台吴普。重台本经。鹿肠吴普。正马别录。逐马药性。馥草开宝。野脂麻纲目。鬼藏吴普。

〔时珍曰〕玄，黑色也。别录一名端，一名咸，多未





XUANSHEN

Ningpo figwort

Scrophularia ningpoensis Hemsl.

Scrophularia buergeriana Miq.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

HEISHEN

— *Bencao Gangmu* (*Compendium of Materia Medica*).

XUANTAI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

CHONGTAI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

LUCHANG

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHENGMA

— *Mingyi Bielu* (*Records of Famous Doctors*).

ZHUMA

— *Yaoping Bencao* (*Medical Properties of Materia Medica*).

FUCAO

— *Kaibao Bencao* (*Materia Medica of Kaibao*).

YEZHIMA

— *Bencao Gangmu* (*Compendium of Materia Medica*).

GUICANG

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Li Shizhen: Xuan means black, so the term Xuanshen means 'black ginseng-like drug.' In *Mingyi Bielu* (*Records of Famous Doctors*), the drug is also called Duan and Xian. The origin of the latter names is unknown.



详。〔弘景曰〕其茎微似人参，故得参名。〔志曰〕合香家用之，故俗呼馥草。

【集解】

〔别录曰〕玄参生河间川谷及冤句，三月、四月采根暴干。〔普曰〕生冤句山阳。三月生苗。其叶有毛，四四相值，似芍药。黑茎，茎方，高四五尺。叶亦生枝间。四月实黑。〔弘景曰〕今出近道，处处有之。茎似人参而长大。根甚黑，亦微香，道家时用，亦以合香。〔恭曰〕玄参根苗并臭，茎亦不似人参，未见合香。〔志曰〕其茎方大，高四五尺，紫赤色而有细毛。叶如掌大而尖长。根生青白，干即紫黑，新者润腻。陶云茎似人参，苏言根苗并臭，似未深识。〔颂曰〕二月生苗。叶似脂麻对生，又如槐柳而尖长有锯齿。细茎青紫色。七月开花青碧色。八月结子黑色。



Tao Hongjing: Its stem is somewhat similar to that of Renshen/ginseng. So it is grouped in the ginseng-like drugs.

Ma Zhi: People who make incense use this drug. So it is also called Fucao, or fragrant herb.

[Previous Explanations]

Xuanshen/radix scrophulariae/figwort root is produced in the mountain valleys of Hejian and Yuanju. The root should be collected in the third and fourth months. Dry the drug in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: The drug is produced on the sunny side of Mount Yuanju. The bud germinates in the third month. Its leaf is hairy, with four of them growing in opposition, similar to Shaoyao/peony. Its stem is black and square, and can be as long as five *chi*. The leaves also grow on the twigs. The seed turns black in the fourth month.

Tao Hongjing: Now the drug is produced everywhere in nearby places. Its stem is similar to that of Renshen/ginseng, but it is much bigger. Its root is very black and a bit fragrant. Taoist alchemists use the drug. It can also be used to make incense.

Su Gong: The root and seedling of Xuanshen smells bad, and it does not look like ginseng. It is not heard of that it can be used in making incense.

Ma Zhi: Its stem is big and square, and can grow as long as five *chi*. It is purple-red, with fine hair. Its leaf is as big as a plum and has a sharp tip. The root is blue-white when it is fresh, and turns purple-black when it is dried. The newly collected drug is moist and greasy. Tao Hongjing says that its stem is similar to that of ginseng. Su Gong says that its stem and seedling smell foul. Both of them are wrong, as they did not really know the drug.

Su Song: The bud appears in the second month. The leaves grow in opposition in pairs, resembling those of sesame. The leaves are also similar to Huaiye/foolium sophorae/leaf of Japanese pagodatree and Liuye/foolium salicis baryloniae/leaf of babylon weeping willow. They are long and have saw-tooth edges. The blue-green flower blooms in the seventh month, and



又有白花者，茎方大，紫赤色而有细毛，有节若竹者，高五六尺。其根一根五、七枚，三月、八月采暴干。或云蒸过日干。〔时珍曰〕今用玄参，正如苏颂所说。其根有腥气，故苏恭以为臭也。宿根多地蚕食之，故其中空。花有紫白二种。

根【修治】

〔斆曰〕凡采得后，须用蒲草重重相隔，入甑蒸两伏时，晒干用。勿犯铜器，饵之噎人喉，丧人目。

【气味】

苦，微寒，无毒。

〔别录〕咸。〔普曰〕神农、桐君、黄帝、雷公：苦，无毒。岐伯：寒。〔元素曰〕足少阴肾经君药也，治本经须用。〔之才曰〕恶黄耆、干姜、大枣、山茱萸，反藜芦。



the black seed is formed in the eighth month. There is another kind, with a white flower and big and square purple stem with fine hair. It has nodes similar to those of bamboo, and grows up to six *chi* long. Its root has five to seven branches. The root should be collected in the third and eighth months. Dry it in the sun. Or it can be steamed first, and then dried in the sun.

Li Shizhen: Su Song is correct about Xuanshen/radix scrophulariae/figwort root. As its root has a slightly fishy smell, Su Gong describes it as malodorous. As its root can be eaten by earthworms, it can be hollow inside. There are two kinds of flowers, white and purple.

XUANSHENGGEN

Figwort root

Radix scrophulariae

[Preparation]

Lei Xiao: Steam the newly collected drug in a container with cattail separating the drug into many layers, for several days. Then dry the drug in the sun. Do not use copperware in the process; otherwise, the drug will be harmful to the throat and eyes.

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

It is salty.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is bitter and nontoxic according to Shen Nong, Tongjun, the Yellow Emperor and Lei Gong. It is cold according to Qi Bo.

Zhang Yuansu: It is the principal drug functioning on the Kidney Channel of Foot Lesser Yin. It should be used whenever a disease related to the Kidney Channel is treated.

Xu Zhicai: It is mutually inhibiting with Huangqi/radix astragali/root of membranous milkvetch, Ganjiang/rhizoma zingiberis/dried ginger, Dazao/fructus jujubae/Chinese date and Shanzhuyu/fructus corni/fruit of asiatic cornelian cherry. It contradicts Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore.



【主治】

腹中寒热积聚，女子产乳余疾，补肾气，令人目明本经。主暴中风伤寒，身热支满，狂邪忽忽不知人，温疟洒洒，血瘕，下寒血，除胸中气，下水止烦渴，散颈下核，痈肿，心腹痛，坚癥，定五脏。久服补虚明目，强阴益精别录。热风头痛，伤寒劳复，治暴结热，散瘤瘰癧疔甄叔。治游风，补劳损，心惊烦躁，骨蒸传尸邪气，止健忘，消肿毒大明。滋阴降火，解斑毒，利咽喉，通小便血滞时珍。

【发明】

〔元素曰〕玄参乃枢机之剂，管领诸气上下，清肃而



[Indications]

It disperses accumulation and assemblage of pathogenic Cold and Heat in the abdomen. It treats puerperal and lactation diseases in women. It replenishes the Kidney Vital Energy and improves the eyesight.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for treating sudden onset of apoplexy due to attack of pathogenic Wind and febrile diseases caused by pathogenic Cold with symptoms and signs of body fever, distention, manic behavior and failure to recognize people around one. It treats pyrexial malaria and hard mass due to blood stasis. It disperses cold blood stasis and accumulation of gas in the chest. It eliminates fluid-retention and quenches thirst. It disperses subcutaneous nodes in the neck and carbuncles and swelling, relieves epigastric and abdominal pain, dissolves hard mass in the abdomen and pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). Long-term taking of the drug replenishes an overall debilitated condition and improves the eyesight. It enhances the male function and reinforces the Vital Essence.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating headache due to attack of pathogenic Heat and Wind, and relapse of febrile disease caused by Cold due to overstrain. It disperses constipation due to sudden accumulation of pathogenic Heat. It expels tumors, scrofula and fistula.

Da Ming: It treats wandering edema and replenishes a deficient and debilitated condition, relieves palpitations, convulsions and restlessness. It treats hectic fever due to Yin deficiency and Chuanshi (a kind of consumptive and infectious disease). It also treats amnesia and eliminates pyogenic infection.

Li Shizhen: It moistens Yin, and brings down ascending pathogenic Fire, relieves toxins of skin rash and facilitates the throat. It smoothes urination, and disperses blood stasis.

[Explication]

Zhang Yuansu: Xuanshen/radix scrophulariae/figwort root is a drug that plays an important role in regulating the ascent and descent of all sorts of Vital Energies and gas. It is a drug that clears turbidity and is fre-



不浊，风药中多用之。故活人书治伤寒阳毒，汗下后毒不散，及心下懊恼，烦不得眠，心神颠倒欲绝者，俱用玄参。以此论之，治胸中氤氲之气，无根之火，当以玄参为圣剂也。〔时珍曰〕肾水受伤，真阴失守，孤阳无根，发为火病，法宜壮水以制火，故玄参与地黄同功。其消瘰疬亦是散火，刘守真言结核是火病。

【附方】

旧二，新七。（略）



quently used in prescriptions for treating a case due to invasion of pathogenic Wind. It is used in Huoren Shu, a prescription to treat febrile disease caused by Cold with Yang toxins with the following symptoms and signs: toxins lingering after the adoption of diaphoretics and purgatives, heartburn with restlessness and insomnia, irritation and mental confusion. So Xuanshen/radix scrophulariae/figwort root is a drug with a miraculous effect in treating a pathological condition with pent-up gas in the epigastrium and prevalence of rootless Fire.

Li Shizhen: When the Water in the Kidney is damaged and the real Yin loses its ground, isolated Yang will become rootless and move rampantly, causing symptoms and signs characteristic of loss of control of excessive Fire. The treatment is to reinforce the Water so as to control the rampant Fire. In treating such diseases, Xuanshen/radix scrophulariae/figwort root has the same function as Dihuang/radix rehmanniae/rhizome of rehmannia. As to the efficacy of Xuanshen/radix scrophulariae/figwort root in treating scrofula and fistula, it is based on its effect in eliminating pathogenic Fire. As Liu Shouzhen mentions, all sorts of scrofula and subcutaneous nodes are the outcome of attack of pathogenic Fire.

[Prescriptions]

Two prescriptions collected previously, and seven prescriptions collected recently.

地榆（本经中品）

【释名】

玉豉 酸赭

〔弘景曰〕其叶似榆而长，初生布地，故名。其花子紫黑色如豉，故又名玉豉。〔时珍曰〕按外丹方言地榆一名酸赭，其味酸、其色赭故也。今蕲州俚人呼地榆为酸赭，又讹赭为枣，则地榆、酸赭为一物甚明，其主治之功亦同，因并列录有名未用酸赭为一云。





DIYU

Garden burnet

Sanguisorba officinalis L.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Rectification]

The Suanzhe recorded in *Mingyi Bielu* (*Records of Famous Doctors*) in the category of drugs with names recorded but not yet in use is included in this section.

[Explanation of Names]

YUCHI

SUANZHE

Tao Hongjing: The leaf of the drug is similar to Yuye/*folium ulmi pumilae*/leaf of siberian elm, but a bit longer. In the first phase of its growth, it spreads on the ground. So it is called Diyu, or elm spreading on the ground. As its flower and seed are purple and resemble Douchi/*semen sojae preparatum*/fermented soybean it is also called Yuchi, or jade Douchi/*semen sojae preparatum*/fermented soybean.

Li Shizhen: According to *Waidan Fangyan*, Diyu/*radix sanguisorbae*/root of garden burnet is also called Suanzhe. This is due to the fact that it is sour in taste and brown in color (Suan = sour, Zhe = brown). The people of Qizhou call it Diyu/*radix sanguisorbae*/root of garden burnet Suanzhe, and sometimes it is mistakenly called Suanzao. But it is clear that both Diyu and Suanzhe are the same thing. Their functions and effects are the same. So that is why Suanzhe in the category of drugs with names recorded but not yet in use in *Mingyi Bielu* (*Records of Famous Doctors*) has been included in this section.



【集解】

〔别录曰〕地榆生桐柏及冤句山谷，二月、八月采根暴干。又曰：酸赭生昌阳山，采无时。〔颂曰〕今处处平原川泽皆有之。宿根三月内生苗，初生布地，独茎直上，高三、四尺，对分出叶。叶似榆叶而稍狭，细长作锯齿状，青色。七月开花如榉子，紫黑色。根外黑里红，似柳根。〔弘景曰〕其根亦入酿酒。道方烧作灰，能烂石，故煮石方用之。其叶山人乏茗时，采作饮亦好，又可炸茹。

根

〔气味〕苦，微寒，无毒。〔别录曰〕甘、酸。〔权曰〕苦，平。〔元素曰〕气微寒，味微苦，气味俱薄，其体



[Previous Explanations]

Diyu/radix sanguisorbae/root of garden burnet is produced in the mountain valleys of Tongbai and Yuanju. The root should be collected in the second and eighth months. Dry it in the sun. According to another record, Suanzhe is produced on Mount Changyang, with no definite time for collection.

Su Song: Now the drug is produced in the plains, marshes and mountain valleys everywhere. Its perennial root produces seedlings in the third month. At first, it spreads on the ground. Later, the stem will grow up to four *chi* tall. The leaves grow in opposition in pairs. The leaf is similar to Yuye/foUium ulmi pumilae/leaf of siberian elm, but a bit narrower. It is long and has a sawtooth edge, and is blue-green. The flower blooms in the seventh month in the shape of Sanghua/flos mori/mulberry flower, and is purple-black. Its root is black on the rind and red inside, resembling Liugen/radix salicis babylonicae/root of babylon weeping willow.

Tao Hongjing: Its root can be used to make wine. In the alchemical processing of drugs, Diyu/radix sanguisorbae/root of garden burnet is burned to ashes and added to the preparation. In this way, alchemical stone drugs will be softened. In the case of a shortage of tea, local people collect the leaf of the drug and use it as a substitute. It is quite good. It can also be added to the process of stir-frying sweet potatoes.

DIYUGEN

Root of garden burnet

Radix Sanguisorbae

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

It is sweet and sour.

— *Mingyi BieU (Records of Famous Doctors)*.

Zhang Yuansu: It is slightly cold in quality and slightly bitter in taste, a drug with both thin quality and taste. It is also heavy and has the tendency of descending. It is Yang in Yin. It functions on the blood of the lower portion.



沉而降，阴中阳也，专主下焦血。〔杲曰〕味苦、酸，性微寒，沉也，阴也。〔之才曰〕得发良，恶麦门冬，伏丹砂、雄黄、硫黄。

〔主治〕妇人乳产痠痛七伤，带下五漏，止痛止汗，除恶肉，疗金疮本经。止脓血，诸痿恶疮热疮，补绝伤，产后内塞，可作金疮膏，消酒，除渴，明目别录。止冷热痢痞痢，极效开宝。止吐血鼻衄肠风，月经不止，血崩，产前后诸血疾，并水泻大明。治胆气不足李杲。汁酿酒治风痹，补脑。捣汁涂虎犬蛇虫伤时珍。酸赭：味酸。主内漏，止血不足别录。



Li Gao: It is bitter and sour in taste, and slightly cold in quality. It is a drug with a tendency of sinking, and pertains to Yin.

Xu Zhicai: Its effect will be reinforced if it is used together with Renfa/crinis hominis/human hair. It is mutually inhibiting with Maimendong/radix ophiopogonis/tuber of dwarf lilyturf. It oppresses Dansha/cinnabaris/cinnabar, Xionghuang/realgar/red orpiment and Liuhuang/sulfur/sulphur.

[Indications]

It is good for treating lockjaw and opisthotonos and pain with seven damages of a woman in puerperium. It treats leukorrhea and five types of metrostaxis. It relieves pain and stops perspiration. It heals incised wounds and eliminates malignant flesh.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It eliminates bloody pus, treats malignant and hot sores. It replenishes general debility. It treats internal obstruction in puerperium. It can be used in making ointment for treating incised wounds. It neutralizes toxins due to alcoholism, quenches thirst and improves the eyesight.

— *Mingyi Bielu (Records of Famous Doctors)*.

It stops dysentery due to invasion of pathogenic Cold and Heat or due to infantile malnutrition. It is proven very effective.

— *Kaibao Bencao (Materia Medica of Kaibao)*.

Da Ming: It stops hematemesis, epistaxis and hematochezia due to invasion of pathogenic Wind into the intestines, incessant menstrual bleeding and metrorrhagia. It is also good for treating ante- and postpartum period blood disorders. It stops diarrhea with watery discharge.

Li Gao: It is good for treating a case with deficient condition of the Vital Energy in the Gall Bladder.

Li Shizhen: Its juice can be used to make a type of wine good for treating arthralgia due to attack of pathogenic Wind and for replenishing the brain. Pound the drug to get juice, and apply it to treat tiger, dog, snake and insect bite.

Suanzhe: It is sour. Good for treating internal hemorrhage due to trauma and stopping bleeding due to general debility.

— *Mingyi Bielu (Records of Famous Doctors)*.



〔发明〕〔颂曰〕古者断下多用之。〔炳曰〕同樗皮治赤白痢。〔宗奭曰〕其性沉寒，入下焦。若热血痢则可用。若虚寒人及水泻白痢，即未可轻使。〔时珍曰〕地榆除下焦热，治大小便血证。止血取上截切片炒用。其梢则能行血，不可不知。杨士瀛云：诸疮，痛者加地榆，痒者加黄芩。

〔附方〕旧八，新七。（略）

叶

〔主治〕作饮代茶，甚解热苏恭。



[Explication]

Su Song: Diyu/radix sanguisorbae/root of garden burnet was used often in ancient prescriptions for treating dysentery with bloody discharge.

Xiao Bing: To treat dysentery with bloody discharge, use the drug together with Chupi/cortex ailanthi/bark of tree-of-heaven ailanthus.

Kou Zongshi: It is a drug with sinking and cold property, and functions on the lower portion of the body cavity. It can be used for treating dysentery with bloody discharge due to attack of pathogenic Heat. In a case of dysentery complicated with general debility and cold or dysentery with watery and white discharge, it should not be used.

Li Shizhen: Diyu/radix sanguisorbae/root of garden burnet is a drug that eliminates pathogenic Heat in the lower portion and is good for treating hematuria and hematochezia. If it is intended to use the drug to stop bleeding, use the upper part of the root, cut it into slices and stir-fry them. The other part, the part to the end of the fine root, has the function of promoting blood circulation. Doctors should be careful. Yang Shiyong says that in treating skin sores of various kinds, if there is a pain, add Diyu/radix sanguisorbae/root of garden burnet. If there is itching, add Huangqin/radix scutellariae/root of baikal skullcap.

[Prescriptions]

Eight prescriptions collected previously, and seven prescriptions collected recently.

DIYUYE

Leaf of garden burnet
Folium sanguisorbae

[Indications]

Su Gong: Use the drug as a substitute for tea. It is very effective for eliminating pathogenic Heat.

丹参（本经上品）

【释名】

赤参别录。山参日华。郗蝉草本经。木羊乳吴普。逐马弘景。奔马草

〔时珍曰〕五参五色配五脏。故人参入脾曰黄参，沙参入肺曰白参，玄参入肾曰黑参，牡蒙入肝曰紫参？丹参入心曰赤参，其苦参则右肾命门之药也。古人舍紫参而称苦参，





DANSHEN

Danshen

Salvia miltiorrhiza Bge.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

CHISHEN

— *Mingyi Bielu* (*Records of Famous Doctors*).

SHANSHEN

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

XICHANCAO

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

MUYANGRU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHUMA

— Tao Hongjing

BENMACAO

Li Shzhen: The five Shens (ginseng-like drugs) correspond to the Five Viscera with their five colors in the following ways: Renshen/radix ginseng/ginseng root functions on the Spleen, and is therefore called Huangshen (yellow Shen). Shashen/radix glehniae/root of coastal glehnia functions on the Lung, and is called Baishen (white Shen). Xuanshen/radix scrophulariae/figwort root functions on the Kidney, and is called Heishen (black Shen). Mumeng functions on the Liver, and is called Zishen (purple Shen). Danshen/radix salviae miltiorrhizae/root of dan-shen functions on the Heart, and is therefore called Chishen (red Shen). Kushen/radix sophorae flavescens/root of lightyellow sophora is a drug that functions on the Gate of Life (the right Kidney). Ancient scholars substituted Kushen/radix



未达此义尔。〔炳曰〕丹参治风软脚，可逐奔马，故名奔马草，曾用实有效。

【集解】

〔别录曰〕丹参生桐柏山川谷及太山，五月采根暴干。〔弘景曰〕此桐柏山在义阳，是淮水发源之山，非江东临海之桐柏也。今近道处处有之。茎方有毛，紫花，时人呼为逐马。〔普曰〕茎叶小房如荏有毛，根赤色，四月开紫花，二月、五月采根阴干。〔颂曰〕今陕西、河东州郡及随州皆有之。二月生苗，高一尺许。茎方有棱，青色。叶相对，如薄荷而有毛。三月至九月开花成穗，红紫色，似苏花。根赤色，大者如指，长尺余，一苗数根。〔恭曰〕冬采者良，夏采者虚恶。〔时珍曰〕处处山中有之。一枝五叶，叶如野苏



sophorae flavescens/root of lightyellow sophora for Zishen. This is not right. They did not see the correspondence between the five colors and the Five Viscera.

Xiao Bing: Danshen/radix salviae miltiorrhizae/root of dan-shen is good for treating debilitated feet due to attack of pathogenic Wind. After taking the drug, the patient will be able to keep up with a galloping horse. So Danshen/radix salviae miltiorrhizae/root of dan-shen is also called Ben-macao, or 'running horse herb'. It has been used and proven effective.

[Previous Explanations]

Danshen/radix salviae miltiorrhizae/root of dan-shen is produced in the valleys of Mount Tongbai and Mount Taishan. Collect the root in the fifth month. Dry it in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Mount Tongbai is located in Yiyang, which is the source of the Huai River. This is not the Mount Tongbai in the Jiangdong area, close to the sea. Now the drug is found everywhere in nearby places. Its stem is square and covered with hair. It has a purple flower. The local people call it Zhuma.

Wu Pu: Its stem and leaf are small and covered with hair, in the shape of Ren/perilla frutescens/common perilla. The root is red. The flower blooms in the fourth month. The root should be collected in the second and fifth months. Dry the drug in the shade.

Su Song: Now the drug is produced in Shaanxi, Hedong and Suizhou. In the second month, the seedling begins to germinate. Its stem is square and grows about one *chi* long. Its color is blue-green, with leaves grown in opposition, in the shape of Boheye/foolium menthae/leaf of wild mint, but it is covered with hair. From the third to the ninth month, flowers on spike bloom, red-purple in color. It is similar to Zisuhua/flos perillae/perilla flower. Its root is red, as thick as finger and one *chi* long. One plant generally has several roots.

Su Gong: The root collected in winter is of good quality, but that collected in summer is loose and of inferior quality.

Li Shizhen: This herb is found in mountains everywhere. One twig has



而尖，青色皱毛。小花成穗如蛾形，中有细子。其根皮丹而肉紫。

根【气味】

苦，微寒，无毒。

〔普曰〕神农、桐君、黄帝、雷公：苦，无毒。岐伯：咸。〔李当之〕大寒。〔弘景曰〕久服多眼赤，故应性热，今云微寒，恐谬也。〔权曰〕平。〔之才曰〕畏碱水，反藜芦。

【主治】

心腹邪气，肠鸣幽幽如走水，寒热积聚，破癥除瘕，止烦满，益气本经。养血，去心腹痼疾结气，腰脊强脚



five leaves. Its leaf is similar to *Zisuye/fohium perillae/perilla* leaf, but is more pointed at the tip. It is blue-green, and covered with creases and hair. Small flowers are attached to the spike in the shape of worms. There is a fine seed in the flower. Its root is red on the rind and purple in the heart.

DANSHENGEN

Root of danshen

Radix Salviae miltiorrhizae

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

Wu Pu: It is bitter and nontoxic according to Shen Nong, Tongjun, the Yellow Emperor and Lei Gong. It is salty according to Qi Bo.

Li Dangzhi: It is very cold.

Tao Hongjing: Long-term taking of the drug will cause inflammation of the eye. So it should be hot in quality. All authorities say that it is slightly cold. This is not correct.

Zhen Quan: It is plain.

Xu Zhicai: It is incompatible with *Lujian/crystallus bittern/bittern crystal*. It contradicts *Lilu/rhizoma et radix veratri/rhizome* and root of falsehellebore.

[Indications]

It is good for dispersing invading pathogenic factors resting in the epigastrium and abdomen, with an intestinal booming sound like running water. It disperses accumulation and assemblage of pathogenic Cold and Heat factors. It dissolves hard mass in the abdomen. It relieves fullness and restlessness, and reinforces the Vital Energy.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It nourishes the blood, disperses accumulation of gas and inveterate diseases in the epigastrium and abdomen. It relieves rigid back and waist, and arthralgia in the feet. It disperses pathogenic Wind with remaining Heat. Long-term taking of the drug is good for health.

— *Mingyi Bielu (Records of Famous Doctors)*.



痹，除风邪留热。久服利人别录。渍酒饮，疗风痹足软弘景。主中恶及百邪鬼魅，腹痛气作，声音鸣吼，能定精甄叔。养神定志，通利关脉，治冷热劳，骨节疼痛，四肢不遂，头痛赤眼，热温狂闷，破宿血，生新血，安生胎，落死胎，止血崩带下，调妇人经脉不匀，血邪心烦，恶疮疥癬，瘰赘肿毒丹毒，排脓止痛，生肌长肉大明。活血，通心包络，治疝痛时珍。

【发明】

〔时珍曰〕丹参色赤味苦，气平而降，阴中之阳也。入手少阴、厥阴之经，心与包络血分药也。按妇人明理论云：四物汤治妇人病，不问产前产后，经水多少，皆可通用。惟一味丹参散，主治与之相同。盖丹参能破宿血，补新血，安生胎，落死胎，止崩中带下，调经脉，其功大类当归、地



Tao Hongjing: Soak the drug in wine. It is effective for treating arthralgia due to attack of pathogenic Wind with debilitated feet.

Zhen Quan: It treats syncope due to attack of fright and noxious factors, and evil things with abdominal pain and intestinal booming sound. It stabilizes the Vital Essence.

Da Ming: It tranquilizes the spirit, stabilizes the willpower and facilitates movement of the joints. It is effective for treating consumptive diseases with attacks of pathogenic Cold and Heat. It relieves pain in the bones and tendons, and paralysis of the extremities. It treats headache and inflamed eye, and tranquilizes mania with suffocation due to excessive pathogenic Heat. It disperses blood stasis, and helps germinate new blood. It soothes a fetus, and dispels dead fetus. It stops metrorrhagia and leukorrhea, regulates menstrual disorders, and relieves restlessness due to attacks on the blood by vicious factors. It treats malignant sores, scabies and tinea, goiters and polyps, pyogenic infection and erysipelas. It dispels pus, relieves pain, and promotes the growth of new flesh and muscle.

Li Shizhen: It invigorates blood circulation, and functions on the pericardium. It relieves hernia pain.

[Explication]

Li Shizhen: Danshen/radix salviae miltiorrhizae/root of dan-shen, red in color and bitter in taste, plain in quality and with tendency of descent, is a drug with the characteristic of Yang in the Yin. It functions on the blood system of the Heart Channel of Hand Lesser Yin and Pericardium Channel of Hand Greater Yin. According to *Furen Mingli Lun*, the prescription of Siwu Tang* is good for treating both antepartum and postpartum diseases, irrespective of the menstruation condition. It is a prescription for general purposes. Yiwei Danshen San, powder of Danshen/radix salviae milti-

*Siwu Tang:

Shaoyao/radix paeoniae/peony root,

Dihuang/radix rehmanniae/rhizome of rehmannia,

Danggui/radix angelicae sinensis/root of Chinese angelica, and

Chuanxiong/rhizoma chuanxiong/rhizome of Szechwan lovage.

黄、芎藭、芍药故也。

【附方】

旧三，新四。（略）



orrhizae/root of dan-shen, has the same functions and efficacies as Siwu Tang. This is because Danshen/radix salviae miltiorrhizae/root of dan-shen has the function of dispersing blood stasis, replenishing new blood, soothing a fetus and dispeling a dead fetus, stopping metrorrhagia and leukorrhea, and regulating menstrual disorder. Therefore, Danshen/radix salviae miltiorrhizae/root of dan-shen actually acts the same as the prescription of Siwu Tang with four drugs.

[Prescriptions]

Three prescriptions collected previously, and four prescriptions collected recently.



紫参（本经中品）

【释名】

牡蒙本经。童肠别录。马行别录。众戎别录。五鸟花纲目。

〔时珍曰〕紫参、王孙，并有牡蒙之名。古方所用牡蒙，多是紫参也。按钱起诗集云：紫参，幽芳也。五葩连萼，状如飞禽羽举。故俗名五鸟花。

【集解】

〔别录曰〕紫参生河西及冤句山谷，三月采根，火炙使





ZISHEN

Zishen (purple Shen)*

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

MUMENG

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

TONGCHANG

— *Mingyi Bielu* (*Records of Famous Doctors*).

MAXING

— *Mingyi Bielu* (*Records of Famous Doctors*).

ZHONGRONG

— *Mingyi Bielu* (*Records of Famous Doctors*).

WUNIAOHUA

— *Bencao Gangmu* (*Compendium of Materia Medica*).

Li Shizhen: Both Zishen and Wangsun bear the name Mumeng. The Mumeng used in ancient prescriptions was in most cases Zishen. Qian Qi in his *Shi Ji* says that Zishen is also called Youfang. The calyxes of five flowers on it are attached to each other. It looks like five birds raising their wings, ready to fly. So it is colloquially called Wuniaohua, or “five birds flower”.

[Previous Explanations]

Zishen is produced in the mountain valleys in Hexi and Yuanju. The

*Both Zishen and Wangsun bear the name Mumeng. Quanshen (*polygonum bistorta* L.) is also called Zishen. So what the real herb Zishen is in this section is not known. But it is recorded as Zishen. Further studies are needed.



紫色。〔普曰〕紫参一名牡蒙，生河西或商山。圆聚生根，黄赤有文，皮黑中紫，五月花紫赤，实黑大如豆。〔弘景曰〕今方家皆呼为牡蒙，用之亦少。〔恭曰〕紫参叶似羊蹄，紫花青穗。其根皮紫黑，肉红白，肉浅皮深。所在有之。长安见用者，出蒲州。牡蒙乃王孙也，叶似及己而大，根长尺余，皮肉亦紫色，根苗不相似。〔颂曰〕今河中、晋、解、齐及淮、蜀州郡皆有之。苗长一二尺，茎青而细。其叶青似槐叶，亦有似羊蹄者。五月开花白色，似葱花，亦有红紫而似水荳者。根淡紫，根皮紫黑色，如地黄状，肉红白色，肉浅而皮深。三月采根，火炙紫色。又云：六月采，晒干用。〔时珍曰〕紫参根干紫黑色，肉带红白，状如小紫草。范子计然云：紫参出三辅，有三色，以青赤色为善。



root should be collected in the third month. Stir-fry the drug until it turns purple.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Zishen is also called Mumeng. It is produced in Hexi and on Mount Shangshan. Its root is round and yellow. Its rind is black and its inside is purple. Its deep-red flower blooms in the fifth month. Its seed is similar to Heidou/semen sojae nigra/seed of black soybean.

Tao Hongjing: Nowadays, doctors call the drug Mumeng. It is not often used.

Su Gong: The leaf of Zishen is similar to Yangtiye/folium rumicis japonici/leaf of Japanese dock, and it has a purple flower on a blue-green spike. Its root rind is purple-black with a red-and-white heart. Its rind is much darker than the heart. It is produced everywhere. The Zishen used in Chang'an City is from Puzhou. Mumeng is Wangsun. Its leaf is similar to Jiji/folium chloranthi serrati/leaf of serrate chloranthus, but a bit bigger. Its root is more than one *chi* long. Its rind and heart are purple. Its root and seedling are different from those of Jiji/serrate chloranthus.

Su Song: This drug is produced in Hezhong, Jin, Xie, Qi, Huai and Shu. Its stem is blue-green and thin, and can grow up to two *chi* long. Its leaf is blue-green, similar to Huaiye/folium sophorae/leaf of Japanese pagodatree. Some species resemble Yangti/folium rumicis japonici/leaf of Japanese dock. Its white flower blooms in the fifth month, in the shape of Conghua/flos allifistulosi/flower of fistular onion. Some of the species have red-purple flowers, similar to those of Hongcao/herba polygoni orientalis/herb of prince's feather. Its root is light purple, with a purple-black rind, similar to Dihuang/radix rehmanniae/rhizome of rehmannia. Its heart is red and white, much lighter in color than the rind. Collect the root in the third month. Stir-fry it until it turns purple. According to another record, the root should be collected in the sixth month. Dry it in the sun.

Li Shizhen: Zishen has a purple-black root and stem. The heart of the root is red and white, in the shape of Zicao/radix lithospermi/root of red-root gromwell. *Fanzi Jiran* says that Zishen is produced in Sanfu. There are three species of different colors. The blue-red type is the best.



根【气味】

苦、辛，寒，无毒。

〔别录曰〕微寒。〔普曰〕牡蒙，神农、黄帝：苦。〔李当之〕小寒。〔之才曰〕畏辛夷。

【主治】

心腹积聚，寒热邪气，通九窍，利大小便本经。疗肠胃大热，唾血衄血，肠中聚血，痈肿诸疮，止渴益精别录。治心腹坚胀：散瘀血，治妇人血闭不通甄权。主狂疟瘟疟，歃血汗出好古。治血痢好古。牡蒙：治金疮，破血，生肌肉，止痛，赤白痢，补虚益气，除脚肿，发阴阳苏恭。

【发明】

〔时珍曰〕紫参色紫黑，气味俱厚，阴也，沉也。入足



ZISHENGEN

Root of Zishen

[Quality and Taste]

It is bitter, pungent, cold and nontoxic.

It is slightly cold.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Mumeng is bitter according to Shen Nong and the Yellow Emperor.

Li Dangzhi: It is slightly cold.

Xu Zhicai: It is incompatible with Xinyi/flos magnoliae/magnolia flower bud.

[Indications]

It disperses accumulation and assemblage of pathogenic Cold and Heat, and noxious factors from the epigastrium and abdomen. It facilitates the functions of the nine orifices, and smooths urination and stool.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It eliminates excessive pathogenic Heat in the Stomach and Intestines. It treats expectoration of blood and epistaxis, disperses accumulation of blood from the Intestines. It treats carbuncles and swelling, and sores of various kinds. It quenches thirst, and reinforces the Vital Essence.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for dispersing distention and hardness in the epigastrium and abdomen, and blood stasis. It treats amenorrhea in women.

Wang Haogu: It treats malaria with mania, malaria due to epidemics, epistaxis and profuse perspiration. It stops dysentery with bloody discharge.

Su Gong: Mumeng is good for treating incised wounds. It disperses blood stasis, promotes growth of flesh, and stops pain. It treats dysentery with purulent and bloody discharge, replenishes deficiency, reinforces Vital Energy, relieves swelling of the feet, and regulates Yin and Yang.

[Explication]

Li Shizhen: Zishen, a drug of purple-black color, is characteristic of

厥阴之经，肝脏血分药也。故治诸血病，及寒热疟痢痛肿积块之属厥阴者。古方治妇人肠覃病乌啄丸，所用牡蒙，即此物也。唐苏恭注王孙，引陈延之小品方牡蒙所主之证，正是紫参。若王孙则止治风湿痹证，不治血病。故今移附于此。

【附方】

旧一，新三。（略）



Yin and sinking. It functions on the Liver Channel of Foot Greater Yin. It is a drug which works on the blood system of the Liver. So it is effective for treating blood disorders and such diseases relating to the Greater Yin Channel as malaria with cold and fever, dysentery, carbuncles, swelling and hard mass. Mumeng was used in an ancient prescriptions called Wuzhuo Wan, designed to treat intestinal mass in women. This was Zishen. In the annotation to the drug Wangsun made by Su Gong, the function and indication of Mumeng in *Chen Yanzhi Xiaopin Fang* is quoted. This is also Zishen, not Wangsun, as Wangsun is a drug effective for treating arthralgia due to attack of pathogenic Wind and Humidity. It is not a drug for treating blood disorders. This is a rectification of the misunderstanding.

[Prescriptions]

One prescription collected previously, and three prescriptions collected recently.





紫草（本经中品）

【释名】

紫丹别录。紫芙音袄。茈蒨广雅。音紫戾。藐尔雅。音邈。地血吴普。鸦衔草

〔时珍曰〕此草花紫根紫，可以染紫，故名。尔雅作茈草。瑶、侗人呼为鸦衔草。

【集解】

〔别录曰〕紫草生砺山山谷及楚地，三月采根阴



ZICAO

Redroot gromwell

Lithospermum erythrorhizon Sieb. et Zucc.

Arnebia euchroma (Royle) Johnst.

Onosma paniculatum Bur. et Franch.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

ZIDAN

— *Mingyi Bielu* (*Records of Famous Doctors*).

ZI'AO

ZILI

— *Guang Ya*.

MIAO

— *Er Ya*.

DIXUE

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

YAXIANCAO

Li Shizhen: This drug has a purple flower and purple root, and can be used as a dyestuff to dye cloth purple. So it is named Zicao (Zi = purple, Cao = herb). It is also named Zicao (菘草) in *Er Ya*. People of the Yao and Dong ethnic groups call the drug Yaxiancao.

[Previous Explanations]

Zicao/radix lithospermi/root of redroot gromwell is produced in the valleys of Mount Danshan and in the Chu area. The root should be collected in the third month. Dry it in the shade.

— *Mingyi Bielu* (*Records of Famous Doctors*).



干。〔弘景曰〕今出襄阳，多从南阳新野来，彼人种之，即是今染紫者，方药都不复用。博物志云：平氏阳山紫草特好。魏国者染色殊黑。比年东山亦种之，色小浅于北者。〔恭曰〕所在皆有，人家或种之。苗似兰香，茎赤节青，二月开花紫白色，结实白色，秋月熟。〔时珍曰〕种紫草，三月逐垄下子，九月子熟时刈草，春社前后采根阴干，其根头有白毛如茸。未花时采，则根色鲜明；花过时采，则根色黯恶。采时以石压扁曝干。收时忌人溺及驴马粪并烟气，皆令草黄色。

根【修治】

〔斆曰〕凡使，每一斤用蜡三两溶于水拌蒸之，待水干，取去头并两畔髭，细锉用。



Tao Hongjing: Nowadays, the drug is produced in Xiangyang. The supply is mostly from Xinye in Nanyang. Local people cultivate it. It is used as a purple dyestuff, and no longer used in medicine. *Bowu Zhi* says that Zicao/radix lithospermi/root of redroot gromwell produced in Pingshi Yangshan is of top quality. The drug produced in Weiguo can be used as a dyestuff to dye cloth black. In previous years, the drug was also planted in the Dongshan area. But its color was a bit lighter than that produced in the north.

Su Gong: This drug is found everywhere. It is planted by farmers. Its seedling looks like Lanxiang (Luole/herba ocimi pilosi/herb of sweet basil). Its stem is red, with blue-green nodes. Its purple-white flower blooms in the second month. It bears white fruit, which ripens in autumn.

Li Shizhen: Plant the seed along the ridge in the field in the third month. Cut the herb when the seed is ripe in the ninth month. Collect the root around the time of Chunshe.* Dry it in the shade. At the tip of the root, it is covered with white hair similar to hair on a deer's antlers. The root collected before the flower appears is fresh and bright, but dark and of inferior quality after the flower appears. After the root is collected, press it flat with a big stone. Dry the drug in the sun. In the processing of the drug, do not expose it to human urine, horse and donkey feces or smoke. Otherwise the drug will turn yellow.

ZICAOPEN

Root of redroot gromwell
Radix lithospermi

[Preparation]

Lei Xiao: Dissolve three *liang* of Huangla/ceraflava/bee wax in water and blend with one *jin* of Zicao/radix lithospermi/root of redroot gromwell. Then steam the drug until the water is totally consumed. Remove the head and fine roots attached to the main root. Chop the drug into small pieces.

*A day to worship the God of Earth after the day of Beginning of Spring.



【气味】

苦，寒，无毒。

〔权曰〕甘，平。〔元素曰〕苦，温。〔时珍曰〕甘，咸，寒。入手、足厥阴经。

【主治】

心腹邪气，五疸，补中益气，利九窍，通水道本经。疗腹肿胀满痛。以合膏，疗小儿疮，及面皴别录。治恶疮痂癬甄权。治斑疹痘毒，活血凉血，利大肠时珍。

【发明】

〔颂曰〕紫草古方稀用。今医家多用治伤寒时疾发疮疹不出者，以此作药，使其发出。韦宙独行方，治豌豆疮，煮紫草汤饮，后人相承用之，其效尤速。〔时珍曰〕紫草味甘咸而气寒，入心包络及肝经血分。其功长于凉血活血，利大小肠。故痘疹欲出未出，血热毒盛，大便闭涩者，宜用之。



[Quality and Taste]

It is bitter, cold and nontoxic.

Zhen Quan: It is sweet and plain.

Zhang Yuansu: It is bitter and warm.

Li Shizhen: It is sweet, salty and cold. It functions on the Pericardium Channel of Hand Greater Yin and the Liver Channel of Foot Greater Yin.

[Indications]

It disperses pathogenic factors from the epigastrium and abdomen. It treats the five types of jaundice. It is good for replenishing the interior and reinforcing the Vital Energy. It facilitates the nine orifices, and dredges the Water duct.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for treating abdominal distention, fullness and pain. Make ointment with the drug to treat infantile sores and face acne.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating malignant sores, scabies and tinea.

Li Shizhen: It is good for treating skin rashes and smallpox toxins. It removes blood stasis, cools heat in the blood, and moves the bowels.

[Explication]

Su Song: Zicao/radix lithospermi/root of redroot gromwell was not used very often in ancient prescriptions. Now doctors use it to promote the maturation of sores and papules in cases of febrile diseases caused by Cold or during epidemics. *Weizhou Duxing Fang* records a prescription for treating variola by drinking a decoction of Zicao/radix lithospermi/root of redroot gromwell. It is a prescription with fast efficacy, and has been used widely by later doctors.

Li Shizhen: Zicao/radix lithospermi/root of redroot gromwell, is sweet and salty in taste, and cold in quality. It functions on the pericardium and the blood system of the Liver. It is especially good for cooling the blood and invigorating the blood circulation, and smoothing the function of the Large and Small Intestines. Before the eruption of smallpox and measles and while there is excessive pathogenic Heat with toxins and constipa-



已出而紫黑便闭者，亦可用。若已出而红活，及白陷大便利者，切宜忌之。故杨士瀛直指方云：紫草治痘，能导大便，使发出亦轻。得木香、白术佐之，尤为有益。又曾世荣活幼心书云：紫草性寒，小儿脾气实者犹可用，脾气虚者反能作泻。古方惟用茸，取其初得阳气，以类触类，所以用发痘疮。今人不达此理，一概用之，非矣。

【附方】

旧三，新六。（略）



tion, the drug should be used. With purple-black eruption of smallpox and measles with constipation, the drug can still be used. But if there is red and fresh smallpox and measles or white and sunken eruption with smooth stool, the drug should not be used. Yang Shiyong in his *Zhizhi Fang* says that when treating smallpox, Zicao/radix lithospermi/root of redroot gromwell is effective for promoting a smooth stool and reducing the extent of eruption. Reinforced by Muxiang/radix aucklandiae/costus root and Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes, the drug is even more effective. Zeng Shirong, in his *Huoyou Xinshu*, says that Zicao/radix lithospermi/root of redroot gromwell is a drug of cold quality. In treating smallpox in an infant with excessive Vital Energy in the Spleen, the drug can be used. But for those who have deficient condition of the Spleen Vital Energy, the drug is prohibited, as using it will cause diarrhea. In ancient prescriptions, only hair of the herb was used. This is because the hair receives the initial Yang Vital Energy, something similar to the eruption of smallpox in its initial stage. Nowadays, doctors never consider this, and use the drug without differentiation of such subtlety. This is not right.

[Prescriptions]

Three prescriptions collected previously, and six prescriptions collected recently.



白头翁（本经下品）

【释名】

野丈人本经。胡王使者本经。奈何草别录。

〔弘景曰〕处处有之。近根处有白茸，状似白头老翁，故以为名。〔时珍曰〕丈人、胡使、奈何，皆状老翁之意。

【集解】

〔别录曰〕白头翁生高山山谷及田野，四月采。〔恭曰〕其叶似芍药而大，抽一茎。茎头一花，紫色，似木槿



BAITOUWENG

Chinese pulsautila

Pulsautila chinensis (Bge.) Reg.

— Drug of inferior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

YEZHANGREN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

HUWANGSHIZHE

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

NAIHECAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

Tao Hongjing: This drug is found everywhere. The rhizome close to the root is covered with white hair in the shape of the head of a white-haired old man. So it is called Baitouweng (Bai = white, Tou = head, Weng = old man).

Li Shizhen: The other names for this drug — Yezhangren, Huwangshizhe and Naihecao — all indicate the resemblance of the herb to an old man's head.

[Previous Explanations]

Baitouweng/radix pulsautilae/root of Chinese pulsautila is produced in the valleys of high mountains and also in fields. The root should be collected in the fourth month.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Su Gong: Its leaf is similar to Shaoyao/folium paeoniae/peony leaf, but is a bit bigger. There is only one stem, and on top of it there blooms one purple flower in the shape of Mujinhua/flos hibisci/flower of shrubalthea.

花。实大者如鸡子，白毛寸余，皆披下，似纛头，正似白头老翁，故名焉。陶言近根有白茸，似不识也。太常所贮蔓生者，乃是女萎。其白头翁根，似续断而扁。〔保昇曰〕所在有之。有细毛，不滑泽，花蕊黄。二月采花，四月采实，八月采根，皆日干。〔颂曰〕处处有之。正月生苗，作丛生，状似白薇而柔细稍长。叶生茎头，如杏叶，上有细白毛而不滑泽。近根有白茸。根紫色，深如蔓菁。其苗有风则静，无风而摇，与赤箭、独活同也。陶注未述茎叶，苏注言叶似芍药，实如鸡子，白毛寸余者，皆误矣。〔宗奭曰〕白头翁生河南洛阳界，其新安山野中屡尝见之，正如苏恭所说。至今本处山中人卖白头翁丸，言服之寿考，又失古人命名之义。





The fruit can be as big as an egg and is covered with white and falling hair, just like the head of a white-haired old man. That is why it is so named. Tao Hongjing says that the white hair is found on the rhizome close to the root. It seems that he did not know the drug. The drug from Taichang is a kind of creeping herb called Nüwei/caulis clematidis apiifoliae/stem of october clematis, and not Baitouweng/radix pulsauntilae/root of Chinese pulsauntila. Baitouweng/radix pulsauntilae/root of Chinese pulsauntila is similar to Xudian/radix dipsaci/root of himalayan teasel, but flatter.

Han Baosheng: This drug is found everywhere. It is covered with fine hair. It is not slippery. Its stamen is yellow. The flower should be collected in the second month, the fruit should be collected in the fourth month, and the root should be collected in the eighth month. All should be dried in the sun.

Su Song: This drug is found everywhere. The bud begins to germinate in the first month. It grows in clumps. Its herb looks like that of Baiwei/blackend swallowwort, but is softer, thinner and longer. The leaf grows on the top of the stem in the shape of Xingye/folium armenicae amarum/bitter apricot leaf. It is covered with white hair, and it is not slippery or lustrous. The rhizome close to the root is covered white hair. The root is purple, similar to Wujing/radix brassicae rapae/turnip root. Its seedling stands still in the wind, and shakes when there is no wind, which is similar to the behavior of Tianma/tall gastrodia or Duhuo/double-teeth pubescent angelica. In Tao Hongjing's annotation, the stem and leaf are not described. Su Gong says that the leaf is similar to that of Shaoyao/folium paeoniae/peony leaf, and it bears fruit in the shape of an egg covered with white hair one *cun* long. Su Gong is wrong in his description of the drug.

Kou Zongshi: Baitouweng/radix pulsauntilae/root of Chinese pulsauntila is produced in the Luoyang area of Henan Province and in the fields of Xin'an. The herb is just like the one Su Gong describes. Merchants from the mountains sell Baitouweng Wan (Pills of Baitouweng/radix pulsauntilae/root of Chinese pulsauntila), saying that this drug can prolong life. This is actually not in conformity with the naming of the drug by people of ancient times. What Tao Hongjing says about the drug is not correct, as the description might be careless. It should be rectified.



陶氏所说，失于不审，宜其排叱也。〔机曰〕寇宗奭以苏恭为是，苏颂以陶说为是。大抵此物用根，命名取象，当准苏颂图经，而恭说恐别是一物也。

根

〔气味〕苦，温，无毒。〔别录曰〕有毒。〔吴绶曰〕苦，辛，寒。〔权曰〕甘，苦，有小毒。豚实为之使。〔大明曰〕得酒良。花、子、茎、叶同。

〔主治〕温疟狂狷寒热，癥瘕积聚瘿气，逐血止痛，疗金疮本经。鼻衄别录。止毒痢弘景。赤痢腹痛，齿痛，百骨节痛，项下瘤疔甄权。一切风气，暖腰膝，明目消赘大明。



Wang Ji: Kou Zongshi felt that what Su Gong said about the drug was correct. Su Song thought that what Tao Hongjing described was correct. The root of the drug is used in medicine. As to the actual image of the drug, what Su Song depicts in his illustration in *Tujing Bencao (Illustrated Materia Medica)* is reliable. What Su Gong describes could be another drug.

BAITOUWENGGEN

Root of Chinese pulsautila

Radix pulsautilae

[Quality and Taste]

It is bitter, warm and nontoxic.

It is toxic.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Shou: It is bitter, pungent and cold.

Zhen Quan: It is sweet, bitter and slightly toxic. Tunshi can be its guiding drug.

Da Ming: The drug is more effective if it is processed with wine. Its flower, seed, stem and leaf have the same efficacy as the root.

[Indications]

It is good for treating malaria due to invasion of pathogenic Heat with mania and convulsions, chills and fevers. It dissolves hard mass, accumulation and assemblage, and goiters. It dispels blood stasis, relieves pain, and treats incised wounds.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It stops epistaxis.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: It stops toxic dysentery.

Zhen Quan: It treats dysentery with bloody discharge and abdominal pain. It relieves toothache and arthralgia in the joints, and eliminates goiters and ulceration of the neck.

Da Ming: It disperses invading pathogenic Wind of all kinds, warms the waist and knees, improves the eyesight and dissolves goiters.



〔发明〕〔颂曰〕俗医合补下药甚验，亦冲人。〔杲曰〕气厚味薄，可升可降，阴中阳也。张仲景治热痢下重，用白头翁汤主之。盖肾欲坚，急食苦以坚之。痢则下焦虚，故以纯苦之剂坚之。男子阴疝偏坠，小儿头秃臃脰，鼻衄无此不效，毒痢有此获功。〔吴绶曰〕热毒下痢紫血鲜血者宜之。

〔附方〕旧二，新三。（略）

[Explication]

Su Song: Doctors add this drug to tonics and purgatives. It is effective and has strong functions.

Li Gao: It is a drug with thick quality and thin taste that can ascend and descend. It is a drug of Yang in the Yin. Master Zhang Zhongjing used it to treat hot diarrhea with tenesmus. Baitouweng Tang is used as a treatment, based on the theory that when the Kidney needs to be consolidated, a drug with a bitter taste should be applied. Diarrhea indicates a deficient condition at the lower portion, which needs to be consolidated with drugs of pure bitterness. This drug is effective for treating hernia of Yin type with unilateral descending and swelling of the testis, and infantile tinea capitis with malodorous secretion and epistaxis. It has strong efficacy in stopping toxic dysentery.

Wu Shou: It is good for treating dysentery due to pathogenic Heat and toxins, with purple or fresh blood.

[Prescriptions]

Two prescriptions collected previously, and three prescriptions collected recently.



白及（本经下品）

【释名】

连及草本经。甘根本经。白给

〔时珍曰〕其根白色，连及而生，故曰白及。其味苦，而曰甘根，反言也。吴普作白根，其根有白，亦通。金光明经谓之罔达罗喝悉多。又别录有名未用白给，即白及也，性味功用皆同，系重出，今并为一。

【集解】

〔别录曰〕白及生北山川谷及冤句及越山。又曰：白给





BAIJI

Common bleuntila

Bleuntila striata (Thunb.) Reichb. f.

— Drug of inferior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Rectification]

Baigei in *Mingyi Bielu* (*Records of Famous Doctors*) is included in this section.

[Explanation of Names]

LIANJICAO

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

GANGEN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

BAIGEI

— *Mingyi Bielu* (*Records of Famous Doctors*).

Li Shizhen: The roots of the drug are white, and are attached to each other. So it is called Baiji (Bai = white, Ji = attached). It is bitter, but its other name is Gangen, or sweet root. This is a name given contrary to its actual condition. In *Wu Pu Bencao* (*Wu Pu's Herbal*), it is called Baigen, or white root. In the Buddhist classic *Jinguangming Jing*, it is called Wangdaluohexiduo (a transliteration). In *Mingyi Bielu* (*Records of Famous Doctors*), it is called Baigei. It is in the category of drugs with their names recorded but not yet in use. As it is called Baiji, it is included in this section.

[Previous Explanations]

Baiji/rhizoma bleuntilae/tuber of common bleuntila is produced in the



生山谷，叶如藜芦，根白相连，九月采。〔普曰〕茎叶如生姜、藜芦，十月花，直上，紫赤色，根白连，二月，八月，九月采。〔弘景曰〕近道处处有之。叶似杜若，根形似菱米，节间有毛。方用亦稀，可以作糊。〔保昇曰〕今出申州。叶似初生棕苗叶及藜芦。三四月抽出一苔，开紫花。七月实熟，黄黑色。冬凋。根似菱，有三角，白色，角头生芽。八月采根用。〔颂曰〕今江淮、河、陕、汉、黔诸州皆有之，生石山上。春生苗，长一尺许。叶似梧桐，两指大，青色。夏开紫花。二月七月采根。〔时珍曰〕韩保升所说形状正是，但一科止抽一茎。开花长寸许，红紫色，中心如舌。其根如菱米，有脐，如鳧茈之脐，又如扁扁螺旋纹。性难干。



valleys of Mount Beishan, Yuanju and Mount Yueshan. Baigei is also produced in mountain valleys. Its leaf is similar to Lilu/*folium veratri*/leaf of falsehellebore, and its roots are white and attached to each other. Collect the drug in the ninth month.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Its stem and leaf are similar to that of Shengjiang/fresh ginger and Lilu/falsehellebore. The flower blooms in the tenth month on top of the straight stem, which is purple-red in color. Its roots are white, and attached to each other. Collect the root (rhizome) in the second, eighth and ninth months.

Tao Hongjing: This drug is found everywhere in nearby places. Its leaf is similar to that of Duruo/*herba asari forbesii*/herb of forbes wildginger. Its root is in the shape of Lingjiao/*fructus trapae*/water caltrop. It has nodes and hair. The drug is not frequently used in prescriptions. It can be used to make paste.

Han Baosheng: Nowadays, this drug is produced in Shenzhou. Its leaf is similar to that of Zonglü/fortune windmillpalm and that of Lilu/falsehellebore. The stem germinates in the third and fourth months, and a purple flower appears. In the seventh month, the seed, yellow-black in color, ripens. The herb withers in winter. Its root is in the shape of Lingjiao/*fructus trapae*/water caltrop. It is white and triangular in shape. The bud sprouts on top of the root. Collect the root in the eighth month.

Su Song: Nowadays, the drug is produced in prefectures including Jianghuai, He, Shaan, Han and Qian. It grows in rocky mountains. The seedling germinates in spring, and is about one *chi* long. Its leaf is similar to the seedling of Zonglü/fortune windmillpalm. It is blue-green, and as wide as two fingers. The purple flower blooms in summer. Collect the root in the second and seventh months.

Li Shizhen: What Han Baosheng describes is exactly this drug. But there is only one stem from one root. Its flower is red-purple in color and one *cun* long. In the middle, the pistil is in the shape of a tongue. Its root is in the shape of Lingjiao/*fructus trapae*/water caltrop, and has a navel similar to that of Biqi/*cormus eleocharis dulcis*/water nut corm and similar to a flat spired toy top. It is difficult to dry.



根

〔气味〕苦，平，无毒。〔别录曰〕辛，微寒。白给：辛，平，无毒。〔普曰〕神农：苦。黄帝：辛。李当之：大寒。雷公：辛，无毒。〔大明曰〕甘、辛。〔杲曰〕苦、甘，微寒，性涩，阳中之阴也。〔之才曰〕紫石英为之使，恶理石，畏李核、杏仁，反乌头。

【主治】

痈肿恶疮败疽，伤阴死肌，胃中邪气，贼风鬼击，痲缓不收本经。除白癬疥虫别录。结热不消，阴下痿，面上疔疱，令人肌滑甄权。止惊邪血邪血痢，痲疾风痹，赤眼



BAIJIGEN

Tuber of common bleutila

Rhizoma bleutilae

[Quality and Taste]

It is bitter, plain and nontoxic.

It is pungent and slightly cold. Baigei is pungent, plain and nontoxic.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is bitter according to Shen Nong. It is pungent according to the Yellow Emperor. It is very cold according to Li Dangzhi. It is pungent and nontoxic according to Lei Gong.

Da Ming: It is sweet and pungent.

Li Gao: It is bitter, sweet and slightly cold. It is astringent and is the Yin in the Yang.

Xu Zhicai: Zishiying/fluoritum/fluorite can be its guiding drug. It is mutually inhibiting with Lishi/gypsum fibrosum/mineral gypsum. It is incompatible with Liren/semen pruni salicinae/Japanese plum seed and Xingren/semen armenicae amarum/bitter apricot seed. It contradicts Wutou/radix aconiti/Sichuan aconite root.

[Indications]

It is good for treating carbuncles and swelling, malignant sores, decayed phlegmons, and dead muscle due to damaged Yin. It disperses pathogenic factors from the Stomach, expels invading evil factors and cures paralysis.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It treats white tinea and scabies.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It eliminates accumulated pathogenic Heat. It treats impotence. It also clears freckles and acne from the face and makes the skin glossy.

Da Ming: It stops convulsions, regulates blood disorders and stops dysentery with bloody discharge. It treats epilepsy and arthralgia due to



癥结，温热疟疾，发背瘰疬，肠风痔瘻，扑损，刀箭疮，汤火疮，生肌止痛大明。止肺血李杲。

白给：主伏虫白癣肿痛别录。

【发明】

〔恭曰〕山野人患手足皴折者，嚼以涂之有效。为其性粘也。〔颂曰〕今医家治金疮不瘥及痈疽方多用之。〔震亨曰〕凡吐血不止，宜加白及。〔时珍曰〕白及性涩而收，得秋金之令，故能入肺止血，生肌治疮也。按洪迈夷坚志云：台州狱吏悯一大囚。囚感之，因言：吾七次犯死罪，遭讯拷，肺皆损伤，至于呕血。人传一方，只用白及为末，米饮日服，其效如神。后其囚凌迟，刽者剖其胸，见肺间窍穴数十处，皆白及填补，色犹不变也。洪贯之闻其说，赴任洋州，一卒忽苦咯血甚危，用此救之，一日即止也。摘玄云：试血法：吐在水碗内，浮者肺血也，沉者肝血也，半浮半



attack of pathogenic Wind, clears up inflammation of the eye, dissolves hard mass in the abdomen, treats malaria due to attack of pathogenic Heat, and treats lumbodorsal carbuncles and scrofula. It is effective for treating hematochezia due to invasion of pathogenic Wind into the Intestines. It can be used for treating physical injury, and sores due to incised wounds, burns and scalds. It helps the growth of muscle, and stops pain.

Li Gao: It stops hematemesis due to Lung disorders.

[Explication]

Su Gong: People living in the mountains chew the drug, and apply it to the hands to treat chapped skin, as it is sticky.

Su Song: Doctors often use the drug to treat incised wounds, carbuncles and phlegmons.

Zhu Zhenheng: Baiji/rhizoma bleutilae/tuber of common bleutila should be added to prescriptions for treating incessant hematemesis.

Li Shizhen: Baiji/rhizoma bleutilae/tuber of common bleutila is a drug of astringent quality, and is reinforced by the atmosphere of the autumn. So it is good for functioning on the Lung and stopping hematemesis as well for treating sores and helping the growth of new muscle. Hong Mai in his *Yijian Zhi* records that once in a jail in Taizhou a condemned prisoner told the jailer that he had been arrested seven times for capital crimes, and had been severely tortured. His Lung had been seriously damaged, and he had expectorated blood until someone advised him to take powder of Baiji/rhizoma bleutilae/tuber of common bleutila with Miyin (water in which rice has been cooked) every day. He had done so, and found that it had a miraculous effect. After the prisoner was executed, the executioner opened up his chest to examine his Lung. Several dozen holes in the Lung were found to be filled with a white substance. Later, when the author of *Yijian Zhi*, Mr. Hong, became the prefect of Yangzhou, one of his subordinates suddenly suffered from hemoptysis. Mr. Hong offered the treatment to him. It worked the same day. *Zhai Xuan* records the method of testing expectorated blood as follows: Let the patient spit blood in a bowl full of water. If the blood floats on the surface, it comes from the Lung. If it sinks to the bottom, it must come from the Liver. If the blood stays in the middle of the

沉者心血也。各随所见，以羊肺、羊肝、羊心煮熟，蘸白及末，日日食之。

【附方】

旧一，新八。（略）



water, then it can be inferred that it comes from the Heart. The treatment is to absorb powder of Baiji/rhizoma bleuntilae/tuber of common bleutila with cooked sheep's lung (for expectoration of Lung blood), with cooked sheep's heart (for expectoration of Heart blood) and with cooked sheep's liver (for expectoration of Liver blood). Take daily.

[Prescriptions]

One prescription collected previously, and eight prescriptions collected recently.





三七（纲目）

【释名】

山漆纲目。金不换

〔时珍曰〕彼人言其叶左三右四，故名三七，盖恐不然。或云本名山漆，谓其能合金疮，如漆粘物也，此说近之。金不换，贵重之称也。

【集解】

〔时珍曰〕生广西南丹诸州番峒深山中，采根暴干，黄黑色。团结者，状略似白及；长者如老干地黄，有节。味微甘而苦，颇似人参之味。或云：试法，以末糝猪血中，血化为水者乃真。近传一种草，春生苗，夏高三四尺。叶似菊艾



SANQI

Sanchi

Panax notoginseng (Bunk.) F.H. Chen

— *Bencao Gangmu* (*Compendium of Materia Medica*).

[Explanation of Names]

SHANQI

— *Bencao Gangmu* (*Compendium of Materia Medica*).

JINBUHUAN

Li Shizhen: Local people say that as the drug has three leaves on the left and four on the right, it is called Sanqi (San = three, Qi = seven). This may not be right. Others say that the drug was originally called Shanqi, or mountain lacquertree. It is thus named as it is as sticky as lacquer and effective for healing incised wounds. This seems to be a more reasonable explanation. Its value is indicated by its other name, Jinbuhuan, or drug that can not be exchanged for gold.

[Previous Explanations]

Li Shizhen: This drug is produced in the area inhabited by ethnic minorities in Nandan, Guangxi. The root is yellow-black. Collect the drug, and dry it in the sun. The root is round and has nodes, being a little bit similar to Baiji/rhizoma *bleuntilae*/tuber of common *bleuntila*. The long parts of the root are similar to those of old Gandihuang/*radix rehmanniae*/rhizome of *rehmannia* with nodes. It is slightly sweet and bitter, a taste similar to Renshen/*radix ginseng*/ginseng root. Some say that there is a way to test the authenticity of the drug: Blend powder of the drug with pig's blood. If the blood then dissolves in water, then the drug is the real thing. Now it is said that there is a kind of herb which puts forth buds in spring, and develops into a herb three to four *chi* long in summer. Its leaf is similar



而劲厚，有歧尖。茎有赤棱。夏秋开黄花，蕊如金丝，盘纽可爱，而气不香，花干则吐絮如苦荚絮。根叶味甘，治金疮折伤出血，及上下血病甚效。云是三七，而根大如牛蒡根，与南中来者不类，恐是刘寄奴之属，甚易繁衍。

根

〔气味〕甘、微苦，温，无毒。

〔主治〕止血散血定痛，金刃箭伤跌扑杖疮血出不止者，嚼烂涂，或为末掺之，其血即止。亦主吐血衄血，下血血痢，崩中经水不止，产后恶血不下，血运血痛，赤目痈肿，虎咬蛇伤诸病时珍。



to Juhua/folium chrysanthemi/chrysanthemum leaf or Aiye/folium artemisiae argyi/leaf of argy wormwood, but it is thicker and tougher, and has a pointed tip. The stem is red and angular. The yellow flower blooms in summer and autumn. Its stamen is in the shape of curled golden thread, very lovely. But it is not fragrant. When it dries up, it has fiber similar to that of Kumai/herba ixertis denticulatae/herb of denticulate ixeris. Its root and leaf are sweet, and are good for treating bleeding from an incised wound and fractures. They are also very effective for treating blood disorders in the upper or lower portions of the body. People say this is Sanqi/radix notoginseng/sanchi root. Its root is big, in the shape of Niubanggen/radix arctii/root of great burdock. This drug does not look like Sanqi/radix notoginseng/sanchi root from the south. It might be something like Liujinu/herba artemisiae anomalae/herb of diverse wormwood. It is a herb that develops very quickly.

SANQIGEN

Sanchi root

Radix notoginseng

[Quality and Taste]

It is sweet, slightly bitter, warm and nontoxic.

[Indications]

Li Shizhen: It stops bleeding, removes blood stasis and relieves pain. Chew the drug or grind it to powder, and apply it to stop bleeding from an arrowhead insertion or knife cut, from an incised wound or injury due to falling for beating, or from sores. This will stop the bleeding. It is also good for stopping hematemesis, epistaxis, hematochezia, dysentery with bloody discharge, metrorrhagia and profuse menstrual bleeding. It disperses remaining blood stasis after child birth, and relieves vertigo and pain due to blood disorder, inflamed eye, carbuncles and swelling, and bites by tigers, snakes or other creatures.

[Explication]

Li Shizhen: This drug was discovered only recently. It was first used



〔发明〕〔时珍曰〕此药近时始出，南人军中用为金疮要药，云有奇功。又云：凡杖扑伤损，瘀血淋漓者，随即嚼烂，罨之即止，青肿者即消散。若受杖时，先服一二钱，则血不冲心，杖后尤宜服之，产后服亦良。大抵此药气温、味甘微苦，乃阳明、厥阴血分之药，故能治一切血病，与骐驎竭、紫矿相同。

〔附方〕新八。（略）

by the army in the south to treat incised wounds. People say it works miraculously. Some say that the drug is effective for dissolving blood stasis due to beating or other type of physical injury. Chew the drug, and then apply it to the affected part. This will dissolve the swelling. When a person is to be punished by flogging, let him or her take one or two *qian* of the drug beforehand. This will prevent the rushing up of blood. After the flogging, it is all the more necessary to administer the drug. It is also good for a woman to take the drug after child delivery. It is a drug of warm quality, slightly sweet and bitter in taste. It functions on the blood system of the Greater Yang and Greater Yin channels. It is good for treating all kinds of diseases due to blood disorders. It is a drug having similar functions to *Qilinjie/resina draconis/dragon's blood*, and to *Zikuang*.

[Prescriptions]

Eight prescriptions recently collected.





黄连（本经上品）

【释名】

王连本经。支连药性。

〔时珍曰〕其根连珠而色黄，故名。

【集解】

〔别录曰〕黄连生巫阳川谷及蜀郡太山之阳，二月、八月采根。〔弘景曰〕巫阳在建平。今西间者色浅而虚，不及东阳、新安诸县最胜。临海诸县者不佳。用之当布裹掇去毛，令如连珠，〔保昇曰〕苗似茶，丛生，一茎生三叶，



HUANGLIAN

Chinese goldthread

Goldthread Chinensis Franch.,

Goldthread deltoidea C.Y. Cheng et Hsiao,

Goldthread teetoides C.Y. Cheng

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

WANGLIAN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

ZHILIAN

— *Yaoxing Bencao* (*Medical Properties of Materia Medica*).

Li Shizhen: The root (rhizome) of the drug is yellow, and is like pearls linked to each other. Hence the name Huanglian (Huang = yellow, Lian = linked).

[Previous Explanations]

Huanglian/rhizoma coptidis/goldthread rhizome is produced in the valleys of Mount Wuyang and the sunny side of Mount Taishan in the Shu Prefecture. Collect the root in the second and eighth months.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Tao Hongjing: Wuyang is located in Jianping. The drug produced in the western part is shallow in color and loose in quality. And that produced in Dongyang and Xin'an counties is much better. The drug produced in counties close to the sea is not very good. Process the drug by wrapping it in a piece of cloth, and rub it to get rid of the fine roots. Then it will look like linked pearls.

Han Baosheng: Its seedling looks like Cha/gemma et folium cameliae/



高尺许，凌冬不凋，花黄色。江左者，节高若连珠。蜀都者，节下不连珠。今秦地及杭州、柳州者佳。〔颂曰〕今江、湖、荆、夔州郡亦有，而以宣城九节坚重相击有声者为胜，施、黔者次之，东阳、歙州、处州者又次之。苗高一尺以来，叶似甘菊，四月开花黄色，六月结实似芹子，色亦黄。江左者根若连珠，其苗经冬不凋，叶如小雉尾草，正月开花作细穗，淡白微黄色。六七月根紧，始堪采。〔恭曰〕蜀道者粗大，味极浓苦，疗渴为最。江东者节如连珠，疗痢大善。澧州者更胜。〔时珍曰〕黄连，汉末李当之本草，惟取蜀郡黄肥而坚者为善。唐时以澧州者为胜。今虽吴、蜀皆有，惟以雅州、眉州者为良。药物之兴废不同如此。大抵有



tea bud and leaf, and grows in tussocks. On one stem there are three leaves, about one *chi* long. The herb does not wither in winter. The flower is yellow. The drug produced in the Jiangzuo area has a longer stem, with nodes like linked pearls. That produced in Shudu in Sichuan has no pearl-like growth under the node on the stem. Now the drug produced in Qin, Hangzhou and Liuzhou is of top quality.

Su Song: Now the drug is also produced in Jiangzhou, Huzhou, Jingzhou and Kuizhou. Among these, the best drug is from Xuancheng City, which has nine nodes on the stem. The stem is very solid and two stems make a sound when struck against each other. The drug produced in Shizhou and Qianzhou is secondary in quality. And that produced in Dongyang, Shezhou and Chuzhou is worse in quality. Its stem is about one *chi* or more in length, with a leaf similar to *Juye/folium chrysanthemi/chrysanthemum* leaf. Yellow flowers bloom in the fourth month. In the sixth month, seed is formed in the shape of *Qinzi/semen oenantes javanicae/seed of javan waterdropwort*. It is also yellow. The drug produced in the Jiangzuo area has pearl-like roots, linked to each other. Its seedling does not wither in winter. Its leaf is similar to *Xiaoziweicao*. The flower blooms in the first month, with a thin white-yellow spike. In the sixth and seventh months, the root begins to become solid, and then it is good for collection.

Su Gong: *Huanglian/rhizoma coptidis/goldthread rhizome* produced in Sichuan has thick and big root, with a very bitter taste. It is very effective for quenching thirst. *Huanglian/rhizoma coptidis/goldthread rhizome* produced in the the Jiangdong area has nodes in the shape of linked pearls. It is a good drug for treating dysentery. The drug produced in Lizhou is even better for treating dysentery.

Li Shizhen: According to *Li Dangzhi Yaolu (Li Dangzhi's Herbal)*, only *Huanglian/rhizoma coptidis/goldthread rhizome* produced in Sichuan with a yellow and fat rhizome was regarded as the best drug in the late Han period. In Tang times, the drug produced in Lizhou was considered first class. Now the drug is produced in the Wu area and Sichuan. But generally, people regard the drug produced in Yazhou and Meizhou as the best. From this, it can be seen that at different times the same drug can be regarded differently. Normally, there are two kinds of the drug: One has a thick rhizome



二种：一种根粗无毛有珠，如鹰鸡爪形而坚实，色深黄；一种无珠多毛而中虚，黄色稍淡。各有所宜。

根【修治】

〔斆曰〕凡使以布拭去肉毛，用浆水浸二伏时，漉出，于柳木火上焙干用。〔时珍曰〕五脏六腑皆有火，平则治，动则病，故有君火相火之说，其实一气而已。黄连入手少阴心经，为治火之主药：治本脏之火，则生用之；治肝胆之实火，则以猪胆汁浸炒；治肝胆之虚火，则以醋浸炒；治上焦之火，则以酒炒；治中焦之火，则以姜汁炒；治下焦之火，



with pearl-like growths, but without hair in the shape of eagle or chicken claw. It is dark-yellow in color. The other species has a rhizome without pearl-like growths, but with hair and hollow inside. It is light-yellow. Both drugs have their own specific applications.

HUANGLIANGEN

Goldthread rhizome

Rhizoma coptidis

[Preparation]

Lei Xiao: First rub away the hair on the rhizome with a piece of cloth. Soak the drug in Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet for two days. Take out the drug, and bake it dry over a fire of willow wood.

Li Shizhen: Pathogenic Fire rests with the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao). When Fire is not every excessive, there will be nothing wrong. But when Fire begins to move about, disease results. And Fire is differentiated into Monarch Fire (Jun Huo) and the Ministerial Fire (Xiang Huo). Actually they are the same Fire but on different levels. Huanglian/rhizoma coptidis/goldthread rhizome is a drug that functions on the Heart Channel of Hand Lesser Yin, and therefore is the principal drug in treating pathogenic Fire. The drug can be processed in the following ways for different therapeutic purposes:

— When it is intended to treat Fire in the Heart Channel, use the crude drug.

— If excessive Fire in the Liver and Gall Bladder is to be purged, use drug that has been stir-fried with pig bile.

— To treat Fire of deficient nature of the Liver and Gall Bladder, soak the drug in vinegar, and then stir-fry it.

— To eliminate Fire resting in the upper portion, stir-fry the drug together with wine.

— To eliminate Fire resting in the middle portion, stir-fry the drug together with Jiangzhi/succus zingiberis recens/juice of fresh ginger.



则以盐水或朴消研细调水和炒；治气分湿热之火，则以茱萸汤浸炒；治血分块中伏火，则以干漆末调水炒；治食积之火，则以黄土研细调水和炒。诸法不独为之引导，盖辛热能制其苦寒，咸寒能制其燥性，在用者详酌之。

【气味】

苦，寒，无毒。

〔别录曰〕微寒。〔普曰〕神农、岐伯、黄帝、雷公：苦，无毒。李当之：小寒。〔之才曰〕黄芩、龙骨、理石为之使，恶菊花、玄参、白鲜皮、芫花、白僵蚕，畏款冬、牛



— To eliminate Fire resting in the lower portion, either soak the drug in salt water and then stir-fry it or soak it in water of Poxiao/natrii sulfas/mirabilite, and then stir-fry it.

— To eliminate Fire due to pathogenic Humidity and Heat in the Vital Energy system, soak the drug in a decoction of Wuzhuyu/fructus evodiae/fruit of medicinal evodia, and then stir-fry it.

— To eliminate hidden Fire in a case of blood stasis, soak the drug in a decoction of powder of Ganqi/lacca sinica exsiccatae/dried lacquer, and then stir-fry it.

— To eliminate Fire due to indigestion, soak the drug together with loess in water, and then stir-fry it.

The above methods of processing enhance the functions of the drug in its different uses. The reason why the drug is so processed is that pungent and hot drugs can hold back the bitter taste and cold quality of Huanglian/rhizoma coptidis/goldthread rhizome. Salty and cold drugs can make Huanglian/rhizoma coptidis/goldthread rhizome milder and not too dry in its quality. Doctors should consider all these things when using the drug.

[Quality and Taste]

It is bitter, cold and nontoxic.

It is slightly cold.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is bitter and nontoxic according to Shen Nong, Qi Bo, the Yellow Emperor and Lei Gong. It is slightly cold according to Li Dangzhi.

Xu Zhicai: Its guiding drugs: Huangqin/radix scutellariae/root of baikal skullcap, Longgu/osdraconis/dragon's bone and Lishi/gypsum fibrosum/mineral gypsum. It is mutually inhibiting with: Juhua/flos chrysanthemi/chrysanthemum, Xuanshen/radix scrophulariae/figwort root, Baixianpi/cortex dictamni radices/root-bark of dessefruit pittany, Yuanhua/flos genkwae/flower bud of lilac daphne, and Baijiangcan/bombyx batryticatus/larva of a silkworm with botrytis. It is incompatible with Kuandong/tussilago farfara/common coltsfoot and Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes. It conquers Wutou/radix aconiti/Sichuan aconite root, and neutralizes toxins of Badou/fructus crotonis/croton seed.



膝，胜乌头，解巴豆毒。〔权曰〕忌猪肉，恶冷水。〔斆曰〕服此药至十两，不得食猪肉；若服至三年，一生不得食也。〔时珍曰〕道书言服黄连犯猪肉令人泄泻，而方家有猪肚黄连丸、猪脏黄连丸，岂只忌肉而不忌脏腑乎？

【主治】

热气，目痛眦伤泣出，明目，肠澼腹痛下痢，妇人阴中肿痛。久服令人不忘本经。主五脏冷热，久下泄澼脓血，止消渴大惊，除水利骨，调胃厚肠益胆，疗口疮别录。治五劳七伤，益气，止心腹痛，惊悸烦躁，润心肺，长肉止血，天行热疾，止盗汗并疮疥。猪肚蒸为丸，治



Zhen Quan: Pork is prohibited when taking this drug. It is mutually inhibiting with cold water.

Lei Xiao: When 10 *liang* of the drug is taken, pork should not be taken. If this drug has been taken for three years, pork is prohibited for the rest of the patient's life.

Li Shizhen: According to Taoist works, when Huanglian/rhizoma coptidis/goldthread rhizome is taken, pork is prohibited. For if pork is taken, it will cause diarrhea. But in ancient prescriptions there are ones like Zhudu Huanglian Wan (pill of pig's stomach and Huanglian/rhizoma coptidis/goldthread rhizome) and Zhuzang Huanglian Wan (pill of pig's internal organ and Huanglian/rhizoma coptidis/goldthread rhizome). Is it reasonable that when pork is prohibited pig's internal organ is not prohibited?

[Indications]

It disperses invasion of pathogenic Heat, treats pain in the eye with damaged canthus and shedding of tears, and improves eyesight. It is good for treating dysentery with mucous discharge, flatus and pain. It eliminates pain and swelling in the vulva. Long-term taking of the drug improves the memory.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for dispersing pathogenic Cold and Heat in the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It stops dysentery with mucous and purulent discharge, quenches thirst in cases of diabetes, relieves great fright, and disperses fluid-retention, and is good for the bones. It nourishes the Stomach and Intestines, facilitates the function of the Gall Bladder, and eliminates aphtha.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It is good for treating the five overstrains and seven damages. It reinforces the Vital Energy, relieves epigastric and abdominal pain, convulsions, palpitation and restlessness, and moistens the Heart and Lung. It helps the growth of flesh and stops bleeding. It treats epidemics due to attack of pathogenic Heat, stops night sweating, and eliminates scabies and sores. Steam the drug together with pig's stomach, and then make pills. It is effective for treating infantile malnutrition and killing parasites.



小儿疝气，杀虫大明。羸瘦气急藏器。治郁热在中，烦躁恶心，兀兀欲吐，心下痞满元素。主心病逆而盛，心积伏梁好古。去心窍恶血，解服药过剂烦闷及巴豆、轻粉毒时珍。

【发明】

〔元素曰〕黄连性寒味苦，气味俱厚可升可降，阴中阳也，入手少阴经。其用有六：泻心脏火一也，去中焦湿热二也，诸疮必用三也，去风湿四也，赤眼暴发五也，止中部见血六也。张仲景治九种心下痞，五等泻心汤，皆用之。〔成无己曰〕苦入心，寒胜热，黄连、大黄之苦寒，以导心下之虚热。蛔得甘则动，得苦则安，黄连、黄檗之苦，以安蛔



Chen Cangqi: It improves emaciation and stops dyspnea.

Zhang Yuansu: It eliminates accumulation of pent-up pathogenic Heat at the interior accompanied by restlessness, nausea, retching and fullness due to Vital-energy stagnation.

Wang Haogu: It is good for treating Heart disease with adverse ascension of gas and mass in epigastrium.

Li Shizhen: It removes blood stasis in the Heart orifice, neutralizes overdoses of drugs and toxins of Badou/fructus crotonis/croton seed and Qingfen/calomelas/calomel.

[Explication]

Zhang Yuansu: Huanglian/rhizoma coptidis/goldthread rhizome, cold in quality and bitter in taste, is a drug with thick quality and taste. It is a drug that can ascend and descend, a drug of Yang in the Yin. It functions on the Heart Channel of Hand Lesser Yin. It has six therapeutic functions:

1. Purges pathogenic Fire from the Heart.
2. Disperses pathogenic Humidity and Heat resting at the middle portion.
3. Good for treating sores of various types.
4. Disperses pathogenic Wind and Humidity.
5. Treats inflammation of the eye.
6. Stops bleeding at the middle portion.

Master Zhang Zhongjing used Huanglian/rhizoma coptidis/goldthread rhizome in the five prescriptions of Xiexin to treat nine kinds of Vital-energy stagnation in the epigastrium.

Cheng Wuji: Drugs with a bitter taste function on the Heart. Drugs of cold quality can overcome pathogenic Heat. Drugs such as Huanglian/rhizoma coptidis/goldthread rhizome and Dahuang/radix et rhizoma rhei/rhubarb, both bitter and cold, can be used to purge pathogenic Heat of deficient nature from the Heart. Round worms will cause irritation when they are fed with a sweet flavor, but will become tranquil when fed a bitter drug. Such drugs as Huanglian/rhizoma coptidis/goldthread rhizome and Huangbai/cortex phellodendri/bark of Chinese corktree can sooth round worms.

Wang Haogu: Huanglian/rhizoma coptidis/goldthread rhizome is bitter



也。〔好古曰〕黄连苦燥，苦入心，火就燥。泻心者其实泻脾也，实则泻其子也。〔震亨曰〕黄连去中焦湿热而泻心火，若脾胃气虚，不能转运者，则以茯苓、黄芩代之。以猪胆汁拌炒，佐以龙胆草：则大泻肝胆之火。下痢胃口热禁口者，用黄连、人参煎汤，终日呷之。如吐再强饮，但得一呷下咽便好。〔刘完素曰〕古方以黄连为治痢之最。盖治痢惟宜辛苦寒药，辛能发散开通郁结，苦能燥湿，寒能胜热，使



and dry. Drugs with a bitter taste function on the Heart, and drugs with a dry quality work on the pathogenic Fire. When we are talking about purging the Heart, it is actually purging the Spleen. This is because when there is an excessive condition of the Heart, its son Viscus, the Spleen, can be purged.*

Zhu Zhenheng: Huanglian/rhizoma coptidis/goldthread rhizome is a drug that eliminates pathogenic Humidity and Heat resting at the middle portion and purges pathogenic Heat from the Heart. But when the Spleen and Stomach are in a deficient condition that can not tolerate the bitter taste of Huanglian/rhizoma coptidis/goldthread rhizome, Fuling/poria/Indian bread and Huangqin/radix scutellariae/baikal skullcap root can be used as substitutes for Huanglian/rhizoma coptidis/goldthread rhizome. Stire-fry Huanglian/rhizoma coptidis/goldthread rhizome together with pig bile and reinforced with Longdancao/radix gentianae/Chinese gentian. It is then very effective for purging pathogenic Fire resting at the Liver and Gall Bladder. If the patient has fasting dysentery with pathogenic Heat in the Stomach, treat him or her with a decoction of Huanglian/rhizoma coptidis/goldthread rhizome and Renshen/radix ginseng/ginseng root. Drink the decoction little by little. If the patient vomits out the decoction, still continued to drink it until he or she can sip a little bit.

Liu Wansu: In ancient prescriptions, Huanglian/rhizoma coptidis/goldthread rhizome was taken as the most important drug for treating dysentery. This is because in the treatment of dysentery, drugs of pungent and bitter taste and cold quality are required. A pungent taste has the function of dredging accumulation. A bitter taste is effective for drying pathogenic Humidity, and cold quality is good for purging pathogenic Heat. Working from all the above directions, the internal condition is harmonized. Normally, drugs of bitter taste and cold quality are purgatives. But Huanglian/rhizome

*In the producing sequence of Liver-Heart-Spleen-Lung-Kidney, each Viscus is the mother of the following one. For example, Liver is the mother of Heart, and Heart is the mother of Spleen. When pathogenic factors resting with the Heart become excessive, the son Viscus, the Spleen, should be purged. In this way, the mother Viscus, the Heart, is also purged.



气宣平而已。诸苦寒药多泄，惟黄连、黄檗性冷而燥，能降火去湿而止泻痢，故治痢以之为君。〔宗奭曰〕今人多用黄连治痢，盖执以苦燥之义。下痢但见肠虚渗泄，微似有血，便即用之，又不顾寒热多少，惟欲尽剂，由是多致危困。若气实初病，热多血痢，服之便止，不必尽剂。虚而冷者，慎勿轻用。〔杲曰〕诸痛痒疮疡，皆属心火。凡诸疮宜以黄连、当归为君，甘草、黄芩为佐。凡眼暴发赤肿，痛不可忍者，宜黄连、当归以酒浸煎之。宿食不消，心下痞满者，须用黄连、枳实。〔颂曰〕黄连治目方多，而羊肝丸尤奇异。



coptidis/goldthread rhizome and Huangbai/cortex phellodendri/bark of Chinese corktree are not. They are cold but dry, and are therefore effective for bringing down pathogenic Fire, eliminating Humidity and stopping dysentery. Therefore, Huanglian/rhizoma coptidis/goldthread rhizome is used as the principal drug in prescriptions aimed at treating dysentery.

Kou Zongshi: Nowadays, doctors tend to use Huanglian/rhizoma coptidis/goldthread rhizome to treat dysentery, as it is bitter and dry. A mediocre doctor will use Huanglian/rhizoma coptidis/goldthread rhizome right away whenever he finds the patient has dysentery with slight bloody discharge due to the deficient condition of the Intestines, regardless of the condition of Heat or Cold. But this might lead to malpractice. When Huang-lian/rhizoma coptidis/goldthread rhizome is given to treat dysentery in the initial stage with bloody discharge due to attack of pathogenic Heat, the drug will work immediately. Halt administration of the drug if it has already worked. But for dysentery with prevalence of pathogenic cold in a deficient condition, Huanglian/rhizoma coptidis/goldthread rhizome should not be used.

Li Gao: Pain, itching, carbuncles and ulceration all have the same pathological condition: excessive Heat in the Heart. Therefore, in treating sores of all types, Huanglian/rhizoma coptidis/goldthread rhizome and Danggui/radix angelicae sinensis/root of Chinese angelica can be used as the principal drugs, assisted by Gancao/radix glycyrrhizae/liquorice root and Huangqin/radix scutellariae/root of baikal skullcap. To treat sudden onset of inflamed eye with severe pain, the following drugs are useful: Soak Huanglian/rhizoma coptidis/goldthread rhizome and Danggui/radix angelicae sinensis/root of Chinese angelica in wine. Then stew them to make a decoction. Drink the decoction. If there is Vital-energy stagnation in the epigastrium with a sensation of fullness and indigestion, use Huanglian/rhizoma coptidis/goldthread rhizome and Zhishi/fructus aurantii immaturus/immature bitter orange.

Su Song: Huanglian/rhizoma coptidis/goldthread rhizome is frequently used in prescriptions for treating eye diseases. Among them there is a prescription that works wonders. That is Huanglian Yanggan Wan (pill of Huanglian/rhizoma coptidis/goldthread rhizome and sheep liver). Doctors prescribe a solution for washing the inflamed eyes: Stew equal amounts of



今医家洗眼，以黄连、当归、芍药等分，用雪水或甜水煎汤热洗之，冷即再温，甚益眼目。但是风毒赤目花翳，用之无不神效。盖眼目之病，皆是血脉凝滞使然，故以行血药合黄连治之。血得热则行，故乘热洗也。〔韩悉曰〕火分之病，黄连为主，不但泻心火而与芩、檗诸苦药例称者比也。目疾入以人乳浸蒸，或点或服之。生用为君，佐以官桂少许，煎百沸，入蜜空心服之，能使心肾交于顷刻。入五苓、滑石，大治梦遗。以黄土、姜汁、酒、蜜四炒为君，以使君子为臣，白芍药酒煮为佐，广木香为使，治小儿五疳。以茱萸炒



the following drugs with melted snow or sweet water:

Huanglian/rhizoma coptidis/goldthread rhizome,
Danggui/radix angelicae sinensis/root of Chinese angelica, and
Shaoyao/radix paeoniae/peony root.

Wash the eye with the hot solution. When it cools down, heat it again. This is a therapy benefiting the eye. Eye diseases due to attack of pathogenic Wind and toxins, and inflammation with dim vision and nebula can also be cured by this method. As eye diseases all have the pathological condition of blood stasis, so it is more effective when the washing solution is hot. The heat accelerates the process of the removing of blood stasis. Drugs that can remove blood stasis should be added to the decoction.

Han Mao: When treating a disease due to invasion of pathogenic Fire, Huanglian/rhizoma coptidis/goldthread rhizome should be used as the principal drug. Reinforced by Huangqin/radix scutellariae/root of baikal skullcap and Huangbai/cortex phellodendri/bark of Chinese corktree, the drug is good at purging Fire from the Heart. To treat eye diseases, sock the drug in human milk, and then steam it. Drip the fluid of the drug into the eye. Or take the drug orally. Assisted by a little bit of Guangui/cortex cinnamomi/cassia bark, stew Huanglian/rhizoma coptidis/goldthread rhizome (the crude drug) in water 100 times. Blend with honey, and take it before meals. This is a decoction that can connect the Heart to the Kidney right away.*

When Wuling San** and Huashi/talcum/talc are added, it becomes a

*The disconnection of the Heart and the Kidney brings a lot of trouble, including insomnia. This is because, when the Heart, or the Fire element, is disconnected from the Kidney, or the Water, its Fire may go rampant, causing different kinds of pathological conditions. So the connection of the Heart and the Kidney, or the Fire-Water connection, is considered a very important therapy.

**Wuling San:

Zhuling/polyporus/agaric,
Fuling/poria/Indian bread,
Zexie/rhizoma alismatis/rhizome of oriental waterplantain,
Guizhi/ramulus cinnamomi/cassia twig, and
Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes.

者，加木香等分，生大黄倍之，水丸，治五痢。此皆得制方之法也。〔时珍曰〕黄连治目及痢为要药。古方治痢：香连丸，用黄连、木香；姜连散，用干姜、黄连；变通丸，用黄连、茺蔚，姜黄散，用黄连、生姜。治消渴，用酒蒸黄连。





prescription good for treating night emission. The following prescription is good for treating infantile malnutrition of five types. Prescription:

Huanglian/rhizoma coptidis/goldthread rhizome, the principal drug, to be processed by stir-fry it four times, together with loess, Jiangzhi/succus zingiberis recens/juice of fresh ginger, wine and honey;

Shijunzi/fructus quisqualis/fruit of rangoomcreeper, used as the ministerial drug;

Baishao/radix paeoniae alba/white peony root, stewed in wine, used as the assistant drug; and

Muxiang/radix aucklandiae/costus root, used as the guiding drug.

The following prescription is good for treating dysentery of five types: Make pills with the powder of the following drugs:

Huanglian/rhizoma coptidis/goldthread rhizome, stir-fried with Wuzhuyu/fructus evodiae/fruit of medicinal evodia;

An equal amount of Muxiang/radix aucklandiae/costus root; and

A double amount of Dahuang/radix et rhizoma rhei/rhubarb.

The above prescriptions are examples of the best use of principles in the preparation of drugs.

Li Shizhen: Huanglian/rhizoma coptidis/goldthread rhizome is a principal drug for treating eye diseases and dysentery. The following are ancient prescriptions designed to treat dysentery:

— Xianglian Wan:

Muxiang/radix aucklandiae/costus root, and Huanglian/rhizoma coptidis/goldthread rhizome.

— Jianglian San:

Ganjiang/rhizoma zingiberis/dried ginger, and Huanglian/rhizoma coptidis/goldthread rhizome.

— Biantong Wan:

Huanglian/rhizoma coptidis/goldthread rhizome and Wuzhuyu/fructus evodiae/fruit of medicinal evodia.

— Jianghuang San:

Huanglian/rhizoma coptidis/goldthread rhizome, and Shengjiang/rhizoma zingiberis recens/fresh ginger.

To treat diabetes, steam Huanglian/rhizoma coptidis/goldthread rhi-



治伏暑，用酒煮黄连。治下血，用黄连、大蒜。治肝火，用黄连、茺萸。治口疮，用黄连、细辛。皆是一冷一热，一阴一阳，寒因热用，热因寒用，君臣相佐，阴阳相济，最得制方之妙，所以有成功而无偏胜之害也。〔弘景曰〕俗方多用黄连治痢及渴，道方服食长生。〔慎微曰〕刘宋王微黄连赞云：黄连味苦，左右相因。断凉涤暑，阐命轻身。缙云昔御，飞蹕上旻。不行而至，吾闻其人。又梁江淹黄连颂云：黄连上草，丹砂之次。御孽辟妖，长灵久视。驂龙行天，驯



zome in wine.

To treat epidemic fever due to latent summer-heat, stew Huanglian/rhizoma coptidis/goldthread rhizome with wine.

To treat hematochezia, use Huanglian/rhizoma coptidis/goldthread rhizome and Dasuan/bulbus alliisativum/garlic.

To purge pathogenic Fire resting at the Liver, use Huanglian/rhizoma coptidis/goldthread rhizome and Wu Zhuyu/fructus evodiae/fruit of medicinal erodia.

To treat aphtha, use Huanglian/rhizoma coptidis/goldthread rhizome and Xixin/herba asari/herb of manchurian wildginger.

The above matches of different drugs with Huanglian/rhizoma coptidis/goldthread rhizome are based on the theory of treating Heat nature-syndrome with cold quality drugs and treating Cold-nature syndrome with hot quality drugs. It is also based on the principle of monarch and ministerial drugs, and the balance of Yin and Yang. On such a basis, Huanglian/rhizoma coptidis/goldthread rhizome can play its role in exercising its therapeutic effect without bringing side effects.

Tao Hongjing: Medical doctors use Huanglian/rhizoma coptidis/goldthread rhizome to treat dysentery and diabetes. Taoist alchemists use the drug to ensure long life.

Tang Shenwei: Mr. Wang Wei, a scholar of the Song Dynasty (420-479) during the period of the Southern Dynasties, wrote his *Huanglian Zan (In Praise of Huanglian)*. He says this about the drug: Huanglian/rhizoma coptidis/goldthread rhizome, a bitter drug, works in both ways to cool the condition and disperse summer-heat. Without walking, it arrives. Everybody knows its existence. Jiang Yan, a native of Liang, wrote in his *Huanglian Song (Ode to Huanglian)* that Huanglian/rhizoma coptidis/goldthread rhizome, a herb of superior class, is next only to Dansha/cinnabaris/cinnabar. It disperses evils and works miraculously always, resembling a dragon flying in the sky or a tamed horse galloping on the prairie. Like a wild goose, it flies freely to reach its goals.

Li Shizhen: *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* and *Mingyi Bielu (Records of Famous Doctors)* does not mention that long-term taking of Huanglian/rhizoma coptidis/goldthread rhizome can make one live a long life. Tao Hongjing says that, according to the Taoist classics,



马匝地。鸿飞以仪，顺道则利。〔时珍曰〕本经、别录并无黄连久服长生之说，惟陶弘景言道方久服长生。神仙传载封君达，黑穴公，并服黄连五十年得仙。窃谓黄连大苦大寒之药，用之降火燥湿，中病即当止。岂可久服，使肃杀之令常行，而伐其生发冲和之气乎？素问载岐伯言：五味入胃，各归所喜攻。久而增气，物化之常也。气增而久，夭之由也。王冰注云：酸入肝为温，苦入心为热，辛入肺为清，咸入肾为寒，甘入脾为至阴而四气兼之，皆增其味而益其气，故各从本脏之气为用。所以久服黄连、苦参反热，从火化也。余味皆然。久则脏气偏胜，即有偏绝，则有暴夭之道。是以绝



Huanglian/rhizoma coptidis/goldthread rhizome is a drug that prolongs the life span of human beings. According to *Shenxian Zhuan (Biographies of the Immortals)*, both Feng Junda and Heixue Gong, after taking Huanglian/rhizoma coptidis/goldthread rhizome for 50 years, became immortals. But I do not believe it. Huanglian/rhizoma coptidis/goldthread rhizome is a drug with an excessively bitter taste and very cold quality. It should be used to bring down pathogenic Fire and moisten Dryness. When the syndrome is pinpointed, consumption of the drug should be halted. How could it be taken for such a long period of time? If it is taken regularly, it will kill the germinating tendency within the body. *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* quotes Master Qi Bo as saying, “When drugs of five tastes enter the Stomach, each will attack the pathological condition it is aimed at. Long-term taking of the drug will build up the effect gradually. When such accumulation reaches a certain level, it will become a possibly fatal factor.” Wang Bing’s annotation is as follows: “When a sour taste enters the Liver, it accumulates and brings warmth to the Viscus. A bitter taste accumulates, to become Heat after it enters the Heart. A pungent taste entering the Lung will accumulate and become Coolness. A salty taste, after entering the Kidney, will accumulate and turn into Cold. A sweet taste, after entering the Spleen, becomes extreme Yin embracing all the four qualities. This will reinforce the quality of each Viscus and strengthen its function.” That is why long-term taking of Huanglian/rhizoma coptidis/goldthread rhizome and Kushen/radix sophorae flavescens/root of lightyellow sophora, drugs of bitter taste and cold quality, will add Heat to the overall condition. This is due to long accumulation of its function. All tastes will result in such accumulation. After prolonged taking of a certain drug, the over-strengthened quality of a Viscus will become extreme and very strong in its function. And this can result in sudden death due to such extraordinary accumulation of taste and quality. But people who do not take any food but only take alchemical drugs will generally not die suddenly. This is because there is no support from food with the five tastes. Qin Guan, a Song Dynasty poet, once discussed Huanglian/rhizoma coptidis/goldthread rhizome with Qiao Xisheng, saying, “I heard that you are treating your own eye disease with Huanglian/rhizoma



粒服饵之人不暴亡者，无五味偏助也。又秦观与乔希圣论黄连书云：闻公以眼疾饵黄连，至十数两犹不已，殆不可也。医经有久服黄连、苦参反热之说。此虽大寒，其味至苦，入胃则先归于心，久而不已，心火偏胜则热，乃其理也。况眼疾本于肝热，肝与心为子母。心火也，肝亦火也，肾孤脏也，人患一水不胜二火。岂可久服苦药，使心有所偏胜，是以火救火，其可乎？秦公此书，盖因王公之说而推详之也。我明荆端王素多火病，医令服金花丸，乃苓、连、卮、檠四味，饵至数年，其火愈炽，遂至内障丧明。观此则寒苦之药，不但使人不能长生，久则气增偏胜，速夭之由矣。当以



coptidis/goldthread rhizome. More than ten *liang* of Huanglian/rhizoma coptidis/goldthread rhizome has been consumed but still there is no sign of healing. I am afraid this is not correct. The medical classics say that long-term taking of Huanglian/rhizoma coptidis/goldthread rhizome and Kushen/radix sophorae flavescens/root of lightyellow sophora will cause accumulation of Heat. Although Huanglian/rhizoma coptidis/goldthread rhizome is a drug of excessive cold with an extremely bitter taste, it enters the Heart first. If the drug is taken continuously, the Heart Fire will be reinforced, and heat will be enhanced.” This is quite natural. Eye diseases generally originate from Heat in the Liver. As the Liver and the Heart have a mother-son relationship, when either Viscus has excessive heat, the other is affected. So when Fire in the Heart is rampant, the Liver suffers from the Fire too. The Kidney is the only Viscus pertaining to Water. In this way, you have only one Water against two Fires — one of the Heart and one of the Liver. Therefore, long-term taking of bitter drugs is actually adding Fire to the Heart. How can an eye disease, caused by excessive Fire, be saved by another Fire? What Qin Guan said is based on Master Wang Bing’s annotation. He even furthered his explanation. King Jingduan of our dynasty had been suffering from an eye disease due to excessive Heat. His doctor prescribed Jinhua Wan, consisting of the following drugs: Huanglian/rhizoma coptidis/goldthread rhizome, Huangqin/radix scutellariae/root of baikal skullcap, Zhizi/fructus gardeniae/fruit of cape jasmine and Huangbai/cortex phellodendri/bark of Chinese corktree — all drugs of bitter taste and cold quality. After taking the drug for several years, the Fire was still rampant, and the eye disease was no better. Finally, the king lost his sight as a result of serious nebula. From this case, we can see that bitter and cold drugs may not prolong one’s life, but may cause disasters. This is the result of long-term accumulation of their tastes and qualities. So we should follow the instructions in the classic *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*. What Tao Hongjing quoted from a Taoist classic about Huanglian/rhizoma coptidis/goldthread rhizome’s role in prolonging life is nonsense. Yang Shiying says that Huanglian/rhizoma coptidis/goldthread rhizome is a drug that disperses blood stasis resting in the Heart orifice.

素问之言为法，陶氏道书之说，皆谬谈也。杨士瀛云：黄连能去心窍恶血。

【附方】

旧二十二，新五十三。（略）





[Prescriptions]

22 prescriptions collected previously, and
53 prescriptions collected recently.



胡黄连（宋开宝）

【释名】

割孤露泽

〔时珍曰〕其性味功用似黄连，故名。割孤露泽，胡语也。

【集解】

〔恭曰〕胡黄连出波斯国，生海畔陆地。苗若夏枯草，根头似鸟嘴，折之内似鸚鹄眼者良。八月上旬采之。〔颂曰〕今南海及秦陇间亦有之。初生似芦，干则似杨柳枯枝，心黑外黄，不拘时月收采。〔承曰〕折之尘出如烟者，乃为真也。



HUHUANGLIAN

Figwortflower picrorhiza

Picrorhiza scrophulariaeflora Pennell

— *Kaibao Bencao (Materia Medica of Kaibao)*.

[Explanation of Names]

GEGULUZE

Li Shizhen: Its function and efficacy are similar to those of Huanglian/*rhizoma coptidis*/goldthread rhizome. So it is named Huhuaglian, Huanglian/*rhizoma coptidis*/goldthread rhizome from the Hu region (the north and west of China where non-Han ethnic groups lived in ancient times). Geguluze is a transliteration of a word in the language of the northern and western minority Chinese.

[Previous Explanations]

Su Gong: Huhuaglian/*rhizoma picrorhizae*/rhizome of figwortflower *picrorhiza* is produced in Bosiguo (Persia). It grows close to the sea. Its seedling is similar to that of *Xiakucao*/common selfheal. The head of the root looks like a bird's beak. If on the inside of the root there is something similar to the eye of a crested mynah, it is a good drug. Collect the drug in the first ten days of the eighth month.

Su Song: The drug is also found in Nanhai, and in the Qin and Long areas. At first when it grows, it looks like *Luwei*/*caulis phragmitis*/reed stem. When it dries up, it looks like the withered willow twig. It is yellow outside, and black inside. There is no definite time for collection.

Chen Cheng: When the twig is snapped, there is an emission of powder like smoke. This proves its authenticity.



根【气味】

苦，平，无毒。

〔恭曰〕大寒。恶菊花、玄参、白鲜皮，解巴豆毒。忌猪肉，令人漏精。

【主治】

补肝胆，明目，治骨蒸劳热三消，五心烦热，妇人胎蒸虚惊，冷热泄痢，五痔，厚肠胃，益颜色。浸人乳汁，点目甚良苏恭。治久痢成痞，小儿惊痢寒热不下食，霍乱下痢，伤寒咳嗽温疟，理腰肾，去阴汗开宝。去果子积震亨。

【附方】

旧二，新一十二。（略）



HUHUANGLIANGEN

Rhizome of figwortflower picrorhize

Rhizoma picrorhizae

[Quality and Taste]

It is bitter, plain and nontoxic.

Su Gong: It is very cold in quality. It is mutually inhibiting to Juhua/flos chrysanthemi/chrysanthemum, Xuanshen/radix scrophulariae/figwort root and Baixianpi/cortex dictamni radiceis/root-bark of dessefruit pittany. It neutralizes toxin of Badou/fructus crotonis/croton seed. Pork is prohibited. Taking the drug causes seminal emission.

[Indications]

Su Gong: It tonifies the Liver and the Gall Bladder, and improves the eyesight. It is good for treating hectic fever due to Yin deficiency and diabetes of the upper, middle and lower portions, Heat on palms of the hands and soles of the feet and epigastrium. It treats convulsions of deficient type in pregnant women. It stops diarrhea and dysentery due to attack of pathogenic Cold and Heat, and treats hemorrhoids of five types. It reinforces the function of the Intestines and Stomach, and maintains a good complexion. Soak the drug in human milk, and drip the milk into the eyes to improve the eyesight.

It is good for treating malnutrition due to chronic dysentery. It also treats convulsions and epilepsy with chills and fever, and anorexia in infants. It stops cholera and dysentery, treats coughing in cases of febrile diseases caused by Cold, and malaria with fever. It regulates the function of the waist and the Kidney, and eliminates perspiration from the genitalia.

— *Kaibao Bencao (Materia Medica of Kaibao)*.

Zhu Zhenheng: It relieves indigestion due to overeating of fruit.

[Prescriptions]

Two prescriptions collected previously, and
12 prescriptions collected recently.

黄芩（本经中品）

【释名】

腐肠本经。空肠别录。内虚别录。妒妇吴普。经芩别录。黄文别录。印头吴普。苦督邮记事。内实者名子芩弘景。条芩纲目。犴尾芩唐本。鼠尾芩



HUANGQIN

Baikal skullcap

Scutellaria baicalensis Georgi

Scutellaria viscidula Bge.

Scutellaria amoena C.H. Wright

Scutellaria rehderiana Diels.

Scutellaria ikonnikovii Juz.

Scutellaria Likiangensis Diels

Scutellaria hypericifolia Levl.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

FUCHANG

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

KONGCHANG

— *Mingyi Bielu* (*Records of Famous Doctors*).

NEIXU

— *Mingyi Bielu* (*Records of Famous Doctors*).

DUFU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

JINGQIN

— *Mingyi Bielu* (*Records of Famous Doctors*).

HUANGWEN

— *Mingyi Bielu* (*Records of Famous Doctors*).

YINTOU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

KUDUYOU

— *Ji Shi*.





〔弘景曰〕圆者名子芩，破者名宿芩，其腹中皆烂，故名腐肠。〔时珍曰〕芩说文作葢，谓其色黄也。或云芩者黔也，黔乃黄黑之色也。宿芩乃旧根，多中空，外黄内黑，即今所谓片芩，故又有腐肠、妒妇诸名。妒妇心黯，故以比之。子芩乃新根，多内实，即今所谓条芩。或云西芩多中空而色黔，北芩多内实而深黄。

【集解】

〔别录曰〕黄芩生秭归川谷及冤句，三月三日采根阴干。〔弘景曰〕秭归属建平郡。今第一出彭城，郁州亦有之。惟深色坚实者好。俗方多用，道家不须。〔恭曰〕今出宜州、鄜州、泾州者佳。兖州大实亦好，名独尾芩。〔颂曰〕今川蜀、河东、陕西近郡皆有之。苗长尺余，茎干粗



ZIQIN (drug with a solid heart)

— Tao Hongjing.

TIAOQIN

— *Bencao Gangmu (Compendium of Materia Medica)*.

TUNWEIQIN

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

SHUWEIQIN

Tao Hongjing: The round ones are called Ziqin, and the broken ones are called Sucao, as the inside of the drug is decayed. It is also called Fuchang, or the decayed intestine.

Li Shizhen: In *Shuowen Jiezi* the drug is called Qin, a character indicating that the drug is yellow. Some say that the drug is also called Qian, a character indicating a yellow-black color. Suqin is the name of the old root, which is normally yellow outside and black and hollow inside. Now it is called Pianqin. It is also called Fuchang, the decayed intestine or Dufu, the jealous woman. This is due to the understanding that a jealous woman usually has a gloomy mind. Ziqin is the new root, which is solid. Now it is called Tiaoqin. Some say Huangqin/radix scutellariae/root of baikal skullcap produced in the west is hollow and black, and that produced in the north is solid and dark-yellow.

[Previous Explanations]

Huangqin/radix scutellariae/root of baikal skullcap is produced in the mountain valleys in Zigui and Yuanju. Collect the root on the third day of the third month. Dry the root in the shade.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Zigui is in Jianping prefecture. Now the best drug is produced in Pengcheng. Yuzhou is another place it is produced. The drug with a dark color and solid quality is of top quality. Medical doctors use a lot of the drug, but Taoist alchemists do not use it.

Su Gong: Now Huangqin/radix scutellariae/root of baikal skullcap produced in Yizhou, Fuzhou and Jingzhou is considered a good drug. That produced in Yanzhou is big in size and more solid. It is a good drug too. It is called Tunweiqin.



如箸，叶从地四面作丛生，类紫草，高一尺许，亦有独茎者，叶细长青色，两两相对，六月开紫花，根如知母粗细，长四五寸，二月、八月采根暴干。吴普本草云：二月生赤黄叶，两两四四相值。其茎空中，或方圆，高三四尺。四月花紫红赤。五月实黑根黄。二月至九月采。与今所说有小异也。

根

〔气味〕 苦，平，无毒。〔别录曰〕大寒。〔普曰〕神农、桐君、雷公：苦，无毒。李当之：小温。〔杲曰〕可升可降，阴也。〔好古曰〕气寒，味微苦而甘，阴中微阳，入手太阴血分。〔元素曰〕气凉，味苦、甘，气厚味薄，浮而升，阳中阴也，入手少阳、阳明经。酒炒则上行。〔之才



Su Song: The drug is produced in Sichuan, Hedong and Shaanxi. Its seedling is one *chi* long and as thick as a chopstick. Leaves grow from the base in tufts, similar to *Zicao*/herba lithospermi/herb of redroot gromwell. It is about one *chi* long. There is also a species with one stem and leaves in pairs of a blue-green color. Its purple flower blooms in the sixth month. Its root is as thick as *Zhimu*/rhizoma anemarrhenae/rhizome of common anemarrhena, four to five *cun* long. Collect the root in the second and eighth months. Dry it in the sun. *Wu Pu Bencao* (*Wu Pu's Herbal*) states that in the second month leaves of a red-yellow color germinate in pairs or in fours. Its stem is hollow inside and square or round outside, and three to four *chi* long. In the fourth month, purple-red flowers bloom. In the fifth month, the seed becomes black and the root yellow. Collect the drug from the second to the ninth months. The above description of the drug is slightly different from what we know today.

HUANGQINGEN

Root of baikal skullcap

Radix scutellariae

[Quality and Taste]

It is bitter, plain and nontoxic.

It is very cold.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Wu Pu: It is bitter and nontoxic according to Shen Nong, Tong Jun and Lei Gong. It is slightly warm according to Li Dangzhi.

Li Gao: It is a drug that can ascend and descend. It is a drug of Yin quality.

Wang Haogu: It is cold in quality, slightly bitter and sweet in taste, a drug of Yin with slight Yang. It functions on the blood system of the Lung Channel of Hand Initial Yin.

Zhang Yuansu: It is a drug with a cool quality, and bitter and sweet taste. It is thick in quality and thin in taste, with a floating and ascending tendency, a Yin in the Yang. It functions on the Sanjiao Channel of Hand Lesser Yang and Large Intestine Channel of Hand Greater Yang. Stir-fry



曰]山茱萸、龙骨为之使，恶葱实，畏丹砂、牡丹、藜芦。得厚朴、黄连，止腹痛。得五味子、牡蒙牡蛎，令人有子。得黄芪、白敛、赤小豆，疗鼠痿。〔时珍曰〕得酒，上行。得猪胆汁，除肝胆火。得柴胡，退寒热。得芍药，治下痢。得桑白皮，泻肺火。得白术，安胎。

〔主治〕诸热黄疸，肠澼泄痢，逐水，下血闭，恶疮疽蚀火疡本经。疗痰热胃中热，小腹绞痛，消谷，利小肠，女子血闭淋露下血，小儿腹痛别录。治热毒骨蒸，寒热往来，肠



the drug in wine, and its ascending function will be enhanced.

Xu Zhicai: Shanzhuyu/fructus corni/fruit of asiatic cornelian cherry and Longgu/os draconis/dragon's bone can be its guiding drugs. It is mutually inhibiting to Congshi/semen allii fistulosi/seed of fistular onion, and is incompatible to Dansha/cinnabaris/cinnabar, Mudanpi/cortex moutan radicis/tree peony bark and Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore. Reinforce by Houpo/cortex magnoliae officinalis/bark of officinal magnolia and Huanglian/rhizoma coptidis/goldthread rhizome, the drug is good for stopping abdominal pain. Reinforced by Wuweizi/fructus schisandrae/fruit of Chinese magnoliarine and Mumeng and Muli/concha ostreae/oyster shell, the drug makes one more prolific. Used together with Huangqi/radix astragali/root of membranous milkvetch, Bailian/radix ampelopsis/root of Japanese ampelopsis and Chixiaodou/semen phaseoli/rice bean, the drug is effective for treating scrofula.

Li Shizhen: Processed with wine, the drug goes upward. Processed with pig bile, the drug eliminates pathogenic Fire from the Liver and Gall Bladder. Reinforced by Chaihu/radix bupleuri/root of Chinese thorowax, it eliminates chills and fevers. Used together with Shaoyao/radix paeoniae/peony root, it is good for treating dysentery. Reinforced by Sangbaipi/cortex mori radicis/root-bark of white mulberry, it purges pathogens from the Lung. Assisted by Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes, the drug is capable of soothing a fetus.

[Indications]

It disperses pathogenic Heat of various types, and treats jaundice. It stops dysentery with mucous discharge and flatus, and expels Water-retention and dredges away amenorrhea. It treats malignant sores, phlegmons, erosion, burns and scalds.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It disperses phlegm complicated with pathogenic Heat and Heat in the Stomach. It relieves colic in the lower abdomen. It dissolves indigestion, and facilitates the function of the Small Intestine. It treats amenorrhea, lochia and vaginal bleeding, and relieves abdominal pain in infants.

— *Mingyi Bielu (Records of Famous Doctors)*.



胃不利，破拥气，治五淋，令人宣畅，去关节烦闷，解热渴甄叔。下气，主天行热疾，丁疮排脓，治乳痈发背大明。凉心，治肺中湿热，泻肺火上逆，疗上热，目中肿赤，瘀血壅盛，上部积血，补膀胱寒水，安胎，养阴退阳元素。治风热湿热头疼，奔豚热痛，火咳肺痿喉腥，诸失血时珍。

〔发明〕〔杲曰〕黄芩之中枯而飘者，泻肺火，利气，消痰，除风热，清肌表之热；细实而坚者，泻大肠火，养阴退阳，补膀胱寒水，滋其化源。高下之分与枳实、枳壳同例。〔元素曰〕黄芩之用有九：泻肺热，一也；上焦皮肤风



Zhen Quan: It treats hectic fever due to deficiency of Yin, and pathogenic Heat and toxins, with chills and fever, and malfunction of the Stomach and Intestines. It disperses accumulation of Vital Energy, treats stranguria of five types, making the patient feel that there is no obstruction. It relieves pain in the joints and restlessness, quenches thirst and disperses Heat.

Da Ming: It brings down adversity ascending gas. It is effective for treating epidemics due to attack of pathogenic Heat. It treats furuncles, expels pus, and treats acute mastitis and lumbodorsal carbuncles.

Zhang Yuansu: It cools Heat in the Heart, disperses pathogenic Humidity and Heat in the Lung, brings down ascending pathogenic Fire in the Lung and Heat in the upper portion. It treats inflammation and swelling of the eye with blood stasis, and accumulation of blood at the upper portion. It regulates Water of cold nature in the Urinary Bladder. It soothes the fetus, nourishes the Yin and brings down rampant Yang.

Li Shizhen: It relieves headache due to attack of pathogenic Wind-Heat and Humidity-Heat, brings down ascending gas like a running piglet with fever and pain. It relieves coughing due to invasion of pathogenic Heat, and pulmonary flaccidity with a fishy smell in the throat. It stops various kinds of bleeding.

[Explication]

Li Gao: Huangqin/radix scutellariae/root of baikal skullcap with withered heart and loose quality is good for purging pathogenic Fire in the Lung, facilitating the normal flow of Vital Energy, dissolving phlegm and clearing pathogenic Heat resting in the muscles and skin. That with a thin root and solid heart purges pathogenic Fire from the Large Intestine, nourishes Yin and purges rampant Yang, and regulates Water of cold nature in the Urinary Bladder by tonifying its source. The above two drugs work in the upper and lower portions respectively, in the same way as Zhishi/fructus aurantii immaturus/immature bitter orange and Zhiqiao/fructus aurantii/bitter orange.

Zhang Yuansu: Huangqin/radix scutellariae/root of baikal skullcap has nine therapeutic functions as follows:

1. Purging pathogenic Heat from the Lung;



热风湿，二也；去诸热，三也；利胸中气，四也；消痰膈，五也；除脾经诸湿，六也；夏月须用，七也；妇人产后养阴退阳，八也；安胎，九也。酒炒上行，主上部积血，非此不能除。下痢脓血，腹痛后重，身热久不能止者，与芍药、甘草同用之。凡诸疮痛不可忍者，宜芩、连苦寒之药，详上下分身梢及引经药用之。〔震亨曰〕黄芩降痰，假其降火也。凡去上焦湿热，须以酒洗过用。片芩泻肺火，须用桑白皮佐之。若肺虚者，多用则伤肺，必先以天门冬保定肺气而后用之。黄芩、白术乃安胎圣药，俗以黄芩为寒而不敢用，盖不



2. Purging pathogenic Wind-Heat and Wind-Humidity from the upper portion and the skin;
3. Purging pathogenic Heat of various kinds;
4. Facilitating the normal function of the epigastrium;
5. Dispersing phlegm accumulation in the diaphragm;
6. Dispersing pathogenic Humidity of various kinds resting in the Spleen Channel;
7. Good for use in summer;
8. Nourishing Yin and bringing down rampant Yang of a woman in puerperium; and
9. Soothing the fetus.

When the drug is stir-fried in wine, it goes upward and dissolves accumulation of blood at the upper portion. It is a must drug for treating accumulation of blood there. To treat dysentery with purulent and bloody discharge, abdominal pain, tenesmus and body fever that has lasted a long time, use the drug together with Shaoyao/radix paeoniae/peony root and Gancao/radix glycyrrhizae/licuorice root. To relieve severe pain in sores of various kinds, use drugs of bitter taste and cold quality such as Huangqin/radix scutellariae/root of baikal skullcap and Huanglian/rhizoma coptidis/goldthread rhizome. Use the root or the fine root in accordance with the upper or lower location of the pathological condition. Guiding drugs should also be used in accordance with the Channels where the disease is attacking.

Zhu Zhenheng: Huangqin/radix scutellariae/root of baikal skullcap is a drug that brings down phlegm. This is due to its function of bringing down pathogenic Fire. When the drug is intended to disperse pathogenic Humidity and Heat resting in the upper portion, it should be washed down with wine. Pianqin is good for purging Fire from the Lung. It should be assisted by Sangbaipi/cortex mori radiceis/root-bark of white mulberry. If the overall condition of the Lung is deficient, overdose of Huangqin/radix scutellariae/root of baikal skullcap will damage the Lung. The correct way to use Huangqin/radix scutellariae/root of baikal skullcap is to take Tianmendong/radix aspagi/root of cochinchinese asparagus first to protect the Lung. And then Huangqin/radix scutellariae/root of baikal skullcap can be used. When



知胎孕宜清热凉血，血不妄行，乃能养胎。黄芩乃上中二焦药，能降火下行，白术能补脾也。〔罗天益曰〕肺主气，热伤气，故身体麻木。又五臭入肺为腥，故黄芩之苦寒，能泻火补气而利肺，治喉中腥臭。〔颂曰〕张仲景治伤寒心下痞满泻心汤，凡四方皆用黄芩，以其主诸热、利小肠故也。又太阳病下之利不止，喘而汗出者，有葛根黄芩黄连汤，及主妊娠安胎散，亦多用之。〔时珍曰〕洁古张氏言黄芩泻肺火，治脾湿；东垣李氏言片芩治肺火，条芩治大肠火；丹溪朱氏言黄芩治上中二焦火；而张仲景治少阳证小柴胡汤，太



Huangqin/radix scutellariae/root of baikal skullcap is used together with Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes, it is a very effective agent for soothing a fetus. But mediocre doctors dare not use Huangqin/radix scutellariae/root of baikal skullcap for a pregnant woman, as they consider it to be a drug of cold quality. They do not know that if the fetus is to be protected, drugs to eliminate pathogenic Heat and cool the blood should be given. When the blood is no longer flowing abruptly, the fetus is soothed. Huangqin/radix scutellariae/root of baikal skullcap is a drug that bings down Fire in the upper and lower portions. Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes is a drug that tonifies the Spleen.

Luo Tianyi: The Lung dominates the circulation of the Vital Energy. Pathogenic Heat may damage the Vital Energy. When this happens, the patient feels numbness in the body. When the five odors enter the Lung, a fishy smell is produced. Huangqin/radix scutellariae/root of baikal skullcap, bitter and cool, is good for purging Fire, tonifying Vital Energy and Facilitating the normal circulation of the Lung. So it is a drug that treats fishy smell in the throat.

Su Song: Master Zhang Zhongjing used Huangqin/radix scutellariae/root of baikal skullcap in his four Xiexin prescriptions, which were designed to treat Vital Energy stagnation in the epigastrium. This is because Huangqin/radix scutellariae/root of baikal skullcap can eliminate various pathogenic Heat, and facilitate the function of the Small Intestine. To treat incessant dysentery in Initial Yang syndrome of a febrile disease caused by Cold, with asthma and perspiration, Master Zhang prescribed Gegen Huangqin Huanglian Tang (decoction of Gegen/radix peurariae/root of lobed kudzuvine, Huangqin/rodix scutellariae/root of baikal skullcap and Huanglian/rhizoma coptidis/goldthread rhizome). Huangqin/radix scutellariae/root of baikal skullcap is also used in fetus-soothing prescriptions.

Li Shizhen: Zhang Jiegu says that Huangqin/radix scutellariae/root of baikal skullcap is good for purging the pathogenic Fire from the Lung and eliminating pathogenic Humidity from the Spleen. Li Dongyuan says that Pianqin is good for purging Fire from the Lung, and Tiaoqin is good for purging Fire from the Large Intestine. Zhu Danxi says that Huangqin/

阳少阳合病下利黄芩汤，少阳证下后心下满而不痛泻心汤，并用之；成无己言黄芩苦而入心，泄痞热。是黄芩能入手少阴阳明、手足太阴少阳六经矣。盖黄芩气寒味苦，色黄带绿，苦入心，寒胜热，泻心火，治脾之湿热，一则金不受刑，一则胃火不流入肺，即所以救肺也。肺虚不宜者，苦寒





radix scutellariae/root of baikal skullcap eliminates Fire resting at the upper and middle portions. Master Zhang Zhongjing used Huangqin/radix scutellariae/root of baikal skullcap in Xiao Chaihu Tang* to treat Lesser Yang syndrome and in Huangqin Tang** to treat dysentery due to complications of Initial Yang and Lesser Yang syndromes. Cheng Wuji says that Huangqin/radix scutellariae/root of baikal skullcap is bitter, and functions on the Heart, so it is good for purging the Heat in a Vital Energy stagnation syndrome. To sum up the sayings and practices of the above masters, we can draw the conclusion that Huangqin/radix scutellariae/root of baikal skullcap is a drug that functions on the following six Channels:

Heart Channel of Hand Lesser Yin,
Large Intestine Channel of Hand Greater Yang,
Lung Channel of Hand Initial Yin,
Spleen Channel of Foot Initial Yin,
Sanjiao Channel of Hand Lesser Yang, and
Gall Bladder Channel of Foot Lesser Yang.

Huangqin/radix scutellariae/root of baikal skullcap, cold in quality, bitter in taste and yellow-green in color, is a drug that functions on the Heart as it is bitter, conquers Heat as it is cold and purges Fire from the Heart.

*Xiao Chaihu Tang:

Chaihu/radix bupleuri/root of Chinese thoroughwort,
Huangqin/radix scutellariae/root of baikal skullcap,
Renshen/radix ginseng/ginseng root,
Banxia/rhizoma pinelliae/pinellia tuber,
Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/Chinese date.

**Huangqin Tang:

Huangqin/radix scutellariae/root of baikal skullcap,
Shaoyao/radix paeoniae/peony root,
Gancao/radix glycyrrhizae/licuorice root, and
Dazao/fructus jujubae/Chinese date.



伤脾胃，损其母也。少阳之证，寒热胸胁痞满，默默不欲饮食，心烦呕，或渴或否，或小便不利。虽曰病在半表半里，而胸胁痞满，实兼心肺上焦之邪。心烦喜呕，默默不欲饮食，又兼脾胃中焦之证。故用黄芩以治手足少阳相火，黄芩亦少阳本经药也。成无己注伤寒论，但云柴胡、黄芩之苦，以发传邪之热，芍药、黄芩之苦，以坚敛肠胃之气，殊昧其治火



The drug is also good for eliminating pathogenic Humidity-Heat from the Spleen. In this way, the Lung (Metal) is not invaded* and Fire in the Stomach will not flow to invade the Lung. So the Lung is thus protected. The reason why Huangqin/radix scutellariae/root of baikal skullcap is not good for a patient having deficient condition of the Lung is that when the Lung is in a debilitated condition, they will be damaged further if their mother Viscera, the Spleen and Stomach, are damaged by Huangqin/radix scutellariae/root of baikal skullcap, a drug that is bitter in taste and cold in quality.**

Now let us discuss the Lesser Yang syndrome: This is a syndrome with pathological conditions resting in the half-interior and half-exterior, a condition characterized by the following symptoms and signs: intermittent chills and fevers, Vital Energy stagnation in the epigastrium and costal regions, reluctance to eat or talk, restlessness and nausea, with or without thirst and dysuria. Although the pathological condition rests at the half-interior and half-exterior, it is also a condition complicated by invasion of pathogenic factors resting at the Heart and the Lung, at the upper portion. The symptoms of restlessness and nausea, and reluctance to eat and talk indicate that there is a pathological condition in the Spleen and Stomach. Therefore, Huangqin/radix scutellariae/root of baikal skullcap is used in this prescription to clear the ministerial Fire from the Sanjiao Channel of Hand Lesser Yang and the Gall Bladder Channel of Foot Lesser Yang. What is more, Huangqin/radix scutellariae/root of baikal skullcap is a drug that functions on the Lesser Yang Channel. In *Zhujie Shanghan Lun (Treaties on Febrile Diseases Caused by Cold Annotated by Cheng Wuji)*, the

*The production sequence: Liver-Heart-Spleen-Lung-Kidney-Liver indicates that the Spleen (Stomach) is the mother of the Lung. When the mother (Spleen) is not in an excessive condition, it will not invade the son Viscus (the Lung).

**When the Lung is deficient, they need nourishment from their mother (Spleen). But when the mother (Spleen) is damaged by a bitter taste and cold quality, it has not enough nourishment for the son (Lung). So, in such circumstances, the purging of the Spleen (mother) is not good for the Lung (son).



之妙。杨士瀛直指方云；柴胡退热，不及黄芩。盖亦不知柴胡之退热，乃苦以发之，散火之标也；黄芩之退热，乃寒能胜热，折火之本也。仲景又云：少阳证腹中痛者，去黄芩，加芍药。心下悸，小便不利者，去黄芩，加茯苓。似与别录治少腹绞痛、利小肠之文不合。成氏言黄芩寒中，苦能坚肾，故去之，盖亦不然。至此当以意逆之，辨以脉证可也。若因饮寒受寒，腹中痛，及饮水心下悸，小便不利，而脉不数者，是里无热证，则黄芩不可用也。若热厥腹痛，肺热而



author only mentions that the bitter drugs Chaihu/radix bupleuri/root of Chinese thoroughwort and Huangqin/radix scutellariae/root of baikal skullcap, can eliminate pathogenic Heat from the transmissions of the Channels, and the bitter taste of Shaoyao/radix paeoniae/peony root and Huangqin/radix scutellariae/root of baikal skullcap, can clear Heat from the Stomach and Intestines. But he fails to discuss the function of Huangqin/radix scutellariae/root of baikal skullcap in eliminating Fire. Yang Shiyong, in his *Zhi-zhi Fang*, says that the function of eliminating the Heat of the drug Chaihu/radix bupleuri/root of Chinese thoroughwort is not as strong as that given by Huangqin/radix scutellariae/root of baikal skullcap. But he does not go any deeper into the matter: Chaihu/radix bupleuri/root of Chinese thoroughwort is a drug that eliminates heat by dispersing it. This is to disperse Fire incidentally. Huangqin/radix scutellariae/root of baikal skullcap is a drug that eliminates Heat by its quality of cold, a treatment directed to its fundamental cause. Master Zhang Zhongjing, in his *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, says that if there is abdominal pain in Lesser Yang syndrome, Huangqin/radix scutellariae/root of baikal skullcap should be subtracted and Shaoyao/radix paeoniae/peony root should be added. If the syndrome includes palpitations and dysuria, subtract Huangqin/radix scutellariae/root of baikal skullcap and add Fuling/poria/indian bread. But what Master Zhang Zhongjing says is different from what Tao Hongjing says. Tao says that Huangqin/radix scutellariae/root of baikal skullcap is good for treating colic in the lower abdomen and facilitating the function of the Small Intestine. Cheng Wuji says that as Huangqin/radix scutellariae/root of baikal skullcap is bitter and cold and may bring cold to the interior, it should be subtracted. But Cheng also might be wrong. The correct analysis lies in the thorough consideration and differentiation of symptoms and signs, and pulses. Whether Huangqin/radix scutellariae/root of baikal skullcap should be used or not depends on the relative symptoms and signs. For example, if the syndrome is due to invasion of pathogenic Cold and intake of cold food and drink that has brought abdominal pain, palpitations once water is taken, and dysuria, and the pulse is not speedy, it can be concluded that there is no prevalence of pathogenic Heat in the interior. In this case, Huangqin/radix scutellariae/root of baikal skullcap should not be used. But



小便不利者，黄芩其可不用乎？故善观书者，先求之理，毋徒泥其文。昔有人素多酒欲，病少腹绞痛不可忍，小便如淋，诸药不效。偶用黄芩、木通、甘草三味煎服，遂止。王海藏言有人因虚服附子药多，病小便秘，服芩、连药而愈。此皆热厥之痛也，学者其可拘乎？予年二十时，因感冒咳嗽既久，且犯戒，遂病骨蒸发热，肤如火燎，每日吐痰碗许，暑月烦渴，寝食几废，六脉浮洪。遍服柴胡、麦门冬、荆沥



if there is abdominal pain and cold extremities due to excessive Heat,* with invasion of pathogenic Heat in the Lung and dysuria, how could Huangqin/radix scutellariae/root of baikal skullcap be excluded? So whenever the classics are studied, doctors should first try to grasp the reasoning of the text, rather than quote the text rigidly. Here is a case: A patient who loved alcohol suffered from severe colic in the lower addomen, with urinary dripping. When various treatments proved of no avail, a certain doctor prescribed the following drugs:

Huangqin/radix scutellariae/root of baikal skullcap,
Mutong/caulis akebiae/akebia stem, and
Gancao/radix glycyrrhizae/licuorice root.

After taking decoction of the above, the patient found that the syndrome was gone.

Wang Haizang recorded a case: Once a patient who had been given too much Fuzi/radix aconitei lateralis preparata/prepared daughter root of common monkshood in the previous treatment of his case of deficient and cold nature suffered from dysuria. Wang prescribed Huangqin/radix scutellariae/root of baikal skullcap and Huanglian/rhizoma coptidis/goldthread rhizome for the patient. The latter got well after taking the drugs. This is another example showing that pent-up interior Heat may also cause pain. So beginners should not be confined by the set principles, but should study each specific case carefully.

I remember that when I was 20 I suffered from a cold with chronic coughing. As I did not treat the condition properly, the condition developed into a more serious phase, with hectic fever due to Yin deficiency, and burning fever on body. I expectorated a bowlful of sputum every day. It was in the hottest part of summer. I had a raging thirst and felt very restless, unable to sleep or eat. The pulse was floating and grand at all the six pulse positions. Drugs such as Chaihu/radix bupleuri/root of Chinese thorowax,

*When excessive Heat is pent-up at the interior, it may cause coldness in the extremities. Normally such coldness is due to prevalence of interior Cold. But accompanying symptoms and signs should also be examined to find out whether this is a case of false cold with real heat.

诸药，月余益剧，皆以为必死矣。先君偶思李东垣治肺热如火燎，烦躁引饮而昼盛者，气分热也。宜一味黄芩汤，以泻肺经气分之火。遂按方用片芩一两，水二钟，煎一钟，顿服。次日身热尽退，而痰嗽皆愈。药中肯綮，如鼓应桴，医中之妙，有如此哉。

〔附方〕旧三，新一十四。（略）





Maimendong/radix ophiopogonis/tuber of dwarf lilyturf and Jingli/succus schizonepetae/juice of fineleaf schizonepeta were taken, but the ailment got worse after one month. Everyone thought that it was a hopeless case. My father reflected one day that Li Dongyuan had recorded the following prescription in his book: *Yiwei Huangqin Tang* (decoction of only Huangqin/radix scutellariae/root of baikal skullcap). It was a prescription designed to treat burning fever of the body due to pathogenic Heat in the Lung, with thirst, restlessness and irritation which was worse during the day. This was a syndrome due to pathogenic Heat in the Vital Energy system. Huangqin/radix scutellariae/root of baikal skullcap was used to purge the Fire from the Vital Energy system of the Lung Channel. So my father prescribed one *liang* of Huangqin/radix scutellariae/root of baikal skullcap (Pianqin) to be stewed in two cupfuls of water until one cupful was left. I took the decoction at one draught. The next day, my body fever subsided and the coughing stopped. This is an example showing that when the right drug is given for the right case, it works promptly, just as when a drum is struck, the sound is emitted right after the drum stick beats the note. This is really something not to be forgotten, a wonder worked out by medical science.

[Prescriptions]

Three prescriptions collected previously, and
14 prescriptions collected recently.



秦艽（音交。本经中品）

【释名】

秦纒唐本。秦爪萧炳。

〔恭曰〕秦艽俗作秦胶，本名秦纒，与纒同。〔时珍曰〕秦艽出秦中，以根作罗纹交纠者佳，故名秦艽、秦纒。

【集解】

〔别录曰〕秦艽生飞鸟山谷，二月八月采根暴干。〔弘景曰〕今出甘松、龙洞、蚕陵，以根作罗纹相交长大黄白色



QINJIAO

Gentian

Gentiana macrophylla pall.

Gentiana straminea Maxim.

Gentiana crassicaulis Duthie

Gentiana dahurica Fisch.

— Drug of the medium class of *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

QINJIU

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

QINZHAO

— Xiao Bing: *Sisheng Bencao* (*Materia Medica of Four Tones*).

Su Gong: Qinjiao (秦艽) is also called Qinjiao (秦胶). Originally it was called Qinjiu (秦纒).

Li Shizhen: Qinjiao/radix gentianae/root of gentian is produced in the Qinzhong area. The drug with a spiral texture and intertwining roots is the top-quality drug.

[Previous Explanations]

Qinjiao/radix gentianae/root of gentian is produced in the valleys of Mount Feinia. Collect the root in the second and eighth months. Dry it in the sun.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Tao Hongjing: Nowadays, the drug is produced in Gansong, Longdong and Canling. That with thick and long roots with a spiral texture and intertwined roots is the best drug. Among the roots, there could be soil stuck. Clean the soil off before the drug is to be used.



者为佳。中多衔土，用宜破去。〔恭曰〕今出泾州、邠州、岐州者良。〔颂曰〕今河陕州郡多有之。其根土黄色而相纠缠，长一尺以来，粗细不等。枝干高五六寸。叶婆婆，连茎梗俱青色，如莨苳叶。六月中开花紫色，似葛花，当月结子。每于春秋采根阴干。

根【修治】

〔斆曰〕秦艽须于脚文处认取：左文列为秦，治疾；右文列为艽，即发脚气。凡用秦，以布拭去黄白毛，乃用還元汤浸一宿，日干用。〔时珍曰〕秦艽但以左文者为良，分秦与艽为二名，谬矣。

【气味】

苦，平，无毒。

〔别录曰〕辛，微温。〔大明日〕苦，冷。〔元素曰〕气微温，味苦、辛，阴中微阳，可升可降，入手阳明经。



Su Gong: Qinjiao/radix gentianae/root of gentian produced in Jingzhou, Fuzhou and Qizhou is the best-quality drug.

Su Song: The drug is produced in Henan and Shaanxi provinces. Its roots are earth-yellow in color and intertwine with each other. The roots are about one *chi* long, and there are thick and thin ones. Its stem is five to six *cun* long, with spiral leaves. Its leaf and stem are blue-green, similar in shape to *Wuju/caulis et folium lactucae sativae*/stem and leaf of garden lettuce. In the middle of the sixth month, purple flowers bloom, and seeds emerge in the same month. It looks like *Gehua/flos puerariae lobatae*/flower of lobed kudzuvine. Collect the root in spring and autumn. Dry it in the shade.

QINJIAOGEN

Root of gentian
Radix gentianae

[Preparation]

Lei Xiao: Be sure to recognize a slight difference on the root of the drug: If the spiral texture tends toward the left, it is called Qin, and is good for treating diseases. If the spiral texture tends toward the right, it is called Jiao, and will induce attack of beriberi. Clean the hair from the root with a piece of cloth, and soak the drug in human urine overnight. Then dry it in the sun.

Li Shizhen: Qinjiao/radix gentianae/root of gentian with a leftward spiral texture is the best drug. The name Qinjiao is the correct name, which can not be separated into two names as Qin and Jiao.

[Quality and Taste]

It is bitter, plain and nontoxic.

It is pungent and slightly warm.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It is bitter and cool.

Zhang Yuansu: It is slightly warm in quality, and bitter and pungent in taste. It is a drug of Yin with slight Yang. It can move up and down. It func-



〔之才曰〕葛蒲为之使，畏牛乳。

【主治】

寒热邪气，寒湿风痹，肢节痛，下水利小便本经。疗风无问久新，通身挛急别录。传尸骨蒸，治疖及时气大明。牛乳点服，利大小便，疗酒黄、黄疸，解酒毒，去头风甄权。除阳明风湿，及手足不遂，口噤牙痛口疮，肠风泻血，养血荣筋元素。泄热益胆气好古。治胃热虚劳发热时珍。

【发明】

〔时珍曰〕秦艽，手足阳明经药也，兼入肝胆，故手足不



tions on the Large Intestine Channel of Hand Greater Yang.

Xu Zhicai: Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag can be used as its guiding drug. It is mutually inhibiting with cow's milk.

[Indications]

It disperse invasion of pathogenic Cold and Heat. It treats arthralgia due to attack of pathogenic Cold, Humidity and Wind accompanied by pain in the joints. It expels Water-retention and facilitates urination.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for treating diseases due to attack of pathogenic Wind no matter whether it is an acute or chronic lesion. It relieves contractures and spasms in any part of the body.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It is good for treating consumptive and infectious diseases, hectic fever due to Yin deficiency, malnutrition and epidemics.

Zhen Quan: Wash down powder of the drug with cow's milk. It is effective for treating jaundice due to alcoholism, facilitating stool and urination, dispersing alcoholism and relieving sever intermittent headache.

Zhang Yuansu: It disperses invasion of pathogenic Wind and Humidity resting at the Greater Yang Channel with paralysis of the hands and feet, relieves lockjaw, toothache and aphtha, and stops hematochezia due to attack of pathogenic Wind into the Intestines. It nourishes blood and protects the tendons.

Wang Haogu: It purges pathogenic Heat and nourishes the Gall Bladder.

Li Shizhen: It clears fever due to invasion of pathogenic Heat in the Stomach and consumptive diseases.

[Explication]

Li Shizhen: Qinjiao/radix gentianae/root of gentian is a drug that functions on the Large Intestine Channel of Hand Greater Yang and Stomach Channel of Foot Greater Yang. It also functions on the Gall Bladder and the Liver. It is needed in making up prescriptions for treating paralysis of the



遂，黄疸烦渴之病须之，取其去阳明之湿热也。阳明有湿，则身体酸疼烦热；有热，则日晡潮热骨蒸。所以圣惠方治急劳烦热，身体酸疼，用秦艽、柴胡各一两，甘草五钱，为末，每服三钱，白汤调下。治小儿骨蒸潮热，减食瘦弱，用秦艽、炙甘草各一两，每用一二钱，水煎服之。钱乙加薄荷叶五钱。

【附方】

旧六，新七。（略）



hands and feet, and jaundice with thirst and restlessness. This is because Qinjiao/radix gentianae/root of gentian is good for dispersing pathogenic Humidity and Heat resting at the Greater Yang Channels. When the Greater Yang Channels are invaded by pathogenic Humidity, it will bring overall soreness to the body, with fever and restlessness. When the Greater Yang Channels are overwhelmed by excessive Heat, hectic fever in the afternoon due to Yin deficiency will occur. In *Taiping Shenghui Fang (Prescriptions of Peaceful Holy Benevolence)* there is a prescription for treating overall soreness of the body with fever and restlessness. Prescription: Grind the following drugs to powder:

One *liang* of Qinjiao/radix gentianae/root of gentian,
one *liang* of Chaihu/radix bupleuri/root of Chinese thorowax, and
five *qian* of Gancào/radix glycyrrhizae/liquorice root.

Wash down three *qian* of the powder per dose with Mitang (water in which rice has been cooked) or hot water.

A prescription for treating infantile hectic fever due to Yin deficiency with anorexia and emaciation:

One *liang* of Qinjiao/radix gentianae/root of gentian, and
one *liang* of Zhigancao/radix glycyrrhizae preparata/liquorice root,
prepared.

Stew one or two *qian* of the above drugs in water to make a decoction. Drink the decoction. According to Qian Yi,* five *qian* of Beohe/herba menthae/herb of wild mint should be added.

[Prescriptions]

Six prescriptions collected previously, and
seven prescriptions collected recently.

*Qian Yi, author of *Xiao'er Yaozheng Zhijue (Key to Therapeutics of Children's Diseases)*.

茈胡（本经上品）

【释名】

地熏本经。芸蒿别录。山菜吴普。茹草吴普。

〔恭曰〕茈是古柴字。上林赋云茈姜，及尔雅云茈草，并作此茈字。此草根紫色，今太常用茈胡是也。又以木代系，相承呼为柴胡。且检诸本草无名此者。〔时珍曰〕茈字有柴、紫二音：茈姜、茈草之茈皆音紫，茈胡之茈音柴。茈





CHAIHU

Chinese thorowax

Bupleurum chinense DC.

Bupleurum scorzonerifolium Willd.

Bupleurum falcatum L.

Bupleurum scorzonerifolium Willd var. *stenophyllum* Nakal CB. *falcatum* L.

Bupleurum rotundifolium L.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

DIXUN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

YUNHAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

SHANCAI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

RUCAO

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Su Gong: 柴胡 (Chaihu) was written as 茈胡 (Chaihu) in ancient times. In *Shanglin Fu* it is written as 茈姜 (Chaijiang), and in *Er Ya* it is written as 茈草 (Chaicao). The root of this drug is purple, which is the Chaihu/radix bupleuri/root of Chinese thorowax in common use. So the name of the drug could be Zihu, or purple drug, as the character means that. But later the character was changed to the present form. No Bencao works record 茈胡 (Chaihu).

Li Shizhen: The character “茈” has two pronunciations: Chai (meaning firewood) and Zi (meaning purple). Chaijiang and Chaicao should be



胡生山中，嫩则可茹，老则采而为柴，故苗有芸蒿、山菜、茹草之名，而根名柴胡也。苏恭之说殊欠明。古本张仲景伤寒论，尚作苳字也。

【集解】

〔别录曰〕苳胡叶名芸蒿，辛香可食，生弘农川谷及冤句，二月、八月采根暴干。〔弘景曰〕今出近道，状如前胡而强。博物志云：芸蒿叶似邪蒿，春秋有白蕝，长四五寸，香美可食，长安及河内并有之。〔恭曰〕伤寒大小柴胡汤，为痰气之要。若以芸蒿根为之，大谬矣。〔颂曰〕今关陕、



pronounced Zijiang and Zicao. But in Chaihu, it should be pronounced as Chai. Chaihu grows in the mountains. When the herb is tender, it can be eaten as a kind of vegetable. When it withers, it dries up into something like firewood. Its seedling is also called Yunhao, Shancai and Rucao. Su Gong's comments on the names are inadequate. In the ancient editions of *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, the term is written as 茺胡 (Chaihu).

[Previous Explanations]

The leaf of Chaihu is called Yunhao. It is fragrant and good to eat. The drug grows in the valleys of Mount Hongnong and in Yuanju. Collect the root in the second and eighth months. Dry it in the sun.

— *Mingyi Biehu (Records of Famous Doctors)*.

Tao Hongjing: The drug is now produced in nearby places. It looks like Qianhu/white flower hogfennel, but it has a bigger leaf and stem than the latter. *Bowu Zhi* says that Yunhao (Chaihu/Chinese thorowax) looks like Xiehao/seseli libanotis koch. In spring and autumn, a white and tender root (rhizome) four to five *cun* long appears, which can be eaten. The drug can be found in the markets in Chang'an and Henei.

Su Gong: Da Chaihu Tang* and Xiao Chaihu Tang** in *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)* are prescriptions for treating accumulation of phlegm and regulating the Vital Energy. If Chaihu/radix bupleuri/root of Chinese thorowax is replaced by the root of Yunhao, it will be a gross mistake.

*Da Chaihu Tang:

Chaihu/radix bupleuri/root of Chinese thorowax,
Huangqin/radix scutellariae/root of baikal skullcap,
Dahuang/radix et rhizoma rhei/rhubarb,
Zhishi/fructus aurantii immaturus/immature bitter orange,
Banxia/rhizoma pinelliae/pinellia tuber,
Baishao/radix paeoniae alba/white peony root,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/Chinese date.



江湖间近道皆有之，以银州者为胜。二月生苗甚香。茎青紫坚硬，微有细线。叶似竹叶而稍紧小，亦有似斜蒿者，亦有似麦门冬叶而短者。七月开黄花。根淡赤色，似前胡而强。生丹州者结青子，与他处者不类。其根似芦头，有赤毛如鼠尾，独窠长者好。〔斲曰〕苳胡出在平州平县，即今银州银县也。西畔生处，多有白鹤、绿鹤于此飞翔，是苳胡香直上云间，若有过往闻者，皆气爽也。〔承曰〕柴胡以银、夏者最良，根如鼠尾，长一二尺，香味甚佳。今图经所载，俗不识其真，市人以同、华者代之。然亦胜于他处者，盖银、夏地方多沙，同、华亦沙苑所出也。〔机曰〕解散用北柴



Su Song: The drug is produced close to rivers and lakes in the Guanshaan area. That produced in Yinzhou is the best. In the second month, the seedling, which emits a fragrant odor, grows. Its stem is blue-purple and solid, with a fine thread on it. Its leaf is similar to *Zhuye/fohium bambusae/bamboo leaf*, but smaller. One species has a similar leaf similar to that of *Xiehao/seseli libanotis Koch*, and others have leaves similar to *Maimendong/fohium ophiopogonis/leaf of dwarf lilyturf*, but shorter. The flower blooms in the seventh month. Its root is pale red and similar to *Qianhu/radix peucedani/root of white flower hogfennel*, but more solid. *Chaihu/radix bupleuri/root of Chinese thorrowax* produced in Danchuan has a blue-green seed, which is different from that produced in other places. Its root looks like *Lugen/rhizoma phragmitis/reed rhizome*. It is covered with red hair in the shape of a mouse's tail. The drug with one stem is the best.

Lei Xiao: *Chaihu/radix bupleuri/root of Chinese thorrowax* is produced in Pingzhou and Pingxian, now called Yinzhou and Yinxian. In the western part of the places, the drug flourishes. White cranes and green cranes fly over there. This is because the fragrance of the drug rushes up to the sky, so birds fly over the spot to enjoy the fresh and scented air.

Chen Cheng: *Chaihu/radix bupleuri/root of Chinese thorrowax* produced in Yinzhou and Xiazhou is the best drug. Its root looks like a mouse's tail, is one to two *chi* long, and has a fragrant odor. There is an illustration of the drug in *Tujing Bencao (Illustrated Materia Medica)*. But people normally do not recognize the genuine drug, and use drug produced in Tongzhou and Huazhou instead of that produced in Yinzhou and Xiazhou. Still, it is better than drugs produced in other places. The soil in

**Xiao Chaihu Tang:

Chaihu/radix bupleuri/root of Chinese thorrowax,
Huangqin/radix scutellariae/root of baikal skullcap,
Renshen/radix ginseng/ginseng root,
Banxia/rhizoma pinelliae/pinellia tuber,
Zhigancao/radix glycyrrhizae preparata/liquorice root prepared,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/Chinese date.



胡，虚热用海阳软柴胡为良。〔时珍曰〕银州即今延安府神木县，五原城是其遗迹。所产柴胡长尺余而微白且软，不易得也。北地所产者，亦如前胡而软，今人谓之北柴胡是也，入药亦良。南土所产者，不似前胡，正如蒿根，强硬不堪使用。其苗有如韭叶者，竹叶者，以竹叶者为胜。其如邪蒿者最下也。按夏小正月令云：仲春芸始生。仓颉解诂云：芸，蒿也。似邪蒿，可食。亦柴胡之类，入药不甚良，故苏恭以为非柴胡云。近时有一种，根似桔梗、沙参，白色而大，市人以伪充银柴胡，殊无气味，不可不辨。



Yinzhou and Xiazhou is sandy, like the soil in Tongzhou and Huazhou. Chaihu/radix bupleuri/root of Chinese thorowax produced on sandy land is better than that produced on other types of soil.

Wang Ji: When it is intended to disperse pathogenic factors, Chaihu/radix bupleuri/root of Chinese thorowax produced in the north is the right drug. But when it is wished to eliminate pathogenic Heat of deficient nature, Chaihu/radix bupleuri/root of Chinese thorowax of soft quality produced in Haiyang is a better drug.

Li Shizhen: Yinzhou is the present Shenmu County, Yan'an Prefecture. The remains of the ancient city of Wuyuan are still there. Chaihu/radix bupleuri/root of Chinese thorowax produced there has a root more than one *chi* long. It is basically white and soft. It is a precious drug that can not be obtained easily. Chaihu/radix bupleuri/root of Chinese thorowax produced in the north is salty, and looks like Qianhu/radix peucedani/root of white flower hogfennel. Now it is called Beichaihu, Chaihu/radix bupleuri/root of Chinese thorowax from the north. It is also a good quality drug. Chaihu/radix bupleuri/root of Chinese thorowax produced in the south does not look like Qianhu/radix peucedani/root of white flower hogfennel, but rather like Qinghaogen/radix artemisiae annuae/root of sweet wormwood. It is hard and tough, not good at all for medical use. Some species has a leaf similar to Jiuye/fohium allii tuberosae/leaf of tuber onion, and some look like Zhuye/fohium bambusae/bamboo leaf. That with a leaf similar to Zhuye/fohium bambusae/bamboo leaf is of better quality. The type with a similar leaf to Xiehao/seseli libanotis koch is the worst drug. *Xia Xiaozheng Yueling* says that in the middle of spring, Yun begins to germinate. *Cang Jie Jiegu* says that Yun, a kind of Qinghao/herba artemisiae annuae/herb of sweet wormwood, looks like Xiehao/seseli libanotis koch. Its leaf is edible. It is somewhat similar to Chaihu/radix bupleuri/root of Chinese thorowax. But it is not a very good drug. And that is why Su Gong says that it is not the genuine Chaihu/radix bupleuri/root of Chinese thorowax. Recently, a kind of drug has appeared in the market. It has root similar to Jiegeng/radix platycodi/platycodon root and Shashen/radix glehniae/root of coastal glehnia but white and bigger than the former. Merchants sell it as Chaihu/radix bupleuri/root of Chinese thorowax from Yinzhou. But it is a drug that

根

〔修治〕 〔斲曰〕凡采得银州柴胡，去须及头，用银刀削去赤薄皮少许，以粗布拭净，锉用。勿令犯火，立便无效也。

〔气味〕苦，平，无毒。〔别录曰〕微寒。〔普曰〕神农、岐伯、雷公：苦，无毒。〔大明曰〕甘。〔元素曰〕气味俱轻，阳也，升也，少阳经药，引胃气上升。苦寒以发散表热。〔杲曰〕升也，阴中之阳，手足少阳厥阴四经引经药也。在脏主血，在经主气。欲上升，则用根，以酒浸；欲中





does not have the same quality and taste as the real drug. Doctors should be careful to differentiate the fake drug from the genuine one.

CHAIHUGEN

Root of Chinese thorowax

Radix bupleuri

[Preparation]

Lei Xiao: First remove the rhizome and fine roots of Chaihu/radix bupleuri/root of Chinese thorowax collected from Yinzhou. Peel a bit of its red and thin rind with a silver knife and rub the root clean with a piece of cloth. Chop the drug into small pieces. Do not expose it to fire; otherwise it will lose its function and efficacy.

[Quality and Taste]

It is bitter, plain and nontoxic.

It is slightly cold.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is bitter and nontoxic according to Shen Nong, Qi Bo and Lei Gong.

Da Ming: It is sweet.

Zhang Yuansu: It is a drug with a light quality and taste, a drug of Yang and with ascending characteristic. It is a drug functioning on the Lesser Yang Channel. It induces the Stomach Vital Energy to ascend. It is bitter and cold, and therefore it can disperse pathogenic Heat resting at the exterior.

Li Gao: It is a drug with ascending tendency, a drug of Yang in the Yin. It is the guiding drug of the following four Channels.

Sanjiao Channel of Hand Lesser Yang,

Gall Bladder Channel of Foot Lesser Yang,

Pericardium Channel of Hand Greater Yin, and

Liver Channel of Foot Greater Yin.

It functions on the blood when it is working with the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), and functions on the Vital Energy when it is working with the Channels. When it is wished to have the drug ascend,



及下降，则用梢。〔之才曰〕半夏为之使，恶皂荚，畏女菀、藜芦。〔时珍曰〕行手足少阳，以黄芩为佐；行手足厥阴，以黄连为佐。

〔主治〕心腹，去肠胃中结气，饮食积聚，寒热邪气，推陈致新。久服轻身明目益精本经。除伤寒心下烦热，诸痰热结实，胸中邪逆，五脏间游气，大肠停积水胀，及湿痹拘挛，亦可作浴汤别录。治热劳骨节烦疼，热气肩背疼痛，劳乏羸瘦，下气消食，宣畅气血，主时疾内外热不解，单煮服



use the root. Soak it in wine. If it is intended to let the drug stay in the middle and descend, use the fine root.

Xu Zhicai: Banxia/rhizoma pinelliae/pinellia tuber is the guiding drug of Chaihu/radix bupleuri/root of Chinese thorowax. It is mutually inhibiting with Zaojia/fructus gleditsiae/fruit of Chinese honeylocust. It is incompatible with Nüwan/herba turczaniowiae fastigiatae/herb of common turczaniowia and Liliu/rhizoma et radix veratri/rhizome and root of falsehellebore.

Li Shizhen: Assisted by Huangqin/radix scutellariae/root of baikal skullcap, it functions on the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. Assisted by Huanglian/rhizoma coptidis/goldthread rhizome, it functions on Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin.

[Indications]

It disperses accumulation of Vital Energy in the Stomach and Intestines. It facilitates the flow of Vital Energy in the epigastrium and abdomen, removes indigestion, accumulation and assemblage. It disperses pathogenic Cold and Heat, removes the old stagnation and let in the new. Long-term taking of the drug makes the person happy, improves the eyesight and replenishes the Vital Essence.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It eliminates fever and restlessness in cases of febrile diseases caused by Cold, and disperses accumulation of phlegm and Heat, adverse ascension in the thorax and wandering gas in the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), fluid-retention in the Large Intestine and edema. It treats arthralgia due to invasion of pathogenic Humidity, contractures and spasms. It can also be used to make bathing water.

— *Mingyi Bie Lu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating hectic fever due to Yin deficiency, arthralgia and pain. It relieves pain in the back and shoulders due to invasion of pathogenic Heat, alleviates consumptive disease, general fatigue and emaciation, brings down ascending gas, and helps the digestion. It facilitates the normal circulation of the blood Vital Energy, and treats fever and interior Heat in epidemics. Stew the drug to make a decoction. Drink



之良甄叔。补五劳七伤，除烦止惊，益气力，消痰止嗽，润心肺，添精髓，健忘大明。除虚劳，散肌热，去早晨潮热，寒热往来，胆瘵，妇人产前产后诸热，心下痞，胸胁痛元素。治阳气下陷，平肝胆三焦包络相火，及头痛眩运，目昏赤痛障翳，耳聋鸣，诸疟，及肥气寒热，妇人热入血室，经水不调，小儿痘疹余热，五疳羸热时珍。

〔发明〕〔之才曰〕茈胡得茯苓、桔梗、大黄、石膏、麻子仁、甘草，桂，以水一斗，煮取四升，入消石三方寸匕，



the decoction.

Da Ming: It is good for tonifying the five overstrains and seven harms, relieves restlessness, stops convulsions, reinforces physical strength, dissolves phlegm and stops coughing moistens the Heart and Lung, replenishes the Vital Essence and marrow, and treats amnesia.

Zhang Yuansu: It treats consumptive diseases, disperses pathogenic Heat from the muscles, relieves hectic fever in the morning and intermittent chills and fever, and eliminates bitterness in the mouth due to pathogenic Heat in the Gall Bladder. It disperses ante- and post-partum fever, Vital Energy stagnation, and pain in the chest and costal region.

Li Shizhen: It raises descending Yang Vital Energy, and relieves ministerial Fire in the Liver, Gall Bladder, Sanjiao and the Pericardium. It treats headache and vertigo, dim vision, inflamed eye and nebula, and deafness and tinnitus. It is good for treating malaria of various types, and dispersing mass in the ribs with chills and fever. It is also good for treating invasion of pathogenic Heat into the blood cavity and irregular menstruation. It relieves remaining Heat in cases of smallpox and measles, improves the five types of malnutrition, and eliminates fever in infant with debilitated conditions.

[Explication]

Xu Zhicai: The following prescription is good for treating headache with chills and fever in cases of febrile diseases caused by Cold, with fullness in the epigastrium and restlessness.

Prescription:

Stew the following drugs in one *dou* of water until four *sheng* are left:

Chaihu/radix bupleuri/root of Chinese thoroughwort,

Fuling/poria/indian bread,

Jiegeng/radix platycodi/platycodon root,

Dahuang/radix et rhizoma rhei/rhubarb,

Shigao/gypsum fibrosum/gypsum,

Maren/semen cannabis/hemp seed,

Gancao/radix glycyrrhizae/licuorice root, and

Rougui/cortex cinnamomi/cassia bark.

Then melt three *fangcunbi* of Xiaoshi/sal nitri/niter into the decoction.

疗伤寒寒热头痛，心下烦满。〔颂曰〕张仲景治伤寒，有大小柴胡，及柴胡加龙骨、柴胡加芒消等汤，故后人治寒热，此为最要之药。〔杲曰〕能引清气而行阳道，伤寒外，诸有热则加之，无热则不加也。又能引胃气上行，升腾而行春令者，宜加之。又凡诸症以柴胡为君，随所发时所在经分，佐





Drink the decoction.

Su Song: Master Zhang Zhongjing, in his *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, recommends Da Chaihu Tang* and Xiao Chaihu Tang** to treat febrile diseases caused by cold. And also Chaihu Jia Longgu Tang (Decoction of Chaihu/radix bupleuri/root of Chinese thorowax adding Longgu/os draconis/dragon's bone) and Chaihu Jia Mangxiao Tang (Decoction of chaihu/radix bupleuri/root of Chinese thoro wax adding Mangxiao/hatrii sulfas/mirabilite). Later doctors all take Chaihu/radix bupleuri/root of Chinese thorowax as a very important drug for the treatment of diseases with chills and fever.

Li Gao: Chaihu/radix bupleuri/root of Chinese thorowax is a drug that can lead the lucid Vital Energy to function along the Channels of Yang Vital Energy. Besides being good for treating febrile diseases caused by Cold, the drug can be added to a prescription for treating a disease with fever. If there is no fever, do not add this drug. Chaihu/radix bupleuri/root of Chi-

*Da Chaihu Tang:

Chaihu/radix bupleuri/root of Chinese thorowax,
Huangqin/radix scutellariae/root of baikal skullcap,
Dahuang/radix et rhizome rhei/rhubarb,
Zhishi/fructus aurantii immaturus/immature bitter orange,
Banxia/rhizoma pinelliae/pinellia tuber,
Baishao/radix paeoniae alba/white peony root,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/Chinese date.

**Xiao Chaihu Tang:

Chaihu/radix bupleuri/root of Chinese thorowax,
Huangqin/radix scutellariae/root of baikal skullcap,
Renshen/radix ginseng/ginseng root,
Banxia/rhizoma pinelliae/pinellia tuber,
Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/Chinese date.

以引经之药。十二经疮疽中，须用柴胡以散诸经血结气聚，功与连翘同也。〔好古曰〕柴胡能去脏腑内外俱乏，既能引清气上行而顺阳道，又入足少阳。在经主气，在脏主血。证前行则恶热，却退则恶寒。惟气之微寒，味之薄者，故能行经。若佐以三棱、广茂、巴豆之类，则能消坚积，是主血也。妇人经水适来适断，伤寒杂病，易老俱用小柴胡汤，加以四物之类，并秦艽、牡丹皮辈，为调经之剂。又言妇人产后血热必用之药也。〔宗奭曰〕柴胡本经并无一字治劳，今





nese thorowax is also good for making the Stomach Vital Energy ascend. This is especially necessary in spring, when the Yang Vital Energy is active and keeps ascending. In treating malaria of various types, Chaihu/radix bupleuri/root of Chinese thorowax is always used as the principal drug. Guiding drugs should be added in accordance with the Channels involved. In treating sores and phlegmons of the 12 Channels, Chaihu/radix bupleuri/root of Chinese thorowax should be used to disperse accumulation of blood and Vital Energy in the Channels. It is a drug with similar functions to Lianqiao/fructus forsythiae/capsule of weeping forsythia.

Wang Haogu: Chaihu/radix bupleuri/root of Chinese thorowax is a drug that disperse an exhausted condition of the Viscera and Bowels. It leads the lucid Vital Energy to ascend to go harmoniously with Yang Vital Energy. It also functions on the Gall Bladder Channel of Foot Lesser Yang. When it functions on the Channels, it works on the Vital Energy. And when it functions on the Viscera, it works on the blood. When a syndrome progresses, there will be aversion to heat, and when the syndrome regresses, there will be aversion to cold. Chaihu/radix bupleuri/root of Chinese thorowax is a drug with a slightly cold quality and thin taste. Therefore, it is a drug that can promote the circulation of the Channel Vital Energy. When Chaihu/radix bupleuri/root of Chinese thorowax is assisted by Sanleng/rhizoma sparganii/rhizome of common burreed, Ezhu/rhizoma zedoariae/zedoary and Badou/fructus crotonis/croton seed, then it is good for dissolving hard mass and accumulation. This shows that it functions on the blood system. Xiao Chaihu Tang* is widely used in the treatment of conditions

*Xiao Chaihu Tang:

Chaihu/radix bupleuri/root of Chinese thorowax,
Huangqin/radix scutellariae/root of baikal skullcap,
Renshen/radix ginseng/ginseng root,
Banxia/rhizoma pinelliae/pinellia tuber,
Zhigancao/radix glycyrrhizae preparata/liquorice root prepared,
Shengjiang/rhizoma zingiberis recens/fresh ginger, and
Dazao/fructus jujubae/Chinese date.



人治劳方中鲜有不用者。呜呼！凡此误世甚多。尝原病劳，有一种其脏虚损，复受邪热，因虚而致劳，故曰劳者牢也，当须斟酌用之，如经验方中治劳热青蒿煎之用柴胡，正合宜尔，服之无不效，热去即须急止。若或无热，得此愈甚，虽至死，人亦不怨，目击甚多。日华子又谓补五劳七伤，药性论亦谓治劳乏羸瘦。若此等病，苟无实热，医者执而用之，



such as irregular menstruation, febrile diseases caused by Cold and miscellaneous diseases. Siwu Tang,* Qinjiao/radix gentianae/root of gentian and Mudanpi/cortex moutan radices/tree peony bark can all be added to the prescription. It is a good regulation of menstrual disorders. It is also considered a very important drug for treating puerperal fever due to invasion of pathogenic Heat into the blood.

Kou Zongshi: In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, where it mentions the efficacy of Chaihu/radix bupleuri/root of Chinese thorowax, there is no mention of the drug being good for treating consumptive diseases. But in today's practice, Chaihu/radix bupleuri/root of Chinese thorowax is used in almost every prescription for the treatment of consumptive diseases. However, this is really a malpractice. Many tragedies have occurred because of this. Among the consumptive diseases, there is one due to invasion of pathogenic Heat into the debilitated Viscera. In that case, Chaihu/radix bupleuri/root of Chinese thorowax can be given on the basis of careful analysis. In an effective prescription named Qinghao Jian, Chaihu/radix bupleuri/root of Chinese thorowax is used. It has been proved to be very effective for treating consumptive diseases with invasion of pathogenic Heat. Once the Heat is eliminated, the treatment should be halted right away. If it is given when the Heat is no longer present, adoption of the prescription will only aggravate the case. Or it may even cause death, but nobody will complain. I have experienced quite a number of such malpractices. *Da Ming Rihua Bencao (Materia Medica by Da Ming)* says that Chaihu/radix bupleuri/root of Chinese thorowax is good for treating the five overstrains and seven harms. *Yaoping Bencao (Medical Properties of Materia Medica)* also says that it is good for improving the debilitated condition of a weak patient. But be careful: If there is no sign of Heat, how can Chaihu/radix bupleuri/root of Chinese thorowax be given? Some doctors

*Siwu Tang:

Shaoyao/radix paeoniae/peony root,

Dihuang/radix rehmanniae/rhizome of rehmannia,

Danggui/radix angelicae sinensis/root of Chinese angelica, and

Chuanxiong/rhizoma chuanxiong/rhizome of Szechwan lovage.



不死何待？注释本草，一字亦不可忽。盖万世之后，所误无穷，可不谨哉？如张仲景治寒热往来如疟状，用柴胡汤，正合其宜也。〔时珍曰〕劳有五劳，病在五脏。若劳在肝、胆、心，及包络有热，或少阳经寒热者，则柴胡乃手足厥阴少阳必用之药。劳在脾胃有热，或阳气下陷，则柴胡乃引清气、退热必用之药。惟劳在肺、肾者，不用可尔。然东垣李氏言诸有热者宜加之，无热则不加。又言诸经之疟，皆以柴胡为君。十二经疮疽，须用柴胡以散结聚。则是肺疟、肾疟，十二经之疮，有热者皆可用之矣。但要用户精思病原，



feel that since the prescription is good for treating consumptive diseases they can continue to use the prescription, regardless of the fact that there is no sign of Heat. When consulting the annotations to *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*), scholars should be very careful not to make any mistake, not even one word. This is because the *Bencao* works will be used for thousands of generations. People will follow the instructions, and if something is wrong, it will cause endless troubles or even disasters. Master Zhang Zhongjing, in his *Shanghan Lun* (*Treatise on Febrile Diseases Caused by Cold*), prescribes Xiao Chaihu Tang for the treatment of febrile diseases caused by Cold with intermittent chills and fever in the same way as for malaria. It is correct to use Chaihu/radix bupleuri/root of Chinese thorowax, as there is fever.

Li Shizhen: Consumptive diseases can be divided into five types. The root cause is in the Five Viscera. If the consumptive disease is due to the invasion of pathogenic Heat in the Liver, Gall Bladder, Heart and Pericardium, or intermittent chills and fever of the Lesser Yang Channel, Chaihu/radix bupleuri/root of Chinese thorowax must be used, as it is a drug functioning on the Pericardium Channel of Hand Greater Yin, Liver Channel of Foot Greater Yin, Sanjiao Channel of Hand Lesser Yang and Gall Bladder Channel of Foot Lesser Yang. When a consumptive disease is caused due to invasion of pathogenic Heat in the Spleen and Stomach or a case with descending of Yang Vital Energy, Chaihu/radix bupleuri/root of Chinese thorowax should be used to raise the lucid Vital Energy and eliminate Heat. But the drug can not be used to treat consumptive diseases due to disorders of the Lung and Kidney. Master Li Dongyuan says that Chaihu/radix bupleuri/root of Chinese thorowax can be used if there is pathogenic Heat, but can not be used if there is no Heat. He also says that malaria resulting from disorders of all Channels can be treated with Chaihu/radix bupleuri/root of Chinese thorowax as the principal drug. Carbuncles and phlegmons due to disorders of the 12 Channels should also be treated with Chaihu/radix bupleuri/root of Chinese thorowax, as it is good for dispersing accumulation. Carbuncles and phlegmons result from such accumulation. According to him, malaria due to disorders of the Lung and the Kidney, and sores due to disorders of the 12 Channels can also be treated by adoption of Chaihu/



加减佐使可也。寇氏不分脏腑经络有热无热，乃谓柴胡不治劳乏，一概摈斥，殊非通论。如和剂局方治上下诸血，龙脑鸡苏丸，用银柴胡浸汁熬膏之法，则世人知此意者鲜矣。按庞元英谈藪云：张知阁久病症，热时如火，年余骨立。医用茸、附诸药，热益甚。召医官孙琳诊之。琳投小柴胡汤一帖，热减十之九，三服脱然。琳曰：此名劳症，热从髓出，加以刚剂，气血愈亏，安得不瘦？盖热有在皮肤、在脏腑、在骨髓，非柴胡不可。若得银柴胡，只须一服；南方者力减，故三服乃效也。观此则得用药之妙的矣。寇氏之说，可尽凭乎？



radix bupleuri/root of Chinese thorowax. But doctors should analyse the overall pathoglogical condition thoroughly, and use the drug in the right way and with the right guiding and assistant drugs. Kou Zongshi is against the use of Chaihu/radix bupleuri/root of Chinese thorowax in the treatment of all sorts of consumptive diseases, regardless of whether there is Heat or not. What he says is not considered thoughtful. In *Taiping Huimin Heji Jufang (Prescriptions from the State Dispensary of Peaceful Benevolence)*, there is a prescription called Longnao Jisu Wan (pill of Longnao/borneolum syntheticum/borneol and Jisu/herba stachydis japonicae/herb of Japanese betony), which is designed to treat blood disorders at the upper and lower portion. In this prescription, Chaihu/radix bupleuri/root of Chinese thorowax from Yinzhou is used. It is soaked and stewed to make juice. Normally people do not understand why the drug is used in this prescription. Pang Yuanying, in his *Tan Sou*, records the following case: Mr. Zhang Zhihe had been suffering from chronic malaria. When the fever attacked, his body was as hot as fire. After one year, the patient became very amaciated. Doctors prescribed Lurong/cornucervi pantotrichum/hairy deer horn and Fuzi/radix aconite lateralis preparata/prepared daughter root of common monkshood for him. But his condition got worse, with an even higher fever. Medical official Sun Lin was sent for. The doctor prescribed one dose of Xiao Chaihu Tang. After taking the drug, 90 percent of the fever subsided, after three doses were taken, the patient was all right. Doctor Sun Lin said that it was a case of malaria due to overstrain. Pathogenic Heat is emitted from the marrow. When drugs with strong efficacy are given, Vital Energy and blood will be further consumed. So the patient becomes more and more emaciated. When pathogenic Heat is resting with the skin, with the Viscera and Bowels or in the marrow, Chaihu/radix bupleuri/root of Chinese thorowax is the only drug that can disperse it. If Chaihu/radix bupleuri/root of Chinese thorowax from Yinzhou is given, one dose will be good enough to disperse the pathological condition. Chaihu/radix bupleuri/root of Chinese thorowax from the south is not as effective. Three doses are required. From what Sun Lin says, we can understand the subtlety of the administration of drugs. What Kou Zongshi says can not be taken as the only answer.

〔附方〕旧一，新五。（略）





[Prescriptions]

One prescription collected previously, and
five prescriptions collected recently.

前胡（别录中品）

【释名】

〔时珍曰〕按孙愐唐韵作湔胡，名义未解。

【集解】

〔别录曰〕前胡二月、八月采根暴干。〔弘景曰〕近道皆有，生下湿地，出吴兴者为胜。根似柴胡而柔软，为疗殆欲同，而本经上品有茈胡而无此，晚来医乃用之。〔大明曰〕越、衢、婺、睦等处者皆好，七八月采之，外黑里白。〔颂曰〕今陕西、梁汉、江淮、荆襄州郡及相州、孟州皆有之。春生苗，青白色，似斜蒿。初出时有白芽，长三四寸，





QIANHU

White flower hogfennel

Peucedanum praeruptorum Dunn.

Peucedanum decursivum Maxim.

— Drug of medium class in *Mingyi Bielu (Records of Famous Doctors)*.

[Explanation of Names]

Li Shizhen: In Sun Mian's *Tang Yun*, 前胡 (Qianhu) is written as 湔胡 (Qianhu). The meaning is unknown.

[Previous Explanations]

Collect Qianhu/radix peucedani/root of white flower hogfennel in the second and eighth months. Dry the root in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: The drug is produced everywhere in nearby places. It grows on low and damp land. The drug produced in Wuxing is the best. Its root is similar to Chaihu/radix bupleuri/root of Chinese thorowax, but softer. It has the same function and efficacy as Chaihu/radix bupleuri/root of Chinese thorowax. Chaihu/radix bupleuri/root of Chinese thorowax is included in drugs of the superior class in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*, but Qianhu/radix peucedani/root of white flower hogfennel is not. It was first used by doctors of later times.

Da Ming: The drug produced in Yuezhou, Quzhou, Wuzhou and Mu-zhou is of top quality. Collect the root in the seventh and eighth months. It is black outside and white inside.

Su Song: Now the drug is produced in Shaanxi, Lianghan, Jianghuai, Jingxiang, Xiangzhou and Mengzhou. In spring the seedlings begin to sprout. It is blue-green-white, in the shape of Xiechao/seseli libanotis koch.

味甚香美，又似芸蒿。七月内开白花，与葱花相类。八月结实。根青紫色。今廊延将来者，大与柴胡相似。但柴胡赤色而脆，前胡黄而柔软，为不同尔。一说：今诸方所用前胡皆不同。汴京北地者，色黄白，枯脆绝无气味。江东乃有三四种：一种类当归，皮斑黑，肌黄而脂润，气味浓烈。一种色理黄白，似人参而细短，香味都微。一种如草乌头，肤赤而坚，有两三歧为一本，食之亦戟人咽喉，中破以姜汁渍捣服之，甚下膈解痰实。然皆非真前胡也。今最上者出吴中。又寿春生者，皆类柴胡而大，气芳烈，味亦浓苦，疗痰下气，最胜诸道者。〔斲曰〕凡使勿用野蒿根，绿真似前胡，只是味粗酸。若误用之，令人反胃不受食。若是前胡，味甘微苦





When the seedling first grows, it is covered with white hair. It is three to four *cun* long, and very tasty and fragrant. It is similar to Yunhao. White flowers bloom in the seventh month, similar to Conghua/*flos allifistulosi*/flower of fistular onion. The seed forms in the eighth month. The root is blue-purple. The drug produced in Fuyan is very much like Chaihu/*radix bupleuri*/root of Chinese thoroughwort. But there is a difference: Chaihu/*radix bupleuri*/root of Chinese thoroughwort is red and crispy, while Qianhu/*radix peucedani*/root of white flower hogfennel is yellow and soft. Some say that there are different species of Qianhu/*radix peucedani*/root of white flower hogfennel now being used in pharmacy, as follows:

— The drug produced in Bianjing and the northern area is yellow-white, withered and crispy. But it has no taste or medicinal quality;

There are three to four species in the Jiangdong area:

— One species looks like Danggui/*radix angelicae sinensis*/root of Chinese angelica, with the root covered in black dots. It is yellow and oily inside, with a strong taste and quality;

— One species is similar to Renshen/*radix ginseng*/ginseng root, with a yellow-white texture. It has light taste and odor;

— One species is similar to Caowutou/*radix aconite kusnezoffii*/wild aconite root. The root is red and solid, and in some cases there are two to three roots growing together. When the drug is eaten, it irritates the throat. Pound the drug together with Jiangzhi/*succus zingiberis recens*/juice of fresh ginger. Drink the juice to dissolve phlegm accumulation in the diaphragm.

But none of the above species is considered the genuine drug. The best-quality drug is that produced in Wuzhong. That produced in Shouchun looks like Chaihu/*radix bupleuri*/root of Chinese thoroughwort, but is bigger. It is fragrant and stimulating, with a very bitter taste. It has a much better function for dissolving phlegm and bringing down adversely ascending gas.

Lei Xiao: Be careful not to use root of wild wormwood, as the herb is very similar to Qianhu/*radix peucedani*/root of white flower hogfennel. But it is a coarse drug with a sour taste. If it is taken, it causes regurgitation and anorexia. Qianhu/*radix peucedani*/root of white flower hogfennel should be



也。〔时珍曰〕前胡有数种，惟以苗高一二尺，色似斜蒿，叶如野菊而细瘦，嫩时可食，秋月开黦白花，类蛇床子花，其根皮黑肉白，有香气为真。大抵北地者为胜，故方书称北前胡云。

根【修治】

〔斆曰〕修事先用刀刮去苍黑皮并毳土了，细锉，以甜竹沥浸令润，日中晒干用。

【气味】

苦，微寒，无毒。

〔权曰〕甘、辛、平。〔之才曰〕半夏为之使，恶皂荚，畏藜芦。



sweet and slightly bitter.

Li Shizhen: There are several drugs similar to Qianhu/radix peucedani/root of white flower hogfennel. They can be differentiated by the following criteria. The genuine drug should:

- be one to two *chi* long and the same color as Xiehao;
- have a leaf similar to Yejuhua/foolium dendranthema*e* indici/leaf of indian dendranthema, but thinner and smaller. It can be eaten when it is small and tender;
- have a pale white flower in autumn in the shape of Shechuangzihua/flos cnidii/flower of common cnidium;
- have a root with a black rind and white heart, and fragrant.

Normally, Qianhu/radix peucedani/root of white flower hogfennel produced in the north is of better quality. That is why in books of prescriptions it is always recorded as Beiqianhu, or Qianhu/radix peucedani/root of white flower hogfennel from the north.

QIANHUGEN

Root of white flower hogfennel

Radix peucedani

[Preparation]

Lei Xiao: First remove the black rind and fine roots. Chop the drug into small pieces. Soak it in Zhuli/succus bambusae/juice in a bamboo stem until it is completely moistened. Then dry the drug in the sun at noon.

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

Zhen Quan: It is sweet, pungent and plain.

Xu Zhicai: Banxia/rhizoma pinelliae/pinellia tuber can be used as its guiding drug. It is mutually inhibiting with Zaojia/fructus gleditsiae/fruit of Chinese honeylocust. It is incompatible with Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore.



【主治】

痰满，胸胁中痞，心腹结气，风头痛，去痰实，下气，治伤寒寒热，推陈致新，明目益精别录。能去热实，及时气内外俱热，单煮服之甄权。治一切气，破癥结，开胃下食，通五脏，主霍乱转筋，骨节烦闷，反胃呕逆，气喘咳嗽，安胎，小儿一切疝气大明。清肺热，化痰热，散风邪时珍。

【发明】

〔时珍曰〕前胡味甘、辛，气微平，阳中之阴，降也。乃手足太阴阳明之药，与柴胡纯阳上升入少阳厥阴者不同也。其功长于下气，故能治痰热、喘嗽、痞膈、呕逆诸疾，



[Indications]

It disperses accumulation of phlegm and Vital Energy stagnation in the chest and ribs, and accumulation of gas in the epigastrium and abdomen. It brings down adversely ascending gas. It is good for treating febrile diseases caused by Cold with chills and fever. It expels the old and brings in the new. It improves the eyesight and replenishes the Vital Essence.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for dispersing pathogenic Heat of excessive nature and fever in epidemics. Stew the drug to make a decoction. Drink the decoction.

Da Ming: It is good for regulating all kinds of stagnation of Vital Energy. It removes hard mass and accumulation, whets the appetite and helps digestion, and facilitates the functions of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It treats cholera with spasms and arthralgia, relieves regurgitation and nausea, dyspnea and coughing, and soothes the fetus. It is also good for treating all kinds of infantile malnutrition.

Li Shizhen: It dissolves phlegm and Heat, and disperses pathogenic Wind.

[Explication]

Li Shizhen: Qianhu/radix peucedani/root of white flower hogfennel is a drug with a sweet and slightly pungent taste, and slightly plain quality. It is a drug of Yin in the Yang with the tendency of descending. It is a drug functioning on:

Lung Channel of Hand Initial Yin,
Spleen Channel of Foot Initial Yin,
Large Intestine Channel of Hand Greater Yang, and
Stomach Channel of Foot Greater Yang.

It is different from Chaihu/radix bupleuri/root of Chinese thorowax, which functions on the Lesser Yang and Greater Yin Channels, and is ascending as it is a drug of pure Yang. Qianhu/radix peucedani/root of white flower hogfennel is a drug that is noted for bringing down adversely ascending gas. Therefore, it is good for treating the following diseases: accumulation of phlegm and Heat, asthma and coughing, Vital Energy

气下则火降，痰亦降矣。所以有推陈致新之绩，为痰气要药。陶弘景言其与柴胡同功，非矣。治证虽同，而所入所主则异。

【附方】

旧一。（略）



stagnation in the diaphragm, nausea and retching. When the adversely ascending gas is brought down, pathogenic Fire and phlegm will be brought down too. In this way, it functions in bringing in the new and removing the old. Therefore, it plays a key role in treating a condition of pathological phlegm. Tao Hongjing says that it has similar functions to Chaihu/radix bupleuri/root of Chinese thorowax. He is not right in saying so. They seem to treat similar symptoms and signs, but each works towards different aspects. The differences should be studied carefully.

[Prescriptions]

One prescription collected previously.





防风 (本经上品)

【释名】

铜芸本经。茴芸吴普。茴草别录。屏风别录。茴根别录。百枝别录。百蜚吴普。

〔时珍曰〕防者，御也。其功疗风最要，故名。屏风者，防风隐语也。曰芸、曰茴、曰茴者，其花如茴香，其气如芸蒿、茴兰也。



FANGFENG

Divaricate saposhnikovia
Ledebouriella divaricata (Turcz.) Hiroe
L. Seseloides Wolaa.
Siler divari catum Benth. et Hook. f.
Saposhnikovia divaricata (Turcz.) Schischk.
Stenocoelium divaricatum Turcz.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

TONGYUN

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

HUIYUN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

HUICAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

PINGFENG

— *Mingyi Bielu* (*Records of Famous Doctors*).

JIANGEN

— *Mingyi Bielu* (*Records of Famous Doctors*).

BAIZHI

— *Mingyi Bielu* (*Records of Famous Doctors*).

BAIFEI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Li Shizhen: Fangfeng, meaning defence against the wind, is a drug that disperses invasion of pathogenic Wind. Pingfeng is another way of expressing the same idea. The names Yun, Hui and Jian all indicate the similarity of the flower to that of Huixiang (Huixiang/fructus foeniculi/fennel fruit), Yunhao and Jianlan.



【集解】

〔别录曰〕防风生沙苑川泽及邯鄲、琅琊、上蔡，二月、十月采根暴干。〔普曰〕正月生叶细圆，青黑黄白。五月黄花。六月结实黑色。〔弘景曰〕郡县无名沙苑。今第一出彭城兰陵，即近琅琊者。郁州百市亦有之。次出襄阳、义阳县界，亦可用。惟以实而脂润，头节坚如蚯蚓头者为好。〔恭曰〕今出齐州龙山最善，淄州、兖州、青州者亦佳。叶似牡蒿、附子苗等。沙苑在同州南，亦出防风，轻虚不如东道者，陶云无沙苑误矣。〔颂曰〕今汴东、淮浙州郡皆有之。茎叶俱青绿色，茎深而叶淡，似青蒿而短小。春初时嫩紫红色，江东宋亳人采作菜茹，极爽口。五月开细白花，中心攒聚作大房，似葶萝花。实似胡荽子而大。根土黄色，



[Previous Explanations]

Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is produced in the valleys and plains of Shayuan, and in Handan, Langye and Shangcai. Collect the root in the second and tenth months. Dry it in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: Small and round leaves of blue, yellow and white colors germinate in the first month. Yellow flowers bloom in the fifth month. Black seeds take shape in the sixth month.

Tao Hongjing: It seems that there is no prefecture or county called Shayuan. Nowadays, the drug of the first class is produced in Lanling, Pengcheng, a place close to Langye. The drug is also produced in Baishi, Yuzhou. The drug produced in Xiangyang and Yiyang is of secondary quality, but still can be used. The drug with a solid and moist quality and with nodes similar to the head of an earthworm is the top-quality drug.

Su Gong: Now the best drug is produced on Mount Longshan, Qizhou. That produced in Zizhou, Yanzhou and Qingzhou is also good. Its leaf is similar to Muhao/herba artemisiae japonicae/herb of Japanese wormwood and Fuzimiao/fohium aconite lateralis/leaf of common monkshood. Shayuan is a place to the south of Tongzhou, where Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is also produced. But the drug is light and loose in quality, and is not as good as that produced in the east. Tao Hongjing is wrong when he says that there is no place called Shayuan.

Su Song: Now the drug is produced in the Biandong, Huai and Zhe areas. Its stem and leaf are blue-green. But the stem is darker and the leaf lighter. Its leaf is similar to that of Qinghao/herba artemisiae annuae/herb of sweet wormwood, but it is shorter and smaller. In early spring, when the leaf has just germinated, it is tender purple-red. The people of Songbo, in the Jiangdong area, collect the tender leaf to eat as refreshment. It is very delicious. White and small flowers bloom in the fifth month. In the center of the flower, small ones flock together to form a big corolla in the shape of flower of Shiluo/dill. Its seed is similar to Husuizi/semen coriandri/coriander seed, but it is bigger. Its root is yellowish brown and similar to Shukuigen/radix althaeae roseae/root of hollyhock. Collect the root in the second and tenth months. Fangfeng/radix ledebouriellae/root of divaricate



与蜀葵根相类，二月、十月采之。关中生者，三月、六月采之，然轻虚不及齐州者良。又有石防风，出河中府，根如蒿根而黄，叶青花白，五月开花，六月采根暴干，亦疗头风眩痛。〔时珍曰〕江淮所产多是石防风，生于山石之间。二月采嫩苗作菜，辛甘而香，呼为珊瑚菜。其根粗丑，其子亦可种。吴绶云：凡使以黄色而润者为佳，白者多沙条，不堪。

【气味】

甘，温，无毒。

〔别录曰〕辛，无毒。又头者令人发狂，又尾者发人痼疾。〔普曰〕神农、黄帝、岐伯、桐君、雷公、扁鹊：甘，无毒。〔李当之〕小寒。〔元素曰〕味辛而甘，气温，气味俱薄，浮而升，阳也。手足太阳经之本药。〔好古曰〕又行



saposhnikovia produced in the Guanzhong area should be collected in the third and sixth months. It is light and loose in quality, and is not as good as that produced in Qizhou. There is another type of the drug called Shifang-feng, produced in Hezhong Prefecture. Its root is yellow and in the shape of wormwood root. It has blue-green leaves and white flowers. The flowers bloom in the fifth month. Collect the root in the sixth month. Dry the drug in the sun. It is also good for treating vertigo and severe intermittent headache.

Li Shizhen: Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia produced in the Yangtze and Huai river areas is mostly Shifang-feng, which grows among mountain rocks. In the second month, the local people collect the tender seedlings, which are pungent and fragrant, and use them as vegetables. It is locally called Shanhucai. Its root is thick and coarse. Its seed can be planted. Wu Shou says that the drug with yellow and moistened roots is a good-quality drug. The white ones are normally loose in quality, and are no good for medical use.

[Quality and Taste]

It is sweet, warm and nontoxic.

It is pungent and nontoxic. The root with forks on the head is a drug that will make the patient manic, while the root with forks on the tail will cure obstinate diseases.

— *Mingyi Bielu (Records of Famous Doctors)*.

Wu Pu: It is sweet and nontoxic according to Shen Nong, the Yellow Emperor, Qi Bo, Tongjun, Lei Gong and Bian Que.

Li Dangzhi: It is slightly cold.

Zhang Yuansu: It is pungent and sweet in taste, and warm in quality. It is a drug with a thin quality and taste. It has the tendency of ascending and floating, a drug of Yang. It functions on the Small Intestine Channel of Hand Initial Yang and the Urinary Bladder of Foot Initial Yang.

Wang Haogu: It also functions on the Stomach Channel of Foot Greater Yang and the Spleen Channel of Foot Initial Yin. It works on the Vital Energy system of the Liver Channel.

Li Gao: Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia



足阳明、太阴二经，为肝经气分药。〔杲曰〕防风能制黄芪，黄芪得防风其功愈大，乃相畏而相使者也。〔之才曰〕得葱白能行周身，得泽泻、藁本疗风，得当归、芍药、阳起石、禹余粮疗妇人子脏风。畏葶藶，杀附子毒，恶藜芦、白敛、干姜、芫花。

【主治】

大风，头眩痛恶风，风邪目盲无所见，风行周身，骨节疼痛，烦满。久服轻身本经。胁痛胁风，头面去来，四肢挛



controls Huangqi/radix astragali/root of membranous milkvetch. Reinforced by Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia, Huangqi/radix astragali/root of membranous milkvetch is even stronger in exercising its therapeutic functions. This is an example showing that drugs of mutual control also have mutual assistance.

Xu Zhicai: Reinforced by Congbai/bulbus allii fistulosi/fistular onion stalk, Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia can circulate all over the body. Assisted by Zexie/rhizoma alismatis/rhizome of oriental waterplantain and Gaoben/rhizoma ligustici/rhizome of Chinese ligusticum, the drug is good for dispersing invading pathogenic Wind. The drug is good for dispersing pathogenic Wind from the uterus if it is assisted by:

Danggui/radix angelicae sinensis/root of Chinese angelica,
Shaoyao/radix paeoniae/peony root,
Yangqishi/actinolite/actinolite, and
Yuyuliang/limonite/limonite.

It is mutually inhibiting with Bixie/rhizoma dioscoreae hypoglauciae/rhizome of hypoglaucous collett yam. It neutralizes toxins of Fuzi/radix aconite lateralis preparata/prepared daughter root of common monkshood. It is incompatible with Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore, Bailian/radix ampelopsis/root of Japanese ampelopsis, Ganjiang/rhizoma zingiberis/dried ginger and Yuanhua/flos genkwae/flower bud of lilac daphne.

[Indications]

It is good for treating leprosy. It relieves vertigo and headache due to attack of pathogenic Wind, treats sudden loss of vision due to attack of pathogenic Wind, and relieves pain and arthralgia all over the body due to invading pathogenic Wind with a sensation of fullness and restlessness. Long-term taking of the drug makes one feel happy.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It disperses wandering pathogenic Wind from the coastal region and the head, and treats contracture of the extremities, and ante- and post-partum diseases, incised wounds and spasms.



急，字乳金疮内痊别录。治三十六般风，男子一切劳劣，补中益神，风赤眼，止冷泪及瘫痪，通利五脏关脉，五劳七伤，羸损盗汗，心烦体重，能安神定志，匀气脉大明。治上焦风邪，泻肺实，散头目中滞气，经络中留湿，主上部见血元素。搜肝气好古。

【发明】

〔元素曰〕防风，治风通用，身半已上风邪用身，身半已下风邪用梢，治风去湿之仙药也，风能胜湿故尔。能泻肺实，误服泻人上焦元气。〔杲曰〕防风治一身尽痛，乃卒伍卑贱之职，随所引而至，乃风药中润剂也。若补脾胃，非此引用不能行。凡脊痛项强，不可回顾，腰似折，项似拔者，乃手足太阳证，正当用防风。凡疮在胸膈已上，虽无手足太



— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It is good for treating 36 kinds of diseases caused by invasion of pathogenic Wind. It treats consumptive diseases in men, tonifies the interior, and improves the spiritual condition. It treats inflamed eye and shedding of cold tears, as well as paralysis. It facilitates the functions of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and the Channels. It is good for treating the five overstrains and seven harms, with emaciation and debility, and night sweating, heaviness in movement and restlessness. It pacifies the spirit, stabilizes the willpower and regulates the pulsation.

Zhang Yuansu: It is good for dispersing pathogenic Wind from the upper portion, purging excess from the Lung, and dispelling accumulated Vital Energy from the head and eyes. It disperses remaining pathogenic Humidity from the Channels and Collaterals. It is good for treating hemorrhage at the upper part of the body.

Wang Haogu: It regulates the Vital Energy in the Liver.

[Explication]

Zhang Yuansu: Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is a general drug for treating diseases caused by invasion of pathogenic Wind. If pathogenic Wind rests at the upper portion of body cavity, use the main root of the drug. When the lesion is resting at the lower portion of body cavity, use the fine root. Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is a wonder drug for dispersing pathogenic Wind as well as Humidity, as Wind can conquer Humidity. It is good for purging excess from the Lung. If the drug is not used in the proper way, it may damage the Primordial Vital Energy in the upper portion.

Li Gao: Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is good for treating general soreness all over the body. It works like a soldier, and is led by the guiding drug to wherever it is needed. It is a drug of moistening quality among drugs having the therapeutic function of dispersing Wind. If drugs are used to tonify the Spleen and Stomach, Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia must be used as the guiding drug. In a disease with symptoms and signs of pain in the spinal cord and stiff neck that hampers the turning of the neck and brings severe

阳证，亦当用之，为能散结，去上部风。病人身体拘倦者，风也，诸疮见此证亦须用之。钱仲阳泻黄散中信用防风者，乃于土中泻木也。

【附方】

旧二，新十一。（略）





pain to the waist as if it were broken, it can be inferred that it is a syndrome of Small Intestine Channel of Hand Initial Yang and Urinary Bladder of Foot Initial Yang. To treat such cases, Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is the right drug to use. For a case with sores on the upper part of the body above the diaphragm, even though there are no symptoms or signs related to the Small Intestine Channel of Hand Initial Yang and Urinary Bladder of Foot Initial Yang, Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia still should be used, as the drug can disperse the accumulation and expel invasion of pathogenic Wind resting at the upper portion. When the patient curls up in bed, it shows invasion of pathogenic Wind to the body. And this may be complicated with sores. Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia can be used in treating such cases. In Qian Zhongyang's *Xiao'er Yaozheng Zhijue* (*Key to Therapeutics of Children's Diseases*), Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia is used in a double dosage in the Prescription of Xiehuang San.* This is because Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia can purge excessive Wood (Liver) from the Earth (Spleen).

[Prescriptions]

Two prescriptions collected previously, and
11 prescriptions collected recently.

*Xiehuang San:

Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia,
Huoxiang/herba agastaches/herb of wrinkled giant hyssop,
Zhizi/fructus gardeniae/fruit of cape jasmine,
Shigao/gypsum fibrosum/gypsum, and
Gancao/radix glycyrrhizae/licuorice root.

独活（本经上品）

【释名】

羌活本经。羌青本经。独摇草别录。护羌使者本经。胡王使者吴普。长生草

〔弘景曰〕一茎直上，不为风摇，故曰独活。〔别录曰〕此草得风不摇，无风自动，故名独摇草。〔大明曰〕独





DUHUO

Double-toothed pubescent angelica

Angelica pubescens Maxim f. *biserrata* Shanet Yuan.

Angelica pubescens Maxim.

Angelica dahurica (Fisch. ex Hoffm.) Benth. et Hook. f. ex Franch. et sav.

Angelica porphyrocaulis Nakai et Kitag.

Heracleum hemsleyanum Diels.

Heracleum lanatum Michx.

Aralia cordata Thunb.

— Drug of superior class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

QIANGHUO

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

QIANGQING

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

DUYAOCAO

— *Mingyi Bielu* (*Records of Famous Doctors*).

HUQIANGSHIZHE

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

HUWANGSHIZHE

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

CHANGSHENGCAO

Tao Hongjing: This herb has only one stem, which grows upward and does not swing in the wind. So it is called Duhuo (Du = independent, Huo = living).

The herb does not swing in the wind but may move when there is no

活，是羌活母也。〔时珍曰〕独活以羌中来者为良，故有羌活、胡王使者诸名，乃一物二种也。正如川芎、抚芎，白朮、苍朮之义，入用微有不同，后人以为二物者非矣。

【集解】

〔别录曰〕独活生雍州川谷，或陇西南安，二月、八月采根暴干。〔弘景曰〕此州郡县并是羌地。羌活形细而多节软润，气息极猛烈。出益州北都西川者为独活，色微白，形虚大，为用亦相似而小不如。至易蛀，宜密器藏之。〔颂





wind. So it is called Duyaocao (Du = independent, Yao = swing, Cao = herb). So the term means drug that swings independently.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: Duhuo is the mother of Qianghuo.

Li Shizhen: Duhuo produced in the Qiang area is the best. So it is also called Qianghuo,* “drug from Qiang”, or Huwangshizhe, “messenger of King Hu.**” So Duhuo and Qianghuo are two species of the same drug. This is just like the case of Chuanxiong and Fuxiong, or Baizhu and Cangzhu. Such drugs have slight differences between them. But later people took them as two different drugs. This is not correct.

[Previous Explanations]

Duhuo/radix et rhizoma angelicae pubescentis/root and rhizome of double-tooth pubescent angelica is produced in the mountain valleys of Yongzhou and in Nan’an, Longxi. Collect the root in the second and eighth months. Dry it in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: The prefectures and counties in Yongzhou are all in the Qiang area. Qianghuo is fine, soft and moist, and has more nodes and a very strong smell. The drug produced in Beidu, which is in Yizhou, and Xi-chuan is called Duhuo. It is whiter, bigger and looser. It can be used medically but it is not the first-class drug. It is easily eaten by moths. Keep it in

*Duhuo and Qianghuo are considered the same drug of different species by *Bencao Gangmu (Compendium of Materia Medica)*. But in modern studies, they are considered different drugs.

Duhuo: Duhuo/radix et rhizoma angelicae pubescentis/root and rhizome of double-teeth pubescent angelica;

Qianghuo: Qianghuo/rhizoma et radix notopterygii/rhizome and root of incised notopterygium. In this translation, Qianghuo is only given its Pinyin name.

**Hu, general term for non-Han ethnic groups living in the north and west of China in ancient times. Qiang is a place in the Hu region (the north and west of China where non-Han ethnic groups lived in ancient times).



曰]独活、羌活今出蜀汉者佳。春生苗叶如青麻。六月开花作丛，或黄或紫。结实时叶黄者，是夹石上所生；叶青者，是土脉中所生。本经云二物同一类。今人以紫色而节密者为羌活，黄色而作块者为独活。而陶隐居言独活色微白，形虚大，用与羌活相似。今蜀中乃有大独活，类桔梗而大，气味亦不与羌活相类，用之微寒而少效。今又有独活，亦自蜀中来，类羌活，微黄而极大，收时寸解干之，气味亦芳烈，小类羌活，又有槐叶气者，今京下多用之，极效验，意此为真者。而市人或择羌活之大者为独活，殊未为当。大抵此物有两种：西蜀者，黄色，香如蜜；陇西者，紫色，秦陇人呼为山前独活。古方但用独活，今方既用独活而又用羌活，兹为谬矣。〔机曰〕本经独活一名羌活，本非二物。后人见其形色气味不同，故为异论。然物多不齐，一种之中自有不同。仲景治少阴所用独活，必紧实者；东垣治太阳所用羌活，必



a sealed container.

Su Song: Duhuo and Qianghuo produced in the Shu and Han areas are the best drugs. The seedlings begin to germinate in spring in the shape of *Dama/cannabis sativa*/hemp seedlings. In the sixth month, yellow or purple flowers bloom in bunches. If the herb grows among the rocks, the leaves will turn yellow when the seed is formed. The leaves will remain green if the herb grows on the land at the time of seeding. *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) says that Duhuo and Qianghuo are the same drug. Today, people call the drug with purple flowers and more nodes Qianghuo, and that with yellow flowers and with a lumpy root Duhuo. But Tao Hongjing says that Duhuo is whiter, bigger and looser, and can be used in the same way as Qianghuo. Now in Sichuan there is a kind of big Duhuo, which is similar to *Jiegeng/radix platycodi/platycodon* root, but bigger. It has a different quality and taste from Qianghuo. It is slightly cold, and does not work very effectively. There is another Duhuo, also produced in Sichuan, which is similar to Qianghuo. It is slightly yellow and comes in very big pieces. After the drug is collected, cut it into one-*cun* pieces. Dry it in the sun. It has a strong and fragrant smell, and is similar to Qianghuo. There is another kind of Duhuo which has the smell of *Huaiye/foolium sophorae/leaf of Japanese pagodatree*. This drug is often used in the capital. It is very effective. People regard this as the genuine drug. But merchants select big Qianghuo and sell it as Duhuo. This is not a correct practice. After all, there are two species of the drug: That from Xishu is yellow, and has the fragrance of honey; that produced in Longxi is purple. People in the Qin and Long areas call it Shangqian Duhuo. In ancient times, only Duhuo was used. Nowadays, doctors use both Duhuo and Qianghuo. This is not a correct practice.

Wang Ji: *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*) says that Duhuo is also called Qianghuo. This shows that they are not two drugs, but one drug with two names. Later, people discovered the differences in shape, quality and taste between them, and then took them to be two different drugs. But this is not correct, as things have varieties, and there can be different species of the same thing. The Duhuo used by Master Zhang Zhongjing in treating Lesser Yin syndrome must be a drug with a



轻虚者。正如黄芩取枯瓢者名片芩治太阴，条实者名子芩治阳明之义同也。况古方但用独活无羌活，今方俱用，不知病宜两用耶？抑未之考耶？〔时珍曰〕独活、羌活乃一类二种，以他地者为独活，西羌者为羌活，苏颂所说颇明。按王旼全生指迷方云：羌活须用紫色有蚕头鞭节者。独活是极大羌活有白如鬼眼者，寻常皆以老宿前胡为独活者，非矣。近时江淮山中出一种土当归，长近尺许，白肉黑皮，气亦芬香，如白芷气，人亦谓之水白芷，用充独活，解散亦或用之，不可不辨。

根【修治】

〔斲曰〕采得细锉，以淫羊藿拌，裹二日，暴干去藿，



solid quality. But the Duhuo used by Li Dongyuan in treating Initial Yang syndrome should be a drug with a light and loose quality. This is the same as with the different species of Huangqin/radix scutellariae/root of baikal skullcap. When the drug is used to treat Initial Yin syndrome, the red and hollow variety should be used. Such a drug is called Pianqin. The same drug with a solid quality is called Tiaoqin, and is good for treating Greater Yang syndrome. In ancient prescriptions, only Duhuo was used. but now, doctors use both Duhuo and Qianghuo. The important thing is that the different species should be used to treat different cases. Or maybe doctors today fail to understand the different uses of the two species.

Li Shizhen: Duhuo and Qianghuo are different species of the same drug. The type produced in the Qiang area is called Qianghuo, and that produced in other places is called Duhuo. What Su Song says is quite clear. Wang Kuang, in his *Quansheng Zhimi Fang*, says that when Qianghuo is to be used, use the root with a purple color, and with nodes and head similar to earthworm heads. Duhuo is bigger than Qianghuo, and has a sunken spot on the root similar to the eye of a ghost. Some people take Qianhu/radix peucedani/root of white flower hogfennel that has grown for a few years to be Duhuo. This is not correct. Now in the Jiang and Huai areas there is produced a kind of Tudanggui, which is as long as one *chi*, with a black rind and white heart, and with a fragrance similar to that of Baizhi/radix angelicae dahuricae/root of dahuriae angelica. The local people call it Shuibaizhi. Merchants sell this as Duhuo. When the drug is used in a prescription for dispersion, it may be used as a substitute. But it is not the genuine drug.

DUHUOGEN

Root and rhizome of double-tooth pubescent angelica
Radix et rhizoma-angelicae pubescentis

[Preparation]

Lei Xiao: After the drug is collected, chop it into small pieces. Blend it with Yinyanghuo/herba epimedii/herb of shorthorned epimedium, and soak it in water for two days. Dry the drug and remove the Yinyanghuo/herba epimedii/herb of shorthorned epimedium. In this way, the drug will not



用，免烦人心。〔时珍曰〕此乃服食家治法，寻常去皮或焙用尔。

【气味】

苦、甘，平，无毒。

〔别录曰〕微温。〔权曰〕苦、辛。〔元素曰〕独活微温，甘、苦、辛、气味俱薄，浮而升，阳也，足少阴行经气分之药。羌活性温，辛苦，气味俱薄，浮而升，阳也，手足太阳行经风药，并入足厥阴少阴经气分。〔之才曰〕豚实为之使。〔弘景曰〕药无豚实，恐是蠹实也。

【主治】

风寒所击，金疮止痛，奔豚痲瘖，女子疝瘕。久服轻身耐老本经。疗诸贼风，百节痛风，无问久新别录。独活：



cause restlessness.

Li Shizhen: Lei Xiao's description of the preparation process is the practice of Taoist alchemists. Normally, the drug is only processed by peeling the rind or by baking the drug.

[Quality and Taste]

It is bitter, sweet, plain and nontoxic.

It is slightly warm.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is bitter and pungent.

Zhang Yuansu: Duhuo is slightly warm, sweet, bitter and pungent. It is a drug with a thin quality and taste, having the tendency to float and ascend, a drug of Yang. It is a drug functioning on the Vital Energy of the Kidney Channel of Foot Lesser Yin. Qianghuo is warm, pungent and bitter. It is a drug with a thin quality and taste. It is floating and ascending, a drug of Yang. It disperses pathogenic Wind from the Small Intestine Channel of Hand Initial Yang and the Urinary Bladder of Foot Initial Yang. It also functions on the Vital Energy system of the Liver Channel of Foot Greater Yin and the kidney Channel of Foot Lesser Yin.

Xu Zhicai: Tunshi can be used as its guiding drug.

Tao Hongjing: There is no such drug as Tunshi. It should be Lishi/semen *iridis chinensis*/seed of Chinese small iris.

[Indications]

It disperses invading pathogenic Wind and Cold, treats incised wounds and relieves pain, and brings down ascending gas like a running piglet. It relieves epilepsy and spasms, and dissolves hard and moving mass in the abdomen of a woman. Long-term taking of the drug makes the person feel happy and able to enjoy a long life.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It is good for dispersing invading pathogenic Wind of various kinds. It relieves arthralgia due to attack of pathogenic Wind no matter whether it is a chronic disease or a newly contracted one.

— *Mingyi Bielu (Records of Famous Doctors)*.



治诸中风湿冷，奔喘逆气，皮肤苦痒，手足挛痛劳损，风毒齿痛。羌活：治贼风失音不语，多痒，手足不遂，口面喎斜，遍身痲痹、血癩甄权。羌、独活：治一切风并气，筋骨挛拳，骨节酸疼，头旋目赤疼痛，五劳七伤，利五脏及伏梁水气大明。治风寒湿痹，酸痛不仁，诸风掉眩，颈项难伸李杲。去肾间风邪，搜肝风，泻肝气，治项强、腰脊痛好古。散痛疽败血元素。

【发明】

〔恭曰〕疗风宜用独活，兼水宜用羌活。〔刘完素曰〕独活不摇风而治风，浮萍不沉水而利水，因其所胜而为制也。〔张元素曰〕风能胜湿，故羌活能治水湿。独活与细辛



Zhen Quan: Duhuo is good for treating invasion of pathogenic Wind, Humidity and Cold. It brings down ascending gas like a running piglet, and relieves dyspnea, skin itching, and contracture of the hands and feet. It treats consumptive diseases, improves general debility, and relieves toothache due to attack of pathogenic Wind. Qianghuo treats aphonia due to attack of pathogenic Wind, and relieves itching, paralysis of the extremities, deviation of the face and mouth, numbness all over the body and leprosy.

Da Ming: Both Qianghuo and Duhuo can be used to treat diseases caused by attacks of pathogenic Wind of all kinds and disorders of Vital Energy. It relieves contracture of tendons and soreness of joints, treats vertigo, inflamed and painful eye, the five overstrains and the seven harms, facilitates the function of the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), and disperses mass from the epigastrium and fluid-retention.

Li Gao: It is good for treating diseases caused by pathogenic Wind and Cold, and arthralgia due to attack of pathogenic Humidity. It relieves soreness and numbness, and treats vertigo due to attack of pathogenic Wind of various types with stiff neck that hampers free movement.

Wang Haogu: It disperses pathogenic Wind resting with the Kidney, and seeks out pathogenic Wind in the Liver and disperses it. It relieves stiff neck and pain in the spinal cord.

Zhang Yuansu: It disperses carbuncles and phlegmons, and removes blood stasis.

[Explication]

Su Gong: Duhuo is good for dispersing invading pathogenic Wind. Qianghuo is good for dispersing both invading pathogenic Wind and existing fluid-retention.

Liu Wansu: Duhuo does not swing in the wind. This means it is a drug that can overcome the Wind. So it is good for dispersing invading pathogenic Wind. Fuping/herba spirodelae/herb of common ducksmeat\duckweed keeps afloat on the surface of the water. So it is a drug that disperses fluid-retention. This shows that when something conquers the other, it has the corresponding efficacy in treating diseases.

Zhang Yuansu: Wind conquers Humidity. Qianghuo, a drug that can



同用，治少阴头痛。头运目眩，非此不能除。羌活与川芎同用，治太阳、少阴头痛，透关利节，治督脉为病，脊强而厥。〔好古曰〕羌活乃足太阳、厥阴、少阴药，与独活不分二种。后人因羌活气雄，独活气细。故雄者治足太阳风湿相搏，头痛、肢节痛、一身尽痛者，非此不能除，乃却乱反正之主君药也。细者治足少阴伏风，头痛、两足湿痹、不能动止者，非此不能治，而不治太阳之证。〔时珍曰〕羌活、独活皆能逐风胜湿，透关利节，但气有刚劣不同尔。素问云：从下上者，引而去之。二味苦辛而温，味之薄者，阴中之阳，故能引气上升，通达周身，而散风胜湿。按文系曰：唐



control Wind, is capable of conquering Humidity. Assisted by Xixin/herba asari/herb of Manchurian wildginger, Duhuo/radix et rhizoma angelicae pubescentis/root and rhizome of double-teeth pubescent angelica is good for treating headache of the Lesser Yin Channel. This is the best treatment for vertigo with blurred vision. When Qianghuo is used together with Chuanxiong/rhizoma chuanxiong/rhizome of Szechwan lovage, they are good for treating headache of the Initial Yang and Lesser Yin channels. They are effective for facilitating the movement of the joints and for treating diseases of the Dumai Channel (the Governing Vessel). They are also effective for treating a rigid spinal cord and coldness in the extremities.

Wang Haogu: Qianghuo is a drug functioning on the Urinary Bladder of Foot Initial Yang, Liver Channel of Foot Greater Yin and Kidney Channel of Foot Lesser Yin. It was considered in ancient times to be the same drug as Duhuo. But later, people considered that Qianghuo was very strong in its quality and taste and that Duhuo was not, so the two drugs had their respective functions for treating different cases. Qianghuo, the strong drug, is used to treat syndrome of the Urinary Bladder of Foot Initial Yang with struggling pathogenic Wind and Humidity, headache, and pain in the joints and all over the body. If such a syndrome is present, Qianghuo is a must drug. It is the principal drug for dispersing the pathogenic factors and restoring order. Duhuo, the weaker drug, is good for treating a syndrome of Kidney Channel of Foot Lesser Yin with hidden pathogenic Wind, headache and arthralgia in both legs due to attack of pathogenic Humidity that hampers the normal movement. In that case, Duhuo is the must drug. It is not a drug that treats syndrome of the Urinary Bladder of Foot Initial Yang.

Li Shizhen: Both Qianghuo and Duhuo are good for dispersing pathogenic Wind, overcoming Humidity and facilitating the movement of the joints. But their efficacy and quality differ. The former is strong, and the latter weak. *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* says that when pathogenic factors ascend from the lower portion to the upper portion, they should be led out and dispersed. Qianghuo and Duhuo are both bitter, pungent and warm, and of thin quality and taste, the Yang in the Yin, and are good at raising the Vital Energy to ascend and spread all over the body. When Vital Energy prevails, patho-

刘师贞之兄病风。梦神人曰：但取胡王使者浸酒服便愈。师贞访问皆不晓。复梦其母曰：胡王使者，即羌活也。求而用之，兄疾遂愈。〔嘉谟曰〕羌活本手足太阳表里引经之药，又入足少阴、厥阴。名列君部之中，非比柔懦之主。小无不入，大无不通。故能散肌表八风之邪，利周身百节之痛。

【附方】

旧八，新七。（略）



genic Wind and Humidity can be dispersed. Wen Xi records the following case: The brother of Liu Shizhen of the Tang Dynasty once suffered from a disease caused by invasion of pathogenic Wind. Mr. Liu had a dream one night in which an immortal told that the disease could be cured by soaking Huwangshizhe in wine and drinking the wine. Liu Shizhen tried to find the drug Huwangshizhe, but nobody knew what it was. Then he had another dream, in which he was told by the immortal that Huwangshizhe was in fact Qianghuo. So Mr. Liu made the wine, and served it to his brother. The patient recovered.

Chen Jiamo: Qianghuo is a drug that functions on the interior and exterior of the Small Intestine Channel of Hand Initial Yang and Urinary Bladder of Foot Initial Yang, and is the guiding drug for both Channels. It functions on the Kidney Channel of Foot Lesser Yin and Liver Channel of Foot Greater Yin. It is one of the important monarch drugs. It is a strong drug exercising its function in different locations, and a drug that can disperse the eight Winds over the exterior, facilitate movement of the joints and relieve pain all over the body.

[Prescriptions]

Eight prescriptions collected previously, and seven prescriptions collected recently.



土当归 (纲目)

【集解】

(原缺)

根【气味】

辛，温，无毒。

【主治】

除风和血，煎酒服之。闪拗手足，同荆芥、葱白煎汤淋洗之时珍。出卫生易简方。





TUDANGGUI

Udo

Aralia cordata Thunb.

— *Bencao Gangmu (Compendium of Materia Medica)*.

TUDANGGUIGEN

Rhizome and root of udo

Rhizoma et radix araliae cordatae

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

Li Shizhen: It disperses the invading pathogenic Wind, and harmonizes the blood. Stew the drug in wine to make a decoction. Drink the decoction. Stew the drug together with Jingjie/herba schizonepetae/herb of fineleaf schizonepeta and Congbai/bulbus allii fistulosi/fistular onion stalk to make a decoction. Wash twisted and injured hands or feet. This is quoted from *Weisheng Yijian Fang*.

升麻（别录上品）

【释名】

周麻

〔时珍曰〕其叶似麻，其性上升，故名。按张揖广雅及吴普本草并云，升麻一名周升麻。则周或指周地，如今人呼川升麻之义。今别录作周麻，非省文，即脱误也。

【集解】

〔别录曰〕升麻生益州山谷，二月、八月采根日干。
〔弘景曰〕旧出宁州者第一，形细而黑，极坚实。今惟出益州，好者细削，皮青绿色，谓之鸡骨升麻。北部亦有，而形





SHENGMA

Largetrifolious bugbane

Cimicifuga heracleifolia Kom.

Cimicifuga dahurica (Turcz.) Maxim.

Cimicifuga foetida L.

— Drug of superior class in *Mingyi Bielu* (*Records of Famous Doctors*).

[Explanation of Names]

ZHOUMA

Li Shizhen: The leaf of the drug looks like that of *Dama/cannabis sativa*/hemp. The drug has a tendency to ascend, so it is called Shengma, or ascending hemp. According to Zhang Ji's *Guang Ya* and *Wu Pu Bencao* (*Wu Pu's Herbal*), Shengma is also called Zhoushengma. Here Zhou may indicate its place of origin, as in the case of Chuanshengma, where Chuan represents Sichuan. But in *Mingyi Bielu* (*Records of Famous Doctors*), it is called Zhouma. This might be a simplified version, or could be a copying mistake.

[Previous Explanations]

Shengma/rhizoma *cimicifugae*/rhizome of largetrifolious bugbane is produced in the mountain valleys of Yizhou. Collect the root in the second and eighth months. Dry it in the sun.

Tao Hongjing: In the past, Shengma/rhizoma *cimicifugae*/rhizome of largetrifolious bugbane produced in Ningzhou was of top quality. It was thick and black, with a very solid quality. But now the drug is only produced in Yizhou. The drug of good quality has a thin root with a blue-green rind. This is called Jigushengma, or chicken bone Shengma. The drug is also produced in the northern regions. It is bigger in size and looser in qual-



虚大，黄色。建平亦有，而形大味薄，不堪用。人言是落新妇根，不然也。其形相似，气色非也。落新妇亦解毒，取叶掇作小儿浴汤，主惊忤。〔藏器曰〕落新妇今人多呼为小升麻，功用同于升麻，亦大小有殊也。〔志曰〕升麻，今嵩高出者色青，功用不如蜀者。〔颂曰〕今蜀汉、陕西，淮南州郡皆有之，以蜀川者为胜。春生苗，高三尺以来。叶似麻叶，并青色。四月、五月着花，似粟穗，白色。六月以后结实，黑色。根如蒿根，紫黑色，多须。

根【修治】

〔斆曰〕采得刮去粗皮，用黄精自然汁浸一宿，暴干，锉蒸再暴用。〔时珍曰〕今人惟取里白外黑而紧实者，谓之鬼脸升麻，去须及头芦，锉用。

【气味】

甘、苦，平、微寒，无毒。



ity. It is yellow. It is also produced in Jianping, in which case it is big and has a thin taste. This is not a good drug for medical use. Some say that this is the root of Luoxinfu. But this is not correct, as the two drugs have different colors and qualities. Luoxinfu is also a drug that detoxicates. Stew the leaf of the drug in water to make bathing water for a baby, to treat convulsions and infantile convulsive seizures due to fright.

Chen Cangqi: Luoxinfu is also called Xiaoshengma, or little Shengma. It has similar functions and efficacy to the normal Shengma, but is smaller.

Ma Zhi: Shengma/rhizoma cimicifugae/rhizome of largetrifolious bugbane produced in Songgao is blue-green. It is not as effective as that produced in Sichuan.

Su Song: Now the drug is also produced in Shuhan, Shaanxi and Huainan. But the drug produced in Sichuan is the best. The seedlings germinate in the third month, and grows three *chi*. Its leaf is blue-green, similar to Dama/cannabissativa/hemp leaf. The flowers bloom in the fourth and fifth months. The flower is similar to millet spike. It is white. The seed ripens after the sixth month. It is black. Its root looks like wormwood root. It is purple-black and has many fibrous roots.

SHENGMAGEN

Rhizome of largetrifolious bugbane

Rhizoma cimicifugae

[Preparation]

Lei Xiao: Peel off the coarse rind of the rhizome. Soak the drug in the natural juice of Huangjing/rhizoma polygonati/rhizome of king solomonseal overnight. Dry it in the sun. Chop it up and steam it. Then dry it in the sun again.

Li Shizhen: Now people only choose the drug with black rind and white heart and solid quality. This is called Guilianshengma, or ghost-faced Shengma. Remove the fibrous root and head of the drug and then chop it into small pieces. It is then ready for use.

[Quality and Taste]

It is sweet, bitter, plain, slightly cold and nontoxic.



〔元素曰〕性温，味辛微苦，气味俱薄，浮而升，阳也，为足阳明、太阴引经的药。得葱白、白芷，亦入手阳明、太阴。〔杲曰〕引葱白，散手阳明风邪。引石膏，止阳明齿痛。人参、黄芪，非此引之，不能上行。〔时珍曰〕升麻，同柴胡，引生发之气上行；同葛根，能发阳明之汗。

【主治】

解百毒，杀百精老物殃鬼，辟瘟疫瘴气邪气，蛊毒入口皆吐出，中恶腹痛，时气毒疔，头痛寒热，风肿诸毒，喉痛口疮。久服不夭，轻身长年别录。安魂定魄，鬼附啼泣，疔



Zhang Yuansu: It is warm in quality, pungent and slightly bitter in taste. It is a drug with a thin quality and taste. It is floating and ascending, a drug of Yang nature. It is a very good guiding drug for the Stomach Channel of Foot Greater Yang and the Spleen Channel of Foot Initial Yin. Reinforced by Congbai/bulbus allii fistulosi/fistular onion stalk and Baizhi/radix angelicae dahuricae/root of dahuriae angelica, it also functions on the Large Intestine Channel of Hand Greater Yang and the Lung Channel of Hand Initial Yin.

Li Gao: This drug leads Congbai/bulbus allii fistulosi/fistular onion stalk to disperse pathogenic Wind from the Large Intestine Channel of Hand Greater Yang. It leads Shigao/gypsum fibrosum/gypsum to relieve toothache due to disorder of the Greater Yang Channel. Without the guidance of Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane, Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch can not move upwards.

Li Shizhen: Working together with Chaihu/radix bupleuri/root of Chinese thoroughwort, Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane can lead the germinating Vital Energy upward. Working together with Gegen/radix peurariae/root of lobed kudzu vine, the drug can induce perspiration of the Greater Yang Channel.

[Indications]

It neutralizes toxins of a hundred kinds, and kills vicious agents of all sorts. It prevents attacks of febrile epidemics, miasma and attack of various pathogenic factors, and vomits out invading diseases due to noxious agents produced by various parasites. It relieves syncope due to attack of fright and noxious factors with abdominal pain, and treats epidemics and leprosy, headache with chills and fevers, pyogenic infection and swelling due to attack of pathogenic Wind, inflammation of the throat and aphtha. Long-term taking of the drug will make the person feel happy and enjoy a long life.

— *Mingyi Bielu (Records of Famous Doctors)*.

Da Ming: It pacifies the soul and tranquilizes the boldness. It stops weeping as if the patient is haunted, and treats nasal eczema, wandering edema and pyogenic infection.



璽，游风肿毒大明。小儿惊痫，热壅不通，疗痛肿豌豆疮，水煎绵沾拭疮上甄权。治阳明头痛，补脾胃，去皮肤风邪，解肌肉间风热，疗肺痿咳唾脓血，能发浮汗元素。牙根浮烂恶臭，太阳勲衄，为疮家圣药好古。消斑疹，行瘀血，治阳陷眩运，胸胁虚痛，久泄下痢，后重遗浊，带下崩中，血淋下血，阴痿足寒时珍。

【发明】

〔元素曰〕补脾胃药，非此为引用不能取效。脾痹非此不能除。其用有四：手足阳明引经，一也；升阳气于至阴之下，二也；去至高之上及皮肤风邪，三也；治阳明头痛，四也。〔杲曰〕升麻发散阳明风邪，升胃中清气，又引甘温之药上升，以补卫气之散而实其表。故元气不足者，用此于阴



Zhen Quan: It treats infantile convulsions and epilepsy, constipation due to accumulation of pathogenic Heat, carbuncles, swelling and variola. Stew the drug to make a decoction. Absorb the decoction with cotton and apply to the affected part.

Zhang Yuansu: It is good for treating headache of the Greater Yang Channel. It tonifies the Spleen and Stomach, and disperses pathogenic Wind resting on the skin and invading pathogenic Wind and Heat in the muscles. It is effective for treating pulmonary flaccidity with coughing and spitting of bloody pus. It induces perspiration of deficient type.

Wang Haogu: It clears ulceration with odor from the gums, and stops epistaxis and stuffy nose in Initial Yang syndrome. It is a wonder drug for treating sores of all kinds.

Li Shizhen: It eliminates skin rash and papules, removes blood stasis, stops vertigo due to sinking of Yang, and relieves pain in the chest and ribs of deficient nature. It treats chronic diarrhea and dysentery with tenesmus, stops seminal emission, treats leukorrhea and metrorrhagia, stranguria with blood and hematochezia, and impotence with cold feet.

[Explication]

Zhang Yuansu: Prescription aimed at tonifying the Spleen and Stomach should have Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane as the guiding drug. Otherwise it won't work effectively. This is a drug that treats Spleen obstruction. Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane has the following four functions:

1. As the guiding drug of Stomach Channel of Foot Greater Yang and Large Intestine Channel of Hand Greater Yang,
2. For raising Yang Vital Energy to the extreme Yin,
3. For dispersing pathogenic Wind from the topmost position and the skin, and
4. For relieving headache of the Greater Yang Channel.

Li Gao: Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane is a drug that disperses pathogenic Wind resting with the Greater Yang Channel, and raises lucid Vital Energy in the Stomach. It leads drugs of sweet taste and warm quality to ascend to tonify the dispersing body resis-

中升阳，又缓带脉之缩急。有胃虚伤冷，郁遏阳气于脾土者，宜升麻、葛根以升散其火郁。〔好古曰〕升麻葛根汤，乃阳明发散药。若初病太阳证便服之，发动其汗，必传阳明，反成其害也。朱肱活人书言瘀血入里，吐血衄血者，犀角地黄汤，乃阳明经圣药。如无犀角，以升麻代之。二物性味相远，何以代之？盖以升麻能引地黄及余药同入阳明也。





tance so as to consolidate the exterior. A patient suffering from insufficiency of Primordial Vital Energy should take Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane to raise the Yang from the Yin. It will also relieve contracture and emergent condition of the Dai Channel (Girdling Vessel). When the Stomach is in a deficient condition with damage due to intake of cold food complicated by pent-up condition of Yang Vital Energy in the Spleen, Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane and Gegen/radix peurariae/root of lobed kudzu vine should be given to open up pent-up Fire and make it ascend.

Wang Haogu: Shengma Gegen Tang* is a prescription designed to disperse the pathogenic factors from the Greater Yang Channel. But if the prescription is given at the Initial Yang phase, it will induce perspiration. This will not contribute to the healing of the disease but rather to the deterioration of the syndrome, which will develop into the Greater Yang phase.** So it is wrong to give the prescription at this time. In Zhu Gong's *Nanyang Huoren Shu*, it says that hematemeses and epistaxis due to formation of blood stasis should be treated by Xijiao Dihuang Tang,*** a prescription working on the Greater Yang Channel. If Xijiao/cornu rhinocerotis/rhinoceros horn is not available, Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane can be used as a substitute. But how could Shengma/

*Shengma Gegen Tang:

Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane,
Gegen/radix peurariae/root of lobed kudzu vine,
Shaoyao/radix paeoniae/peony root, and
Zhigancao/radix glycyrrhizae preparata/liquorice root prepared.

**For the transmission of the six phases of febrile diseases caused by Cold, see *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*.

***Xijiao Dihuang Tang:

Xijiao/cornu rhinocerotis/rhinoceros horn,
Shengdihuang/radix rehmanniae/rhizome of rehmannia,
Shaoyao/radix paeoniae/peony root, and
Mudanpi/cortex moutan radiceis/tree peony bark.



〔时珍曰〕升麻引阳明清气上行，柴胡引少阳清气上行。此乃禀赋素弱，元气虚馁，及劳役饥饱生冷内伤，脾胃引经最要药也。升麻葛根汤，乃发散阳明风寒药也。时珍用治阳气郁遏，及元气下陷诸病，时行赤眼，每有殊效，神而明之，方可执泥乎？一人素饮酒，因寒月哭母受冷，遂病寒中，食无姜、蒜，不能一啜。至夏酷暑，又多饮水，兼怀怫郁。因病右腰一点胀痛，牵引右胁，上至胸口，则必欲卧。发则大便里急后重，频欲登圜，小便长而数，或吞酸，或吐水，或作泻，或阳痿，或厥逆，或得酒少止，或得热稍止。但受寒食寒，或劳役，或入房，或怒或饥，即时举发。一止则诸



rhizoma cimicifugae/rhizome of large-trifolious bugbane, so different in quality and taste, be used as a substitute? The reason is that Shengma/rhizoma cimicifugae/rhizome of large-trifolious bugbane is a drug that can lead Shengdihuang/radix rehmanniae/rhizome of rehmannia and other drugs to function on the Greater Yang Channel.

Li Shizhen: Shengma/rhizoma cimicifugae/rhizome of large-trifolious bugbane is a drug that can lead the lucid Vital Energy of Greater Yang to ascend. Chaihu/radix bupleuri/root of Chinese thoroughwort is a drug that leads lucid Vital Energy of the Lesser Yang Channel to go upward. These two drugs are the guiding drugs of the Spleen and Stomach. They should be used in the treatment of the following pathological condition: General debility with deficient and exhausted Primordial Vital Energy due to overstrain and improper intake of food. When such conditions exist, give Shengma Gegen Tang. This is a prescription used to disperse invading pathogenic Wind and cold to the greater Yang Channel. I use this prescription to treat cases with pent-up Yang Vital Energy or the sinking of Primordial Vital Energy and inflammation of the eye in epidemics. It works miraculously. So we should not be confined to the functions stipulated by medical works concerning prescriptions. Subtle considerations are necessary. Here is a typical case: A person who loved alcohol lost his mother in winter, and cried bitterly in the wild. He developed a syndrome due to attack of pathogenic Cold. Whenever he ate, he had to have hot ingredients like ginger and garlic to accompany the food. In the summer, he began to drink a lot of water. Melancholy was one symptom. Then he had pain and distention at one spot on the right side of the waist, with referred pain to the right rib and the chest. He lay in bed all the time. When the disease attacked, he had stool with tenesmus and frequent visits to the latrine. Urination was long and frequent, accompanied by acid regurgitation, salivation, diarrhea, impotence and cold extremities. When he drank wine, all the symptoms subsided a little. When eating hot food, he felt a little better. But the syndrome would recur whenever he was exposed to cold, or ate cold food, or worked too much, or had sex, or got angry and hungry. When the syndrome was gone, he seemed to be normal, but when it attacked, he suffered a lot. Sometimes there could be several attacks within the same day.



证泯然，如无病人，甚则日发数次。服温脾胜湿滋补消导诸药，皆微止随发。时珍思之，此乃饥饱劳逸，内伤元气，清阳陷遏，不能上升所致也。遂用升麻葛根汤合四君子汤，加柴胡、苍术、黄芪煎服，服后仍饮酒一二杯助之。其药入腹，则觉清气上行，胸膈爽快，手足和暖，头目精明，神采迅发，诸证如扫。每发一服即止，神验无比。若减升麻、葛根，或不饮酒，则效便迟。大抵人年五十以后，其气消者



Drugs aimed at warming the Spleen, overcoming Humidity, and tonifying and promoting digestion were all given. But they only worked temporarily. Finally, when I treated this patient, I thought carefully and realized that this was a syndrome due to internal damage of the Primordial Vital Energy due to overstrain and improper intake of food when the lucid Yang Vital Energy was pent up in the interior and failed to ascend as it should. So I gave Shengma Gegen Tang and Sijunzi Tang in the following ways:

Shengma Gegen Tang:

Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane,

Gegen/radix peurariae/root of lobed kudzu vine,

Shaoyao/radix paeoniae/peony root, and

Zhigancao/radix glycyrrhizae preparata/licuorice root prepared.

Si Junzi Tang:

Renshen/radix ginseng/ginseng root,

Fuling/poria/indian bread,

Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes, and

Gancao/radix glycyrrhizae/licuorice root,

adding:

Chaihu/radix bupleuri/root of Chinese thoroughwort,

Cangzhu/rhizoma atractylodis/atractylodes rhizome, and

Huangqi/radix astragali/root of membranous milkvetch.

The above drugs were stewed to make a decoction. After serving the decoction, I let the patient drink one or two cupfuls of wine to assist the drug. Once the drug was taken, the patient began to feel the upward movement of lucid Vital Energy. He felt very comfortable in the chest and diaphragm. His extremities began to warm up, his head and eyes began to clear up, and he was in high spirits. All the symptoms and signs subsided. Whenever there was an attack, one dose of the decoction stopped the ailment. It worked miraculously every time. If Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane and Gegen/radix peurariae/root of lobed kudzu vine were not used and no wine was served, its efficacy was greatly reduced. Generally speaking, after 50 years of age a man's Primordial Vital Energy decreases daily, and there is little chance of it being replenished.

多，长者少；降者多，升者少；秋冬之令多，而春夏之令少。若禀受弱而有前诸证者，并宜此药活法治之。素问云：阴精所奉其人寿，阳精所降其人夭。千古之下，窥其奥而阐其微者，张洁古、李东垣二人而已。外此，则著参同契、悟真篇者，旨与此同也。又升麻能解痘毒，惟初发热时，可用解毒；痘已出后，气弱或泄泻者，亦可少用；其升麻葛根汤，则见斑后必不可用，为其解散也。本草以升麻为解毒、吐蛊毒要药，盖以其为阳明本经药，而性又上升故也。按范石湖文集云：李焘为雷州推官，鞠狱得治蛊方：毒在上用升





The total tendency is to descend rather than ascend. Pathological changes follow the pattern of autumn and winter (with shrinking and holding back) rather than spring and summer (with germinating and developing). If a patient is generally weak and suffering from a disease similar to that described above, the prescription can be given with subtractions and additions according to each specific case. *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* says that a man with sufficient Yin Vital Essence lives a long life, and a man with descending Yang Vital Essence is perilous. Since then a couple of thousand years had passed. It seems that only Masters Zhang Jiegu and Li Dongyuan could understand the real meaning of *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)*. However, perhaps the authors of *Zhouyi Cantongqi* and *Wuzhen Pian** also understood its subtleties.

Shengma/rhizoma cimirifugae/rhizome of large-trifolious bugbane is also good for neutralizing smallpox toxins. In the early stages, when there is a fever, the drug can be used. After the smallpox has appeared and the patient becomes debilitated with diarrhea and dysentery, a small dose of Shengma/rhizoma cimirifugae/rhizome of large-trifolious bugbane can still be used. When a skin rash appears, Shengma Gegen Tang (Shengma/rhizoma cimirifugae/rhizome of large-trifolious bugbane, Gegen/radix peurariae/root of lobed kudzu vine, Shaoyao/radix paeoniae/peony root, and Zhigancao/radix glycyrrhizae preparata/licuorice root prepared) can no longer be used, as they are dispersive. Ancient *Bencao* works record that Shengma/rhizoma cimirifugae/rhizoma of large-trifolious bugbane can neutralize the toxins of a disease due to noxious agents produced by various parasites by inducing vomiting. This is because Shengma/rhizoma cimirifugae/rhizome of large-trifolious bugbane is the principal drug of the Greater Yang Channel, with ascending tendency. *Fan Shihu Wenji* says that Mr. Li Tao, an official in Leizhou, once got a secret recipe for treating Gudu (disease due to noxious agents produced by various parasites): If the toxin is at the

*Author of *Zhouyi Cantongqi*: Wei Boyang. Author of *Wuzhen Pian*: Zhang Boduan.

麻吐之，在腹用郁金下之，或合二物服之，不吐则下。此方活人甚多也。

【附方】

旧五，新八。（略）



upper portion, serve Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane to vomit out the condition. If it is located at the lower portion, serve Yujin/radix curcumae/root-tuber of aromatic turmeric to bring it out in the stool. When the two drugs are used together, there will be either vomiting or loose stool. With this prescription, Mr. Li saved the lives of many people.

[Prescriptions]

Five prescriptions collected previously, and eight prescriptions collected recently.



苦参（本经上品）

【释名】

苦苈本经。苦骨纲目。地槐别录。水槐本经。菟槐别录。骄槐别录。野槐纲目。白茎别录。又名苓茎，禄白、陵郎、虎麻。

〔时珍曰〕苦以味名，参以功名，槐以叶形名也。苦苈与菜部苦苈同名异物。





KUSHEN

Lightyellow sophora

Sophora flavescens Ait.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

KUSHI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

KUGU

— *Bencao Gangmu* (*Compendium of Materia Medica*).

DIHUAI

— *Mingyi Bielu* (*Records of Famous Doctors*).

SHUIHUAI

— *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

TUHUAI

— *Mingyi Bielu* (*Records of Famous Doctors*).

JIAOHUAI

— *Mingyi Bielu* (*Records of Famous Doctors*).

YEHUAI

— *Bencao Gangmu* (*Compendium of Materia Medica*).

BAIJING

— *Mingyi Bielu* (*Records of Famous Doctors*).

The drug also has the following names:

QINJING

LUBAI

LINGLANG

HUMA

Li Shizhen: Kushen (Ku = bitter, Shen is a ginseng-like herb). Ku in-

【集解】

〔别录曰〕苦参生汝南山谷及田野，三月、八月、十月采根暴干。〔弘景曰〕近道处处有之。叶极似槐叶，花黄色，子作荚，根味至苦恶。〔颂曰〕其根黄色，长五七寸许，两指粗细。三五茎并生，苗高三四尺以来。叶碎青色，极似槐叶，春生冬凋。其花黄白色，七月结实如小豆子。河北生者无花子。五月、六月、八月、十月采根暴干。〔时珍曰〕七八月结角如萝卜子，角内有子二三粒，如小豆而坚。

根

〔修治〕〔斲曰〕采根，用糯米浓泔汁浸一宿，共腥秽





dicates its taste. Shen indicates that the drug has similar functions to Ren-shen/radix ginseng/ginseng root. Huai indicates that the leaf of the drug is similar to Huaiye/folium sophorae/leaf of Japanese pagodatree. Kushi is also the name of another drug in the category of vegetables.

[Previous Explanations]

Kushen/radix sophorae flavescens/root of lightyellow sophora is produced in the mountain valleys and meadows of Runan. Collect the root in the third, eighth and tenth months. Dry it in the sun.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Kushen/radix sophorae flavescens/root of lightyellow sophora is found everywhere in nearby places. Its leaf is very similar to Huaiye/folium sophorae/leaf of Japanese pagodatree. Its flower is yellow. It bears a pod with seeds in it. Its root tastes very bitter.

Su Song: Its root is yellow, five to seven *cun* long and as thick as two fingers. Three to five stems grow together, three to four *chi* tall. Its leaf is blue-green, very similar to Huaiye/folium sophorae/leaf of Japanese pagodatree. The herb grows in spring, and withers in winter. Its flower is yellow-white. In the seventh month, seeds similar to those of Chixiaodou/semen phaseoli/rice bean take shape. The drug produced in Hebei has neither flower nor seed. Collect the root in the fifth, sixth, eighth and tenth months. Dry it in the sun.

Li Shizhen: The pod forms in the seventh and eighth months, like Lubozi/semen raphani/radish seed. There are two to three seeds in each pod. The seed looks like Chixiaodou/semen phaseoli/rice bean, but it is harder.

KUSHENGEN

Root of lightyellow sophora

Radix sophorae flavescens

[Preparation]

Lei Xiao: Soak the root in dense Nuomigan (water in which polished glutinous rice has been washed) overnight. Its foul smell will be emitted from the surface of the water. Rinse the drug repeatedly and then steam it



气并浮在水面上，须重重淘过，即蒸之，从巳至申，取晒切用。

〔气味〕苦，寒，无毒。〔之才曰〕玄参为之使，恶贝母、菟丝、漏芦，反藜芦。〔时珍曰〕伏汞，制雌黄、焰消。

〔主治〕心腹结气，癥瘕积聚，黄疸，溺有余沥，逐水，除痈肿，补中，明目止泪本经。养肝胆气，安五脏，平胃气，令人嗜食轻身，定志益精，利九窍，除伏热肠癖，止渴醒酒，小便黄赤，疗恶疮、下部蠹别录。渍酒饮，治疥杀



from Sishi (the hours 9-11) to Shenshi (the hours 15-17). Then cut the drug into small pieces, and dry them in the sun.

[Quality and Taste]

It is bitter, cold and nontoxic.

Xu Zhicai: Xuanshen/radix scrophulariae/figwort root can be its guiding drug. It is mutually inhibiting with Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of Thunberg\tendrilleaf fritillary, Tusizi/semen cuscutae/dodder seed and Loulu/radix rhapontici/root of uniflower swesscentarry. It counteracts lilu/rhizoma et radix veratri/rhizome and root of falsehellebore.

Li Shizhen: It oppresees Gong/hydrargyrum/mercury, controls Cihuang/orpimentum/orpiment and Yanxiao/sal nitri/niter.

[Indications]

It disperses accumulation of Vital Energy in the epigastrium and abdomen, and removes hard mass, accumulation and assemblage from the abdomen. It treats jaundice and urinary dripping. It dispels fluid-retention, treats carbuncles and swelling, tonifies the interior, improves the eyesight and stops the shedding tears.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It nourishes Vital Energy in the Liver and Gall Bladder, pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney), tranquilizes the Stomach Vital Energy, whets the appetite and makes one feel happy, strengthens the willpower and reinforces the Vital Essence. It facilitates the function of the nine orifices, eliminates hidden pathogenic Heat, and stops dysentery with mucous discharge and flatus. It quenches thirst and treats alcoholism, reddish and yellowish urine, malignant sores and sores on the genitals.

— *Mingyi Bielu (Records of Famous Doctors)*.

Tao Hongjing: Soak Kushen/radix sophorae flavescens/root of light-yellow sophora in wine. Drink the wine to treat scabies and kill parasites.

Su Gong: It is good for killing malignant parasites and relieving soreness in the tibia.

Zhen Quan: It is good for treating diseases caused by invasion of



虫弘景。治恶虫、胫酸苏恭。治热毒风，皮肤烦燥生疮，赤癞眉脱，除大热嗜睡，治腹中冷痛，中恶腹痛甄权。杀疳虫。炒存性，米饮服，治肠风泻血并热痢大明。

〔发明〕〔元素曰〕苦参味苦气沉纯阴，足少阴肾经君药也。治本经须用，能逐湿。〔颂曰〕古今方用治风热疮疹最多。〔宗奭曰〕沈存中笔谈，载其苦腰重久坐不能行。有一将佐曰：此乃病齿数年，用苦参揩齿，其气味人齿伤肾所致也。后有太常少卿舒昭亮，亦用苦参揩齿，岁久亦病腰。



pathogenic Heat, Wind and toxins, sores on the skin and muscles with restlessness and irritation, red pertinacious skin diseases and the falling out of eyebrows. It eliminates severe fever and lethargy, warms a cold feeling and relieves pain in the abdomen, and treats abdominal pain due to attack of fright and noxious factors.

Da Ming: It kills parasites in cases of malnutrition. Stir-fry the drug but retain its property. Grind the drug to powder. Wash down the powder with Miyin (water in which rice has been cooked). It is effective for treating hematochezia due to invasion of pathological Wind into the Intestines and dysentery due to attack of pathological Heat.

[Explication]

Zhang Yuansu: Kushen/radix sophorae flavescentis/root of lightyellow sophora, bitter in taste and sinking in quality, is a drug of pure Yin and is the monarch drug functioning on the Kidney Channel of Foot Lesser Yin. It must be used when diseases related to the Kidney Channel of Foot Lesser Yin are to be treated. It disperses pathogenic Humidity.

Su Song: In both ancient and modern prescriptions, Kushen/radix sophorae flavescentis/root of lightyellow sophora has been used extensively in the treatment of sores and rashes due to attack of pathogenic Wind and Heat.

Kou Zongshi: Shen Cunzhong, in his Mengxi Bitan, records a case of a patient who spent too much time sitting, and felt heaviness in the waist that hampered walking. A military official explained the pathology: This was because the patient had been using Kushen/radix sophorae flavescentis/root of lightyellow sophora to rub his teeth while he was suffering from toothache for years. After that, the quality and taste of Kushen/radix sophorae flavescentis/root of lightyellow sophora entered the Kidney. When Kidney was damaged, pain in the waist occurred. Then there was another case: Mr. Shu Zhaoliang, with the official title Taichang Shaoqing, also rubbed his teeth with Kushen/radix sophorae flavescentis/root of lightyellow sophora, and developed lumbago. After this was revealed, people stopped the practice of rubbing the teeth with Kushen/radix sophorae/flavescentis/root of lightyellow sophora, and the pain in the waist disappeared. Such cases are



自后悉不用之，腰疾皆愈。此皆方书不载者。〔震亨曰〕苦参能峻补阴气，或得之而致腰重者，因其气降而不升也，非伤肾之谓也。其治大风有功，况风热细疹乎？〔时珍曰〕子午乃少阴君火对化，故苦参、黄檗之苦寒，皆能补肾，盖取其苦燥湿、寒除热也。热生风，湿生虫，故又能治风杀虫。惟肾水弱而相火胜者，用之相宜。若火衰精冷，真元不足，及年高之人，不可用也。素问云：五味入胃，各归其所喜攻，久而增气，物化之常也。气增而久，夭之由也。王冰注云：入肝为温，入心为热，入肺为清，入肾为寒，入脾为至阴而兼四气，皆为增其味而益其气，各从本脏之气。故久服黄连、苦参而反热者，此其类也。气增不已，则脏气有偏胜，偏胜则脏有偏绝，故有暴夭。是以药不具五味，不备四



generally not recorded in books of prescriptions.

Zhu Zhenheng: Kushen/radix sophorae/flavescentis/root of lightyellow sophora is a drug that tonifies the Yin Vital Essence in a drastic way. The reason why someone gets lumbago is due to the descending tendency of the drug. This is not due to Kidney damage. It is a drug that has a strong therapeutic effect in dispersing excessive invasion of pathogenic Wind. It is also effective for treating skin rashes due to attack of pathogenic Wind and Heat.

Li Shizhen: Zi and Wu are the transformation of the monarch Fire of Lesser Yin. Drugs like Kushen/radix sophorae/flavescentis/root of lightyellow sophora and Huangbai/cortex phellodendri/bark of Chinese corktree, bitter and cold, can all tonify the Kidney. This is because the bitter taste can dry Humidity, and the cold quality can eliminate the Heat. Excessive Heat will evolve into pathogenic Wind and can help the germination of worms. So it is good for dispersing pathogenic Wind and killing worms. It is suitable for a patient who has a debilitated condition of the Kidney Water with excessive ministerial Fire. But Kushen/radix sophorae/flavescentis/root of lightyellow sophora is not suitable for those with weak monarch Fire and cold sperm with insufficiency of Primordial Vital Energy, or for the aged people. *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* says that when drugs of the five tastes enter the Stomach, each taste goes to the part it is used to attacking. Long-term taking of the same taste will lead to accumulation of that taste. This is the normal practice of the transformation of things. When such accumulation reaches a certain extent, it becomes the cause of sudden death. Wang Bing's annotation says that when the drug enters the Liver, it becomes Warmth; when it enters the Heart, it becomes Heat; when it enters the Lung, it becomes Lucidity; when it enters the Kidney, it becomes Cold; and when it enters the Spleen, it becomes extreme Yin with all the four qualities. This is a process that increases the taste and reinforces the quality of the Viscus. Each taste goes to the Viscus of the same characteristic. When such accumulation reaches a certain extent, the Vital Energy becomes excessive and exuberant. When such excess and exuberance reaches a certain point, it can cause sudden death. So if a drug does not have all the five tastes and four qualities but only has one or two tastes and qualities, it may work at



气，而久服之，虽且获胜，久必暴夭。但人疏忽，不能精候尔。张从正亦云：凡药皆毒也。虽甘草、苦参，不可不谓之毒。久服则五味各归其脏，必有偏胜气增之患。诸药皆然，学者当触类而长之可也。至于饮食亦然。又按史记云：太仓公淳于意医齐大夫病齩齿，灸左手阳明脉，以苦参汤日漱三升，出入五六日，其风愈。此亦取其去风气湿热、杀虫之义。

〔附方〕旧十，新一十八。（略）



first in the treatment of a disease, but its taste and quality will accumulate and finally cause sudden death if the accumulation reaches a certain peak. But this is largely neglected. That is why Zhang Congzheng once said that all drugs have toxic properties. Even Gancao/radix glycyrrhizae/liquorice root or Kushen/radix sophorae/flavescentis/root of lightyellow sophora have their toxic qualities. Long-term taking of a certain drug will start the accumulation process of a certain taste and quality. When such accumulation is excessive, it becomes risky. All drugs have such tendencies. Learners should remember this, and try to avoid too much use of a certain drug. Here is a case recorded in *Shi Ji (Records of the Historian)*: Master Chunyu Yi, also known as Taicanggong, once treated an official of the State of Qi who was suffering from dental caries. First, Moxibustion was practiced on the left hand of the Greater Yang Channel. Then a decoction of Kushen/radix sophorae flavescentis/root of lightyellow sophora was prepared. The patient was instructed to rinse his mouth with three *sheng* of the decoction daily. After five to six days of such treatment, the syndrome was gone. The pathology is due to the fact that Kushen/radix sophorae/flavescentis/root of lightyellow sophora is good for dispersing pathogenic Wind, Heat and Humidity, as well as for killing worms (parasites).

[Prescriptions]

- 10 prescriptions collected previously, and
- 18 prescriptions collected recently.

白鲜（音仙。本经中品）

【释名】

白臙弘景。白羊鲜弘景。地羊鲜图经。金雀儿椒日华。

〔弘景曰〕俗呼为白羊鲜。气息正似羊臙，故又名白臙。〔时珍曰〕鲜者，羊之气也。此草根白色，作羊臙气，其子累累如椒，故有诸名。

【集解】

〔别录曰〕白鲜皮生上谷川谷及冤句，四月、五月采根阴干。〔弘景曰〕近道处处有，以蜀中者为良。〔恭曰〕其





BAIXIAN

Densefruit pittany

Dictamnus dasycarpus Turcz.

— Drug of medium class in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*).

[Explanation of Names]

BAISHAN

— Tao Hongjing

BAIYANGXIAN

— Tao Hongjing

DIYANGXIAN

— *Tujing Bencao* (*Illustrated Materia Medica*).

JINQUEERJIAO

— *Da Ming Rihua Bencao* (*Materia Medica by Da Ming*).

Tao Hongjing: It is colloquially called Baiyangxian. It has the smells of mutton. So it is also called Baishan, or white mutton smell.

Li Shizhen: Baixian (Bai = white, Xian = mutton smell). The root of this drug is white and smells like mutton. It bears many seeds, like *Huajiao*/pericarpium zanthoxyli/Chinese prickly ash. So it has the above names.

[Previous Explanations]

Baixianpi/cortex dictamni radices/root-bark of densefruit pittany is produced in the mountain valleys of Shanggu and Yuanju. Collect the root in the fourth and fifth months. Dry the drug in the shade.

— *Mingyi Bielu* (*Records of Famous Doctors*).

Tao Hongjing: The drug is also produced everywhere in nearby places. But the best drug is produced in Sichuan.

Su Gong: Its leaf looks like Zhuyu (either Shanzhuyu, Wuzhuyu or



叶似茱萸，苗高尺余，根皮白而心实，花紫白色。根宜二月采，若四月、五月采，便虚恶矣。〔颂曰〕今河中、江宁府、滁州、润州皆有之。苗高尺余，茎青，叶稍白，如槐亦似茱萸。四月开花淡紫色，似小蜀葵花。根似小蔓菁，皮黄白而心实。山人采嫩苗为菜茹。

根皮【气味】

苦，寒，无毒。

〔别录曰〕咸。〔之才曰〕恶蜈蚣、桔梗、茯苓、葶藶。

【主治】

头风黄疸，咳逆淋漓，女子阴中肿痛，湿痹死肌，不可屈伸起止行步本经。疗四肢不安，时行腹中大热饮水，欲走



Shizhuyu), with a herb one *chi* tall. The root bark is white with a solid heart. The flower is purple-white. The root should be collected in the second month. If it is collected in the fourth and fifth months, it turns loose and bad.

Su Song: Now the drug is produced in Hezhong, Jiangning Prefecture, Chuzhou and Runzhou. It is about one *chi* tall, with a blue-green stem and slightly white leaf similar to Huaiye/foolium sophorae/leaf of Japanese pagodatree or that of Zhuyu (either Shanzhuyu, Wuzhuyu or Shizhuyu). The pale purple flower blooms in the fourth month, similar to the small Shukui/althea rosea/hollyhock flower. Its root looks like the small Wujing/radix brassicae rapae/turnip root. It has a yellow-white bark and solid heart. People living in the mountains collect the seedlings and eat them as vegetables.

BAIXIANGENPI

Root-bark of densefruit pittany
Cortex dictamni radices

[Quality and Taste]

It is bitter, cold and nontoxic.

It is salty.

— *Mingyi Bielu (Records of Famous Doctors)*.

Xu Zhicai: It is mutually inhibiting with Sangpiaoxiao/Ootheca mantidis/mantis egg-case, Jiegeng/radix platycodi/platycodon root, Fuling/poria/indian bread and Bixie/rhizoma dioscoreae hypoglaucae/rhizome of hypoglaucous collett yam.

[Indications]

It is good for treating severe intermittent headache and jaundice, coughing with dyspnea, stranguria with urinary dripping, swelling and pain in the vulva, and arthralgia with dead muscle due to attack of pathogenic Humidity that hampers the legs from walking normally or bending freely.

— *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

It treats difficulty in moving the extremities, and disperses excessive heat from the abdomen causing great thirst. It is good for treating a case



大呼，小儿惊痫，妇人产后余痛别录。治一切热毒风、恶风，风疮疥癣赤烂，眉发脱脆，皮肤急，壮热恶寒，解热黄、酒黄、急黄、谷黄、劳黄甄权。通关节，利九窍及血脉，通小肠水气，天行时疾，头痛眼疼。其花同功大明。治肺嗽苏颂。

【发明】

〔时珍曰〕白鲜皮气寒善行，味苦性燥，足太阴、阳明经去湿热药也，兼入手太阴、阳明，为诸黄风痹要药。世医止施之疮科，浅矣。

【附方】

旧一，新一。（略）



when the patient walks wildly and shouts loudly. It relieves infantile convulsions and epilepsy, and abdominal pain during puerperium.

— *Mingyi Bielu (Records of Famous Doctors)*.

Zhen Quan: It is good for treating diseases of various kinds due to attack of pathogenic Heat and Wind, with aversion to wind. It treats sores, scabies and tinea with ulceration due to attack of pathogenic Wind and falling off of eyebrows and hair. It eliminates high fever from the skin, with aversion to cold, and treats jaundice due to alcoholism, acute onset of jaundice, jaundice due to improper intake of food and jaundice due to overstrain.

Da Ming: It is good for facilitating the movement of the joints, the functions of the nine orifices and the circulation of blood. It disperses fluid-retention resting in the Small Intestine, treats epidemics, and relieves headache and eye pain. The flower of the drug has the same function as the root-bark.

Su Song: It relieves coughing due to disorder of the Lung.

[Explication]

Li Shizhen: Baixianpi/cortex dictamni radice/root-bark of densefruit pittany is a drug of cold quality that moves in the body. It is bitter in taste and dry in quality. It disperses pathogenic Humidity and Heat from the Spleen Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang. It also functions on the Lung Channel of Hand Initial Yin and Large Intestine Channel of Hand Greater Yang. It is a principal drug for treating jaundice and dispersing arthralgia due to attack of pathogenic Wind. Mediocre doctors only use the drug for treating skin sores. It is a pity that this drug is not fully understood by the doctors.

[Prescriptions]

One prescription collected previously, and one prescription collected recently.