

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

II



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

II



(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

藁 本



芍 药



甘 松 香



杜 若



蜘 蛛 香



牡 丹



山 柰



山 姜



白 芷



广州木香



廉 姜



高 良 姜



目 录

| | |
|-----|-----|
| 延胡索 | 534 |
| 贝母 | 542 |
| 山慈姑 | 554 |
| 石蒜 | 562 |
| 白茅 | 568 |
| 龙胆 | 578 |
| 细辛 | 586 |
| 杜衡 | 600 |
| 徐长卿 | 608 |
| 白微 | 616 |
| 白前 | 624 |
| 朱砂根 | 630 |
| 当归 | 632 |
| 芍药 | 650 |
| 藜蘼 | 666 |
| 蛇床 | 672 |
| 藁本 | 680 |
| 白芷 | 688 |
| 芍药 | 700 |

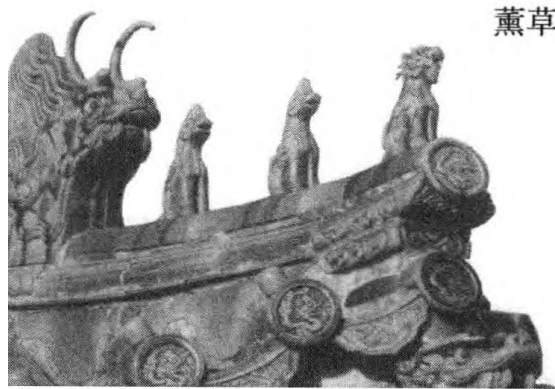


CONTENTS

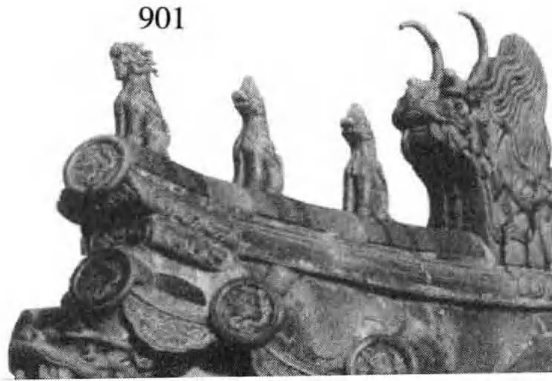
| | |
|-------------|-----|
| YANHUSUO | 535 |
| BEIMU | 543 |
| SHANCIGU | 555 |
| SHISUAN | 563 |
| BAIMAO | 569 |
| LONGDAN | 579 |
| XIXIN | 587 |
| DUHENG | 601 |
| XUCHANGQING | 609 |
| BAIWEI | 617 |
| BAIQIAN | 625 |
| ZHUSHAGEN | 631 |
| DANGGUI | 633 |
| XIONGQIONG | 651 |
| MIWU | 667 |
| SHECHUANG | 673 |
| GAOBEN | 681 |
| BAIZHI | 689 |
| SHAOYAO | 701 |



| | |
|--------|-----|
| 牡丹 | 716 |
| 木香 | 730 |
| 甘松香 | 744 |
| 山柰 | 748 |
| 杜若 | 752 |
| 高良姜 | 760 |
| 豆蔻 | 768 |
| 白豆蔻 | 780 |
| 缩砂蜜 | 786 |
| 益智子 | 794 |
| 荜茇 | 804 |
| 蒟酱 | 812 |
| 肉豆蔻 | 820 |
| 补骨脂 | 826 |
| 姜黄 | 836 |
| 郁金 | 844 |
| 荆三棱 | 854 |
| 莎草、香附子 | 866 |
| 郁金香 | 886 |
| 藿香 | 892 |
| 薰草、零陵香 | 900 |



| | |
|-----------------------|-----|
| MUDAN | 717 |
| MUXIANG | 731 |
| GANSONGXIANG | 745 |
| SHANNAI | 749 |
| DURUO | 753 |
| GAOLIANGJIANG | 761 |
| DOUKOU | 769 |
| BAIDOUKOU | 781 |
| SUOSHAMI | 787 |
| YIZHIZI | 795 |
| BIBA | 805 |
| JUJIANG | 813 |
| ROUDOUKOU | 821 |
| BUGUZHI | 827 |
| JIANGHUANG | 837 |
| YUJIN | 845 |
| JINGSANLENG | 855 |
| SHACAO, XIANGFUZI | 867 |
| YUJINXIANG | 887 |
| HUOXIANG | 893 |
| XUNCAO, LINGLINGXIANG | 901 |



| | |
|------|------|
| 兰草 | 908 |
| 泽兰 | 922 |
| 香薷 | 934 |
| 假苏 | 946 |
| 薄荷 | 958 |
| 苏 | 968 |
| 水苏 | 980 |
| 菊 | 988 |
| 野菊 | 1004 |
| 庵苘 | 1008 |
| 艾 | 1016 |
| 茵陈蒿 | 1032 |
| 青蒿 | 1044 |
| 白蒿 | 1054 |
| 牡蒿 | 1062 |
| 茺蔚 | 1066 |
| 薇衔 | 1082 |
| 夏枯草 | 1088 |
| 刘寄奴草 | 1096 |
| 旋覆花 | 1102 |
| 青葙 | 1114 |



| | |
|--------------|------|
| LANCAO | 909 |
| ZELAN | 923 |
| XIANGROU | 935 |
| JIASU | 947 |
| BOHE | 959 |
| SU | 969 |
| SHUISU | 981 |
| JU | 989 |
| YEJU | 1005 |
| YANLÜ (ANLÜ) | 1009 |
| AI | 1017 |
| YINCHENHAO | 1033 |
| QINGHAO | 1045 |
| BAIHAO | 1055 |
| MUHAO | 1063 |
| CHONGWEI | 1067 |
| MEIXIAN | 1083 |
| XIAKUCAO | 1089 |
| LIUJINUCAO | 1097 |
| XUANFUHUA | 1103 |
| QINGXIANG | 1115 |



延胡索（宋开宝）

【释名】

玄胡索

〔好古曰〕本名玄胡索，避宋真宗讳，改玄为延也。

【集解】

〔藏器曰〕延胡索生于奚，从安东道来，根如半夏，色黄。〔时珍曰〕奚乃东北夷也。今二茅山西上龙洞种之。每年寒露后栽，立春后生苗，叶如竹叶样，三月长三寸高，根丛生如芋卵样，立夏掘起。





YANHUSUO

Yanhusuo

Corydalis yanhusuo W.T. Wang.

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

[Explanation of Names]

XUANHUSUO

Wang Haogu: The drug was originally named Xuanhusuo. But to avoid using the character Xuan which was in the name of Emperor Zhenzong of the Song Dynasty, the name of the drug was changed to Yanhusuo.*

[Previous Explanations]

Chen Cangqi: Yanhusuo/*rhizoma corydalis/yanhusuo* is produced in the Xi area, and is shipped from Andongdao. Its root looks like *Banxia/rhizoma pinelliae/pinellia tuber*. It is yellow.

Li Shizhen: The Xi is a minority tribe in the northeast region. Now the drug is grown in Ermao** and Shanglongdong, in Shanxi. Every year, the drug grows after the solar term the Cold Dew (c. October 8). After the solar term the Beginning of Spring (c. February 5) the seedling begins to germinate. Its leaf is similar to *Zhuye/folium bambusae/bamboo leaf*. In the third month, its seedling is as long as three *cun*. Its root grows in tussocks, like Yuluan. Collect the drug on the day of the solar term the Beginning of Summer (c. May 5).

*In ancient Chinese feudal society, when a new emperor came to the throne, the characters in his name became taboo for use in the names of other people or things.

**Ermao may indicate either Maoshan or Maojin.



根【气味】

辛，温，无毒。

〔珣曰〕苦、甘。〔杲曰〕甘、辛，温，可升可降，阴中阳也。〔好古曰〕苦，辛，温，纯阳，浮也，入手、足太阴经。

【主治】

破血，妇人月经不调，腹中结块，崩中淋露，产后诸血病，血运，暴血冲上，因损下血。煮酒或酒磨服开宝。除风治气，暖腰膝，止暴腰痛，破癥癖，扑损瘀血，落胎大明。治心气小腹痛，有神好古。散气，治肾气，通经络李珣。活血利气，止痛，通小便时珍。



YANHUSUOGEN

Yanhusuo

Rhizoma corydalis

[Quality and Taste]

It is pungent, warm and nontoxic.

Li Xun: It is bitter and sweet.

Li Gao: It is sweet, pungent and warm. It can ascend and descend, a drug of Yang in the Yin.

Wang Haogu: It is bitter, pungent and warm, a drug of pure Yang with the tendency to float. It functions on the Lung Channel of Hand Initial Yin and the Spleen Channel of Foot Initial Yin.

[Indications]

It is good for removing blood stasis. It treats menstrual disorder with hard mass in the abdomen, metrorrhagia and metrostaxis, vaginal bleeding and lochia. It also treats blood disorders during puerperium, vertigo due to blood disorder, rushing up of blood and hemorrhage due to general deficiency. Stew or grind the drug in wine.

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

Da Ming: It disperses invasion of pathogenic Wind and regulates the Vital Energy. It warms the lumbar region and knees, and relieves sudden onset of lumbago. It dissolves hard mass in the abdomen and blood stasis due to physical injury. It promotes abortion.

Wang Haogu: It relieves pain from the epigastrium and lower abdomen. It works wonders.

Li Xun: It disperses accumulation of Vital Energy, tonifies the Kidney and dredges the Channels and Collaterals.

Li Shizhen: It invigorates circulation of the blood and Vital Energy, relieves pain and facilitates urination.

[Explication]

Li Xun: It is a drug that tonifies the Kidney Vital Energy. It is good for treating puerperal lochia after a delivery with bleeding and after-pains.



【发明】

〔珣曰〕主肾气，及破产后恶露或儿枕。与三棱、鳖甲、大黄为散甚良，虫蛀成末者尤良。〔时珍曰〕玄胡索味苦微辛，气温，入手足太阴厥阴四经，能行血中气滞，气中血滞，故专治一身上下诸痛，用之中的，妙不可言。荆穆王妃胡氏，因食荞麦面着怒，遂病胃脘当心痛，不可忍。医用吐下行气化滞诸药，皆入口即吐，不能奏功。大便三日不通。因思雷公炮炙论云：心痛欲死，速觅延胡。乃以玄胡索末三钱，温酒调下，即纳入，少顷大便行而痛遂止。又华老年五十余，病下痢腹痛垂死，已备棺木。予用此药三钱，米



Grind the drug together with Sanleng/rhizoma sparganii/rhizome of common burreed, Biejia/carapax trionycis/turtle shell and Dahuang/radix et rhizoma rhei/rhubarb to powder. This is a very good preparation. The drug that has been eaten by moths with powder remaining is even better.

Li Shizhen: Xuanhusuo/rhizoma corydalis/yanhusuo, bitter and slightly pungent in taste and warm in quality, is a drug that functions on the following four Channels:

- Lung Channel of Hand Initial Yin,
- Spleen Channel of Foot Initial Yin,
- Pericardium Channel of Hand Greater Yin, and
- Liver Channel of Foot Greater Yin.

It is a drug that disperses stagnation of Vital Energy in the blood and blood stasis in Vital Energy. It is a drug that treats pain all over the body. When it is used in the right way, it gives very satisfactory effects beyond description. Ms. Hu, a concubine of King Jingmu, once got very angry right after eating noodles made of Qiaomai/semen fagopyri esculenti/buckwheat. She began to suffer from intolerable epigastric pain. Doctors prescribed drugs to vomit out the ailment, to facilitate the circulation of Vital Energy or to help the digestion. But once the drugs were served, she would vomit them out. There was no stool for three days. Then I was sent for. I examined the patient, and remembered that in *Lei Gong Paozhilun (Lei Gong's Treatises on the Preparation of Drugs)* it is recommended that when a patient is dying of heart pain, he or she should be served Yanhusuo/rhizoma corydalis/yanhusuo urgently. So I prescribed the following: Blend three *qian* of powder of Yanhusuo/rhizoma corydalis/yanhusuo with warm wine. Serve. She was able to swallow the drug. Then there was a stool, and the pain was greatly relieved and finally stopped. Another case: Mr. Hua, over 50 years old, was suffering from dysentery with severe abdominal pain. The patient seemed to be dying, and the coffin had already been prepared. When I examined the case, I prescribed three *qian* of powder of Yanhusuo/rhizoma corydalis/yanhusuo, and let the patient wash it down with Miyin (water in which rice has been cooked). The pain was greatly reduced. Then follow-up treatments were arranged. So the patient was saved. *Fang Shao Bozhai Bian* records another case: A patient was suffering from severe pain



饮服之，痛即减十之五，调理而安。按方勺泊宅编云：一人病遍体作痛，殆不可忍。都下医或云中风，或云中湿，或云脚气，药悉不效。周离亨言：是气血凝滞所致。用玄胡索，当归、桂心等分，为末，温酒服三四钱，随量频进，以止为度，遂痛止。盖玄胡索能活血化气，第一品药也。其后赵待制霆因导引失节，肢体拘挛，亦用此数服而愈。

【附方】

旧三，新一十二。（略）

all over his body. Doctors in the capital examined him. Some said it was a case of wind stroke, while others said that it was a case due to attack of pathogenic Humidity, and someone even diagnosed it as a case of beriberi. Drugs were prescribed and served, but to no avail. Doctor Zhou Liheng, after examining the patient, diagnosed the case as one of stagnation of Vital Energy and blood. Treatment: Grind equal amounts of the following drugs to powder:

Xuanhusuo/rhizoma corydalis/yanhusuo,
Danggui/radix angelicae sinensis/root of Chinese angelica, and
Guixin/cortex cinnamomi/inner bark of cassia.

Wash down three to four *qian* of the powder with warm wine. Take at short intervals until it works. Finally, the pain stopped. This shows that Yanhusuo/rhizoma corydalis/yanhusuo is the most important drug for invigorating Vital Energy and blood. Another case: Mr. Zhao Ting, official title Shizhi, was once suffering from contracture of the extremities due to overstrain while practicing Daoyin, a kind of ancient physical exercise. After taking several doses of the above drug, he was all right again.

[Prescriptions]

Three prescriptions collected previously, and
12 prescriptions collected recently.



贝母（本经中品）

【释名】

茵尔雅。音萌。勤母别录。苦菜别录。苦花别录。空草本经。药实

〔弘景曰〕形似聚贝子，故名贝母。〔时珍曰〕诗云言采其茵，即此。一作室，谓根状如室也。苦菜、药实，与野苦荚、黄药子同名。





BEIMU

Bulbus fritillaria thunbergii\cirrhosa

Bulb of thunberg\tendrilleaf fritillary

Fritillaria sungbei Hsiao et K. C. Hsia, mass.

Fritillaria cirrhosa D. Don.

Fritillaria verticillata willd. var. thunbergii bak.

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

[Explanation of Names]

MENG

— *Er Ya*.

QINMU

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

KUCAI

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

KUHUA

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

KONGCAO

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

YAOSHI

Tao Hongjing: It looks like Jubeizi,* so it is called Beimu. Bei = Beizi.

Li Shizhen: The *Book of Songs* says “Collect the Meng (螞).”
MeiYng is this drug. Another name is Meng (螞), as its root is similar to Mengchong/tabanus/gadfly. It is also called Kucai and Yaoshi, which are the same names as those for Kuju/herba sonchi oleracei/herb of common

*Could be Beizi/concha cypraei/cypraea shell.



【集解】

〔别录曰〕贝母生晋地，十月采根暴干。〔恭曰〕其叶似大蒜。四月蒜熟时，采之良。若十月，苗枯根亦不佳也。出润州、荆州、襄州者最佳，江南诸州亦有。〔颂曰〕今河中、江陵府、郢、寿、随、郑、蔡，润、滁州皆有之。二月生苗，茎细，青色。叶亦青，似荞麦叶，随苗出。七月开花，碧绿色，形如鼓子花。八月采根，根有瓣子，黄白色，如聚贝子。此有数种。陆玕诗疏云玕：茵，贝母也。叶如栝楼而细小。其子在根下，如芋子，正白，四方连累相着，有分解。今近道出者正类此。郭璞注尔雅言白花叶似韭，此种罕复见之。〔斆曰〕贝母中有独颗团不作两片无皱者，号曰



sawthistle and Huangyaozi/rhizoma dioscoreae bulbiferae/rhizome of air-potato yam.

[Previous Explanations]

Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrileaf fritillary is produced in the Jin (Shanxi) area. Collect the root (bulb) in the tenth month. Dry it in the sun.

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

Su Gong: Its leaf is similar to Dasuanye/fohium allii sativum/garlic leaf. When Dasuan/bulbus allii sativum/garlic is ripe in the fourth month, it is also the time to collect the drug. If it is collected in the tenth month, its herb withers, and the root (bulb) is no longer any good. The drug produced in Runzhou, Jingzhou and Xiangzhou is of top quality. It is also produced in prefectures south of the Yangtze River.

Su Song: Now the drug is also produced in Hezhong, Jiangling Prefecture, Yingzhou, Shouzhou, Suizhou, Zhengzhou, Caizhou and Chuzhou. The seedling begins to germinate in the second month. The stem is thin and blue-green. Its leaf is also blue-green, similar to Qiaomai/fohium fagopyri esculenti/buckwheat leaf. The flower blooms in the seventh month. It is green in color and in the shape of Guzihua (Xuanhua/flos calystegiae sepii/flower of hedge glorybind). Collect the root (bulb) in the eighth month. The root has cloves of yellow-white color, similar to Jubeizi. There are several species of the drug. Lu Ji in his *Shishu* says that Meng is Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrileaf fritillary. Its leaf is similar to Gualouye/fohium trichosanthis/snakegourd leaf, but is thinner and smaller. Its bulb is under the root, similar to that of Yutou/dasheen. It is pure white. The bulbs are linked to each other and can be detached. Guo Pu, in his annotation to *Er Ya*, says that the drug has white flowers and leaves similar to Jiucail/fohium allii tuberosae/leaf of tuber onion. But this variety of the drug is not seen in recent times.

Lei Xiao: There is a kind of Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrileaf fritillary that has only one bulb without two cloves and with a smooth surface. It is called Danlongjing, and can not be used in medicine. If it is taken by mistake, it will cause paralysis with loose



丹龙精，不入药用。误服令人筋脉永不收，惟以黄精、小蓝汁服之，立解。

根【修治】

〔斲曰〕凡使，先于柳木灰中炮黄，擘破，去内口鼻中有米许大者心一颗，后拌糯米于铤上同炒，待米黄，去米用。

【气味】

辛，平，无毒。

〔别录曰〕苦，微寒。〔恭曰〕味甘、苦，不辛。〔之才曰〕厚朴、白微为之使，恶桃花，畏秦艽、莽草、礞石，反乌头。

【主治】

伤寒烦热，淋漓邪气疝瘕，喉痹乳难，金疮风痉本经。



tendons. Detoxication of the condition is by taking Huangjing/rhizoma polygonati/rhizome of king solomenseal and Lanzhi/succus polygoni tinctorii/juice of indigoplant.

BEIMUGEN

Bulb of thunberg\tendrilleaf fritillary
Bulbus fritillaria thunbergii\cirrhosa

[Preparation]

Lei Xiao: Bake the drug in hot willow wood ashes until it turns yellow. Break open the drug and take out the core the size of a grain of rice. Then blend the drug with Nuomi/oryza glutinosae/polished glutinous rice, and stir-fry it in a flat pan until the rice turns yellow. Separate the drug from the rice.

[Quality and Taste]

It is pungent, plain and nontoxic.

It is bitter and slightly cold.

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

Su Gong: It is sweet and bitter, but not pungent.

Xu Zhicai: Its guiding drugs are Houpo/cortex magnoliae officinalis/bark of officinal magnolia and Baiwei/radix cynanchi atrati/root of black-end swallowwort. It is mutually inhibiting with Taohua/flos persicae/peach flower. It is incompatible with Qinjiao/radix gentianae/root of gentian, Mangcao/foolium illicii lanceolati/leaf of lanceleaf anisetree and Yushi. It contradicts Wutou/radix aconite/sichuan aconite root.

[Indications]

It treats the following: fever and restlessness in cases of febrile diseases caused by Cold, stranguria with urinary dripping, hernia and hard mass due to attack of noxious agents, inflammation of the throat and difficulty in lactation, and incised wound with tetanus due to attack of pathogenic Wind.

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

It is good for treating the following: abdominal excess and epigastric fullness, aversion to cold and wind, blurred vision and rigid neck, cough-



疗腹中结实，心下满，洗洗恶风寒，目眩项直，咳嗽上气，止烦热渴，出汗，安五脏，利骨髓别录。服之不饥断谷弘景。消痰，润心肺。末和沙糖丸含，止嗽。烧灰油调，傅人畜恶疮，敛疮口大明。主胸胁逆气，时疾黄疸。研末点目，去肤翳。以七枚作末酒服，治产难及胞衣不出。与连翘同服，主项下瘤瘿疾甄权。

【发明】

〔承曰〕贝母能散心胸郁结之气，故诗云，言采其蔕，是也。作诗者，本以不得志而言。今用治心中气不快、多愁郁者，殊有功，信矣。〔好古曰〕贝母乃肺经气分药也。仲景治寒实结胸外无热证者，三物小陷胸汤主之，白散亦可：以其内有贝母也。成无己云：辛散而苦泄，桔梗、贝母之苦



ing with dyspnea, fever, restlessness, and thirst with perspiration. It pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney) and nourishes the bones and marrow.

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

Tao Hongjing: After taking the drug, the patient will no longer feel hungry, and may even stop eating.

Da Ming: It dissolves phlegm, and moistens the Heart and Lung. Blend powder of the drug with Shatang/sacchari albicans/sugar. Hold in the mouth to stop coughing. Burn the drug, and then blend it with oil. Apply it to treat malignant sores in both humans and animals. It helps wounds to heal.

Zhen Quan: It brings down adverse ascension of gas in the chest and ribs, and treats epidemics and jaundice. Grind the drug to powder, and apply it to treat eye nebulae and opacity. Grind seven pieces of the drug to powder, and wash down with wine to treat difficult labor and retention of placenta. Take the drug together with Lianqiao/fructus forsythiae/capsule of weeping forsythia to treat goiter on the neck.

[Explication]

Chen Cheng: Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrileaf fritillary is good for dispersing accumulated Vital Energy resting in the chest and epigastrium. As the *Book of Songs* puts it: Collect the drug Meng. This is because the poet was troubled with depression, and trying to find a cure. So the drug is now used to treat cases of depression and melancholy. It is very effective indeed.

Wang Haogu: Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrileaf fritillary is a drug that functions on the Vital Energy system of the Lung Channel of Foot Initial Yin. In *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, Master Zhang Zhongjing prescribes Xiao Xianxiong Tang* using three drugs to treat blocked-up chest due to exces-

*Xiao Xianxiong Tang:

Huanglian/rhizoma coptidis/coptis root,

Banxia/rhizoma pinelliae/pinellia tuber, and

Gualou/fructus trichoosanthis/snakegourd fruit.



辛，用以下气。〔机曰〕俗以半夏有毒，用贝母代之。夫贝母乃太阴肺经之药，半夏乃太阴脾经、阳明胃经之药，何可以代？若虚劳咳嗽、吐血咯血、肺痿肺痛、妇人乳痛痃疽及诸郁之证，半夏乃禁忌，皆贝母为向导，犹可代也；至于脾胃湿热，涎化为痰，久则生火，痰火上攻，昏愤僵仆蹇涩诸证，生死旦夕，亦岂贝母可代乎？〔颂曰〕贝母治恶疮。唐



sive Cold without symptoms of Heat nature. Baisan* is also a good treatment. Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary is used in the second prescription. Cheng Wuji annotates as follows: The drug of pungent taste is dispersing and the drug of bitter taste is purging. Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary and Jiegeng/radix platycodi/platycodon root are such bitter and pungent drugs. So they can be used to bring down the adverse ascension of gas.

Wang Ji: Mediocre doctors use Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary as a substitute for Banxia/rhizoma pinelliae/pinellia tuber, because they think Banxia is poisonous. But Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary is a drug functioning on the Lung Channel of Foot Initial Yin, and Banxia/rhizoma pinelliae/pinellia tuber is a drug working on the Spleen Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang. How could the former be a substitute for the latter? In treating cough due to a consumptive disease, hematemesis and hemoptysis, pulmonary flaccidity and pulmonary abscess, acute mastitis and intramammary abscess, and ailments caused by melancholy, Banxia/rhizoma pinelliae/pinellia tuber should be prohibited. In that case, Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary can be used as a substitute. In cases of invasion of pathogenic Humidity and Heat into the Spleen and Stomach that has caused accumulation of saliva which then turns into phlegm, Beimu should not be used. After a long time, pathogenic Fire is germinated. When such phlegm and Fire ascend, they cause trance, paralysis, rigid extremities or even falling down on the ground. In such an urgent case, how can Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary

*Baisan:

Jiegeng/radix platycodi/platycodon root,

Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary,
and

Badou/fructus crotonis/croton seed.



人记其事云：江左尝有商人，左膊上有疮如人面，亦无他苦。商人戏以酒滴口中，其面赤色。以物食之，亦能食，多则膊内肉胀起。或不食，则一臂痹焉。有名医教其历试诸药，金石草木之类，悉无所苦。至贝母，其疮乃聚眉闭口。商人喜，因以小苇筒毁其口灌之，数日成痂遂愈，然不知何疾也。本经言主金疮，此岂金疮之类欤？

【附方】

新二十一。（略）



tendrileaf fritillary be given as a substitute?

Su Song: Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\ tendrileaf fritillary is good for treating malignant sores. A case is recorded from the Tang Dynasty: A merchant living in the Jiangzuo area once had a sore in the shape of a human face on his left arm. It did not ache much. When the merchant dripped wine into the mouth of the sore, the face of it turned red. The “mouth” could even take food. When too much food was served, the merchant’s arm got distended. If the sore was not fed, the patient felt a numbness in that arm. When a famous doctor examined the patient, he advised him to try to feed drugs into the mouth of the sore. After trying different kinds of drugs of metal, stone, herb and wood, nothing happened. When Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\ tendrileaf fritillary was fed, the face of sore exhibited distaste, and closed its mouth. The merchant then force-fed Beimu/bulbus fritillaria thunbergii\ cirrhosa/bulb of thunberg\ tendrileaf fritillary into the sore by puncturing it with a reed. After several days of such feeding, the sore healed, leaving scars covering the affected part. Nobody knew what the disease was. *Shen Nong Bencao Jing (Shen Nong’s Great Herbal)* says that the drug is good for treating incised wounds. Is this an example showing its efficacy in this respect?

[Prescriptions]

21 prescriptions collected recently.



山慈姑 (宋嘉祐)

【释名】

金灯拾遗。鬼灯檠纲目。朱姑纲目。鹿蹄草纲目。无义草

〔时珍曰〕根状如水慈姑，花状如灯笼而朱色，故有诸名。段成式酉阳杂俎云：金灯之花与叶不相见，人恶种之，谓之无义草。又有试剑草，亦名鹿蹄草，与此同名，见后草之五。

【集解】

〔藏器曰〕山慈姑生山中湿地，叶似车前，根如慈姑。〔大



SHANCIGU

Pleione

Appendiculatae cremastra pseudobulb

Pleione bulbocodioides (Franch.) Rolfe

Cremastra appendiculata (D. Don) Makino

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

[Explanation of Names]

JINDENG

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

GUIDENGQING

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

ZHUGU

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

LUTICAO

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

WUYICAO

Li Shizhen: Its root looks like Cigu/rhizoma sagittariae sagittifoliae/ rhizome of oldworld arrowhead. Its flower looks like a lantern, and is red. So it has such names as Jindeng, or golden lantern, and Guidengqing, or lantern raised by a ghost. According to Duan Chengshi's *Youyang Zaju*, the flower of Jindeng appears after the leaves fall off. People distrust this herb. So it is called Wuyicao, or herb of no loyalty. There is another drug also called Luticao or Shijiancao.

[Previous Explanations]

Chen Cangqi: Shancigu/pseudobulbus cremastrae suepleines/appendiculate cremastra pseudobulb grows on damp land in the mountain. Its leaf is similar to Cheqiancao/herba plantaginis/plantain herb, and its root



明曰]零陵间有一种团慈姑，根如小蒜，所主略同。〔时珍曰〕山慈姑处处有之。冬月生叶，如水仙花之叶而狭。二月中抽一茎，如箭杆，高尺许。茎端开花白色，亦有红色、黄色者，上有黑点，其花乃众花簇成一朵，如丝纽成可爱。三月结子，有三棱。四月初苗枯，即掘取其根，状如慈姑及小蒜，迟则苗腐难寻矣。根苗与老鸦蒜极相类，但老鸦根无毛，慈姑有毛壳包裹为异尔。用之，去毛壳。

根

〔气味〕甘、微辛，有小毒。



is similar to Cigu/rhizoma sagittariae sagittifoliae/rhizome of oldworld arrowhead.

Da Ming: There is a similar drug called Tuancigu produced in Lingling, which has a small bulb like Xiaosuan/bulbus allii scorodoprasii/garlic. It is a drug with similar functions and efficacy to those of Shancigu/pseudobulbus cremastrae seupleines/appendiculate cremastra pseudobulb.

Li Shizhen: Shancigu/pseudobulbus cremastrae suepleines/appendiculate cremastra pseudobulb is found everywhere. The seedling germinates in winter. It looks like Shuixianhua/foium narcissi chinensis/leaf of Chinese narcissus, but it is narrower. In the second month a stem begins to grow like an arrow shaft one *chi* long. On top of the stem there appear white flowers. There are species with red flower and yellow flower with black dots. Many flowers flock together to form a big flower. It is lovely and looks as if it is made from fine silk. In the third month, the seed is formed. It is triangular in shape. In the early part of the fourth month, the leaf begins to wither. This is the time to dig up its root. It looks like Cigu/rhizoma sagittariae sagittifoliae/rhizome of oldworld arrowhead or Xiaosuan/bulbus allii scorodoprasii/garlic. If the collection is not done at the right time, the leaf will get rotten, making it difficult to find the right location of the root. The root and leaf are very similar to those of Shisuan/bulbus lycoridis radiatae/bulb of shorttube lycoris. The difference is that Shisuan/bulbus lycoridis radiatae/bulb of shorttube lycoris does not have hair covering it, while Shancigu/pseudobulbus cremastrae seupleines/appendiculate cremastra pseudobulb is covered with a thick hairy shell. Before use, remove the hairy shell.

SHANCIGUGEN

- Pleione rhizome
- Pseudobulb of appendiculate cremastra
- Rhizoma pleionis
- Pseudobulb cremastrae appendiculatae

[Quality and Taste]

It is sweet, slightly pungent and slightly toxic.

〔主治〕痈肿疮痿癩疔结核等，醋磨傅之。亦剥人面皮，除疔藏器。主疗肿，攻毒破皮，解诸毒蛊毒，蛇虫狂犬伤时珍。

〔附方〕新五。（略）

叶

〔主治〕疮肿，入蜜捣涂疮口，候清血出，效慎微。涂乳痈、便毒尤妙时珍。





[Indications]

Chen Cangqi: It is good for treating carbuncles, swelling, sores, scrofula and subcutaneous nodes. Grind the drug together with vinegar, and apply it to the affected part. It is effective for clearing freckles and acne from the face.

Li Shizhen: It is good for treating furuncles and swelling, neutralizing toxins, promoting ulceration, and treating Gudu (a disease due to noxious agents produced by various parasites), snake, insect and rabid dog bites.

[Prescriptions]

Five prescriptions collected recently.

SHANCIGUYE

Pleione leaf

Leaf of appendiculate cremastra

Folium pleionis

Folium cremastrae appendiculatae

[Indications]

Tang Shenwei: It is good for treating sores and swelling. Pound the drug together with honey. Apply to the opening of the sore. When lucid blood is secreted, it shows that the drug is working.

Li Shizhen: It is very effective for treating acute mastitis and Biandu (syphilitic skin lesion on the groin or hard mass on the groin due to sexual or emotional disorder). Apply it to the affected part.

SHANCIGUHUA

Pleione flower

Flower of appendiculate cremastra

Flos pleionis

Flos cremastrae appendiculatae

[Indications]

It is good for treating stranguria with hematuria and urodynia. Dry it

花

〔主治〕小便血淋涩痛，同地槩花阴干，每用三钱，水煎服圣惠。



together with the flowers of Dibai in the shade. Stew three *qian* of the flowers in water to make a decoction. Drink the decoction.

— *Taiping Shenghui Fang (Prescriptions of Peaceful Holy Benevolence)*.



石蒜 (宋图经)

【释名】

乌蒜纲目。老鸦蒜救荒。蒜头草纲目。婆婆酸纲目。一枝箭纲目。水麻图经。

〔时珍曰〕蒜以根状名，箭以茎状名。

【集解】

〔颂曰〕水麻生鼎州、黔州，其根名石蒜，九月采之。或云金灯花根，亦名石蒜，即此类也。〔时珍曰〕石蒜处处





SHISUAN

Shorttube lycoris

Lycoris radiata (L'Her.) Herb.

— *Tujing Bencao (Illustrated Materia Medica)*.

[Explanation of Names]

WUSUAN

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

LAOYASUAN

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

SUANTOUCAO

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

POPOSUAN

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

YIZHIJIAN

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

SHUIMA

— *Tujing Bencao (Illustrated Materia Medica)*.

Li Shizhen: Shisuan (Shi = stone, Suan = garlic). It is so called as its bulb looks like that of garlic. Yizhijian means the shaft of an arrow, as that is what the stem looks like.

[Previous Explanations]

Su Song: Shuima is produced in Dingzhou and Qianzhou. Its root is called Shisuan. Collect the drug in the ninth month. Some say that the root of Jindenghua is called Shisuan. But this is true of only one kind of the drug.

Li Shizhen: Shisuan/bulbus lycoridis radiatae/bulb of shorttube lycoris is produced on damp land everywhere. It was called Wusuan in ancient



下湿地有之，古谓之乌蒜，俗谓之老鸦蒜、一枝箭是也。春初生叶，如蒜秧及山慈姑叶，背有剑脊，四散布地。七月苗枯，乃于平地抽出一茎如箭杆，长尺许。茎端开花四五朵，六出红色，如山丹花状而瓣长，黄蕊长须。其根状如蒜，皮色紫赤，肉白色。此有小毒，而救荒本草言其可炸熟水浸过食，盖为救荒尔。一种叶如大韭，四五月抽茎，开花如小萱花黄白色者，谓之铁色箭，功与此同。二物并抽茎开花，后乃生叶，叶花不相见，与金灯同。

根【气味】

辛、甘，温，有小毒。

【主治】

傅贴肿毒。苏颂疗疮恶核，可水煎服取汗，及捣傅之。又中溪毒者，酒煎半升服，取吐良时珍。



times. It is colloquially called Laoyasuan or Yizhijian. In early spring, the seedling begins to germinate. It looks like the seedling of *Suan/bulbus allii sativum/garlic* or leaf of *Shancigu/pseudobulbus cremastrae seupleines/appendiculate cremastra pseudobulb*. On the back of the leaf, there is a vein in the shape of a sword. The leaves spread all over the ground. In the seventh month, the herb withers. A stem like an arrow shaft one *chi* long grows upright. On top of the stem, there are four or five red flowers with six petals each. It looks like morningstar lily, but its petals are longer. It has a yellow pistil and long tassels. Its root looks like that of garlic, with red-purple skin and a white heart. It is slightly toxic. But *Jiuhuang Bencao (Herbal for Relief of Famines)* says that it can be stir-fried and then soaked in water. Then it is good to eat. This is a food for emergency use only. Another species has a leaf similar to *Jiucai/folium allii tuberosae/leaf of tuber onion*. The stem grows in the fourth or fifth month. Its flower looks like that of yellow-white daylily. It is called Tiesejian, and has similar functions to those of *Shisuan/bulbus lycoridis radiatae/bulb of shorttube lycoris*. In the above two drugs the stems grow first and then the flowers bloom on top of the stem. Then the leaf begins to germinate. So the flower and leaf do not appear at the same time. It is similar to Jindeng.

SHISUANGEN

Bulb of shorttube lycoris

Bulbus lycoridis radiatae

[Quality and Taste]

It is pungent, sweet, warm and slightly toxic.

[Indications]

Su Song: It is good for treating pyogenic infection.

Li Shizhen: It is good for treating furuncles, sores and malignant subcutaneous nodes. Stew the drug in water to make a decoction. Drink the decoction to induce perspiration. Or pound the drug to paste. Apply it to the affected part. To neutralize toxins of Shegong, stew half a sheng of the drug in wine. Drink the wine to induce vomiting.

【附方】

新三。(略)



[Prescriptions]

Three prescriptions collected recently.



白茅（本经中品）

【释名】

根名茹根本经。兰根本经。地筋别录。

〔时珍曰〕茅叶如矛，故谓之茅。其根牵连，故谓之茹。易曰，拔茅连茹，是也。有数种：夏花者为茅，秋花者为菅。二物功用相近，而名谓不同。诗云，白华菅兮，白茅束兮，是也。别录不分茅菅乃二种，谓茅根一名地管，一名地筋，而有名未用又出地筋，一名管根。盖二物之根状皆如筋，可通名地筋，不可并名管也，正之。





BAIMAO

Lalang grass

Imperata cylindrica (L.) Prescription Beauv. var. *mojor* (Nees) C. E. Hubb

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

[Explanation of Names]

The root of the drug is called:

RUGEN

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

LANGEN

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

DIJIN

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

Li Shizhen: The leaf of Baimao/herba imperatae/lalang grass is like a spear; so it is called Baimao (Bai = white, Mao = spear). Its roots are linked to each other; so it is called Rugen (Ru = linked, Gen = root). *Yi Jing* (*Book of Changes*) says that when lalang grass is pulled up, its linking roots are pulled up too. There are two species of the drug: That which produces flowers in summer is called Mao, and that which produces flowers in autumn is called Jian. The two drugs have similar functions and efficacy, but have different names. *Shi Jing* (*Book of Songs*) calls that with white flowers Jian, and says that Baimao occurs in bundles. In *Mingyi Bielu* (*Records of Famous Doctors*), Mao and Jian are not differentiated. It says that Mao-gen is also called Dijian or Dijin. But in the category of drugs with names recorded but not yet in use, there is an entry for Dijin, which is also called Jiangen. This is because the roots of both drugs are similar to tendons. So when Dijin, or “tendon of the earth”, is mentioned, it may indicate either of



【集解】

〔别录曰〕茅根生楚地山谷田野，六月采根。〔弘景曰〕此即今白茅管。诗云，露彼菅茅，是也。其根如渣芹甜美。〔颂曰〕处处有之。春生芽，布地如针，俗谓之茅针，亦可啖，甚益小儿。夏生白花茸茸然，至秋而枯。其根至洁白，六月采之。又有管，亦茅类也。陆玑草木疏云：管似茅而滑无毛，根下五寸中有白粉者，柔韧宜为索，沤之尤善。其未沤者名野管，入药与茅功等。〔时珍曰〕茅有白茅、菅茅、黄茅、香茅、芭茅数种，叶皆相似。白茅短小，三四月开白花成穗，结细实。其根甚长，白软如筋而有节，味甘，



the drugs. But Jian is not the general name of the two drugs.

[Previous Explanations]

Baimaogen/rhizoma imperatae/rhizome of lalang grass is produced in the mountain valleys and plains of the Chu region. Collect the root in the sixth month.

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

Tao Hongjing: This is the present drug Baimaojian (Baimaogen/rhizoma imperatae/rhizome of lalang grass). *Shi Jing (Book of Songs)* says that dew falls on Jianmao. Its root is sweet and delicious like Zhaqin.

Su Song: It is produced everywhere. In spring, the seedling begins to germinate, and spreads all over the field like needles. So it is called Maozhen, or lalang needle. It can be eaten, and is very good for infants. In summer, a white and puffy flower blooms. The herb withers in autumn. Its root is pure white. Collect the root in the sixth month. There is another species called Jian, a drug similar to Baimao/herba imperatae/lalang grass. Lu Ji's *Caomu Shu* says that Jian looks like Baimao/herba imperatae/lalang grass, but it is slippery and without hair. In the part five *cun* below the surface of the soil, there is white powder in the root. It is softer and more elastic. It can be used to make a noose. It has even better efficacy if it is soaked in water for a long time. The unsoaked drug is called Yejian, or wild Jian, which has the same medical efficacy as Baimaogen/rhizoma imperatae/rhizome of lalang grass.

Li Shizhen: There are the following species of Baimaogen/rhizoma imperatae/rhizome of lalang grass:

Baimao, white lalang grass,

Jianmao, Jian,

Huangmao, yellow lalang grass,

Xiangmao, fragrant lalang grass, and

Bamao, Ba lalang grass.

The leaves of the above species are all similar. Baimao/herba imperatae/lalang grass is shorter and smaller. The flower blooms in the third and fourth months. The flower is white, gathered on a spike with small seeds. Its root is very long. It is white and soft, with node-like tendons. It tastes



俗呼丝茅，可以苫盖，及供祭祀苞苴之用，本经所用茅根是也。其根干之，夜视有光，故腐则变为萤火。菅茅只生山上，似白茅而长，入秋抽茎，开花成穗如荻花，结实尖黑，长分许，粘衣刺人。其根短硬如细竹根，无节而微甘，亦可入药，功不及白茅，尔雅所谓白华野菅是也。黄茅似菅茅，而茎上开叶，茎下有白粉，根头有黄毛，根亦短而细硬无节，秋深开花穗如管，可为索绚，古名黄管，别录所用管根是也。香茅一名菁茅，一名琼茅，生湖南及江淮间，叶有三脊，其气香芬，可以包藉及缩酒，禹贡所谓荆州苞匭菁茅是也。芭茅丛生，叶大如蒲，长六七尺，有二种，即芒也。

茅根

〔气味〕甘，寒，无毒。



sweet. It is colloquially called Simao, or thread Mao. It can be used to weave mats or as a sacrificial object. It is the Baimaogen/rhizoma imperatae/rhizome of lalang grass described in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). When its root is dried, it has light when seen at night. When it get rotten, it turns into Yinghuo/cicindela/firefly. Jianmao only grows on the mountain. It looks like Baimao/herba imperatae/lalang grass, but it is longer. A stem grows in autumn, and on top of it a flower blooms on a spike, similar to reed flower. Its seed is black, pointed and one *fen* in size. It sticks to clothes and irritates the skin. Its root is short and hard, like fine bamboo root. But it has no nodes, and tastes sweet. It can be used in medicine, but it is not as effective as Baimaogen/rhizoma imperatae/rhizome of lalang grass. This is what is described in *Er Ya* as Baihua and Yejian. Huangmao looks like Jianmao, but it has leaves on the stem, and there is white powder in the stem. On the tip of the root there is yellow hair. The root is thin, hard and without nodes. In late autumn the flower blooms, with a spike similar to that of Jian. It can be used to make nooses. It was called Huangjian, or yellow Jian, in ancient times. This is the Jiangen recorded in *Mingyi Biehu* (*Records of Famous Doctors*). Xiangmao, also called Qingmao or Qiongmao, is a drug that grows in Hunan and in the Jiang and Huai areas. There are three veins on the leaf. It is fragrant. It can be used as a sacrificial offering or to make sacrificial wine. *Shangshu Yugong* records that Qingmao produced in Jingzhou can be used as a sacrificial object. Bamao grows in tussocks, with big leaves like Xiangpu/herba typhae/herb of cattail. It can grow as tall as seven *chi*. There are two species. This is the drug called Mang.

BAIMAOGEN

Rhizoma of lalang grass

Rhizoma imperatae

[Quality and Taste]

It is sweet, cold and nontoxic.

〔主治〕劳伤虚羸，补中益气，除瘀血血闭寒热；利小便本经。下五淋，除客热在肠胃，止渴坚筋，妇人崩中。久服利人别录。主妇人月经不匀，通血脉淋漓大明。止吐衄诸血，伤寒嘔逆，肺热喘急，水肿黄疸，解酒毒时珍。

〔发明〕〔弘景曰〕茅根服食断谷甚良。俗方稀用，惟煎汁疗淋及崩中尔。〔时珍曰〕白茅根甘，能除伏热，利小便，故能止诸血嘔逆喘急消渴，治黄疸水肿，乃良物也。世





[Indications]

It is good for treating overstrains and general debility. It tonifies the interior and reinforces Vital Energy, removes blood stasis, stagnation of the blood, chills and fever, and facilitates urination.

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

It treats the five types of stranguria, disperses guest Heat in the Stomach and Intestines, quenches thirst, consolidates the tendons, and stops metrorrhagia and metrostaxis. Long-term taking of the drug is good for the health.

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

Da Ming: It regulates menstruation disorder, treats stranguria with urinary dripping, and facilitates the circulation of the blood.

Li Shizhen: It stops hematemesis, epistaxis and various types of hemorrhage, brings down retching with adverse ascension of gas in cases of febrile diseases caused by Cold, and relieves asthma with dyspnea due to invasion of pathogenic Heat into the Lung. It also treats edema, jaundice and alcoholism.

[Explication]

Tao Hongjing: Baimaogen/rhizoma imperatae/rhizome of lalang grass is a drug that can help the person to live without food.* But medical doctors seldom use it. It is only used to make a decoction to treat stranguria, metrorrhagia and metrostaxis.

Li Shizhen: Baimaogen/rhizoma imperatae/rhizome of lalang grass, sweet in taste, is good for dispersing hidden Heat and facilitating urination. So it is a drug effective for treating hemorrhages of various kinds, asthma with dyspnea and retching, diabetes, jaundice and edema. It is a good drug but is neglected as it is a very common and easy-to-get thing. When such diseases occur, only drugs of bitter taste and cold quality are considered. This is not a good practice, as it may damage the Primordial Vital Energy.

*This is a Taoist practice as a means of life prolongation. It allows a person to exist without normal food for days or even for months, taking only some drugs or water.

人因微而忽之，惟事苦寒之剂，致伤冲和之气，乌足知此哉？

〔附方〕旧二，新一十三。（略）



How could mediocre doctors know this?

[Prescriptions]

Two prescriptions collected previously, and
13 prescriptions collected recently.





龙胆（本经上品）

【释名】

陵游本经。

〔志曰〕叶如龙葵，味苦如胆，因以为名。

【集解】

〔别录曰〕龙胆生齐胸山谷及冤句，二月、八月、十一月、十二月采根阴干。〔弘景曰〕今出近道，以吴兴者为胜。根状似牛膝，其味甚苦。〔颂曰〕宿根黄白色，下抽根十余条，类牛膝而短。直上生苗，高尺余。四月生叶如嫩蒜，细茎如小竹枝。七月开花，如牵牛花，作铃铎状，青碧



LONGDAN

Chinese gentian

Gentiana manshurica Kitag.

Gentiana scabra Bge.

Gentiana triflora Pall.

Gentiana regescens Franch.

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

[Explanation of Names]

LINGYOU

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

Ma Zhi: Its leaf is similar to that of Longkui/herba solani nigri/herb of black nightshade. It is as bitter as bile. So the drug is named Longdan (Long = Longkui, Dan = bile).

[Previous Explanations]

Longdan/radix gentianae/Chinese gentian is produced in the mountain valleys of Qiqu and Yuanju. Collect the root in the second, eighth, 11th and 12 months.

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

Tao Hongjing: Now the drug is produced in nearby places. That produced in Wuxing is the best. Its root is similar to Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes. It is very bitter.

Su Song: Its perennial root is yellow-white. It has a dozen fine roots similar to Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes, but shorter. The stem grows upright about one *chi* in length. In the fourth month, leaves similar to garlic tender leaves germinate on the thin stem, which looks like small bamboo twig. The flowers bloom in the seventh month, in the shape of Qiannihua/flos pharbitidis/pharbitis flower-like



色。冬后结子，苗便枯。俗呼草龙胆。又有山龙胆，味苦涩，其叶经霜雪不凋。山人用治四肢疼痛，与此同类而别种也。采无时。

根【修治】

〔斲曰〕采得阴干。用时，铜刀切去须、土、头了，锉细，甘草汤浸一宿，漉出，暴干用。

【气味】

苦、涩，大寒，无毒。

〔斲曰〕空腹饵之，令人溺不禁。〔之才曰〕贯众、小豆为之使，恶地黄、防葵。

【主治】

骨间寒热，惊痫邪气，续绝伤，定五脏，杀蛊毒本经。



bells. It is blue-green. The seeds are formed in winter. Then the herb withers. The drug is colloquially called Caolongdan. There is another species called Shanlongdan, or “herb from the mountain,” which is bitter and astringent, and its leaf does not wither even when exposed to frost and snow. People living in the mountains use it to treat arthritis. It is another species of Longdan/radix gentianae/Chinese gentian. There is no definite time for collection.

LONGDANGEN

Root of Chinese gentian

Radix gentianae

[Preparation]

Lei Xiao: Collect the drug, and dry it in the shade. Remove the fine roots and rhizome, and clean it. Chop the drug into small pieces. Soak it in a decoction of Gancao/radix glycyrrhizae/licuorice root overnight. Take out the drug and dry it in the sun.

[Quality and Taste]

It is bitter, astringent, very cold and nontoxic.

Lei Xiao: If the drug is taken before meals, it causes incontinence of urine.

Xu Zhicai: Its guiding drugs are Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium and Chixiaodou/semen phaseoli/rice bean. It is mutually inhibiting with Dihuang/radix rehmanniae/rhizome of rehmannia and Fangkui.

[Indications]

It is good for dispersing hectic fever and chills due to Yin deficiency. It treats convulsions and epilepsy, and disperses invading pathogenic factors. It relieves an exhausted condition and pacifies the Five Viscera (Liver, Heart, Spleen, Lung and Kidney). It is effective for treating Gudu (disease due to noxious agents produced by various parasites).

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



除胃中伏热，时气温热，热泄下痢，去肠中小虫，益肝胆气，止惊惕。久服益智不忘，轻身耐老别录。治小儿壮热骨热，惊痫入心，时疾热黄，痈肿口疮甄权。客忤痞气，热病狂语，明目止烦，治疮疥大明。去目中黄及睛赤肿胀，瘀肉高起，痛不可忍元素。退肝经邪热，除下焦湿热之肿，泻膀胱火李杲。疗咽喉痛，风热盗汗时珍。

【发明】

〔元素曰〕龙胆味苦性寒，气味俱厚，沉而降，阴也，足厥阴、少阳经气分药也。其用有四：除下部风湿，一也；及湿



It disperses hidden Heat resting with the Stomach, eliminates Heat due to epidemic diseases, stops dysentery due to invasion of pathogenic Heat and kills parasites in the intestines. It reinforces the Vital Energy of the Liver and the Gall Bladder, and stops convulsions and fright. Long-term taking of the drug enables the person to have a strong memory and enjoy a long life.

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

Zhen Quan: It is effective for treating infantile hectic fever due to Yin deficiency, convulsions and epilepsy that has invaded the Heart. It treats epidemic jaundice with fever, carbuncles, phlegmons and aphtha.

Da Ming: It treats Kewu (infantile convulsive seizures due to fright) and malnutrition, febrile diseases with fever and delirium. It improves the eyesight, and stops restlessness. It is also good for treating sores and scabies.

Zhang Yuansu: It eliminates sallow color from the pupils, and red and inflamed condition of the eye with polyps and severe pain.

Li Gao: It is good for dispersing pathogenic Heat from the Liver Channel, eliminating swelling at the lower portion due to invasion of pathogenic Humidity and Heat, and expelling pathogenic Fire from the Urinary Bladder.

Li Shizhen: It is effective for relieving pain in the throat and stopping night sweating due to attack of pathogenic Wind and Heat.

[Explication]

Zhang Yuansu: Longdan/radix gentianae/Chinese gentian, bitter in taste and cold in quality, is a drug with a thick quality and taste, a drug of Yin with the tendency of sinking and descending. It functions on the Vital Energy system of the Liver Channel of Foot Greater Yin and Gall Bladder Channel of Foot Lesser Yang. It has the following four therapeutic functions:

One, to eliminate pathogenic Wind and Humidity resting in the lower portion;

Two, to eliminate pathogenic Humidity and Heat resting in the lower portion;



热，二也；脐下至足肿痛，三也；寒湿脚气，四也。下行之功与防己同，酒浸则能上行，外行以柴胡为主，龙胆为使，治眼中疾必用之药。〔好古曰〕益肝胆之气而泄火。〔时珍曰〕相火寄在肝胆，有泻无补，故龙胆之益肝胆之气，正以其能泻肝胆之邪热也。但大苦大寒，过服恐伤胃中生发之气，反助火邪，亦久服黄连反从火化之义。别录久服轻身之说，恐不足信。

【附方】

旧四，新六。（略）



Three, to eliminate swelling and pain in the area from the umbilicus to the feet; and

Four, to treat beriberi due to attack of pathogenic cold and Humidity.

When the drug goes downward, it has similar functions to those of Fangji/radix stephaniae tetrandrae/root of fourstamen stephania. If the drug is soaked in wine, it goes upward. If it is intended to let the drug work to the outward direction, use Chaihu/radix bupleuri/root of chinese thoroughax as the principal, assisted by Longdan/radix gentianae/Chinese gentian as the guiding drug. Longdan/radix gentianae/Chinese gentian is a must drug in treating eye diseases.

Wang Haogu: It is a drug that replenishes the Vital Energy in the Liver and the Gall Bladder, and purges pathogenic Fire.

Li Shizhen: Xianghuo (ministerial Fire) rests with the Liver and the Gall Bladder, which should always be purged rather than tonified. When we say Longdan/radix gentianae/Chinese gentian replenishes Vital Energy of the Liver and the Gall Bladder, we actually mean that the drug is good for purging pathogenic Heat resting with the Liver and the Gall Bladder. But since it is a drug with a very bitter taste and cold quality, too much use of it will damage the germinating Vital Energy in the Stomach. In that way, long-term use of the drug may reinforce pathogenic Fire in the Stomach. This is similar to the case when too much Huanglian/rhizoma coptidis/coptis rhizome is used, it will lead to the strengthening of pathogenic Fire. What *Mingyi Bielu (Records of Famous Doctors)* says about the efficacy of Longdan/radix gentianae/Chinese gentian in prolonging life if it is taken over a long period of time is not reliable, and should not be followed.

[Prescriptions]

Four prescriptions collected previously, and
six prescriptions collected recently.



细辛（本经上品）

【释名】

小辛本经。少辛

〔颂曰〕华州真细辛，根细而味极辛，故名之曰细辛。

〔时珍曰〕小辛、少辛，皆此义也。按山海经云，浮戏之山多少辛，管子云，五沃之土，群药生少辛，是矣。

【集解】

〔别录曰〕细辛生华阴山谷，二月、八月采根阴干。〔弘



XIXIN

Manchurian wildginger

Asarum heterotropoides Fr. Schmidt var. *mandshuricum* (Maxim.)

Kitag.

Asarum sieboldii Miq.

Asarum hexa lobum

Asarum europaeum.

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

[Explanation of Names]

XIAOXIN

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

SHAOXIN

Su Song: Xixin/herba asari/herb of Manchurian wildginger produced in Huazhou is the genuine drug. It has fine roots and a very pungent taste. So it is named Xixin (Xi = thin, fine; Xin = pungent).

Li Shizhen: Xiaoxin and Shaoxin both mean the same thing. In *Shan-hai Jing* (*Book of Mountains and Seas*) it is recorded that Shaoxin is found in large quantities on Mount Fuxi. And in *Guan Zi* (*Book of Guanzi*) it is recorded that in the five types of fertile land, drugs are produced. Among them, there is Shaoxin. Both these records refer to the drug Xixin/herba asari/herb of Manchurian wildginger.

[Previous Explanations]

Xixin/herba asari/herb of Manchurian wildginger is produced in the mountain valleys in Huayin. The root should be collected in the second and eighth months. Dry the drug in the shade.

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



景曰〕今用东阳临海者，形段乃好，而辛烈不及华阴、高丽者。用之去其头节。〔当之曰〕细辛如葵赤黑，一根一叶相连。〔颂曰〕今处处有之，皆不及华阴者为真，其根细而极辛。今人多以杜衡为之。杜衡根似饭帚密闹，细长四五寸，微黄白色，江淮呼为马蹄香，不可误用。〔宗奭曰〕细辛叶如葵，赤黑色，非此则杜衡也。杜衡叶如马蹄之下，故俗名马蹄香。盖根似白前，又似细辛。按沈括梦溪笔谈云：细辛出华山，极细而直，柔韧，深紫色，味极辛，嚼之习习如椒而更甚于椒。本草云，细辛水渍令直，是以杜衡伪为之也。东南所用细辛，皆杜衡也。杜衡黄白色，拳曲而脆，干则作团，又谓之马蹄。襄汉间又有一种细辛，极细而直，色黄



Tao Hongjing: Now Xixin/herba asari/herb of Manchurian wildginger produced in Dongyang, a place close to the sea, has a fine shape. But it is not as pungent and strong as the drug produced in Huayin and Gaoli. When it is to be used, remove the rhizome and node.

Li Dangzhi: Xixin/herba asari/herb of Manchurian wildginger looks like cluster mallow, with one leaf linked to the root.

Su Song: Now the drug is produced everywhere. But the genuine drug is only produced in Huayin. It has fine roots and a very pungent taste. Merchants all use Duheng/herba asari forbesii/herb of forbes wildginger as a substitute. But the roots of Duheng/herba asari forbesii/herb of forbes wildginger look like a broom, with plenty of fine roots four to five *cun* long and slightly yellow-white in color. In the area south of the Yangtze River, it is called Matixiang. It can not be used in place of Xixin/herba asari/herb of Manchurian wildginger.

Kou Zongshi: Xixin/herba asari/herb of Manchurian wildginger has a similar leaf to that of cluster mallow. It is red-black. If it is not like this, then it must be Duheng/herba asari forbesii/herb of forbes wildginger. The leaf of Duheng/herba asari forbesii/herb of forbes wildginger looks like a horse's hoof. So it is also called Matixiang (Mati = horse's hoof, Xiang = fragrance). Its root looks like that of Baiqian/rhizoma cynachi stauntonii/rhizome of willowleaf swallowwort, or that of Xixin/herba asari/herb of Manchurian wildginger. In Shen Kuo's *Mengxi Bitan* it is recorded that Xixin/herba asari/herb of Manchurian wildginger is produced on Mount Huashan. Its stem is very thin, straight, soft and elastic. It is dark purple, and very pungent. When it is chewed, it tastes like hot peper, or even hotter than that. *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* says that Xixin/herba asari/herb of Manchurian wildginger has to be soaked to straighten its stem. In that case, it is not Xixin/herba asari/herb of Manchurian wildginger, but Duheng/herba asari forbesii/herb of forbes wildginger. Xixin/herba asari/herb of Manchurian wildginger produced in the southeast is actually Duheng/herba asari forbesii/herb of forbes wildginger. Duheng/herba asari forbesii/herb of forbes wildginger has yellow-white roots, curled and crispy in the form of a ball. It is therefore colloquially called Mati, or horse's hoof. There is another species of Xixin/herba asari/herb



白，乃是鬼督邮，亦非细辛也。〔时珍曰〕博物志言杜衡乱细辛，自古已然矣。沈氏所说甚详。大抵能乱细辛者，不止杜衡，皆当以根苗色味细辨之。叶似小葵，柔茎细根，直而色紫，味极辛者，细辛也。叶似马蹄，茎微粗，根曲而黄白色，味亦辛者，杜衡也。一茎直上，茎端生叶如伞，根似细辛，微粗直而黄白色，味辛微苦者，鬼督邮也。似鬼督邮而色黑者，及己也。叶似小桑，根似细辛，微粗长而黄色，味辛而有臊气者，徐长卿也。叶似柳而根似细辛，粗长黄白色而味苦者，白微也。似白微而白直味甘者，白前也。



of Manchurian wildginger produced in the Xiang and Han areas. Its stem is very thin and straight, and is yellow-white in color. This, again, is not Xixin/herba asari/herb of Manchurian wildginger, but Guiduyou.

Li Shizhen: *Bowu Zhi* says that Duheng/herba asari forbesii/herb of forbes wildginger has been used as a substitute for Xixin/herba asari/herb of Manchurian wildginger since ancient times. What Shen Kuo said is quite clear. Drugs that can be confused with Xixin/herba asari/herb of Manchurian wildginger are not limited to Duheng/herba asari forbesii/herb of forbes wildginger. So careful differentiation should be made by observing the drugs closely. The following drugs are liable to confusion:

— Xixin/herba asari/herb of Manchurian wildginger: Its leaf is similar to that of small cluster mallow, with a soft stem and thin root. It is upright and purple, and very pungent in taste.

— Duheng/herba asari forbesii/herb of forbes wildginger: Its leaf is in the shape of a horse's hoof. Its stem is a bit thicker. Its root is curled, and yellow-white in color. It is also pungent in taste.

— Guiduyou: One stem grows upright, with leaves on top of it, resembling an umbrella. Its root looks like that of Xixin/herba asari/herb of Manchurian wildginger. It is slightly thicker and straight, with a yellow-white color. It is pungent and slightly bitter.

— Jiji/radix chloranthi serrati/root of serrate chloranthus: It looks like guiduyou, but is black.

— Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort: Its leaf is similar to Sangye/fohium mori/mulberry leaf, but it is smaller. Its root looks like that of Xixin/herba asari/herb of Manchurian wildginger, but it is slightly thicker and longer, and is yellow-white in color. It tastes pungent and has a fishy smell.

— Baiwei/radix cynanchi atrati/root of blackend swallowwort: Its leaf is similar to Liuye/fohium salicis baryloniae/leaf of babylon weeping willow and its root is similar to that of Xixin/herba asari/herb of Manchurian wildginger. Its root is thicker and longer, and is yellow-white in color. It tastes bitter.

— Baiqian/rhizoma cynanchi stauntonii/rhizome of willowleaf swallowwort: It looks like Baiwei/radix cynanchi atrati/root of blackend swallow-



根【修治】

〔斆曰〕凡使细辛，切去头、土了，以瓜水浸一宿，暴干用。须拣去双叶者，服之害人。

【气味】

辛，温，无毒。

〔普曰〕神农、黄帝、雷公、桐君：辛，小温。岐伯：无毒。李当之：小寒〔权曰〕苦、辛。〔之才曰〕曾青、枣根为之使。得当归、芍药、白芷、芎藭、牡丹、藁本、甘草，共疗妇人。得决明、鲤鱼胆、青羊肝，共疗目痛。恶黄芪、狼毒、山茱萸。忌生菜、狸肉。畏消石、滑石。反藜芦。



wort, with white and straight root and sweet taste.

XIXINGEN

Root of Manchurian wildginger

Radix asari

[Preparation]

Lei Xiao: Cut off the rhizome, and clean the drug. Soak it in melon juice overnight. Take out the drug, and dry it in the sun. Avoid the drug with double leaves, as it is harmful to the health.

[Quality and Taste]

It is pungent, warm and nontoxic.

Wu Pu: It is pungent and slightly warm according to Shen Nong, the Yellow Emperor, Lei Gong and Tong Jun. It is nontoxic according to Qi Bo. It is slightly cold according to Li Dangzhi.

Zhen Quan: It is bitter and pungent.

Xu Zhicai: Its guiding drugs are Cengqing/azurite and Zao-gen/radix jujubae/root of common jujubae. It can be used together with the following drugs for treating gynecological diseases:

Danggui/radix angelicae sinensis/root of Chinese angelica,

Shaoyao/radix paeoniae/peony root,

Baizhi/radix angelicae dahuricae/root of dahuria angelica,

Xiongqiong/herba chuanxiong/herb of szechwan lovage,

Mudanpi/cortex moutan radiceis/tree peony bark,

Gaoben/rhizoma ligustici/rhizome of Chinese ligusticum, and

Gancao/radix glycyrrhizae/licuorice root.

Used together with the following drugs, it relieves eye pain:

Juemingzi/semen cassiae/cassia seed,

Liyudan/fel cyprinid/carp gall, and Qingyangdan/gall of black sheep.

It is mutually inhibiting with Huangqi/radix astragali/root of membranous milkvetch, Langdu/radix euphorbiae et stellarae/root of fischer euphorbia, and Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry. Fresh vegetables and Lirou/caro felis/meat of leopard cat are prohibited. It



【主治】

咳逆上气，头痛脑动，百节拘挛，风湿痺痛死肌。久服明目利九窍，轻身长年本经。温中下气，破痰利水道，开胸中滞结，除喉痹鼻不闻香臭，风痲癩疾，下乳结，汗不出，血不行，安五脏，益肝胆，通精气别录。添胆气，治嗽，去皮风湿痒，风眼泪下，除齿痛，血闭，妇人血沥腰痛甄权。含之，去口臭弘景。润肝燥，治督脉为病，脊强而厥好古。治口舌生疮，大便燥结，起目中倒睫时珍。

【发明】

〔宗奭曰〕治头面风痛，不可缺此。〔元素曰〕细辛气



is incompatible with Xiaoshi/sal nitri/niter and Huashi/talcum/talc. It contradicts Lilu/rhizoma et radix veratri/rhizome and root of falsehellebore.

[Indications]

It is good for treating coughing with dyspnea, headache with stabbing pain in the brain, contracture and spasms in all joints, arthralgia and dead muscle due to attack of pathogenic Wind and Humidity. Long-term taking of the drug improves the eyesight and facilitates the function of the nine orifices. It also makes the person feel happy and able to enjoy a long life.

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

It warms the interior, and brings down adverse ascension of gas. It disperses phlegm accumulation, and facilitates the normal function of the Water duct. It clears accumulation and stagnation from the chest, treats throat inflammation, stuffed-up nose with no sense of smell, epilepsy and depressive psychosis due to attack of pathogenic Wind. It removes indigestion due to improper intake of milk by an infant, promotes a sweat and activates the blood circulation. It pacifies the Five Viscera (Liver, Heart, Spleen, Lung, Kidney), replenishes the Liver and Gall Bladder, and smooths the movement of the Vital Essence.

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

Zhen Quan: It reinforces Vital Energy of the Gall Bladder, eases coughing, and treats itching of the skin due to invasion of pathogenic Wind and Humidity. It eliminates the shedding of tears from an inflamed eye due to attack of pathogenic Wind, relieves toothache, dredges stagnation of blood and stops vaginal bleeding with lumbago.

Tao Hongjing: Hold the drug in the mouth to get rid of halitosis.

Wang Haogu: It moistens dryness in the Liver, and treats diseases of the Du Channel (Governing Vessel), with rigid spinal cord and cold extremities.

Li Shizhen: It is effective for treating aphtha in the mouth and lips, with constipation. It also treats trichiasis.

[Explication]

Kou Zongshi: It is a must drug for treating severe intermittent head-



温，味大辛，气厚于味，阳也，升也，入足厥阴、少阴血分，为手少阴引经之药。香味俱细，故入少阴，与独活相类。以独活为使，治少阴头痛如神。亦止诸阳头痛，诸风通用之。味辛而热，温少阴之经，散水气以去内寒。〔成无己曰〕水停心下不行，则肾气燥，宜辛以润之。细辛之辛，以行水气而润燥。〔杲曰〕胆气不足，细辛补之。又治邪气自里之表，故仲景少阴证，用麻黄附子细辛汤。〔时珍曰〕气



ache.

Zhang Yuansu: Xixin/herba asari/herb of Manchurian wildginger, warm in quality and very pungent in taste, is a drug with a thick quality and taste (the quality is even thicker). It is a drug of Yang, with a tendency to ascend. It functions on the blood system of the Liver Channel of Foot Greater Yin and the Kidney Channel of Foot Lesser Yin. It is the guiding drug for the Heart Channel of Hand Lesser Yin. It has a fine fragrance and taste, and functions on the Lesser Yin Channel. It is similar to Duhuo/radix et rhizoma angelicae pubescentis/root and rhizome of double-tooth pubescent angelica. Guided by Duhuo/radix et rhizoma angelicae pubescentis/root and rhizome of double-tooth pubescent angelica, Xixin/herba asari/herb of manchurian wildginger works wonders in treating headaches of the Lesser Yin Channel. It also stops headaches of the Yang Channels.* It is a drug generally good for treating diseases due to invasion of pathogenic Wind. It is pungent in taste and hot in quality. It warms the Lesser Yin Channel, and disperses fluid-retention and interior Cold.

Cheng Wuji: When water stagnates in the epigastrium, failing to circulate all over the body, there will be dryness in the Kidney. Drugs of pungent taste should be adopted to moisten the Kidney. Xixin/herba asari/herb of Manchurian wildginger is just such a drug that can motivate the Water stagnation so as to moisten the dryness.

Li Gao: When there is insufficiency of the Gall Bladder, Xixin/herba asari/herb of Manchurian wildginger is a drug that can tonify it. It is also good for dispersing pathogenic factors from the interior to the exterior. Therefore, Master Zhang Zhongjing used Xixin/herba asari/herb of Manchurian wildginger in Mahuang Fuzi Xixin Tang (decoction of Mahuang/herba ephedrae/ephedra, Fuzi/radix aconite lateralis preparata/prepared daughter root of common monkshood and Xixin/herba asari/herb of Manchurian wildginger) to treat Lesser Yin syndrome.

Li Shizhen: Drugs of thick quality can bring heat to the body. Xixin/

*The Initial Yang Channel, the Greater Yang Channel and the Lesser Yang Channel.



之厚者能发热，阳中之阳也。辛温能散，故诸风寒风湿头痛痰饮胸中滞气惊痫者，宜用之。口疮喉痹龋齿诸病用之者，取其能散浮热，亦火郁则发之之义也。辛能泄肺，故风寒咳嗽上气者，宜用之。辛能补肝，故胆气不足，惊痫眼目诸病，宜用之。辛能润燥，故通少阴及耳窍，便涩者宜用之。

〔承曰〕细辛非华阴者不得为真。若单用末，不可过一钱多则气闷塞不通者死，虽死无伤。近年开平狱中尝治此，不可不记。非本有毒，但不识多寡耳。

【附方】

旧二，新六。（略）



herba asari/herb of Manchurian wildginger is such a drug, being a drug of Yang in the Yang. As it is pungent and warm, it is effective for treating the following syndromes: headache due to invasion of pathogenic Wind and Cold and pathogenic Wind and Humidity, Tanyin fluid-retention with blocked-up chest and stagnation of Vital Energy, convulsions and epilepsy. It is also good for treating aphtha, inflammation of the throat and dental caries. This is due to its function of dispersing floating Heat. It is in conformity with the idea in the medical classics that when there is pent-up Heat in the interior, one should disperse it. As it is pungent, it is good for purging pathogenic Fire resting in the Lung. So it is good for treating coughing with dyspnea due to invasion of pathogenic Wind and Cold. A pungent taste tonifies the Liver. So Xixin/herba asari/herb of Manchurian wildginger, a pungent drug, is good for treating diseases due to insufficiency of the Gall Bladder, convulsions, epilepsy and eye diseases. As a pungent taste is also good for moistening dryness, this drug is used to dredge the Lesser Yin Channel and the ear orifice. It is therefore good for treating constipation.

Chen Cheng: Only Xixin/herba asari/herb of Manchurian wildginger produced in Huayin is the genuine drug. When powder of the drug is to be used, the dosage should not exceed one *qian*. If a bigger dosage is given, it may cause death, as it blocks the chest. When death occurs in such a case, no physical damage can be detected. Such deaths have been recorded in recent years in Kaiping Prison. This is not due to toxicity from the drug, but to overdoses of it.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.

杜衡（别录中品）

【释名】

杜葵纲目。马蹄香唐本。土卤尔雅。土细辛纲目。

〔恭曰〕杜衡叶似葵，形似马蹄，故俗名马蹄香。〔颂曰〕尔雅杜又名土卤，然杜若亦名杜衡，或疑是杜若，而郭璞注云，似葵，当是杜衡也。

【集解】

〔别录曰〕杜衡生山谷，三月三日采根，熟洗暴干。〔弘景曰〕根叶都似细辛，惟气小异尔。处处有之。方药少用，





DUHENG

Forbes wildginger

Asarum forbessi Maxim.

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

[Explanation of Names]

DUKUI

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

MATIXIANG

— *Tang Bencao (Compendium of the Tang Dynasty)*.

TULU

— *Er Ya*.

TUXIXIN

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

Su Gong: The leaf of Duheng/herba asari forbesii/herb of forbes wildginger is similar to that of cluster mallow. It is in the shape of a horse's hoof. So it is called Matixiang (Mati = horse's hoof, Xiang = fragrance).

Su Song: In *Er Ya*, Du is also called Tulu. But the drug Duruo is also named Duheng. Some say it is actually Duruo. Guo Pu annotates that it looks like cluster mallow. This should be called Duheng.

[Previous Explanations]

Duheng/herba asari forbesii/herb of forbes wildginger is produced in the mountains. Collect the root on the third day of the third month. Wash it with hot water and then dry it in the sun.

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

Tao Hongjing: Its root and leaf are similar to those of Xixin/herba asari/herb of Manchurian wildginger. But its quality is a little different. This drug is found everywhere. It is not commonly used in medical prescrip-



惟道家服之。令人身衣香。〔恭曰〕生山之阴，水泽下湿地。叶似葵，形如马蹄。根似细辛、白前等。今俗以及己代之，谬矣。及己独茎，茎端四叶，叶间白花，殊无芳气。有毒，服之令人吐，惟疗疮疥，不可乱杜衡也。〔颂曰〕今江淮间皆有之。春初于宿根上生苗，叶似马蹄下状，高二三寸，茎如麦稿粗细，每窠上有五七叶，或八九叶，别无枝蔓。又于茎叶间罅内芦头上贴地生紫花，其花似见不见，暗结实如豆大，窠内有碎子，似天仙子。苗叶俱青，经霜即枯，其根成空，有似饭帚密闹，细长四五寸，粗于细辛，微黄白色，味辛，江淮俗呼为马蹄香。谨按山海经云：天帝之山有草焉。其状如葵，其臭如麝芜，名曰杜衡。可以走马，食之已瘦。郭璞注云：带之可以走马。或曰：马得之而健走



tions. Only Taoists like to take it. It brings fragrance to the body and the clothes.

Su Gong: This drug grows in marshes and damp land or on the shady side of mountains. Its leaf is similar to that of cluster mallow, as it is in the shape of a horse's hoof. Its root looks like those of Xixin/herba asari/herb of Manchurian wildginger and Baiqian/willowleaf swallowwort. Nowadays, Jiji/radix chloranthi serrati/root of serrate chloranthus is often substituted for this drug. It is, of course, not right to do so. Jiji has one stem, and on the top of it there are four leaves. White flowers without any fragrance appear among the leaves. It is toxic. If it is taken, it induces vomiting. Especially when Duheng/herba asari forbesii/herb of forbes wildginger is used to treat sores and scabies, Jiji/radix chloranthi serrati/root of serrate chloranthus must not be used as a substitute.

Su Song: This drug is produced in areas between the Yangtze River and the Huai River. In early spring, the seedling grows on the basis of the perennial root. Its leaf is in the shape of a horse's hoof, two to three *cun* long. Its stem is similar to that of wheat straw. Each herb has five or seven leaves, or even as many as nine leaves. There are no forks veins. Between the stem and the leaves, purple flowers grow. As the flowers grow close to the earth, careful searching is needed. The fruit, the size of beans, is also hidden. The seeds are very small and similar to Tianxianzi/semen hyoscyami/henbane seeds. The seedling and leaf are blue-green. They wither after the first frost descends, and the root becomes hollow inside. The root is in the shape of a broom, with plenty of fine roots four to five *cun* long, and is a bit thicker than that of Xixin/herba asari/herb of Manchurian wildginger. It is slightly yellow-white, and tastes pungent. In the area south of the Yangtze River, it is colloquially called Matixiang. *Shanghai Jing (Book of Mountains and Seas)* says that there is a kind of herb which grows on the mountain of the Lord of Heaven. It looks like cluster mallow. It emits a smell like that of Miwu/folium chuanxiong/leaf of szechwan lovage. This drug is called Duheng/herba asari forbesii/herb of forbes wildginger. After eating it, horses run fast. It can also be used to treat goiters. Guo Pu annotates as follows: Take the drug with you when you ride a horse, as some say that after eating this herb, horses can run mightily.



也。〔宗奭曰〕杜衡用根似细辛，但根色白，叶如马蹄之下。市人往往以乱细辛，将二物相对，便见真伪。况细辛惟出华州者良。杜衡色黄，拳局而脆，干则作团。详细辛下。〔时珍曰〕按土宿本草云：杜细辛，叶圆如马蹄，紫背者良，江南、荆、湖、川、陕、闽、广俱有之。取自然汁，可伏硫、砒，制汞。

根【气味】

辛，温，无毒。

【主治】

风寒咳逆。作浴汤，香人衣体别录。止气奔喘促，消痰饮，破留血，项间瘰疬之疾甄权。下气杀虫时珍。



Kou Zongshi: Duheng/herba asari forbesii/herb of forbes wildginger has a root similar to that of Xixin/herba asari/herb of Manchurian wildginger. Its root is white, and its leaf looks like the bottom of a horse's hoof. Merchants use Duheng/herba asari forbesii/herb of forbes wildginger as a substitute for Xixin/herba asari/herb of Manchurian wildginger. But when the drugs are compared, the differences can be seen clearly. Xixin/herba asari/herb of Manchurian wildginger produced in Huazhou is the top-quality drug. Duheng/herba asari forbesii/herb of forbes wildginger is yellow in color and crispy in quality. It curls up and forms a ball when it is dry. See the Explication in the section on Xixin/herba asari/herb of Manchurian wildginger.

Li Shizhen: *Tusu Bencao* records that Duxixin (another name for Duheng/herba asari forbesii/herb of forbes wildginger) has a round leaf in the shape of a horse's hoof. If the back of the leaf is purple, it is a top-quality drug. It is produced in the Jiangnan, Jing, Hu, Chuan, Shaan and Guangareas. The natural juice of the drug can suppress Liuhuang/sulfur/sulphur and Pishi/arsenicum/arsenic, and control Gong/hydrargyrum/mercury in alchemical processing.

DUHENGGEN

Root of forbes wildginger

Radix asari forbesii

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

It is good for treating coughing with dyspnea due to attack of pathogenic Wind and Cold. Prepare bath water with it. After bathing, the body and clothes will be scented.

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

Zhen Quan: It stops asthma with adverse ascension of gas and panting. It dissolves phlegm retention, removes blood stasis, and eliminates goiters and tumors from the neck.



【发明】

〔时珍曰〕古方吐药往往用杜衡者，非杜衡也，乃及己也。及己似细辛而有毒，吐人。昔人多以及己当杜衡，杜衡当细辛，故尔错误也。杜衡则无毒，不吐人，功虽不及细辛，而亦能散风寒，下气消痰，行水破血也。

【附方】

新六。（略）



Li Shizhen: It brings down adverse ascension of gas, and kills parasites.

[Explication]

Li Shizhen: In ancient prescriptions, Duheng/herba asari forbesii/herb of forbes wildginger was often used in emetics. But actually this was not Duheng/herba asari forbesii/herb of forbes wildginger, it was Jiji/radix chloranthi serrati/root of serrate chloranthus, which looks like Xixin/herba asari/herb of Manchurian wildginger. It is toxic, and can induce vomiting. In ancient times, Duheng/herba asari forbesii/herb of forbes wildginger was always replaced by Jiji/radix chloranthi serrati/root of serrate chloranthus, and Xixin/herba asari/herb of Manchurian wildginger was replaced by Duheng/herba asari forbesii/herb of forbes wildginger. But mistakes occurred. Duheng/herba asari forbesii/herb of forbes wildginger is nontoxic, and will not induce vomiting. It does not have the same functions as Xixin/herba asari/herb of Manchurian wildginger, but it is good for dispersing invading pathogenic Wind and Cold, bringing down adverse ascension of gas, dissolving phlegm, promoting the circulation of Water and removing blood stasis.

[Prescriptions]

Six prescriptions collected recently.



徐长卿 (本经上品)

【释名】

鬼督邮本经。别仙踪苏颂。

〔时珍曰〕徐长卿，人名也，常以此药治邪病，人遂以名之。名医别录于有名未用复出石下长卿条，云一名徐长卿。陶弘景注云：此是误尔。方家无用，亦不复识。今考二条功疗相似。按吴普本草云：徐长卿一名石下长卿。其为一物甚明，但石间生者为良。前人欠审，故尔差舛。〔弘景曰〕鬼督邮之名甚多。今俗用徐长卿者，其根正如细辛，



XUCHANGQING

Paniculate swallowwort

Cynanchum paniculatum (Bge.) Kitag.

Pycnostelma paniculatum (Bunge.) K. Schum.

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

[Rectification]

In *Wu Pu Bencao* (*Wu Pu's Herbal*), Shixiachangqing is included in this section.

[Explanation of Names]

GUIDUYOU

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

BIEXIANZONG

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

Li Shizhen: Xuchangqing is the name of a physician. He often treated vicious diseases with this drug, so people called it after him. In *Mingyi Bielu* (*Records of Famous Doctors*) Shixiachangqing is recorded in the category of drugs with a name but not yet in use. It is also recorded as Xuchangqing. Tao Hongjing annotates that this is incorrect. Doctors do not use this drug and nobody knows what it is. The functions of the two drugs are very similar to each other. *Wu Pu Bencao* (*Wu Pu's Herbal*) says that Xuchangqing is also called Shixiachangqing. So the two entries actually indicate the same drug. Shixiachangqing, meaning drug under a rock, is a drug which grows among rocks, and is considered of good quality. Such an error was due to the negligence of earlier scholars.

Tao Hongjing: The root of Xuchangqing is similar to that of Xixin/herba asari/herb of Manchurian wildginger. It is smaller and flatter, but



小短扁扁尔，气亦相似。今狗脊散用鬼督邮者，取其强悍宜腰脚，故知是徐长卿，而非鬼箭、赤箭。

【集解】

〔别录曰〕徐长卿生泰山山谷及陇西，三月采。又曰。石下长卿生陇西山谷池泽，三月采。〔恭曰〕所在川泽有之。叶似柳，两叶相当，有光泽。根如细辛，微粗长，黄色而有臊气。今俗以代鬼督邮，非也。鬼督邮自有本条。〔保昇曰〕生下湿川泽之间。苗似小桑，两叶相对。三月苗青，七月、八月着子，似萝摩子而小。九月苗黄，十月凋，八月采根，日干。〔颂曰〕今淄齐淮泗间皆有之，三月、四月采，谓之别仙踪。〔时珍曰〕鬼督邮，及己之乱杜衡，其功不同，苗亦不同也。



has similar qualities and functions. In the prescription Gouji San (powder of Gouji/rhizoma cibotii/rhizome of east asian tree fern), Guiduyou is one ingredient. Although many drugs bear the name Guiduyou, it is clear that the one used in this prescription is Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort. This is due to its strong function in treating diseases of the legs and feet. It is not Guijian or Chijian.

[Previous Explanations]

Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort is produced in the valleys of Mount Taishan and Longxi. Collect the drug in the third month. One record says that Shixiachangqing is produced in the mountain valleys and marshland of Longxi, and it should be collected in the third month.

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

Su Gong: It is produced in valleys and marshland everywhere. Its leaf is similar to Liuye/fohium salicis baryloniae/leaf of babylon weeping willow, growing in opposition in pairs. It is lustrous. Its root is similar to that of Xixin/herba asari/herb of Manchurian wildginger, but it is somewhat thicker and longer. It is yellow, and smells foul. Nowadays it is a common practice to use this drug as a substitute for Guiduyou. This is not correct. Guiduyou is a different drug entirely.

Han Baosheng: Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort is produced in valleys and low marshland. Its leaf is similar to Sangye/fohium mori/mulberry leaf, but smaller and with pairs of leaves grown in opposition. In the third month the seedling becomes green. Seeds in the shape of Luomozi/ructus metaplexis/fruit of Japanese metaplexis, but smaller, form in the seventh and eighth months. In the ninth month, the leaves begin to turn yellow, and they wither in the tenth month. Collect the root in the eighth month, and dry it in the sun.

Su Song: Now the drug is produced in the areas of Zi, Qi, Huai and Si. Collect the drug in the third and fourth months. It is locally called Biexian-zong.

Li Shizhen: When Guiduyou and Jiji/radix chloranthi serrati/root of serrate chloranthus are used to replace Duheng/herba asari forbesii/herb



徐长卿之乱鬼督邮，其苗不同，其功同也。杜衡之乱细辛，则根苗功用皆仿佛，乃弥近而大乱也。不可不审。

根【修治】

〔斆曰〕凡采得粗杵，拌少蜜令遍，以瓷器盛，蒸三伏时，日干用。

【气味】

辛，温，无毒。

〔别录曰〕石下长卿：咸、平，有毒。〔普曰〕徐长卿一名石下长卿。神农、雷公：辛。〔时珍曰〕治鬼之药多有毒，当从别录。

【主治】

鬼物百精蛊毒，疫疾邪恶气，温疟。久服强悍轻身本



of forbes wildginger, the former drugs have different functions and different shapes from those of the latter. But when Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort is used as a substitute for Duheng/herba asari forbesii/herb of forbes wildginger, the former has similar functions to those of the latter, although there is a slight difference in their shapes. Duheng/herba asari forbesii/herb of forbes wildginger and similar shape and similar functions to Xixin/herba asari/herb of Manchurian wildginger, and so it is hard to differentiate between them, and harm is more likely to result when the former is substituted for the latter. Close observation and careful study are required.

XUCHANGQINGGEN

Root of paniculate swallowwort
Radix cynanchi paniculati

[Preparation]

Lei Xiao: Pound the fresh drug roughly, and blend with honey evenly. Put the drug in a porcelain pot, and stew it for three days. Remove the drug, and dry it in the sun.

[Quality and Taste]

It is pungent, warm and nontoxic.

Shixiachangqing is salty, plain and toxic.

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

Wu Pu: Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort is also called Shixiachangqing. It is pungent according to Shen Nong and Lei Gong.

Li Shizhen: Normally drugs treating diseases due to unknown causes are toxic. So it seems that what *Mingyi Bielu (Records of Famous Doctors)* says is correct. It is a toxic drug.

[Indications]

It is good for treating diseases due to unknown causes and Gudu (disease due to noxious agents produced by various parasites), epidemics and py-

经。益气延年。又曰：石下长卿：主鬼疰精物邪恶气，杀百精蛊毒，老魅注易，亡走啼哭，悲伤恍惚别录。

【发明】

〔时珍曰〕抱朴子言上古辟瘟疫有徐长卿散，良效。今人不知用此。

【附方】

新二。（略）



rexial malaria. Long-term taking of the drug makes the person feel happy and physically strong.

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

It reinforces Vital Energy and prolongs life. Shixiachangqing is good for treating Guizhu (consumptive disease of unknown cause) and Gudu (disease due to noxious agents produced by various parasites), and haunting by ghosts causing the patient to walk restlessly, weep, go into trances and behave in a manic way.

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

[Explication]

Li Shizhen: According to *Baopuzi*, there was a prescription used to prevent attacks of epidemics in ancient times. It was called Xuchangqing San (powder of Xuchangqing/radix cynanchi paniculati/root of paniculate swallowwort). It was recorded as effective. But people do not use it any more.

[Prescriptions]

Two prescriptions collected recently.



白微（本经中品）

【释名】

薇草别录。白幕别录。春草别录。蕻音尾。骨美

〔时珍曰〕微，细也。其根细而白也。按尔雅：蕻，春草也。微、蕻音相近，则白微又蕻音之转也。别录以蕻为莽草之名，误矣。

【集解】

〔别录曰〕白微生平原川谷，三月三日采根阴干。〔弘





BAIWEI

Blackend swallowwort

Cynanchum atratum Bge.

Cynanchum versicolor Bge.

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

[Explanation of Names]

WEICAO

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

BAIMU

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

CHUNCAO

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

WEI

GUMEI

Li Shizhen: Baiwei (Bai = white, Wei = thin, feeble). The root of the drug is thin and white. According to *Er Ya*, Wei (蒨) is a kind of spring herb. As the pronunciation of “微” and “蒨” are similar, so the term Baiwei (白微) is another name for the ancient herb Wei (蒨). But *Mingyi Bielu* (*Records of Famous Doctors*) says that Wei (蒨) is another name for *Mangcao/foolium illicii lanceolati/leaf of lanceleaf anisetree*. This is not correct.

[Previous Explanations]

Baiwei/radix cynanchi atrati/root of blackend swallowwort is produced in the mountain valleys in Pingyuan. Collect the root on the third day of the third month. Dry it in the shade.

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

Tao Hongjing: It is produced everywhere in nearby places.



景曰]近道处处有之。〔颂曰〕今陕西诸郡及舒、滁、润、辽州亦有之。茎叶俱青，颇类柳叶。六七月开红花，八月结实。其根黄白色，类牛膝而短小，今人八月采之。

根【修治】

〔斆曰〕凡采得，以糯米泔汁浸一宿，取出去髭，于槐砧上细锉，蒸之从巳至申，晒干用。〔时珍曰〕后人惟以酒洗用。

【气味】

苦、咸，平，无毒。

〔别录曰〕大寒。〔之才曰〕恶黄芪、大黄、大戟、干姜、大枣、干漆、山茱萸。



Su Song: Now the drug is produced in prefectures in Shaanxi as well as in Shuzhou, Chuzhou, Runzhou and Liaozhou. Its stem and leaf are blue-green. Its leaf is similar to Liuye/folium salicis baryloniae/leaf of babylon weeping willow. Red flowers bloom in the sixth and seventh months, and seed forms in the eighth month. Its root is yellow-white. It looks like Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes, but it is smaller and shorter. Now people collect the drug in the eighth month.

BAIWEIGEN

Root of blackend swallowwort

Radix cynanchi atrati

[Preparation]

Lei Xiao: After the drug is collected, soak it in Nuomigan (water in which polished glutinous rice has been washed) overnight. Remove the drug from the water, and skim off the fibrous roots. Chop it on a chopping board of pagodatree wood into small pieces. Steam the drug from Sishi (the hours 9-11) to Shenshi (the hours 15-17). Then dry it in the sun.

Li Shizhen: Some people wash the drug with wine.

[Quality and Taste]

It is bitter, salty, plain and nontoxic.

It is very cold.

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

Xu Zhicai: It is mutually inhibiting with the following drugs:

Huangqi/radix astragali/root of membranous milkvetch,

Dahuang/radix et rhizoma rhei/rhubarb,

Jingdaji/radix euphorbiae pekinensis/root of Peking euphorbia,

Ganjiang/rhizoma zingiberis/dried ginger,

Dazao/fructus jujubae/Chinese date,

Ganqi/lacca sinica exsiccatae/dried lacquer, and

Shanzhuyu/fructus corni/fruit of asiatic cornelian cherry.



【主治】

暴中风身热肢满，忽忽不知人，狂惑邪气，寒热酸疼，温疟洗洗，发作有时本经。疗伤中淋露，下水气，利阴气，益精。久服利人别录。治惊邪风狂瘥病，百邪鬼魅弘景。风湿灼热多眠，及热淋遗尿，金疮出血时珍。

【发明】

〔好古曰〕古方多用治妇人，以本草有疗伤中淋露之故也。〔时珍曰〕白微古人多用，后世罕能知之。按张仲景治妇人产中虚烦呕逆，安中益气，竹皮丸方中，用白微同桂枝各一分，竹皮、石膏各三分，甘草七分，枣肉为大丸，每以



[Indications]

It is good for treating sudden onset of apoplexy with body fever and swelling of the extremities and trance, not recognizing the people around, or with mania and mental disorder, with chills and fever and soreness all over the body, pyrexial malaria and aversion to cold with attacks at certain times.

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

It is good for treating damage to the interior, with stranguria and lochia. It disperses fluid-retention, facilitates Yin and reinforces the Vital Essence. Long-term taking of the drug is good for one's health.

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

Tao Hongjing: It is good for treating convulsive disease with lockjaw, opisthotonos and mania, and diseases caused by attack of various vicious agents and ghosts.

Li Shizhen: It treats acute febrile diseases due to attack of pathogenic Wind with body fever and drowsiness, stranguria due to attack of pathogenic Heat and enuresis, and bleeding from incised wounds.

[Explication]

Wang Haogu: In ancient prescriptions, the drug was often used to treat women's diseases, as *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* records that it is good for treating interior damage, stranguria and lochia.

Li Shizhen: Baiwei/radix cynanchi atrati/root of blackend swallowwort was very often used by ancient doctors. But later doctors have not used it very much. In *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*, Master Zhang Zhongjing records a prescription named Zhupi Wan. It is good for treating nausea and retching with restlessness in puerperium by pacifying the interior and reinforcing Vital Energy. The following drugs are used to make pills with date pulp:

One lot of Baiwei/radix cynanchi atrati/root of blackend swallowwort,
one lot of Guizhi/ramulus cinnamomi/cassia twig,
three lots of Zhuru/caulis bambusae in taeniae/bamboo shavings,
three lots of Shigao/gypsum fibrosum/gypsum, and
seven lots of Gancao/radix glycyrrhizae/liquorice root.



饮化一丸服。云有热者倍白微，则白微性寒，乃阳明经药也。徐之才药对言白微恶大枣，而此方又以枣肉为丸，盖恐诸药寒凉伤脾胃尔。朱肱活人书治风湿发汗后，身犹灼热，自汗身重多眠，鼻息必鼾，语言难出者，萎蕤汤中亦用之。孙真人千金方，有诏书发汗白微散焉。

【附方】

新五。（略）



Melt one pill in hot water and take it as a dose. In the annotation, it says that if there is fever double the dosage of Baiwei/radix cynanchi atrati/root of blackend swallowwort. This shows that Baiwei/radix cynanchi atrati/root of blackend swallowwort is a drug of cold quality. It is a drug that functions on the Greater Yang Channel. According to Xu Zhicai's *Lei Gong Yaodui* (*Lei Gong's Pharmaceutical Studies*), Baiwei/radix cynanchi atrati/root of blackend swallowwort is mutually inhibiting with Dazao/fructus jujubae/Chinese date. But in the above prescription, pulp of Dazao/fructus jujubae/Chinese date is used to make pills. This is because it is feared that the cold quality of the drug may damage the Stomach Vital Energy, so Dazao/fructus jujubae/Chinese date is used to protect the Stomach. In Zhu Gong's *Huoren Shu*, there is a prescription named Weirui Tang (decoction of Weirui/rhizoma polygonati odorati/rhizome of fragrant solomoseal). It is a prescription designed to treat the following pathological condition: After a perspiration in wind-warm syndrome, there is still body fever, spontaneous perspiration, heaviness in moving the body and drowsiness with snoring and difficult speech. Baiwei/radix cynanchi atrati/root of blackend swallowwort is used in the above prescription. In Sun Simiao's *Qianjin Yaofang* (*Essential Prescriptions Worth A Thousand Gold*), there is a prescription called Zhaoshu Fahan Baiwei San (diaphoretic, powder of Baiwei/radix cynanchi atrati/root of blackend swallowwort made by imperial decree).

[Prescriptions]

Five prescriptions collected recently.

白前（别录中品）

【释名】

石蓝唐本。嗽药同上。〔时珍曰〕名义未详。

【集解】

〔弘景曰〕白前出近道，根似细辛而大，色白不柔易折，气嗽方多用之。〔恭曰〕苗高尺许，其叶似柳，或似芫花，根长于细辛，白色。生州渚沙磧之上，不生近道。俗名石蓝，又名嗽药。今用蔓生者味苦，非真也。〔志曰〕根似





BAIQIAN

Willowleaf swallowwort

Cynanchum stauntoni (Decne.) Schltr. ex Levl.

Cynanchum glaucescens (Decne.) Hand. Mazz.

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

[Explanation of Names]

SHILAN

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

SOUYAO

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

Li Shizhen: The meaning of these names is not known.

[Previous Explanations]

Tao Hongjing: Baiqian/rhizoma cynachi stauntonii/rhizome of willowleaf swallowwort is produced in nearby places. Its root looks like that of Xixin/herba asari/herb of Manchurian wildginger, but it is bigger. It is white and elastic that can not be broken easily. It is a drug commonly used in prescriptions for treating coughing with dyspnea.

Su Gong: Its herb is one *chi* long. Its leaf is similar to Liuye/fohium salicis baryloniae/leaf of babylon weeping willow, and its root is similar to Yuanhua/radix genkwae/root of lilac daphne. Its root looks like that of Xixin/herba asari/herb of Manchurian wildginger, but it is longer and white. It grows on sandy river banks or in sandy soil. It is not produced in nearby places. It is colloquially called Shilan or Souyao, or the “cough drug”. What people use now is a creeping herb with a bitter taste. This is not the genuine drug.

Ma Zhi: Its root is similar to Baiwei/radix cynanchi atrati/root of



白微、牛膝辈，二月，八月采，阴干用。〔嘉谟曰〕似牛膝，粗长坚直易断者，白前也。似牛膝，短小柔软能弯者，白微也。近道俱有，形色颇同，以此别之，不致差误。

根【修治】

〔斆曰〕凡用，以生甘草水浸一伏时，漉出，去头须了，焙干收用。

【气味】

甘，微温，无毒。

〔叔曰〕辛。〔恭曰〕微寒。

【主治】

胸胁逆气，咳嗽上气，呼吸欲绝别录。主一切气，肺气



blackend swallowwort or Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes. Collect the drug in the second and eighth months. Dry it in the shade.

Chen Jiampo: If the root is similar to Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes but is thicker, longer and more easily broken, this is Baiqian/rhizoma cynachi stauntonii/rhizome of willowleaf swallowwort. If the root is similar to Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes, but is shorter, smaller and easier to bend, then it is Baiwei/radix cynanchi atrati/root of blackend swallowwort. Both drugs are produced in nearby places. If they are differentiated by the above-mentioned method, it is guaranteed that no mistake will be made.

BAIQIANGEN

Root or rhizome of willowleaf swallowwort

Radix et rhizoma cynachi stauntonii

[Preparation]

Lei Xiao: First, soak the drug in a decoction of Gancao/radix glycyrrhizae/liquorice root for one full day. Remove the drug, and skim off the head and fibrous root. Bake the drug.

[Quality and Taste]

It is sweet, slightly warm, and nontoxic.

Zhen Quan: It is pungent.

Su Gong: It is slightly cold.

[Indications]

It is good for treating adverse ascending gas in the chest and ribs, coughing with dyspnea and suffocation.

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

Da Ming: It is a drug that dominates the flow of all kinds of Vital Energy. It is good for eliminating restlessness and suffocation due to excessive Vital Energy in the Lung. It brings down ascension of gas resembling a piglet due to disorder of Kidney Vital Energy.



烦闷，贲豚肾气大明。降气下痰时珍。

【发明】

〔宗奭曰〕白前能保定肺气，治嗽多用，以温药相佐使尤佳。〔时珍曰〕白前色白而味微辛甘，手太阴药也。长于降气，肺气壅实而有痰者宜之。若虚而长哽气者，不可用也。张仲景治嗽而脉沉，泽漆汤中亦用之。其方见金匱要略，药多不录。

【附方】

旧二，新一。（略）



Li Shizhen: It brings down adversely ascending gas and eliminates phlegm.

[Explication]

Kou Zongshi: Baiqian/radix et rhizoma cynachi stauntonii/root and rhizome of willowleaf swallowwort is a drug that can protect Lung Vital Energy. It is commonly used in prescriptions for treating coughing. When it is assisted by drugs of warm quality, it works even more effectively.

Li Shizhen: Baiqian/radix et rhizoma cynachi stauntonii/root and rhizome of willowleaf swallowwort, white in color, slightly pungent and sweet in taste, is a drug that functions on the Lung Channel of Hand Initial Yin. It is a drug that is good for bringing down adversely ascending gas. So it is suitable for treating cases with excessive and pent-up Vital Energy in the Lung, with coughing. If the patient is in a deficient condition with long panting, then the drug should not be used. In *Jinkui Yaolue* (*Synopsis of Prescriptions of the Golden Chamber*), Master Zhang Zhongjing had a prescription called Zeqi Tang (decoction of Zeqi/herba euphorbiae helioscopiae/herb of sun euphorbia), which was designed to treat a case of coughing with deep pulse. In this prescription, Baiqian/radix et rhizoma cynachi stauntonii/root and rhizome of willowleaf swallowwort is used as one ingredient. As it has too many ingredients, it is not recorded here.

[Prescriptions]

Two prescriptions collected previously, and one prescription collected recently.

朱砂根 (纲目)

【集解】

〔时珍曰〕朱砂根生深山中，今惟太和山人采之。苗高尺许，叶似冬青叶，背甚赤，夏月长茂。根大如箸，赤色，此与百两金仿佛。

根【气味】

苦，凉，无毒。

【主治】

咽喉肿痹，磨水或醋咽之，甚良时珍。





ZHUSHAGEN

Coral ardisia

Radix ardisiae crenatae

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

[Previous Explanations]

Li Shizhen: Zhushagen/radix ardisiae crenatae/root of coral ardisia grows deep in the mountains, but nowadays it is only gathered by the people of Mountain Taihe. Its herb is about one *chi* long. Its leaf is similar to that of Dongqingye/folium ilicis purpureae/leaf of purpleflower holly. Its back is red. In summer the herb flourishes. Its root is red and as thick as a chopstick. It is similar to Bailiangjin.

ZHUSHAGEN

Root of coral ardisia

Radix ardisiae crenatae

[Quality and Taste]

It is bitter, cool and nontoxic.

[Indications]

Li Shizhen: It is good for treating inflammation of the throat with pain and swelling. Grind the drug together with water or with vinegar. It is a very good drug.



当归（本经中品）

【释名】

乾归本经。山蕲尔雅。白蕲尔雅。文无纲目。

〔颂曰〕按尔雅：薜，山蕲。又云：薜，白蕲。薜音百。蕲即古芹字。郭璞注云：当归也。似芹而粗大。许慎说文云：生山中者名薜，一名山蕲。然则当归，芹类也。在平地者名芹，生山中粗大者名当归也。〔宗奭曰〕今川蜀皆以畦种，尤肥好多脂，不以平地，山中为等差也。〔时珍曰〕当归本非芹类，特以花叶似芹，故得芹名。古人娶妻为嗣续也，当归调血为女人要药，有思夫之意，故有当归之名，正



DANGGUI

Chinese angelica

Angelica sinensis (Oliv.) Diels

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

[Explanation of Names]

QIANGUI

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

SHANQIN

— *Er Ya*.

BAIQIN

— *Er Ya*.

WENWU

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

Su Song: *Er Ya*: Bai is also named Shanqin, and has another name, Baiqin. The character Qin in ancient times was equivalent to the character Qin (Qincai/herba oenantes javanicae/herb of Java water dropwort). Guo Pu annotated: This is Danggui. It looks like Qincai, but it is bigger.

Shuowen Jiezi (*Book of Philology* by Xu Shen): That produced in the mountain is called Bai, or Shanqin. It is Danggui, a kind of Shuiqin. When the drug grows on the plain, it is Shuiqin. But it grows in the mountains and becomes coarse and big, it is called Danggui.

Kou Zongshi: Now, the drug is planted in cultivated fields, so the drug is good in quality and oily. That found in the plains and mountains is not that good and is always in varied qualities.

Li Shizhen: Danggui is not a drug in the category of Qincai. As its leaf and flower resemble that of the latter, it is also called Qin. In ancient times, a man married to get offspring. As Danggui is a very important drug in reg-



与唐诗胡麻好种无人种，正是归时又不归之旨相同。崔豹古今注云：古人相赠以芍药，相招以文无。文无一名当归，芍药一名将离故也。〔承曰〕当归治妊妇产后恶血上冲，仓卒取效。气血昏乱者，服之即定。能使气血各有所归，恐当归之名必因此出也。

【集解】

〔别录曰〕当归生陇西川谷，二月、八月采根阴干。〔弘景曰〕今陇西四阳黑水当归，多肉少枝气香，名马尾当归。西川北部当归，多根枝而细。历阳所出者，色白而气味薄，不相似，呼为草当归，缺少时亦用之。〔恭曰〕今出当州，宕州、翼州、松州，以宕州者最胜。有二种：一种似大叶芎藭者，名马尾当归，今人多用；一种似细叶芎藭者，名蚕头当归，即陶称历阳者，不堪用，茎叶并卑下于芎藭。〔颂

ulating the blood condition (and menstruation) of a woman, so the name of the drug indicates the longing of a husband. Danggui means “should come back.” It bears the same meaning in a poem written in the Tang Dynasty:

Sesame is something easy to plant, but nobody is going to plant it;
 It's time for him to come back, but he does not show up.

Cui Bao in his *Gujin Zhu* said that, in ancient times when friends bid goodbye to each other, they exchange peony as gifts. So, the herb is also called Jiangli, meaning “about to leave.” When they want to see each other, they will send Wenwu to express the idea of wishing to see the other person. Wenwu is the other name of Danggui.

Chen Cheng: Danggui is good for treating the rushing up of malignant blood in puerperium. When the drug is taken, there is an immediate therapeutic effect. When both blood and Vital Energy are displaced, Danggui can lead them back and bring peace to the overall condition. So, the name Danggui, “should come back,” can be explained as the blood and Vital Energy “should go back to its original places.”

[Previous Explanations]

Danggui is produced in the mountain valleys of Longxi. Collect the root in the second and eighth months and dry in the shade.

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

Tao Hongjing: Danggui produced in Siyang and Heishui of Longxi is rich in quality and fragrant in odor and with little fibrous roots. It is called Mawei Danggui, meaning “drug similar to horse tail,” which is considered of top quality. Danggui produced in the north of Xichuan is thin and with many fibrous roots. That produced in Liyang is white and with thin taste and quality. It is not the real drug and is locally called Caodanggui. It can only be used as a substitute when there is a shortage of Danggui.

Su Gong: Now, Danggui is produced in Dangzhou, Yizhou and Songzhou. That produced in Dangzhou is the best quality drug. There are two species: One drug with a leaf similar to largeleaf Xiongqiong/herba chuanxiong/herb of Szechwan lovage is called Mawei Danggui, the horse tail Danggui. It is a drug widely used now. another species has leaf similar to thin-leaf Xiongqiong. It is called Cantou Danggui (Danggui with silkworm-





曰]今川蜀，陕西诸郡及江宁府、滁州皆有之，以蜀中者为胜。春生苗，绿叶有三瓣。七八月开花似苜蓿，浅紫色。根黑黄色，以肉厚而不枯者为胜。〔时珍曰〕今陕、蜀，秦州、汶州诸处人多栽苜蓿为货。以秦归头圆尾多色紫气香肥润者，名马尾归，最胜他处；头大尾粗色白坚枯者，为镰头归，止宜入发散药尔。韩悉言川产者力刚而善攻，秦产者力柔而善补，是矣。

根【修治】

〔斲曰〕凡用去芦头，以酒浸一宿入药。止血破血，头尾效各不同。若要破血，即使头一节硬实处。若要止痛止血，即用尾。若一并用，服食无效，不如不使，惟单使妙也。〔元素曰〕头止血，尾破血，身和血，全用即一破一止



head). Tao Hongjing called it Liyang. It is not a drug good for medical use. Its leaf and stem all have lower and inferior functions than Xiongqiong.

Su Song: Now, Danggui is produced in Sichuan, Shaanxi, Jiangningfu and Chuzhou. That produced in Sichuan is the best drug. The seedling germinates in spring with three green petals. In the seventh and eighth months, a light purple flower blooms in the shape of the flower of Shiluo/dill. The root is black-yellow. That with moist and fat flesh is the top quality drug.

Li Shizhen: Now, Danggui is cultivated by farmers in Shaanxi, Sichuan, Qinzhou and Wenzhou to make a living. The drug produced in Qinzhou, with a round head and many fibrous roots in purple color, fragrant odor and moist quality, is the best. This is called the horse-tailed Danggui, the top quality drug of the time. That with a big head and thick, white tail and hard and withered quality is called Chantougui, a drug that can only be used in a prescription to disperse pathogenic factors.

Han Mao: Danggui produced in Sichuan is a drug that has strong and attacking functions and that produced in Qinzhou is milder and can work as a tonic.

DANGGUIGEN

Root of Chinese angelica

Radix angelicae sinensis

[Preparation]

Lei Xiao: Take off the head and the rhizome from the root. Soak the root in wine overnight. Different parts of the drug have different therapeutic functions. When it is used to remove blood stasis, use the part of the root to the base that is hard in quality. If it is wished to relieve pain and stop bleeding, use the part close to the tail (fine root). If the root is used as a whole without differentiation of its head and tail, it loses its therapeutic function. So, whenever Danggui is used, the head and tail must be differentiated.

Zhang Yuansu: The head of the root has the function of stopping bleeding and the tail has the function of removing blood stasis and the middle body of the root is good to harmonize the blood. If the whole root is used, it



也。先以水洗净土。治上酒浸，治外酒洗过，或火干、日干、入药。〔杲曰〕头止血而上行，身养血而中守，梢破血而下流，全活血而不走。〔时珍曰〕雷、张二氏所说头尾功效各异。凡物之根，身半已上，气脉上行，法乎天，身半已下，气脉下行，法乎地。人身法象天地，则治上当用头，治中当用身，治下当用尾，通治则全用，乃一定之理也。当以张氏之说为优。凡晒干乘熟纸封甕收之，不蛀。

【气味】

甘，温，无毒。

〔别录曰〕辛，大温。〔普曰〕神农、黄帝、桐君、扁鹊：甘，无毒。岐伯、雷公：辛，无毒。李当之：小温。〔杲曰〕甘、辛，温，无毒。气厚味薄，可升可降，阳中微



has both the function of harmonizing the blood and removing blood stasis. First, wash the root clean, then, soak the drug in wine if it is wished to treat disease of the upper portion. If it is going to be used to treat skin diseases, wash the drug with wine; dry in the sun or over a fire.

Li Gao: The head of the root has the function of stopping bleeding and moving upward. The middle part of the root nourishes the blood and stays in the middle portion. The tail of the root removes blood stasis and moves downward. If the whole root is used, it has the function of activating the blood, but it does not move too much.

Li Shizhen: What Lei Xiao and Zhang Yuansu said are contradictory in describing the functions of the head and tail of the root of Danggui. Let me explain: Generally speaking, the upper half of a root has the tendency of ascending, as it is following the characteristic of Heaven. The other half of the root, the part close to the fine root, follows the tendency of the Earth's descent and goes downward. The body of human being pertains to Heaven and Earth in nature. So, when disease of the upper portion is to be treated, use the upper part of the root and use the lower half if it is intended to treat disease of the lower portion of body. If the middle portion of the body is to be treated, use the middle part of the root. When the overall condition of the body is to be treated, use the whole root. This is a general rule. What Zhang Yuansu says is closer to the truth. Dry the drug in the sun. Wrap it with paper and seal it in a jar while still warm. In this way moth attack is prevented.

[Quality and Taste]

It is sweet, warm and nontoxic.

It is pungent and very warm.

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

Wu Pu: It is sweet and nontoxic according to Shen Nong the Yellow Emerpor, Tong Jun and Bian Que. It is pungent and nontoxic according to Qibo and Lei Gong. It is slightly warm according to Li Dangzhi.

Li Gao: It is sweet, pungent, warm and nontoxic. It is a drug with thick quality and thin taste that can ascend and descend. It is a drug of Yang with slight Yin. It functions on the blood system of Heart Channel of Hand



阴，入手少阴、足太阴、厥阴经血分。〔之才曰〕恶茛菪、湿面，畏菖蒲、海藻、牡蒙、生姜，制雄黄。

【主治】

咳逆上气，温疟寒热洗洗在皮肤中，妇人漏下绝子，诸恶疮疡金疮，煮汁饮之本经。温中止痛，除客血内塞，中风痙汗不出，湿痹中恶，客气虚冷，补五脏，生肌肉别录。止呕逆，虚劳寒热，下痢腹痛齿痛，女人沥血腰痛，崩中，补诸不足甄权。治一切风，一切血，补一切劳，破恶血，养新血，及癥癖，肠胃冷大明。治头痛，心腹诸痛，润肠胃筋骨皮肤，治痈疽，排脓止痛，和血补血时珍。主痿癖嗜卧，足



Lesser Yin, Spleen Channel of Foot Initial Yin and Liver Channel of Foot Greater Yin.

Xu Zhicai: It is mutually inhibiting to Lüru, noodle. It is incompatible to Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag, Haizao/sargassum/seaweed, Mumeng and Shengjiang/rhizoma zingiberis recens/fresh ginger. It controls Xionghuang/realgar/red orpiment.

[Indications]

It is good for treating coughing with dyspnea, pyrexial malaria with chills and fever on the skin, metastasis and sterility of a woman, malignant sores, carbuncle and incised wounds. Simmer the drug to make a decoction.

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

It warms the interior and relieves pain, disperses blood stasis stuck at the interior, treats apoplexy with tetanus and perspiration, disperses arthralgia due to attack of pathogenic Humidity and Zhong'e (syncope due to attack of fright and noxious factors), warms and tones the deficient and cold condition due to invasion of exogenous pathogenic factors. It tones the Five Viscera and helps growth of new muscle.

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

Zhen Quan: It stops nausea and dyspnea, treats consumptive disease with overall deficient condition and chill and fever. It is effective to stop dysentery with abdominal pain and relieve toothache. It treats such female diseases as lumbago with vaginal bleeding, metrorrhagia and metrostaxis and various kinds of deficient condition.

Da Ming: It is a drug generally good for all diseases caused by invasion of pathogenic Wind, diseases due to blood disorders of various types and consumptive diseases of all sorts. It removes the blood stasis and nourishes the new blood, dissolves hard mass in the abdomen and warms the cold in the Stomach and Intestines.

Li Shizhen: It is good for relieving headache as well as epigastric and abdominal pain. It moistens the Intestine, Stomach, tendons, bones and skin. It treats carbuncle and phlegmon, dispels pus and relieves pain, harmonizes and tones the blood.



下热而痛。冲脉为病，气逆里急。带脉为病，腹痛，腰溶溶如坐水中好古。

【发明】

〔叔曰〕患人虚冷者，加而用之。〔承曰〕世俗多谓惟能治血，而金匱、外台、千金诸方皆为大补不足、决取立效之药。古方用治妇人产后恶血上冲，取效无急于此。凡气血昏乱者，服之即定。可以补虚，备产后要药也。〔宗奭曰〕药性论补女子诸不足一说，尽当归之用矣。〔成无己曰〕脉者血之府，诸血皆属心。凡通脉者，必先补心益血。故张仲景治手足厥寒、脉细欲绝者，用当归之苦温以助心血。〔元素曰〕其用有三：一心经本药，二和血，三治诸病夜甚。凡



Wang Haogu: It is good for treating flaccidity of extremities and tendency to lie in bed with pain and hot feeling in the soles. When the Chong Channel (Penetrating Vessel) is diseased, there is abdominal pain with adverse ascending of gas. When the Dai Channel (Girdling Vessel) is diseased, there is lumbago with cold feeling as if the patient is sitting in cold water.

[Explication]

Zhen Quan: When the patient has cold feeling under an overall deficient condition, Danggui should be used.

Chen Cheng: Generally, doctors consider Danggui as a drug that can only treat blood disorders. But in *Jinkui Yaolue* (*Synopsis of Prescriptions of the Golden Chamber*), *Waitai Miyao* and *Qianjin Yaofang*, the drug is considered a very good tonic that works effectively and promptly intonifying a general deficient and insufficient condition. In ancient prescriptions treating the rushing up of malignant blood in puerperium, Danggui is the first choice. Whenever there is a disorder of the blood and the Vital Energy, use of the drug will bring peace immediately. It is also good for tonifying the deficient condition in puerperium. It is a very important drug in treating postpartum diseases.

Kou Zongshi: In *Yaoping Lun* (*Materia Medica Concerning Medicinal Qualities*), there is a treatise on the function of Danggui in tonifying the deficient and insufficient condition of a woman. It is a good treatise in which the drug Danggui is discussed in detail.

Cheng Wuji: Blood vessels are places where blood is stored. The Heart controls all blood. When it is intended to facilitate the blood circulation, the treatment is to tonify the Heart and replenish the blood first. In *Shanghan Lun* (*Treatise on Febrile Diseases Caused by Cold*), Master Zhang Zhongjing used Danggui in the prescription treating a case with cold extremities and feeble pulse that is going to disappear. Danggui is used to replenish the Heart blood, as the drug is bitter and warm.

Zhang Yuansu: There are three therapeutic functions of Danggui:

One, it is a drug functioning on the Heart Channel of Hand Lesser Yin. Two, it harmonizes the blood and, three, it is a drug that treats diseases that



血受病，必须用之。血壅而不流则痛，当归之甘温能和血，辛温能散内寒，苦温能助心散寒，使气血各有所归。〔好古曰〕入手少阴，以其心生血也。入足太阴，以其脾裹血也。入足厥阴，以其肝藏血也。头能破血，身能养血，尾能行血。全用，同人参、黄芪，则补气而生血；同牵牛、大黄则行气而破血。从桂、附、茺萸则热，从大黄、芒消则寒。佐使分定，用者当知。酒蒸治头痛，诸痛皆属木，故以血药主之。〔机曰〕治头痛，酒煮服清，取其浮而上也。治心痛，



are aggravated at night. Whenever there is a blood disorder, Danggui must be used. When there is a stagnating condition of the blood, there will be a pain. Danggui is a drug of sweet taste and warm quality that can harmonize the blood. As it is bitter and warm, it reinforces the Heart and disperses the Cold. In this way, both blood and Vital Energy will find their right place and become harmonious.

Wang Haogu: Danggui is a drug that functions on the Heart Channel of Hand Lesser Yin, as the drug helps produce blood. It functions on the Spleen Channel of Foot Initial Yin, as the Spleen is wrapping the blood. It functions on the Liver Channel of Foot Greater Yin, as the Liver stores the blood. The head of the root can remove blood stasis. The body of the root can nourish the blood and the tail of the root can activate the blood. When the whole root is used together with Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch, it has the function of tonifying the Vital Energy and germinating the blood. When the whole root is used together with Qianniuzi/semen pharbitidis/pharbitis seed and Dahuang/radix et rhizoma rhei/rhubarb, it activates the blood circulation and removes blood stasis. Used together with Rougui/cortex cinnamomi/cassia bark, Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood and Wuzhuyu/fructus evodiae/fruit of medicinal evodia, the drug works as one of hot quality. Used together with Dahuang and Mangxiao/natrii sulfas/mirabilite, it becomes a drug of cold quality. When the drug is used, the guiding drug and assistant drug should be ascertained. When Danggui is processed by steaming with wine, it can treat headache. As pains of all kinds are due to the disorder of the Wood element, so drugs to regulate the blood should be given.*

Wang Ji: When a headache is to be treated, simmer the drug lightly with wine. Such a decoction is light and floating and thus works on the up-

*The Liver pertains to the Wood and stores the blood. When blood is not in a good condition, it affects the Liver condition. So, regulating the blood disorder means regulating the Liver condition. Once the blood is in good order, pain will subside.



酒调末服，取其浊而半沉半浮也。治小便出血，用酒煎服，取其沉入下极也。自有高低之分如此。王海藏言当归血药，如何治胸中咳逆上气？按当归其味辛散，乃血中气药也。况咳逆上气，有阴虚阳无所附者，故用血药补阴，则血和而气降矣。〔韩悉曰〕当归主血分之病。川产力刚可攻，秦产力柔宜补。凡用，本病宜酒制，有痰以姜制，导血归源之理。血虚以人参、石脂为佐，血热以生地黄、条芩为佐，不绝生化之源。血积配以大黄。要之，血药不容舍当归。故古方四物汤以为君，芍药为臣，地黄为佐，芎藭为使也。



per portion to treat the headache. If heart disease is to be treated, blend the powder of the drug with wine. Such a drug is turbid in quality and keeps partially afloat, just right to treat heart disease. To treat hematuria, simmer the drug with wine,. In this way, the drug is able to descend to the lower portion. From the above different ways of preparation, it can be understood that the same drug, prepared in different way, can function differently. Wang Haizang explained the following question: Since Danggui is a drug that functions on the blood, how can it be used in treating coughing with dyspnea, an ailment resting in the chest? This is because Danggui is a drug pungent in taste and dispersive in function. It is a drug functioning on the Vital Energy system of the blood. Coughing with dyspnea can be caused by a condition of Yin deficiency with Yang floating about finding no place to rest. So, when Danggui is given, it harmonizes the blood. Once blood is harmonized, the ascending gas (dyspnea) will subside alongside the descending of Vital Energy.

Han Mao: Danggui is a drug that treats diseases due to blood disorder. Danggui produced in Sichuan is strong in function and can be used in the dispersion of pathological conditions. That produced in Qinzhou is mild in function and can thus be used as a tonic. When the drug is used to treat diseases of the Heart Channel of Hand Lesser Yin, it should be processed with wine. When it is used to disperse accumulation of phlegm, the drug should be processed with Shengjiang/rhizoma zingiberis recens/fresh ginger. This is based on the theory of leading the blood to its origin. When the blood is in a deficient condition, the drug should be assisted by Renshen/radix ginseng/ginseng root and Chishizhi/halloysitum rubrum/red halloysite. When there is pathogenic Heat in the blood, assist Danggui with Shengdihuang/radix rehmanniae/rhizome of rehmannia and Huangqin/radix scutellariae/root of baikal skullcap. In this way, the source of production of blood is protected. If there is accumulation in the blood, assist Danggui with Dahuang/rhubarb. To sum up, whenever diseases due to blood disorder are to be treated, Danggui must be used. That is why in the ancient prescription Siwu Tang, Danggui is used as the principal drug, Shaoyao/radix paeoniae/peony root is used as the minister drug, assisted by Shengdihuang and guided by Xiongqiong.

【附方】

旧八，新一十九。（略）





[Prescriptions]

Eight prescriptions collected previously, and
19 prescriptions collected recently.

芎藭（本经上品）

【释名】

胡藭别录。川芎纲目。香果别录。山鞠穷纲目。

〔时珍曰〕芎本作营，名义未详。或云：人头穹窿穷高，天之象也。此药上行，专治头脑诸疾，故有芎藭之名。以胡戎者为佳，故曰胡藭。古人因其根节状如马衔，谓之马衔芎藭。后世因其状如雀脑，谓之雀脑芎。其出关中者，呼为京芎，亦曰西芎；出蜀中者，为川芎，出天台者，为台





XIONGQIONG

Szechwan lovage

Ligusticum chuanxiong Hort.

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

[Explanation of Names]

HUQIONG

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

CHUANXIONG

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

XIANGGUO

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

SHANJUQIONG

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

Li Shizhen: The character Xiong was originally written as Jian, but its meaning is not clear. Some say that the skull is called Xionglong, the topmost position of human body, a symbol of Heaven. As this is a drug ascending to the highest position of the human body and is good for treating disease at the head, it is called Xiongqiong, a phrase similar to the previous Xionglong. As the drug produced in the Hu region (the north and west of China) where non-Han ethnic groups lived in ancient times) and Rong areas is of top quality, it is also called Huqiong, drug from the Hu (the north and west of China where non-Han ethnic groups lived in ancient times). As the root with nodes looks like an iron horse bridle, it is also called Maxian Xiongqiong. Some scholars find that the drug looks like a sparrow brain. So it is also called Quenaoxiong. The drug produced in the Huanzhong area is called Jingxiong, or Xixiong. That produced in Sichuan is called Chuanxiong. The drug produced in Sichuan is called Chuanxiong.



芎；出江南者，为抚芎，皆因地而名也。左传：楚人谓萧人曰：有麦曲乎？有山鞠穷乎？河鱼腹疾柰何？二物皆御湿，故以谕之。丹溪朱氏治六郁越鞠丸中用越桃、鞠穷，故以命名。金光明经谓之闍莫迦。

【集解】

〔别录曰〕芎藭叶名藜芜，生武功川谷、斜谷西岭，三月、四月采根暴干。〔普曰〕芎藭或生胡无桃山阴，或泰山。叶细香，青黑文，赤如藁本，冬夏丛生，五月花赤，七月实黑，附端两叶。三月采根，有节如马衔。〔弘景曰〕武功、斜谷西岭，俱近长安。今出历阳，处处亦有，人家多种之。叶似蛇床而香，节大茎细，状如马衔，谓之马衔芎藭。蜀中亦有而细。〔恭曰〕今出秦州，其历阳出者不复用。其人间种者，形块大，重实多脂。山中采者，瘦细。味苦、辛。以九月、十月采之为佳，若三月、四月虚恶非时也。〔颂

The drug produced in Tiantai is called Taixiong. And that produced in areas south of the Yangtze river is called Fuxiong. The above names are given in accordance with the place of origin. *Zuo Zhuan (Historical Records by Zuo Qiuming)* recorded the following: The people of Chu asked the people of Xiao: Do you have Maiqu? Do you have Shanjuqiong? What should we do when the fish in the river suffer from disease in the abdomen? The two things are good to disperse Humidity. Feed the fish with the drugs. Master Zhu Danxi used Xiongqiong in his prescription Yueju Wan treating six kinds of melancholy, in which Yuetao and Juqiong are used. So it is called Yueju Wan. In the Buddhist classic *Jinguangmingjing* (Sanskrit: *Suvarnaprabhasottamasutro*), the drug is called Shemojia (transliteration).

[Previous Explanations]

The leaf of Xiongqiong is called Miwu. Xiongqiong is produced in the mountain valleys of Wugong and the western range of Xiegu. Collect the drug in the third and fourth months and dry in the sun.

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

Wu Pu: Xiongqiong is produced on the shady side of Wutao Mountain in the Hu region (the north and west of China where non-Han ethnic groups lived in ancient times), or in Taishan Mountain. The fragrant leaf is thin and with blue-black texture. It is as red as that of Gaoben/Chinese ligusticum. It grows in tussock in summer and winter. In the fifth month, a red flower blooms and the seed becomes black in the seventh month. On top of a stem, there are two leaves. Collect the root in the third month. It has nodes in a similar shape to iron horse bridle.

Tao Hongjing: Wugong and western range of Xiegu are all close to Chang'an. Now, the drug is produced in Liyang. It can also be found everywhere. Farmers plant the drug. Its leaf is similar to Shechuang/herba cnidii/ herb of common cnidium, but it is fragrant. It has a thin stem with fewer nodes, in the shape of a horse bridle. It is called Maxian Xiongqiong, the horse bridle drug. That produced in Sichuan is thinner.

Su Gong: Now, the drug is produced in Qinzhou. That produced in Liyang is no longer used. The drug cultivated by farmers has a big, solid and oily root. That collected in the mountains is thin and skinny, bitter and pun-





曰]关陕、川蜀、江东山中多有之，而以蜀川者为胜。四五月生叶，似水芹、胡荽、蛇床辈，作丛而茎细。其叶倍香，江东、蜀人采叶作饮。七八月开碎白花，如蛇床子花。根坚瘦，黄黑色。关中出者形块重实，作雀脑状者为雀脑芎，最有力。〔时珍曰〕蜀地少寒，人多栽蒔，深秋茎叶亦不萎也。清明后宿根生苗，分其枝横埋之，则节节生根。八月根下始结芎藭，乃可掘取，蒸暴货之。救荒本草云：叶似芹而微细窄，有丫叉，又似白芷，叶亦细，又似胡荽叶而微壮，一种似蛇床叶而亦粗。嫩叶可炸食。〔宗奭曰〕凡用，以川中大块，里色白，不油，嚼之微辛甘者佳。他种不入药，止可为末，煎汤沐浴而已。



gent in taste. The drug collected in the ninth and tenth months is the best. The third and fourth months are not a good time for collection, as the root is bad and loose in quality.

Su Song: The drug is produced in the mountains in Guanzhong, Shaanxi, Sichuan and Jiangdong areas. That produced in Sichuan is the top quality drug. The seedling begins to sprout in the fourth and fifth months. It looks like Shuiqin, Husui/herba coriandri/coriander herb and Shechuang/herba cnidii/herb of common cnidium. It grows in tussock and has a thin stem. Its leaf emits a fragrant odor and people in Sichuan and Jiangdong use it to make a drink. In the seventh and eighth months, small, white flowers bloom. It looks like Shechuangzihua/flos cnidii/flower of common cnidium. Its root is solid and thin of yellow-black color. Drug produced in Guanzhong has a big and solid root. That with a root similar to sparrow brain is called the Quenaoxiong, the sparrow-brain drug. It has strong therapeutic effect.

Li Shizhen: Sichuan is a place where there is no severe winter. People there plant the drug in large quantity. Even in the late autumn, the leaf of the drug is not withered. After the solar term of Pure Brightness (April 5), the seedling germinates from the perennial root. Cut the twigs into pieces and bury them horizontally in the soil. Then, each twig will germinate a root. In the eighth month, the drug will take shape and can be excavated. Steam the drug and then dry it in the sun. Then it is ready for the market.

Jiuhuang Bencao (Herbal for Relief of Famines): The leaf of Xiongqiong looks like Qincai, but it is thinner and narrower. It has forks and twigs. When its leaf is compared to that of Baizhi/dahurian angelica, it is similar but thinner. But when it is compared to Husui/herba coriandri/coriander herb, it is a bit bigger. When it is compared to Shechuang/herba cnidii/herb of common cnidium, it looks thicker. The tender leaf of Xiongqiong can be stir-fried and served as a tidbit.

Kou Zongshi: The drug produced in Sichuan with a white heart, without oil, is the top quality drug. When chewed, it tastes slightly pungent and sweet. Xiongqiong produced in other places can not be used in internal medicine. The drug can be ground into powder and used to prepare bathing water.



根【气味】

辛，温，无毒。

〔普曰〕神农、黄帝、岐伯、雷公：辛，无毒。扁鹊：酸，无毒。李当之：生温，熟寒。〔元素曰〕性温，味辛、苦，气厚味薄，浮而升，阳也。少阳本经引经药，入手、足厥阴气分。〔之才曰〕白芷为之使，畏黄连，伏雌黄。得细辛，疗金疮止痛。得牡蛎，疗头风吐逆。

【主治】

中风入脑头痛，寒痹筋挛缓急，金疮，妇人血闭无子本经。除脑中冷动，面上游风去来，目泪出，多涕唾，忽忽如醉，诸寒冷气，心腹坚痛，中恶卒急肿痛，胁风痛，温中内



XIONGQIONGGEN

Rhizome of Szechwan lovage
Rhizoma Chuanxiong

[Quality and Taste]

It is pungent, warm and nontoxic.

Wu Pu: It is pungent and nontoxic according to Shen Nong, the Yellow Emperor, Qibo and Lei Gong. It is sour and nontoxic according to Bian Que. The crude drug is warm and the prepared drug is cold in quality according to Li Dangzhi.

Zhang Yuansu: It is warm in quality, pungent and bitter in taste. It is a drug with thick quality and thin taste. It has the tendency of floating and ascending, a drug of Yang. It is the guiding drug of Lesser Yang Channels. It functions on the Vital Energy system of the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin.

Xu Zhicai: Baizhi can be used as its guiding drug. It is incompatible to Huanglian/rhizoma coptidis/coptis rhizome and oppresses Cihuang/orpimentum/orpiment. Reinforced by Xixin/herba asari/herb of Manchuarian wild ginger, the drug is good for treating an incised wound and easing pain. Assisted by Muli/concha ostreae/oyster shell, it is good for treating severe intermittent headache with vomiting and dyspnoea.

[Indications]

It is good for treating headache due to invasion of pathogenic Wind into the brain. It treats arthralgia with contraction of the tendons due to attack of pathogenic Cold, incised wound and amenorrhea with sterility of a woman.

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

It disperses invasion of pathogenic Cold in the brain that brings a moving feeling. It eliminates wandering edema on the face with tears and sneezing and a feeling as if the patient is drunk. It relieves abdominal distention and pain due to attack of pathogenic Cold. It treats Zhong'e with abdominal pain and swelling of the body. It disperses invasion of pathogenic



寒别录。腰脚软弱，半身不遂，胞衣不下甄权。一切风，一切气，一切劳损，一切血。补五劳，壮筋骨，调众脉，破癥结宿血，养新血，吐血鼻血溺血，脑痛发背，瘰疬瘰赘，痔瘻疮疥，长肉排脓，消瘀血大明。搜肝气，补肝血，润肝燥，补风虚好古。燥湿，止泻痢，行气开郁时珍。蜜和大丸，夜服，治风痰殊效苏颂。齿根出血，含之多瘥弘景。

【发明】

〔宗奭曰〕今人用此最多，头面风不可缺也，然须以他药佐之。〔元素曰〕川芎上行头目，下行血海，故清神及四物汤皆用之。能散肝经之风，治少阳厥阴经头痛，及血虚头痛之圣药也。其用有四：为少阳引经，一也；诸经头痛，二



Wind to the costal region and warms the interior cold.

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

Zhen Quan: It treats hemiplegia and debilitated waist and feet. It disperses a retained placenta.

Da Ming: It is good for treating diseases due to all sorts of invasion of pathogenic Wind caused by disorder of the Vital Energy, all sorts of overstrains and blood disorders of all types. It tones the five overstrains, reinforces the tendons and bones, regulates all the Channels and blood vessels, removes blood stasis and hard mass, helps germinate new blood. It stops hematemesis, epistaxis and hematuria. It treats carbuncle of the nape and lumbar dorsal carbuncle, eliminates scrofula and goiter, hemorrhoids, sores and scabies. It helps the growth of new flesh and dispels pus and removes blood stasis.

Wang Haogu: It regulates the Vital Energy in the Liver, tones the blood in the Liver, moistens the dryness in the Liver and tones an overall deficient condition due to attack of pathogenic Wind.

Li Shizhen: It dries the Humidity, stops diarrhea and dysentery, facilitates the circulation of Vital Energy and dissolves melancholy.

Su Song: Make big pills with honey. Take at night to treat accumulation of phlegm due to attack of pathogenic Wind. It is very effective.

Tao Hongjing: Hold the drug in the mouth to stop gum bleeding.

[Explication]

Kou Zongshi: Xiongqiong is a drug very frequently used by doctors. It is a must drug in treating wandering edema on the face. It should be assisted by other drugs.

Zhang Yuansu: Chuanxiong is a drug that can ascend to the head and eye and can also descend to the Sea of Blood (the uterus). That is why it is used in both Qingshen Tang and Siwu Tang. Chuanxiong is a drug that can disperse the invading pathogenic Wind in the Liver Channel, so it is good for treating headache due to disorders of the Lesser Yang and Greater Yin Channels and headache due to blood deficiency. To sum up, Chuanxiong has the flowing four therapeutic functions:

One, to act as the guiding drug to the Lesser Yang Channel;



也；助清阳之气，三也；去湿气在头，四也。〔杲曰〕头痛必用川芎。如不愈，加各引经药：太阳羌活，阳明白芷，少阳柴胡，太阴苍术，厥阴吴茱萸，少阴细辛，是也。〔震亨曰〕郁在中焦，须抚芎开提其气以升之，气升则郁自降。故抚芎总解诸郁，直达三焦，为通阴阳气血之使。〔时珍曰〕芎藭，血中气药也。肝苦急，以辛补之，故血虚者宜之。辛以散之，故气郁者宜之。左传言麦曲鞠穷御湿，治河鱼腹疾。予治湿泻每加二味，其应如响也。血痢已通而痛不止者，乃阴亏气，郁，药中加芎为佐，气行血调，其病立止。



- Two, to treat headaches of all the Channels;
- Three, to assist the lucid Yang Vital Energy;
- Four, to disperse pathogenic Humidity in the head.

Li Gao: Whenever headache is to be treated, Chuanxiong must be used. If it is not efficacious, add the respective guiding drugs:

— Qianghuo/rhizoma et radix notopterygii/rhizome and root of incised notopterygium for the Initial Yang Channel;

— Baizhi/radix angelicae dahuricae/root of dahurian angelica for the Greater Yang Channel;

— Chaihu/radix bupleuri/root of Chinese thorowax for the Lesser Yang Channel;

— Cangzhu/rhizoma atractylodis/atractylodes rhizome for the Initial Yin Channel;

— Wuzhuyu/fructus evodiae/fruit of medicinal evodia for the Greater Yin Channel;

— Xixin/herba asari/herb of Manchurian wild ginger for the Lesser Yin Channel.

Zhu Zhenheng: When melancholy accumulates in the middle portion, Fuxiong (Xiongqiong from south of the Yangtze) should be adopted to open up the blocked up condition and bring the Vital Energy to ascend. When Vital Energy ascends, melancholy will be brought down and dispersed. Therefore, Fuxiong is a drug capable of treating all kinds of melancholy. It facilitates the Vital Energy, blood, Yin and Yang to deploy evenly in the three portions of body cavity.

Li Shizhen: Xiongqiong, a drug that functions on the Vital Energy in the blood. When the Liver is in a stranded condition, feed the patient with drugs of pungent taste as a tonic. So, it is a drug good for a case with blood deficiency. A drug of pungent taste has the function of dispersion, so it is good to treat melancholy. *Zuo Zhuan (Historical Records by Zuo Qiuming)* says that Maiqu* and Juqiong** can disperse pathogenic Humidity and

*Could be Jiuqu/distiller's yeast made of wheat or barley.

**Xiongqiong.

此皆医学妙旨，圆机之士，始可语之。〔宗奭曰〕沈括笔谈云：一族子旧服芎藭，医郑叔熊见之云：芎藭不可久服，多令人暴死。后族子果无疾而卒。又朝士张子通之妻，病脑风，服芎藭甚久，一旦暴亡。皆目见者。此皆单服既久，则走散真气。若使他药佐使，又不久服，中病便已，则焉能至此哉？〔虞搏曰〕骨蒸多汗，及气弱之人，不可久服。其性辛散，合真气走泄，而阴愈虚也。〔时珍曰〕五味入胃，各归其本脏。久服则增气偏胜，必有偏绝，故有暴天之患。若药具五味，备四气，君臣佐使配合得宜，岂有此害哉？如芎藭，肝经药也。若单服既久，则辛喜归肺，肺气偏胜，金来贼木，肝必受邪，久则偏绝，岂不夭亡？故医者贵在格物也。





therefore are used to treat the diseases of fish in the river. I tried the two drugs in treating diarrhea due to invasion of pathogenic Humidity. They worked wonders. In treating dysentery with blood discharge and abdominal pain, Chuanxiong should be added. In this way, the blood will be regulated and Vital Energy activated and disease healed. This is the subtlety of the medical science. Only those who have made their efforts in such studies can understand the theory and are worth talking to.

Kou Zongshi: Shenkuo in his *Mengxi Bitan* recorded: Doctor Zheng Shuxiong once talked to a young man in his clan who took Xiongqiong regularly. He told the young man that if it was taken too much, he could die suddenly. The young man did not listen, but later he did indeed die without contracting any disease. The wife of Mr. Zhang Zitong, an official, once suffered from severe headache due to attack of pathogenic Wind. She took plenty of Xiongqiong as a treatment. After a long and frequent intake, the woman died suddenly one day. These are the examples I experienced personally. Such a death was due to the fact that long time use of Xiongqiong had exhausted the Primordial Vital Energy. If Xiongqiong is used only temporarily and assisted by other drugs, it just works to treat the disease and there is no danger.

Yu Tuan: Patients suffering from hectic fever due to Yin deficiency and those with weak build should not take Xiongqiong over a long period. As the drug is pungent and dispersive and therefore consumes the Yin, those with Yin deficiency should take it with caution.

Li Shizhen: When drugs of five tastes enter the Stomach, each taste will find the Viscus it belongs to.* Long-term accumulation of a certain

*Each Viscus has its corresponding taste to it. When such taste enters the Stomach, it finds the corresponding Viscus to store itself. And this is the accumulation of the taste. The corresponding relationship is as follows:

- Sour taste enters the Liver;
- Pungent taste enters the Lung;
- Bitter taste enters the Heart;
- Sweet taste enters the Spleen;
- Salty taste enters the Kidney.

【附方】

旧七，新一十三。（略）



taste will lead to the extreme. Sudden death could then be possible. If drugs of five tastes and four qualities are all included in a prescription, with a harmonious match of the monarch, the minister, the assistant and the guiding drugs, it will never enter such dangerous phases. Xiongqiong is a drug functioning on the Liver Channel. Long time use of a drug of pungent taste will accumulate its property in the Lung, a Viscus of the pungent taste. When the Lung has too much Vital Energy, it will encroach on the Liver Viscus (the Metal conquering the Wood). When such conquering continues, sudden death could be possible at any time. So a doctor should be careful in the study of medical science.

[Prescriptions]

Seven prescriptions collected previously, and
13 prescriptions collected recently.





藜苳 (本经上品)

【释名】

藜苳本经。蘄苳尔雅。江蓠别录。

〔颂曰〕蘄苳，古芹芷字也。〔时珍曰〕藜苳一作藜苳，其茎叶靡弱而繁苳，故以名之。当归名蘄，白芷名蓠。其叶似当归，其香似白芷，故有蘄苳、江蓠之名。王逸云，蓠草生江中，故曰江蓠，是也。余见下。

【集解】

〔别录曰〕芎藭叶名藜苳。又曰：藜苳，一名江蓠，芎藭苗也。生雍州川泽及冤句，四月、五月采叶暴干。〔弘景



MIWU

Leaf of Szechwan lovage

Folium chuanxiong

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

[Explanation of Names]

WEIWU

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

QICHAI

— *Er Ya*.

JIANGLI

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

Su Song: Qichai. Qi= the character of Qin (Qincai) of ancient times; Chai = the character Zhi (Baizhi/radix angelicae dahuricae/root of dahurian angelica) of ancient times.

Li Shizhen: Miwu, or sometimes written as Meiwu, are characters describing the weak and thin leaves, but with flourishing look. *Danggui* was called Qi and Baizhi was called Li in ancient times. As Miwu looks like that of *Danggui* and it has similar odor like Baizhi, the drug is also named Qichai or Jiang Li.

Wang Yi: Licao grows in the center of the river, so it is called Jingli. For further details, see the explanations below.

[Previous Explanations]

The leaf of Xiongqiong/Szechwan lovage is called Miwu. It has another name, Jiangli, and is the seedling of Xiongqiong. It is produced in the vellys and marshlands in Yongzhou and Yuanju. Collect the leaf in the fourth or fifth months and dry in the sun.



曰]今出历阳，处处人家多种之。叶似蛇床而香，骚人借以为譬，方药稀用。〔恭曰〕此有二种，一种似芹叶，一种似蛇床。香气相似，用亦不殊。〔时珍曰〕别录言，藜芦一名江蓠，芎藭苗也。而司马相如子虚赋，称芎藭菖蒲，江蓠藜芦。上林赋云：被以江蓠，揉以藜芦。似非一物，何耶？盖嫩苗未结根时，则为藜芦；既结根后，乃为芎藭。大叶似芹者为江蓠，细叶似蛇床者为藜芦。如此分别，自明白矣。淮南子云：乱人者，若芎藭之与藁本，蛇床之与藜芦。亦指细叶者言也。广志云：藜芦香草，可藏衣中。管子云：五沃之土生藜芦。郭璞赞云：藜芦香草，乱之蛇床。不损其真，自烈以芳。又海中苔发，亦名江蓠，与此同名耳。

【气味】

辛，温、无毒。

【主治】

咳逆，定惊气，辟邪恶，除蛊毒鬼疟，去三虫。久服通



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

Tao Hongjing: Now the drug is produced in Liyang. It is planted by all farmers. Its leaf looks like Shechuang/herba cnidii/herb of common cnidium, but it is fragrant. Poets like to describe the herb and use it as metaphor. But the drug is not very often used as medicine.

Su Gong: There are two kinds of Miwu: One has a similar leaf to Qincai and the other to Shechuang. Both herbs have similar fragrance and functions.

Li Shizhen: According to *Mingyi Bielu*, Miwu, also named Jiangli, is the seedling of Xiongqiong. But in the poem *Zixu Fu* of Sima Xiangru, he described the herbs he found as: in autumn, Xiongqiong and Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag, Jiangli and Miwu. In another poem written by the same poet it goes, covered with Jiangli, I rubbed the Miwu. It seems that Jiangli and Miwu are not the same thing. How could that be? This is because, when the young seedlings have just grown out, it is called Miwu. When it grows bigger, with the root becoming gross, it is then called Xiongqiong. That with a big leaf similar to Qincai is called Jiangli, and that with a smaller leaf similar to Shechuang is called Miwu. In this way, the difference becomes clear.

Huainanzi: It is perplexing to differentiate Xiongqiong to Gaoben/rhizoma ligustici/rhizome of Chinese ligusticum, or Shechuang to Miwu, as they all have thin leaves. Guang Zhi: Miwu is a kind of fragrant herb that can be kept in the clothes. Guanzi: Miwu grows on fertile land. Guo Pu once praised the herb by saying that Miwu, the fragrant herb, is often mistaken for Shechuang. Still it differs from the latter with its strong fragrance. There is a kind of enteromorpha in the sea that also has the name of Jiangli.

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

It soothes coughing with dyspnoea, tranquilizes convulsion, dispels invasion of vicious agents, disperses Gudu (disease due to noxious agents produced by various parasites) and Guizhu (consumptive disease of un-

神本经。主身中老风，头中久风、风眩别录。作饮，止泄泻
苏颂。



known reason), and kills three parasites. Long-term use makes the person capable of communicating with the immortals.

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

It disperses protracted invasion of pathogenic Wind in the body and chronic existence of Wind in the head and treats vertigo due to invasion of Wind.

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

Su Song: Simmer the drug to make a decoction. Administer the decoction to stop diarrhea.





蛇床（本经上品）

【释名】

蛇粟本经。蛇米本经。虺床尔雅。马床广雅。墙藜别录。又名思益、绳毒、枣棘。

〔时珍曰〕蛇虺喜卧于下食其子，故有蛇床、蛇粟诸名。其叶似藜苳，故曰墙藜。尔雅云：盱，虺床也。

【集解】

〔别录曰〕蛇床生临淄川谷及田野，五月采实阴干。



SHECHUANG

Common cnidium

Cnidium monnieri (L.) Cusson

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

[Explanation of Names]

SHESHU

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

SHEMI

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

HUICHUANG

— *Er Ya*.

MACHUANG

— *Guang Ya*.

QIANGMI

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

SIYI

SHENGDU

ZAOJI

Li Shizhen: As snakes like to hide themselves under the herb to eat the seed, it is called Shechuang, snake's bed, or Shesu, snake's food. As its leaf is similar to Miwu, it is also called Qiangmi.

Er Ya: Xu is Shechuang.

[Previous Explanations]

Shechuang is produced in the valleys and fields of Linzi. Collect the fruit in the fifth month and dry in the shade.



〔弘景曰〕田野墟落甚多，花叶正似薜茘。〔保昇曰〕叶似小叶芎藭，花白，子如黍粒，黄白色。生下湿地，所在皆有，以扬州、襄州者为良。〔颂曰〕三月生苗，高三二尺，叶青碎，作丛似蒿枝。每枝上有花头百余，结同一窠，似马芹类。四五月乃开白花，又似伞状。子黄褐色，如黍米，至轻虚。〔时珍曰〕其花如碎米攒簇。其子两片合成，似苕蓎子而细，亦有细棱。凡花实似蛇床者，当归、芎藭、水芹、藁本、胡萝卜是也。

子【修治】

〔斆曰〕凡使，须用浓蓝汁并百部草根自然汁，同浸一伏时，漉出日干。却用生地黄汁相拌蒸之，从巳至亥，取出



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

Tao Hongjing: It is found everywhere in the field. Its flower and leaf are similar to that of Miwu.

Hao Baosheng: Its leaf is similar to the small-leaf Xiongqiong. It has a white flower. Its seed is similar to Shu/semen panici/broomcorn millet of yellow-white color. The drug grows on low and damp land and is found everywhere. That produced in Yangzhou and Xiangzhou is of top quality.

Su Song: The seedling begins to sprout in the third month. The stem grows up to 2 to 3 *chi*. Its leaf is blue-green and small. It grows in tussock similar to Qinghao/herba artemisiae annuae/herb of sweet wormwood. On top of each stem there are about 100 flowers flocking together like Maqin. In the fourth and fifth months, white flowers bloom. The whole thing looks like an umbrella. Its seed is yellow-brown, similar to millet. It is very light in quality.

Li Shizhen: Its flowers flock together like broken rice grains. Each seed is covered with two petals. It looks like Shiluo/fructus anethi/dill but it is smaller and it is also prismatic. The following herbs also have similar flowers as Shechuang:

- Danggui,
- Xiongqiong,
- Shuiqin,
- Gaoben,
- Huluobo/radix dauci sativae/carrot.

SHECHUANGZI

Fruit of common cnidium

Fructus cnidii

[Preparation]

Lei Xiao: Soak the drug in dense Lanzhi/succus polygoni tinctorii/juice of indigo plant and natural juice of Baibu/radix stemonae/root of sessile stemona for a full day. Take out the drug and dry it in the sun. Blend with juice of Shengdihuang/radix rehmanniae/rhizome of rehmannia and steam it from Sishi (9-11 hours) to Haishi (21-23 hours). Then, dry the drug in the sun.



日干用。〔大明曰〕凡服食，即掇去皮壳，取仁微炒杀毒，即不辣也。作汤洗浴，则生用之。

【气味】

苦，平，无毒。

〔别录曰〕辛、甘，无毒。〔权曰〕有小毒。〔之才曰〕恶牡丹、贝母、巴豆。伏硫黄。

【主治】

妇人阴中肿痛，男子阴痿湿痒，除痹气，利关节，癩痢恶疮。久服轻身本经。温中下气，令妇人子脏热，男子阴强。久服好颜色，令人有子别录。治男子女人虚湿痹，毒风癩痛，去男子腰痛，浴男子阴，去风冷，大益阳事甄权。暖丈夫阳气，助女人阴气，治腰胯酸疼，四肢顽痹，缩小便，



Da Ming: Before the drug is to be used, peel off the shell and stir-fry the seed lightly to get rid of its toxin. Then, it is no longer pungent. If it is to be used to prepare a decoction for bathing, use the crude drug.

[Quality and Taste]

It is better, plain and nontoxic.

It is pungent, sweet and nontoxic.

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

Zhen Quan: It is slightly toxic.

Xu Zhicai: It is mutually inhibiting to Mudan/paeonia suffruticosa/tree peony, Beimu/bulbus fritillaria thunbergii/cirrhosa/bulb of Thunberg/tendrilleaf fritillary and Badou/fructus crotonis/croton seed. It oppresses Liuhuang/sulfur.

[Indications]

It is good for treating swelling and pain in a woman's pudendum, impotence, humid and itching of man's private parts. It facilitates movements of joints. It treats epilepsy and depressive psychosis. It is also effective to treat malignant sores. Long-term use makes one feel happy.

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

It warms the interior and brings down the adverse ascending of gas. It makes a woman feel warm in the uterus and a man feel energetic in the sexual organ. Long-term use makes one look younger and become more productive.

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

Zhen Quan: It treats arthralgia due to attack of pathogenic Humidity and toxic Wind under a deficient condition of man and woman. It treats male lumbago. Wash the man's sex organ and this will disperse an invasion of pathogenic Wind and Cold, and greatly enhance his ability.

Da Ming: It warms the Yang Vital Energy of man and reinforces the Vital Essence of woman. It treats lumbago and sores of the waist and thigh and arthralgia of the extremities; it astringes incontinence. It dries sweat on the genitals. It also can treat tinea due to attack of pathogenic Humidity and ease toothache. It is effective to treat leucorrhea with whitish and reddish

去阴汗湿癬齿痛，赤白带下，小儿惊痫，扑损瘀血，煎汤浴
大风身痒大明。

【发明】

〔斆曰〕此药令人阳气盛数，号曰鬼考也。〔时珍曰〕
蛇床乃右肾命门、少阳三焦气分之药，神农列之上品，不独
辅助男子，而又有益妇人。世人舍此而求补药于远域，岂非
贱目贵耳乎？

【附方】

旧四，新十二。（略）



discharge. It treats infantile convulsion and epilepsy. It dissolves blood stasis in physical damage. Simmer the drug to make a decoction and bathe the patient who is suffering from leprosy, or who has itching all over the body.

[Explication]

Lei Xiao: This is a drug that makes man become excessive and pressing in sex. It is therefore called Guikao.

Li Shizhen: Shechuangzi (fruit) is a drug that functions on the right Kidney, the Gate of Life and on the Sanjiao Channel of Hand Lesser Yang. In Shen Nong Bencao Jing it is listed as a drug of superior class. It is not only good for the health of man, but also good for woman. Normally, people do not know this and try to get precious tonics coming from a long distance.

[Prescriptions]

Four prescriptions collected previously, and
12 prescriptions collected recently.



藁本（本经中品）

【释名】

藁茛纲目。鬼脚本经。地新本经。微茎别录。

〔恭曰〕根上苗下似禾藁，故名藁本。本，根也。〔时珍曰〕古人香料用之，呼为藁本香。山海经名藁茛。

【集解】

〔别录曰〕藁本生崇山山谷，正月、二月采根暴干，





GAOBEN

Chinese ligusticum

Ligusticum sinense Oliv.

Ligusticum jeholense Nakai et Kitag.

Ligusticum tenuissimum (Nakai) Kitag.

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

[Explanation of Names]

GAOBA

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

GUIQING

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

DIXIN

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

WEIJING

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

Su Gong: The lower part of the stalk looks like Hegao.* So, it is called Gaoben. Ben = root.

Li Shizhen: Ancient people used the drug as a fragrant spice. So, it is also called Gaobenxiang, the Gaoben spice. In *Shanhai Jing* (*Book of Mountains and Seas*), it is called Gaoba.

[Previous Explanations]

Gaoben is produced in the mountain valleys of Chongshan. Collect the root in the first and second months and dry in the sun. After 30 days, the

*Withered straw.



三十日成。〔弘景曰〕俗中皆用芎藭根须，其形气乃相类。而桐君药录说芎藭苗似藁本，论说花实皆不同，所生处又异。今东山别有藁本，形气甚相似，惟长大耳。〔恭曰〕藁本茎叶根味与芎藭小别。今出宕州者佳。〔颂曰〕今西川、河东州郡及兖州、杭州皆有之。叶似白芷香，又似芎藭，但芎藭似水芹而大，藁本叶细尔。五月有白花，七八月结子。根紫色。〔时珍曰〕江南深山中皆有之。根似芎藭而轻虚，味麻，不堪作饮也。

根

〔气味〕辛，温，无毒。〔别录曰〕微寒。〔权曰〕微温。〔元素曰〕气温，味苦、大辛，无毒。气厚味薄，升也，阳也。足太阳本经药。〔之才曰〕恶茵茹，畏青箱子。



drug will be ready for use.

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

Tao Hongjing: Generally, people use the fibrous root of Xiongqiong as a substitute, as it is similar in shape as well as in function with Gaoben. *Tongjun Caiyaolu (Tongjun's Records on Collection of Drugs)* says that the seedling of Xiongqiong (Miwu) looks like Gaoben. But its flower and fruit are not alike. The two drugs are not produced in the same place. Gaoben found in Shandong is similar to Miwu in shape and function, but it is bigger and longer.

Su Gong: The stem, leaf, root and taste of Gaoben are slightly different from those of Xiongqiong. The drug produced in Dangchang is the best.

Su Song: Now, Gaoben is produced in prefectures in Xichuan and Hedong as well as in Yanzhou and Hangzhou. Its leaf looks like Baizhi or Miwu. But there is a slight difference: Miwu is similar to Shuiqin with a big leaf, but Gaoben has a small leaf. A white flower blooms in the fifth month, while the seed forms in the seventh and eighth months. Its root is purple.

Li Shizhen: The drug is found in the deep mountains in the area south of the Yangtze River. Its root is similar to Xiongqiong, but it is light and loose in quality with tingling taste. It is not a good drug for medical use.

GAOBENGEN

Rhizome of Chinese ligusticum

Rhizoma ligustici

[Quality and Taste]

It is pungent, warm and nontoxic.

It is slightly cold.

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

Zhen Quan: It is slightly warm.

Zhang Yuansu: It is warm in quality, bitter and very pungent in taste and nontoxic. It is a drug of thick quality and thin taste, a drug with the tendency of ascending and a drug of Yang. It is a drug functioning on the Urinary Bladder of Foot Initial Yang.



〔主治〕 妇人疝瘕，阴中寒肿痛，腹中急，除风头痛，长肌肤，悦颜色本经。辟雾露润泽，疗风邪蟬曳金疮，可作沐药面脂别录。治一百六十种恶风鬼疰，流入腰痛冷，能化小便，通血，去头风黥疱甄权。治皮肤疵疥，酒齕粉刺，痢疾大明。治太阳头痛颠顶痛，大寒犯脑，痛连齿颊元素。头面身体皮肤风湿李杲。督脉为病，脊强而厥好古。治痈疽，排脓内塞时珍。

〔发明〕〔元素曰〕藁本乃太阳经风药，其气雄壮，寒气郁于本经，头痛必用之药。颠顶痛非此不能除。与木香同



Xu Zhicai: It is mutually inhibiting to Lüru. It is incompatible to Qingxiangzi/seed of celosia/seed of feather cockscomb.

[Indications]

It is good for treating Shanjia (mounting-conglomeration with whitish urethral discharge due to attack of Wind-Heat evil to the lower portion) of woman with cold feeling, swelling and pain in the pudendum and abdominal colic. It treats severe intermittent headache. It helps the growth of muscle and skin and beautifies the complexion.

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

It prevents attacks of climatic pathogenic factors such as fog and dew and moisture. It treats paralysis due to attack of pathogenic Wind and incised wound. It can be used to prepare bathing water or make face lotion.

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

Zhen Quan: It is effective to prevent attacks of 160 kinds of vicious pathogenic Wind and Guizhu, and relieve lumbago due to invasion of pathogenic Wind. It facilitates urination, promotes blood circulation, relieves severe intermittent headache and eliminates freckles and acne.

Da Ming: It is good for treating freckles, acne and rosacea, and stopping epilepsy.

Zhang Yuansu: It is effective to treat headache and pain on top of the head of the Initial Yang Channel with referred pain to the teeth and cheeks due to attack of excessive pathogenic Cold to the brain.

Li Gao: It disperses invasion of pathogenic Wind and Humidity attacking the body, head, face and skin.

Wang Haogu: It treats diseased Du Channel (Governing Vessel) with a rigid spinal cord and cold extremities.

Li Shizhen: It is good for treating carbuncles and phlegmon, dispelling pus and dissolving internal stuffiness.

[Explication]

Zhang Yuansu: Gaoben is a drug that can disperse the invading pathogenic Wind to the Initial Yang Channel. It is a drug with a strong and mighty force. In treating headaches of the Initial Yang Channel due to at-

用，治雾露之清邪中于上焦。与白芷同作面脂。既治风，又治湿，亦各从其类也。〔时珍曰〕邵氏闻见录云：夏英公病泄，太医以虚治不效。霍翁曰：风客于胃也。饮以藁本汤而止。盖藁本能去风湿故耳。

〔附方〕新三。（略）



tack of pathogenic cold, Gaoben is a must drug. It is also a must drug in relieving pain on top of the head. Used together with Muxiang/radix aucklandiae/costus root, they can treat invasion of pathogenic factors of fog and dew to the upper portion. Used together with Baizhi, the drug is good for making face lotion. It is a drug that can disperse the pathogenic Wind as well as Humidity.

Li Shizhen: *Shaoshi Wenjian Lu* recorded a case: Duke Xiayinggong once was suffering from diarrhea. Doctors of the Imperial Hospital treated him in the way of treating a deficient case, but it did not work. Mr. Huo, a veteran doctor examined the patient and made the diagnosis that the disease was due to invading pathogenic Wind in the Stomach. Decoction of Gaoben was given. It worked. This is because Gaoben is a drug that can disperse pathogenic Wind and Humidity.

[Prescriptions]

Three prescriptions collected recently.



白芷（本经中品）

【释名】

白芷音止，又昌海切。芳香本经。泽芬别录。苻蒿别录。藹许骄切。莞音官。叶名蒿麻音力。药音约。

〔时珍曰〕徐锴云，初生根干为芷，则白芷之义取乎此也。王安石字说云：芷香可以养鼻，又可养体，故芷字从臣。臣音怡，养也。许慎说文云：晋谓之藹，齐谓之芷，楚





BAIZHI

Dahurian angelica

Angelica dahurica (Fisch. ex Hoffm.) Benth. et Hook. f. ex Franch. et Sav.

Angelica anomala Lallemand.

Angelica formosana Boiss.

or,

Heracleum scabridum Franch.

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

[Explanation of Names]

BAIZHI (白芷)

BAICHAI (白薤)

FANGXIANG

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

ZEFEN

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

FULI

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

XIAO

GUAN

Leaf of the drug is called:

LIMA

YAO

Li Shizhen: According to Xu Kai, the first germinated root and stem of the drug are called Zhi. So, the drug is called Baizhi. Wang Anshi, in his *Zi Shuo*, said: Zhixiang is a fragrant drug that can nourish the nose and it is good for the health. The character Zhi, or pronounced as Chai, is a word



谓之蒿，又谓之药。生于下泽，芬芳与兰同德，故骚人以兰茝为咏，而本草有芳香、泽芬之名，古人谓之香白芷云。

【集解】

〔别录曰〕白芷生河东川谷下泽，二月，八月采根暴干。〔弘景曰〕今处处有之，东间甚多。叶可合香。〔颂曰〕所在有之，吴地尤多。根长尺余，粗细不等，白色。枝干去地五寸以上。春生叶，相对婆婆，紫色，阔三指许。花白微黄。入伏后结子，立秋后苗枯。二月、八月采根暴干。以黄泽者为佳。〔斆曰〕凡采勿用四条一处生者，名丧公藤。又勿用马兰根。



formed by two parts. The upper part is a “grass” radical and the lower part is another character pronounced Yi, meaning “nourishing.” Xu Shen, in his *Shuowen Jiezi (Book of Philology)* explained: In the Jin area the drug is called Xiao. In the Qi area, it is called Yi, and in the Chu area, it is called Li, or Yao. The drug grows in the marshland. It is a drug with similar fragrance to Lancao/herba eupatorii/herb of fortune eupatorium. That is why poets of different periods all had verses about Lancao and Baizhi. Therefore, in *Shen Nong Bencao Jing*, the drug is also called Fangxiang, the fragrance, and Zefen, fragrance from the marsh. Ancient people called it Xiangbaizhi, the fragrant Baizhi.

[Previous Explanations]

Baizhi is produced in the marshland of mountain valleys in Hedong area. Collect the root in the second and eighth months and dry in the sun.

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

Tao Hongjing: Now, the drug is found everywhere. And there is plenty of it in the east. Its leaf can be used to make incense.

Su Song: The drug is found everywhere, and grows in bulk in the Wu area. Its root is over one *chi* long, with thick and thin ones in a white color. Twigs appear five *cun* above the ground. Leaves grow in pairs in spring in a purple color. It is as wide as three fingers. The flower is white and slightly yellow. The seed begins to form in the humid summer. After the solar term of the Beginning of Autumn (August 7 of the lunar year) the herb begins to wither. Collect the root in the second and eighth months. That with a yellow and bright color is the top-quality drug.

Lei Xiao: When the root is collected, do not use that with four roots growing together. That is called Sanggongteng,* not a very fortunate name. Also, do not use Malangen/radix kalimeridis/root of Indian kalimeris, a drug similar to the former.

*Literally, it means a drug (vine) that may bring about the death of the father-in-law.



根

〔修治〕〔斲曰〕采得刮去土皮，细锉，以黄精片等分，同蒸一伏时，晒干去黄精用。〔时珍曰〕今人采根洗刮寸截，以石灰拌匀，晒收，为其易蛀，并欲色白也。入药微焙。〔气味〕辛，温，无毒。〔元素曰〕气温，味苦、大辛，气味俱轻，阳也。手阳明引经本药，同升麻则通行手、足阳明经，亦入手太阴经。〔之才曰〕当归为之使，恶旋覆花，制雄黄、硫黄。

〔主治〕女人漏下赤白，血闭阴肿，寒热，头风侵目泪出，长肌肤，润泽颜色，可作面脂本经。疗风邪，久渴吐



BAIZHIGEN

Root of dahurian angelica
Radix angelicae dahuricae

[Preparation]

Lei Xiao: Peel off the bark and soil and file it into small pieces. Steam the drug together with equal amount of sliced Huangjing/rhizoma polygonati/rhizome of King Solomon Seal for a full day. Take off Huangjing and dry the drug in the sun.

Li Shizhen: Now, the preparation of the drug is as follows: First, wash clean the root and then cut it into segments of one *cun* each. Blend it with Shihui/calx/lime and dry it in the sun. In this way, the drug will be free from moth attack and looks whiter and better. When it is to be used as medicine, slightly bake the drug.

[Quality and Taste]

It is pungent, warm and nontoxic.

Zhang Yuansu: It is warm in quality, bitter and very pungent in taste. It is light in both quality and taste, a drug of Yang. It is the guiding drug of Large Intestine Channel of Hand Greater Yang. When used together with Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane, it will circulate along the Large Intestine Channel of Hand Greater Yang and Stomach Channel of Foot Greater Yang. It also functions on the lung Channel of Hand Initial Yin.

Xu Zhicai: Danggui can be used as its guiding drug. It is mutually inhibiting to Xuanfuhua/flos inulae/inula flower. It controls Xionghuang/realgar/red orpiment and Liuhuang/sulfur.

[Indications]

It is effective to treat metrostaxis with whitish and bloody discharge, amenorrhea with a swelling pudendum of a woman. It can also treat severe intermittent headache with chills and fever, eye inflammation and the shedding of tears. It helps muscle growth, moisturizes the skin and beautifies the complexion. It can be added into the processing of face lotion.



呕，两胁满，风痛头眩目痒。可作膏药别录。治目赤弩肉，去面疢疵癍，补胎漏滑落，破宿血，补新血，乳痛发背瘰疬，肠风痔瘻，疮痍疥癣，止痛排脓大明。能蚀脓，止心腹血刺痛，女人沥血腰痛，血崩甄叔。解利手阳明头痛，中风寒热，及肺经风热，头面皮肤风痹燥痒元素。治鼻渊鼻衄，齿痛，眉棱骨痛，大肠风秘，小便去血，妇人血风眩运，翻胃吐食，解砒毒蛇伤，刀箭金疮时珍。

〔发明〕〔杲曰〕白芷疗风通用，其气芳香，能通九窍，表汗不可缺也。〔刘完素曰〕治正阳明头痛，热厥头痛，加而用之。〔好古曰〕同辛夷、细辛用治鼻病，入内托



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

It is good for dispersing invading pathogenic Wind, quenching chronic thirst with vomiting and nausea, relieving distention in costal margins, treating severe intermittent headache with vertigo and itching in the eye. It can be processed to make medicinal ointment.

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

Da Ming: It is good for treating eye inflammation with polyp, eliminate freckles, acne and cicatrix. It treats threatened abortion and protects the fetus. It removes blood stasis and tones the new blood. It treats lumbar dorsal carbuncle and acute mastitis, scrofula, hematochezia, hemorrhoid and fistula. It treats sores, scabies and tinea, stops pain and expels pus.

Zhen Quan: It eats up pus. It stops stabbing pain in the epigastrium and abdomen due to disorder of the blood. It relieves lumbago with vaginal bleeding of a woman. It stops metrorrhagia and metrostaxis.

Zhang Yuansu: It disperses headache due to disorder of the Large Intestine Channel of Hand Greater Yang with wind stroke and chills and fever. It disperses invasion of pathogenic Wind and Heat of the Lung Channel of Hand Initial Yin. It relieves numbness and itching of head, face and body with restlessness.

Li Shizhen: It treats rhinorrhea with turbid discharge and epistaxis, relieves toothache and pain in the supra-orbital bone, hematochezia due to attack of pathogenic Wind and hematuria. It relieves vertigo of a woman due to invasion of pathogenic Wind into blood. It calms regurgitation and vomiting of food, detoxifies toxin of Pishuang/arsenicum sublimatum/arsenic and snakebite or damage of an arrowhead and incised wound.

[Explication]

Li Gao: Baizhi is a commonly used drug in prescriptions aimed at dispersing pathogenic Wind. As it is fragrant, it is good for facilitating the normal functions of the nine orifices. Especially when it is wished to have perspiration, it is a must drug.

Liu Wansu: It is good for treating headache due to disorder of the Greater Yang Channel and headache due to pent-up extreme Heat with cold extremities.



散用长肌肉，则入阳明可知矣。〔时珍曰〕白芷色白味辛，行手阳明庚金；性温气厚，行足阳明戊土；芳香上达，入手太阴肺经。肺者，庚之弟，戊之子也。故所主之病不离三经。如头目眉齿诸病，三经之风热也；如漏带痈疽诸病，三经之湿热也。风热者辛以散之，湿热者温以除之。为阳明主药，故又能治血病胎病，而排脓生肌止痛。按王璆百一选方云：王定国病风头痛，至都梁求明医杨介治之，连进三丸，即时病失。恳求其方，则用香白芷一味，洗晒为末，炼蜜丸弹子大。每嚼一丸，以茶清或荆芥汤化下。遂命名都梁丸。其药治头风眩运，女人胎前产后，伤风头痛，血风头痛，皆效。戴原礼要诀亦云：头痛挟热，项生磊块者，服之甚宜。



Wang Haogu: Used together with Xinyi/flos magnoliae/magnolia flower bud and Xixin, the drug is good for treating diseases in the nose. The drug works in the interior to expel the ulceration and helps germination of new flesh. This shows that the drug functions on the Greater Yang Channel.

Li Shizhen: Baizhi, white in color and pungent in taste, is a drug that function on the Gengjin* and the Large Intestine Channel of Hand Greater Yang. As it is warm and thick in quality, it traverses the Wutu** of the Stomach Channel of Foot Greater Yang. As the drug is fragrant, it ascends to the Lung Channel of Hand Initial Yin. The Lung is the brother of the Geng and son of Wu. To sum up, Baizhi is a drug functioning on the three Channels: Large Intestine Channel of Hand Greater Yang, Stomach Channel of Foot Greater Yang and Lung Channel of Hand Initial Yin. Such diseases as vertigo and headache, pain in supra-orbital bone and toothache are all caused by the invading pathogenic Wind and Heat to the three Channels. Diseases such as metrostaxis, leukorrhea, carbuncle and phlegmon are the result of invasion of pathogenic Humidity and Heat to the three Channels. Diseases caused by invasion of pathogenic Wind and Heat should be dispersed. Diseases caused by invading pathogenic Humidity and Heat should be dispersed by warm drug. Baizhi is just the right drug to deal with such diseases. So, it is also good for treating diseases due to blood disorder and ailment of the fetus. It is also effective in dispelling the pus, promoting growth of flesh and stopping the pain. Wang Qiu, in his *Baiyi Xuanfang*, recorded a case: Mr. Wang Dingguo was once suffering from severe intermittent headache. He went to the capital Bianliang and consulted Yang Jie, a very famous doctor at the time. The doctor prescribed three pills. After taking the pills, he got well. The patient begged the doctor to tell him the prescription. The doctor told him that there was only one drug in the pill. That is Baizhi. Preparation: Wash the drug and dry it in the sun. Grind it

*Gengjin: Geng, one of the notes in Tiangan (Ten Heavenly Stems). Jin, the Metal element. Here it indicates the Lung.

**Wutu. Wu, one of the notes in Tiangan. Tu, the Earth element. Here it indicates the Spleen.



又臞仙神隐书，言种白芷能辟蛇，则夷坚志所载治蝮蛇伤之方，亦制以所畏也，而本草不曾言及。〔宗奭曰〕药性论言白芷能蚀脓。今人用治带下，肠有败脓，淋漓不已，腥秽殊甚，遂致脐腹冷痛，皆由败脓血所致，须此排脓。白芷一两，单叶红蜀葵根二两，白芍药、白枯矾各半两，为末，以蜡化丸梧子大。每空心及饭前，米饮下十九或十五丸。俟脓尽，乃以他药补之。

〔附方〕旧一，新三十四。（略）



into powder. Make pills with honey the size of a bullet. Chew one pill and wash it down with tea or decoction of Jingjie/herba schizonepetae/herb of fineleaf schizonepeta. So the prescription was named Duliang Wan (Pill from the capital Bianliang). It is a prescription good to treat all the following diseases: severe intermittent headache and vertigo, ante- and postpartum diseases, headache due to invasion of pathogenic Wind, headache due to invasion of pathogenic Wind into blood. Dai Yuanli in his *Zhengzhi Yaojue* also said that when headache occurred due to invasion of pathogenic Heat with hard mass in the neck, Baizhi is the best drug to use. Qu Xian in his *Shenyin Shu* recorded that Baizhi was a drug capable of preventing an attack by a snake. The book *Yijian Zhi* recorded a prescription treating the bite of poisonous snake. In this prescription, Baizhi was used. This is a proof showing that Baizhi has the function of detoxifying snake poison. This is what *Shen Nong Bencao Jing* did not record.

Kou Zongshi: In *Yaoxing Lun (Materia Medica Concerning Medicinal Qualities)* it says that Baizhi is good at eating up pus. The following symptoms are caused by formation of pus: leukorrhea, decayed pus in the intestine, incessant lochia with fishy and foul smell that has brought cold feeling and pain in the umbilicus and lower abdomen. To treat the above cases, the following prescription can be adopted:

One *liang* of Baizhi,
two *liang* of Shukuigen/radix althaeae roseae/root of hollyhock (with one red leaf),

half a *liang* of Baishao/radix paeoniae alba/white peony root,
half a *liang* of Kufan/alumen preparata/prepared alum.

Grind into powder and make pills with melting Huangla/cera flava/bee wax the size of a parasol seed. Take 10 to 15 pills per dose before meal with Miyin. When the pus is exhausted, take other tonics.

[Prescriptions]

One prescription collected previously, and
34 prescriptions collected recently.



芍药 (芍音杓, 又音勺。本经中品)

【释名】

将离纲目。犁食别录。白术别录。余容别录。铤别录。
白者名金芍药图经。赤者名木芍药

〔时珍曰〕芍药，犹焯约也。焯约，美好貌。此草花容焯约，故以为名。罗愿尔雅翼言，制食之毒，莫良于勺，故



SHAOPYAO

Peony

Paeonia lactiflora Pall.

Paeonia veitchii Lynch.

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

[Explanation of Names]

JIANGLI

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

LISHI

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

BAIZHU*

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

YURONG

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

CHAN**

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

JINSHAOYAO (with white flower)

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

MUSHAOYAO (with red flower).

Li Shizhen: The two characters Shaoyao originally meant the elegant gesture of the flower. So, it was used to describe the flower and later became the name of the drug. Luo Yuan, in his *Er Ya Yi*, said that the best test of poison in food is the spoon. The word Shao, spoon, was thus used as the

*Should be BAIMU.

**Also pronounced as Yan.



得药名，亦通。郑风诗云：伊其相谗，赠之以芍药。韩诗外传云：勺药，离草也。董子云：勺药一名将离，故将别赠之。俗呼其花之千叶者为小牡丹，赤者为木芍药，与牡丹同名也。

【集解】

〔别录曰〕芍药生中岳川谷及丘陵，二月、八月采根暴干。〔弘景曰〕今出白山、蒋山、茅山最好，白而长尺许。余处亦有而多赤，赤者小利。〔志曰〕此有赤白两种，其花亦有赤白二色。〔颂曰〕今处处有之，淮南者胜。春生红芽作丛，茎上三枝五叶，似牡丹而狭长，高一二尺。夏初开花，有红白紫数种，结子似牡丹子而小。秋时采根。崔豹古今注云：芍药有二种：有草芍药，木芍药。木者花大而色深，俗呼为牡丹，非矣。安期生服炼法：芍药有金芍药，色白多脂肉；木芍药，色紫瘦多脉。〔承曰〕本经芍药生丘



name of the drug. It can be considered one of the possible explanations of the names. In *Zheng Feng*, a collection of poems, it went: when two friends were teasing each other, they exchanged peonies as a gift. In *Hanshi Wai-zhuan*, it was recorded that Shaoyao was also called Licao. Dongzi (Dong Zhongshu) once said that Shaoyao, also called Licao, was given as a gift when friends were departing. Colloquially, peony with a thousand petals is called the small peony and that with a red flower is called Mushaoyao, the wood peony, which is also a name of *Mudan/paeonia suffruticosa*/tree peony.

[Previous Explanations]

Peony is produced in the mountain valleys and hilly land of Zhongyue. Collect the root in the second and eighth months and dry in the sun.

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

Tao Hongjing: Now, drug produced in Baishan, Jiangshan and Maoshan is of top quality. Its root is white and one *chi* long. That produced in other places has a red root, which has a slight purgative function.

Ma Zhi: There are two species of the drug, one with a red root and one with a white root. Flowers also have two colors, the white and the red ones.

Su Song: Now, the drug is found everywhere and that produced in Huainan is the best. Peony has red buds in tussock. There are three twigs on the stem, with five leaves on each twig. Its leaf is similar to that of *Mudan*, but it is longer and narrower. It is one to two *chi* tall. The flower blooms in early summer. There are several species with red, white and purple flowers. Its seed is similar to that of *Mudan*, but is smaller. Collect the root in autumn. Cui Bao, in his *Guijin Zhu*, says that there are two species of peony. One is *Caoshaoyao*, the herbal peony, and the other is *Mushaoyao*, the wood peony. The wood peony has a bigger and darker colored flower. It is colloquially called *Mudan*. It is not correct. According to *Methodology of Taking the Drugs* by An Qisheng, a Taoist, there is a kind called *Jinshaoyao*, the gold peony, which has a white and solid root. And there is another kind called *Mushaoyao*, the wood peony, which has a purple, thin and fibrous root.

Chen Cheng: *Shen Nong Bencao Jing* says that the peony grows on



陵；今世多用人家种植者，乃欲其花叶肥大，必加粪壤。每岁八九月取根分削，因利以为药。今淮南真阳尤多，根虽肥大而香味不佳，入药少效。〔时珍曰〕昔人言洛阳牡丹，扬州芍药甲天下。今药中所用，亦多取扬州者。十月生芽，至春乃长，三月开花。其品凡三十余种，有千叶、单叶、楼子之异。入药宜单叶之根，气味全厚。根之赤白，随花之色也。

根【修治】

〔斆曰〕凡采得，竹刀刮去皮并头土，锉细，以蜜水拌蒸，从巳至未，晒干用。〔时珍曰〕今人多生用，惟避中寒者以酒炒，入女人血药以醋炒耳。

【气味】

苦，平，无毒。

〔别录曰〕酸，微寒，有小毒。〔普曰〕神农：苦。桐



hilly land. But most of the peonies used medically are planted by farmers. They cultivate the drug with manure to make it grow bigger and stronger. Every year, in the eighth and ninth months, they collect the root and cut it into pieces and sell it for profit. There is a big supply in Zhenyang of Huainan. It has a big root, but it is not very fragrant. Such a drug has less therapeutic effect.

Li Shizhen: In the past, people said that Mudan produced in Luoyang and Shaoyao produced in Yangzhou was the best, so pharmacies all sell the peony produced there. Such a peony has a new bud in the tenth month and begins to grow in spring. The flower blooms in the third month. There are more than 30 species, some with a thousand leaves, some with single leaves, some with leaves on different levels. The root of the peony with single leaves has a strong taste and quality. The color of the root, red or white, varies along with the flower.

SHAOPYAOGEN

Peony root

Radix paeoniae

[Preparation]

Lei Xiao: First, peel off the rind and clean the drug with bamboo cutlery. File the drug into pieces. Blend the drug with honey and water and then steam it from Sishi (9-11 hours) to Weishi (13-15 hours). Dry it in the sun.

Li Shizhen: Now, the drug is normally used unprepared. But, if it is wished to avoid its cold quality, the drug can be stir-fried together with wine. And, if the drug is going to be used to treat blood disorders of a woman, stir-fry it with vinegar.

[Quality and Taste]

It is bitter, plain and nontoxic.

It is sour, slightly cold and slightly toxic.

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

Wu Pu: It is bitter according to Shen Nong. It is sweet and nontoxic



君：甘，无毒。岐伯：咸。雷公：酸。李当之：小寒。〔元素曰〕性寒，味酸，气厚味薄，升而微降，阳中阴也。〔杲曰〕白芍药酸，平，有小毒，可升可降，阴也。〔好古曰〕味酸而苦，气薄味厚，阴也，降也，为手足太阴行经药，入肝脾血分。〔之才曰〕须丸为之使，恶石斛，芒消，畏消石、鳖甲、小蓟，反藜芦。〔禹锡曰〕别本须丸作雷丸。〔时珍〕同白术补脾，同芍药泻肝，同人参补气，同当归补血，以酒炒补阴，同甘草止腹痛，同黄连止泻痢，同防风发痘疹，同姜，枣温经散湿。

【主治】

邪气腹痛，除血痹，破坚积，寒热疝瘕，止痛，利小



according to Tong Jun. It is salty according to Qibo. It is sour according to Lei Gong. It is slightly cold according to Li Dangzhi.

Zhang Yuansu: It is cold in quality and sour in taste. It is a drug with thick quality and thin taste with a tendency of ascending accompanied by a slight descending. It is a drug of Yin in the Yang.

Li Gao: Baishao/radix paeoniae alba/white peony root is sour, plain and slightly toxic. It can ascend as well as descend, a drug of Yin and descending.

Wang Haogu: It is the guiding drug of the Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. It functions on the blood system of the Liver and the Spleen.

Xu Zhicai: Xuwan (Daizheshi/haematitum/hematite) can be its guiding drug. It is mutually inhibiting to Shihu/herba dendrobii/dendrobium stem and Mangxiao/natrii sulfas/mirabilite. It is incompatible to Xiaoshi/sal nitri/niter, Biejia/carapax trionycis/turtle shell and Xiaoji/herba cephalanoploris/herb of common cephalanoplos. It contradicts Lilu/rhizoma et radix veratri/rhizome and root of false hellebore.

Zhang Yuxi: According to another edition, Xuwan should be Leiwan/omphalia/stone-like omphalia.

Li Shizhen: Working together with Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes, the drug is good for toning the Spleen. Working together with Xiongqiong, it can purge the Liver. Accompanied by Renshen/radix ginseng/ginseng root, the drug is good for toning the Vital Energy, and working together with Danggui, the drug is good for toning up the blood. When stir-fried with wine, it tones the Yin condition. Stir-fried together with Gancao/radix glycyrrhizae/licuorice root, it relieves abdominal pain. Assisted by Huanglian/rhizoma coptidis/coptis rhizome, the drug stops diarrhea and dysentery. Used together with Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia, it is good for bringing out pocks and measles. When fresh ginger and Chinese date are used together with the drug, they function to warm the Channels and disperse Humidity.

[Indications]

It is good for relieving abdominal pain due to an attack of pathogenic



便，益气本经。通顺血脉，缓中，散恶血，逐贼血，去水气，利膀胱大小肠，消痈肿，时行寒热，中恶腹痛腰痛别录。治脏腑拥气，强五脏，补肾气，治时疾骨热，妇人血闭不通，能蚀脓甄叔。女人一切病，胎前产后诸疾，治风补劳，退热除烦益气，惊狂头痛，目赤明目，肠风泻血痔瘻，发背疮疥大明。泻肝，安脾肺，收胃气，止泻利，固腠理，和血脉，收阴气，敛逆气元素。理中气，治脾虚中满，心下痞，胁下痛，善噫，肺急胀逆喘咳，太阳黧衄目涩，肝血不足，阳维病苦寒热，带脉病苦腹痛满，腰溶溶如坐水中好古。止下痢腹痛后重时珍。



factors. It treats arthralgia due to stagnation of blood and dissolve hard mass with chills and fever and to relieve pain. It facilitates urination and reinforces the Vital Energy.

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

It facilitates blood circulation, eases the tension of the interior, and removes malignant blood stasis and fluid-retention. It facilitates the normal function of the Urinary Bladder and Large and Small Intestines. It eliminates swelling and carbuncle, treats epidemic disease with chills and fever. It relieves lumbago and abdominal pain due to Zhong'e.

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

Zhen Quan: It dredges through the pent-up Vital Energy in Five Viscera and six Bowels. It reinforces the Five Viscera and tones the Kidney. It treats epidemics and hectic fever due to Yin deficiency. It treats amenorrhea of a woman. It eats up pus.

Da Ming: It is a drug good for treating all sorts of feminine diseases including ante- and postpartum diseases. It disperses the invading pathogenic Wind and tones up consumptive disease. It brings down a fever, relieves restlessness and reinforces the Vital Energy, calms down a convulsion and mania with headache. It treats eye inflammation and improves eyesight. It is effective to treat hematochezia due to attack of pathogenic Wind into the intestine, hemorrhoid and fistula, lumbar dorsal carbuncle, sore and scabies.

Zhang Yuansu: It purges the excessiveness in the Liver, pacifies the Spleen and Lung, astringes the Stomach Vital Energy, stops diarrhea and dysentery, stabilizes the Couli (striae of skin and muscle, the interstices), harmonizes the blood, astringes the Yin and brings down the adverse ascending gas.

Wang Haogu: It regulates the Zhongqi (Vital Energy of the Middle-Jiao), treats Spleen deficient condition (general debility) and fullness. It relieves stagnation of qi in the epigastrium and pain in the ribs accompanied by hiccups, coughing, asthma, dyspnoea and distention of the Lung. It treats a stuffy nose and epistaxis and uncomfortable feeling in the eye. It tones the insufficient condition of the Liver blood. It treats chills and fever due to the diseased Yangwei Channel (the Yang Connecting Vessel) and abdominal pain and distention due to the diseased Dai Channel (Girdling Vessel). It warms the cold waist as if the patient were sitting in cold water.



【发明】

〔志曰〕赤者利小便下气，白者止痛散血。〔大明日〕赤者补气，白者补血。〔弘景曰〕赤者小利，俗方以止痛不减当归。白者道家亦服食之，及煮石用。〔成无己曰〕白补而赤泻，白收而赤散。酸以收之，甘以缓之，故酸甘相合，用补阴血。收逆气而除肺燥。又云：芍药之酸，敛津液而益营血，收阴气而泄邪热。〔元素曰〕白补赤散，泻肝补脾胃。酒浸行经，止中部腹痛。与姜同用，温经散湿通塞，利腹中痛，胃气不通。白芍入脾经补中焦，乃下利必用之药。盖泻利皆太阴病，故不可缺此。得炙甘草为佐，治腹中痛，夏月少加黄芩，恶寒加桂，此仲景神方也。其用凡



Li Shizhen: It stops dysentery with abdominal pain and tenesmus.

[Explication]

Ma Zhi: Chishaoyao/radix paeoniae rubra/red peony root facilitates urination and brings down the adverse ascending of gas. Baishao relieves pain and disperses blood stasis.

Da Ming: Chishaoyao tones the qi and Baishao tones the blood.

Tao Hongjing: Chishaoyao has the function of slight purgation. Normally, doctors use the drug to relieve pain. It has similar functions with Danggui in pain relief. Baishao is used by both medical doctors and Taoist alchemists. Taoists use it to process stone drugs by boiling them together.

Cheng Wuji: Baishao has a toning function and Chishaoyao has the function of purgation. The former is astringent and the latter dispersive. A drug of sour taste is astringent and that of sweet taste is harmonizing. A drug with both sour and sweet taste can be used to tonify the Yin blood, hold back the adverse ascending gas and eliminate the Dryness in the Lung. It is also said that the sour taste of Shaoyao makes it possible to astringe the Jinye (body fluid) and tones the Ying (nutrient essence in blood), controls Yin Vital Essence and purges pathogenic Heat.

Zhang Yuansu: Shaoyao purges the Liver qi and tones the Spleen and Stomach. Baishao is tonifying and Chishaoyao is dispersing. Soaked in wine, the drug circulates along the Channels and stops abdominal pain in Zhongjiao. Used together with fresh ginger, the drug has the function of warming the Channels, dispersing the pathogenic Humidity and dredging through the stagnation. It relieves abdominal pain and eases stagnation of Stomach qi. Baishao functions on the Spleen Channel and tones the Zhongjiao. So, it is a must drug to form a prescription treating dysentery. This is because diarrhea and dysentery are all due to the diseased condition of the Initial Yin Channel. Assisted by Zhigancao/radix glycyrrhizae preparata/licuorice root prepared, the drug is good for relieving abdominal pain. In summer months, add a little Huangqin/radix scutellariae/root of baikal skullcap when Shaoyao is given. If there is aversion to cold, add Rougui/cortex cinnamomi/cassia bark. This is what Master Zhang Zhongjing had left for us. In general, Shaoyao has the following six therapeutic functions:



六：安脾经，一也；治腹痛，二也；收胃气，三也；止泻痢，四也；和血脉：五也；固腠理，六也。〔宗奭曰〕芍药须用单叶红花者为佳，然血虚寒人禁之。古人云：减芍药以避中寒。诚不可忽。〔震亨曰〕芍药泻脾火，性味酸寒，冬月必以酒炒。凡腹痛多是血脉凝涩，亦必酒炒用。然止能治血虚腹痛，余并不治。为其酸寒收敛，无温散之功也。下痢腹痛必炒用，后重者不炒。产后不可用者，以其酸寒伐生发之气也。必不得已，亦酒炒用之。〔时珍曰〕白芍药益脾，能于土中泻木。赤芍药散邪，能行血中之滞。日华子言赤补气，白治血，欠审矣。产后肝血已虚，不可更泻，故禁之。酸寒之药多矣，何独避芍药耶？以此颂曰张仲景治伤寒多用



- Soothe the Spleen Channel;
- Treat abdominal pain;
- Astringe Stomach qi;
- Stop diarrhea and dysentery;
- Harmonize the blood;
- Stabilize the Couli.

Kou Zongshi: Shaoyao with single leaf and red flower is the best. But it is not good for a person having a cold and deficient condition of the blood. As one ancient scholar once said: to subtract Shaoyao from a prescription is to avoid its cooling function to the interior. This principle should always be remembered.

Zhu Zhenheng: Shaoyao is capable of purging pathogenic Fire in the Spleen. It is sour in taste and cold in quality. When the drug is used in winter, it should be stir-fried with wine. Most cases of abdominal pain are caused by coagulation and stagnation of blood, so whenever Shaoyao is to be used, it should be stir-fried with wine. But it is only good for treating abdominal pain due to blood deficiency. Ailment caused by other pathological conditions cannot be treated by this drug, as Shaoyao is sour, cold and astringent. It does not have the function of dispersing the pathological condition by warm quality. In treating dysentery with abdominal pain, the drug should be stir-fried. If it is with tenesmus, the drug need not to be stir-fried. Normally, Shaoyao should not be given to a woman in puerperium, as the drug is sour and cold, which kills the germinating qi. If it must be used, stir-fry the drug with wine.

Li Shizhen: Baishao is good for nourishing the Spleen and can purge the Wood element in the Earth.* Chishaoyao can disperse the pathogenic

*The Wood element in the Earth: That is to say, the Liver checking the Spleen. In the checking sequence of the five elements, it goes:

Wood (Liver) -> Earth (Spleen) -> Water (Kidney) -> Fire (Heart) -> Metal (Lung) -> Wood (Liver).

So, when the Earth (Spleen) is weak and being checked by the Wood (Liver) qi, it is the “Wood element in the Earth.” So, this is to say: “nourish the Spleen to resist the checking of the Liver.”



芍药，以其主寒热、利小便故也。杲曰：或言古人以酸涩为收，本经何以言利小便？曰：芍药能益阴滋湿而停津液，故小便自行，非因通利也。曰：又言缓中何也？曰：损其肝者缓其中，即调血也，故四物汤用芍药。大抵酸涩者为收敛停湿之剂，故主手足太阴经收敛之体，又能治血海而入于九地之下，后至厥阴经。白者色在西方，故补；赤者色在南方，故泻。

【附方】

旧六，新一十。（略）



factors and activate the blood to get rid of the stagnation. But *Da Ming Rihua Bencao* said the Chishaoyao can tonify the qi and Baishao can regulate the blood, which is wrong. After child delivery, the woman has a deficient condition of the Liver blood and no purging drugs should be adopted. So it is generally prohibited to have Shaoyao at this time. But there is one question: There are so many drugs of sour taste and cold quality. Why should Shaoyao, not other drugs, be prohibited? Su Song argues: Master Zhang Zhongjing used in many occasions the drug Shaoyao in treating febrile diseases caused by Cold, as the drug is regarded good for treating chills and fever and facilitates urination.

Li Gao: Shaoyao is a drug that can replenish the Yin, moisten Humidity and stop the Jinye. Then, urination will return to normal under such condition. It is not that Shaoyao has the function of facilitating urination. Another question: Why should we say that Shaoyao can harmonize the interior? When the Liver is damaged, the interior should be harmonized. And this is to regulate the blood. That is why in Siwu Tang* Shaoyao is used. This is because drugs of sour taste and astringent quality can act as an astringing factor that can stabilize Humidity. Therefore, it is good for astringing the condition of the Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. It is also good for regulating the Sea of Blood and let it penetrate into the lowest position and finally to the Greater Yang Channel. Drug of white color pertains to the West and is therefore tonifying and that of red color pertains to the South and is therefore purging.

[Prescriptions]

Six prescriptions collected previously, and
11 prescriptions collected recently.

*Siwu Tang:

Shaoyao,
Dihuang/radix rehmanniae/rhizome of rehmannia,
Danggui,
Chuanxiong.



牡丹（本经中品）

【释名】

鼠姑本经。鹿韭本经。百两金唐本。木芍药纲目。花王

〔时珍曰〕牡丹以色丹者为上，虽结子而根上生苗，故谓之牡丹。唐人谓之木芍药，以其花似芍药，而宿干似木也。群花品中，以牡丹第一，芍药第二，故世谓牡丹为花王，芍药为花相。欧阳修花谱所载，凡三十余种。其名或以地，或以人，或以色，或以异，详见本书。

【集解】

〔别录曰〕牡丹生巴郡山谷及汉中，二月、八月采根阴



MUDAN

Tree peony

Paeonia suffruticosa Andr.

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

[Explanation of Names]

SHUGU

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

LUJIU

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

BAILIANGJIN

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

MUSHAOYAO

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

HUAWANG

Li Shizhen: Mudan with a red flower is of top quality. Although it bears a seed, it is cultivated by planting the root segment, on which a bud germinates into a new plant. So, it is called Mudan, Mu = male, Dan = red. People in the Tang Dynasty called it Mushaoyao, the wood peony, as its flower is similar to peony and its stem is similar to a stem of wood. Among all the flowers, Mudan is considered the number one flower and Shaoyao second. So, it is called Huawang, the king of flowers, while Shaoyao is the minister of flowers. In the *Huapu* (*Collection of Flowers*) by Ouyang Xiu, more than 30 species of Mudan were collected. Such species are named after the place of origin, or a person, or the color, or the special feature of the flower. See details in the book.



干。〔弘景曰〕今东间亦有，色赤者为好。〔恭曰〕生汉中、剑南。苗似羊桃，夏生白花，秋实圆绿，冬实赤色，凌冬不凋。根似芍药，肉白皮丹，土人谓之百两金，长安谓之吴牡丹者，是真也。今俗用者异于此，别有臊气也。〔炳曰〕今出合州者佳，和州、宣州者并良。白者补，赤者利。〔大明曰〕此便是牡丹花根也。巴、蜀、渝、合州者上，海盐者次之。〔颂曰〕今丹、延、青、越、滁、和州山中皆有，但花有黄紫红白数色。此当是山牡丹，其茎梗枯燥，黑白色。二月于梗上生苗叶，三月开花。其花叶与人家所种者相似，但花瓣止五六叶尔。五月结子黑色，如鸡头子大。根黄白色，可长五七寸，大如笔管。近世人多贵重，欲其花之诡异，皆秋冬移接，培以壤土，至春盛开，其状百变。故其根性殊失本真，药中不可用此，绝无力也。〔宗奭曰〕牡丹花



[Previous Explanations]

Mudan is produced in the mountain valleys of Bajun and Hanzhong. Collect the root in the second and eighth months; dry in the shade.

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

Tao Hongjing: Now, the drug is also produced in the eastern part of the country. That with a red flower is of best quality.

Su Gong: It is produced in Hanzhong and Jiannan. Its seedling looks like Yangtao/fructus averrhoae carambolae/fruit of common averhoa. A white flower blooms in summer. In autumn, a round and green fruit forms. In winter, the fruit turns red and will remain there even on cold winter days. Its root is similar to Shaoyao. It has a white heart and red bark. Native people call it Bailiangjin. In Chang'an, what is called Wumudan, Mudan from the Wu, is the genuine drug. But what is now being used is not that kind. It has a foul smell.

Xiao Bing: Now, the drug produced in Hezhou is the best. That produced in Hezhou and Xuanzhou are also good. The white drug is tonifying and the red one is purging.

Da Ming: This is the root of Mudan. That produced in Bazhou, Shuzhou, Yuzhou and Hezhou is of best quality and that produced in Haiyan is of secondary class.

Su Song: Now, the drug is produced in the mountains of Danzhou, Yanzhou, Qingzhou, Yuezhou, Chuzhou and Hezhou. But the colors of the flowers may vary. They can be yellow, purple, red or white. But the following species could be another kind: Shanmudan, the mountain tree peony: Its stem and branch are black and white. The seedling and leaf germinate in the second month from the stem and the flower blooms in the third month. Its flower and leaf are similar to the tree peony planted by farmers, but there are only five to six petals. In the fifth month, a black fruit is formed. It is as big as Qianshi/semen euryales/seed of gordon euryale. Its root is yellow-white, five to seven *cun* long, as thick as the handle of a brush pen. Now, this species is cherished by some people. In order to make the flowers more varied, farmers plant the segments of the root in autumn and winter and cover them with soil. In the next spring, flowers bloom in many varieties. Varied as the flowers could be, the root has changed its quality and is no longer good for medical use. It has very little therapeutic effect.

Kou Zongshi: Mudan cultivated by farmers have red, pink or even dark



亦有绯者，深碧色者。惟山中单叶花红者，根皮入药为佳。市人或以枝梗皮充之，尤谬。〔时珍曰〕牡丹惟取红白单瓣者入药。其千叶异品，皆人巧所致，气味不纯，不可用。花谱载丹州、延州以西及褒斜道中最多，与荆棘无异，土人取以为薪，其根入药尤妙。凡栽花者，根下着白敛末辟虫，穴中点硫黄杀蠹，以乌贼骨针其树必枯，此物性，亦不可不知也。

根皮【修治】

〔斲曰〕凡采得根日干，以铜刀劈破去骨，锉如大豆许，用清酒拌蒸，从巳至未，日干用。

【气味】

辛，寒，无毒。

〔别录曰〕苦，微寒。〔普曰〕神农、岐伯：雷公：桐君



green flowers. But only that grown in the mountain with single leaves and red flowers is good for medical use. Its root bark can be used as medicine. Merchants replace the drug with Jiegengpi/radix platycodi radice/platycodon root bark. It is a wrong practice.

Li Shizhen: Mudan with a single petal flower of red or white color is good for medical use. Those cultivated by farmers, which have thousand leaves of different varieties, are for display only. They are no longer the pure species with pure taste and quality. Therefore, they are no longer good for medical use. According to Huapu, Mudan produced in the west of Danzhou and Yanzhou and in Baoxiedao are in bulk quantity. Local people take it as firewood. But the root of this species has very good therapeutic effect. When the root is to be planted, place some powder of Bailian/radix ampelopsis/root of Japanese ampelopsis in the root to avoid attack by moths. In the pit, spread some Liuhuang/sulfur to prevent worms. If the tree peony is punctured by Wuzeiyu/os sepiellae seu sepieae/cuttlefish bone, the tree will wither and die. These are the characteristics of the plant. Those who want to cultivate it should know about it.

MUDANGENPI

Tree peony bark

Cortex moutan radice

[Preparation]

Lei Xiao: Dry the root in the sun. Break open the root with a copper knife and take off the heart. File the root bark into pieces the size of soybean. Blend the drug with lucid wine and steam it from Sishi (9-11 hours) to Weishi (13-15 hours). Then, dry the drug in the sun.

[Quality and Taste]

It is pungent, cold and nontoxic.

It is bitter and slightly cold.

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

Wu Pu: It is pungent according to Shen Nong and Qibo. It is bitter and nontoxic according to Lei Gong and Tong Jun. It is bitter and toxic according to the Yellow Emperor.



苦，无毒。黄帝：苦，有毒。〔好古曰〕气寒，味苦、辛，阴中微阳，入手厥阴、足少阴经。〔之才〕畏贝母、大黄、菟丝子。〔大明曰〕忌蒜，胡荽，伏砒。

【主治】

寒热，中风癰疽，惊痫邪气，除癥坚瘀血留舍肠胃，安五脏，疗痈疮本经。除时气头痛，客热五劳，劳气头腰痛，风噤癩疾别录。久服轻身益寿吴普。治冷气，散诸痛，女子经脉不通，血沥腰痛甄权。通关腠血脉，排脓，消扑损瘀血，续筋骨，除风痹，落胎下胞，产后一切冷热血气大明。治神志不足，无汗之骨蒸，衄血吐血元素。和血生血凉血，



Wang Haogu: It is cold in quality, bitter and pungent in taste. It is a drug of Yin with slight Yang. It functions on the Pericardium Channel of Hand Greater Yin and Kidney Channel of Foot Lesser Yin.

Xu Zhicai: It is incompatible to Beimu/bulbus fritillaria thunbergii\cirrhosa/bulb of thunberg\tendrilleaf fritillary, Danhuang/radix et rhizoma rhei/rhubarb and Tusizi/semen cuscutae/dodder seed.

Da Ming: Suan/bulbus allii sativum/garlic and Husui/herba coriandri\coriander herb are prohibited. It oppresses Pishi/arsenicum/arsenic.

[Indications]

It is good for treating a disease with chills and fever, apoplexy with convulsions and spasms, fright and epilepsy with attack of pathogenic factors. It disperses hard mass and blood stasis remaining in the intestine and stomach. It pacifies the Five Viscera and treats carbuncle and sores.

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

It treats headache in epidemics, disperses guest heat, relieves five overstrains and consumptive disease due to exhaustion of qi with headache and lumbago, and lockjaw due to attack of pathogenic Wind. It treats pertinacious skin disease.

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

Wu Pu: Long-term use makes one happy and able to enjoy a long life.

Zhen Quan: It is good for dispersing invasion of pathogenic Cold and relieve pains of various kinds. It treats amenorrhea and lumbago with vaginal dripping of blood.

Da Ming: It is good for dredging through the Couli and help the blood circulation. It dispels pus, removes blood stasis in a physical damage, and helps recovery of the damaged tendons and bones. It treats arthralgia due to attack of pathogenic Wind. It helps baby delivery and expels the placenta. It is generally good for treating postpartum diseases with chills and fever, abdominal pain of a woman due to disorder of blood and qi.

Zhang Yuansu: It improves the debilitated condition of the mental spirit and willpower, treats hectic fever due to Yin deficiency with perspiration, stops epistaxis and hematemesis.

Li Shizhen: It harmonizes the blood, helps produce the blood and cools the Heat in the blood. It can disperse the hidden Fire in the blood, and

治血中伏火，除烦热时珍。

【发明】

〔元素曰〕牡丹乃天地之精，为群花之首。叶为阳，发生也。花为阴，成实也。丹者赤色，火也。故能泻阴胞中之火。四物汤加之，治妇人骨蒸。又曰：牡丹皮入手厥阴、足少阴，故治无汗之骨蒸；地骨皮入足少阴、手少阳，故治有汗之骨蒸。神不足者手少阴，志不足者足少阴，故仲景肾气丸用之，治神志不足也。又能治肠胃积血，及吐血、衄血必





eliminate fever with restlessness.

[Explication]

Zhang Yuansu: Mudan is the essence of the Heaven and the Earth, the king of all flowers. Its leaf pertains to Yang, a tendency of development. Its flower pertains to Yin, a sign of harvest. The red color of the flower pertains to the image of Fire. It is therefore a drug that purges the pathogenic Fire in the Yin. Add it to Siwu Tang* to treat hectic fever due to Yin deficiency of woman. Mudanpi/cortex moutan radicis/tree peony bark functions on the Pericardium Channel of Hand Greater Yin and Kidney Channel of Foot Lesser Yin. So, it can treat hectic fever due to Yin deficiency without perspiration. By comparison, Digupi/cortex lycii radicis/root-bark of Chinese wolfberry, a drug functioning on Kidney Channel of Foot Lesser Yin and Sanjiao Channel of Hand Lesser Yang, is good for treating hectic fever due to Yin deficiency with perspiration. When the spirit is in a debilitated condition, it shows the diseased condition of the Heart Channel of Hand Lesser Yin and when the willpower is in a debilitated condition, it indicates that the trouble is in the Kidney Channel of Foot Lesser Yin. Therefore, Master Zhang Zhongjing used Mudanpi in his famous Shenqi Wan.** This is to

*Siwu Tang:

Shaoyao,

Dihuang,

Danggui,

Chuanxiong.

**Shenqi Wan:

Dihuang,

Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry,

Shanyao/rhizoma dioscoreae/rhizome of common yam,

Fuling/poria/Indian bread,

Mudanpi,

Zexie/rhizoma alismatis/rhizome of oriental water plantain,

Rougui/cortex cinnamomi/cassia bark,

Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood.



用之药，故犀角地黄汤用之。〔杲曰〕心虚，肠胃积热，心火炽甚，心气不足者，以牡丹皮为君。〔时珍曰〕牡丹皮治手、足少阴、厥阴四经血分伏火。盖伏火即阴火也，阴火即相火也。古方惟以此治相火，故仲景肾气丸用之。后人乃专以黄檗治相火，不知牡丹之功更胜也。此乃千载秘奥，人所不知，今为拈出。赤花者利，白花者补，人亦罕悟，宜分别之。



treat the debilitated condition of the mental spirit. Mudanpi is also good in treating accumulation of blood in stomach and intestine. It is a must drug in stopping hematemesis and epistaxis. Therefore, it is used in Xijiao Dihuang Tang.*

Li Gao: In treating a case with deficient condition of the Heart, accumulation of pathogenic Heat in the Intestine and Stomach, exuberant Fire and insufficiency of the Heart qi, Mudanpi should be given as the principal drug.

Li Shizhen: Mudanpi can eliminate the hidden Fire in the blood system of the following four Channels: Heart Channel of Hand Lesser Yin, Kidney Channel of Foot Lesser Yin, Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. The hidden Fire is a Fire of Yin, the ministerial Fire. In ancient prescriptions, Mudanpi is used to eliminate the ministerial Fire. Therefore, Master Zhang Zhongjing used it in Shenqi Wan.** But later scholars used Huangbai/cortex phellodendri/bark of Chinese cork tree exclusively as a drug that eliminates the ministerial Fire. They did not know that Mudanpi is even better. This is a secret kept for a

*Xijiao Dihuang Tang:

Xijiao/cornu rhinocerotis/rhinoceros horn,
Shengdihuang/radix rehmanniae/rhizome of rehmannia,
Shaoyao,
Mudanpi.

**Shenqi Wan:

Dihuang/radix rehmanniae/rhizome of rehmannia,
Shanzhuyu/fructus corni/fruit of Asiatic comelian cherry,
Shanyao/rhizoma dioscoreae/rhizome of common yam,
Fuling/poria/Indian bread,
Mudanpi/cortex mountain radialis/tree peony bark,
Zexie/rhizoma alismatis/rhizome of oriental water plantain,
Rougui/cortex cinnamomi/cassia bark,
Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood.

【附方】

旧三，新三。（略）



thousand years and now is disclosed here. Mudanpi with a red flower is purging and that with a white flower is tonifying. This is also something few people are aware of. Differentiation should be made accordingly.

[Prescriptions]

Three prescriptions collected previously, and
three prescriptions collected recently.



木香（本经上品）

【释名】

蜜香别录。青木香弘景。五木香图经。南木香纲目。

〔时珍曰〕木香，草类也。本名蜜香，因其香气如蜜也。绿沉香中有蜜香，遂讹此为木香尔。昔人谓之青木香。后人因呼马兜铃根为青木香，乃呼此为南木香、广木香以别之。今人又呼一种蔷薇为木香，愈乱真矣。三洞珠囊云：五香者，即青木香也。一株五根，一茎五枝，一枝五叶，叶间





MUXIANG

Costus

Aucklandia lappa (Franch) Ling

Saussura lappa Clarke

Vladimiria denticulata Ling

Vladimiria souliei (Franch) Ling.

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

[Explanation of Names]

MIXIANG

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

QINGMUXIANG

— Tao Hongjing.

WUMUXIANG

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

NANMUXIANG

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

Li Shizhen: Muxiang, a kind of herb, was originally called Mixiang, the honey fragrance, as it smells like honey. As there is a kind of Mixiang in the drug Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood, the drug is no longer called Mixiang, but Muxiang. It was once called Qingmuxiang. But later people called the root of Madouling/Dutchman's pipe as Qingmuxiang. So, this drug is called Nanmuxiang (Muxiang from the south) or Guangmuxiang (Muxiang from the south) or Guangmuxiang (Muxiang from Guangdong). Now, a kind of Qiangwei/roosa multiflora/Japanese rose is called Muxiang, too. This adds to the confusion of the drug. The book *Sandong Zhunang* recorded: There is a kind of Wuxiang, which is actually Qingmuxiang. Five roots grow together in



五节，故名五香，烧之能上彻九天也。古方治痈疽有五香连翘汤，内用青木香。古乐府云，氍毹毳毼五木香，皆指此也。〔颂曰〕修养书云：正月一日取五木煮汤以浴，令人至老须发黑。徐锴注云：道家谓青木香为五香，亦云五木，多以为浴是矣。金光明经谓之矩毘佗香。

【集解】

〔别录曰〕木香生永昌山谷。〔弘景曰〕此即青木香也。永昌不复贡，今多从外国舶上来，乃云出大秦国。今皆以合香，不入药用。〔恭曰〕此有二种，当以昆仑来者为佳，西胡来者不善。叶似羊蹄而长大，花如菊花，结实黄黑，所在亦有之，功用极多。陶云不入药用，非也。〔权曰〕南州异物志云：青木香出天竺，是草根，状如甘草也。〔颂曰〕今惟广州舶上来，他无所出。根窠大类茄子，叶似羊蹄而长大，亦有叶如山药而根大开紫花者。不拘时月，采



one tussock. There are five forks on one stem, five leaves on one fork, and five nodes between leaves. So, it is called Wuxiang. Wu = five. When it is burned, its fragrance goes up to heaven. There was an ancient prescription called Wuxiang Lianqiao Tang (decoction of Wuxiang and Lianqiao/fructus forsythiae/capsule of weeping forsythia) good for treating carbuncle and phlegmon. In this prescription, Muxiang is used. In *Gu Yuefu*, an ancient work of musical studies, it mentioned Wumuxiang. It is actually Muxiang.

Su Song: According to *Yanglao Shu*, on the first day of the first month, boil Wumu to make a decoction to bathe oneself. This will keep the person's hair and beard black even when he gets very old. Mr. Xu Kai annotated: Taoists call Qingmuxiang as Wuxiang or Wumu and use it to prepare bathing water. *Jingguangmingjing*, a Buddhist classic (*Suvarnaprabhasot-tamasutra*), calls the drug Jupituoxiang (transliteration).

[Previous Explanations]

Muxiang is produced in the mountain valleys in Yongchang.

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

Tao Hongjing: Now, Yongchang no longer supplies the drug, and it is shipped from Daqin.* It is also no longer used in making drugs, but only in making incense.

Su Gong: There are two kinds of Muxiang. That coming from the Kunlun area is the best and that coming from the western Hu area is not very good. Its leaf looks like Yangti/japanese dock, but it is bigger. Its flower is similar to Juhua/flos chrysanthemi/chrysanthemum. It bears yellow-black seeds. It is found everywhere and has many functions. Tao Hongjing said that the drug was not used as medicine. He was wrong to say so.

Zhen Quan: The book *Nanzhou Yiwu Zhi*: Qingmuxiang is produced in Tianzhu (ancient India). It is a kind of herbal root in the shape of a liquorice root.

Su Song: Now, the drug is shipped only from Guangzhou. Its root and herb look like Qiezi/eggplant. Its leaf looks like that of Yangti. There is

*A part of the ancient Roman empire.



根芽为药。以其形如枯骨，味苦粘牙者为良。江淮间亦有此种，名土青木香，不堪药用。蜀本草言孟昶苑中亦尝种之，云苗高三四尺，叶长八九寸，皱软而有毛，开黄花，恐亦是土木香种也。〔斆曰〕其香是芦蔓根条，左盘旋。采得二十九日，方硬如朽骨。其有芦头丁盖子色青者，是木香神也。〔宗奭曰〕常自岷州出塞，得青木香，持归西洛。叶如牛蒡，但狭长，茎高二三尺，花黄一如金钱，其根即香也。生嚼极辛香，尤行气。〔承曰〕木香今多从外国来，陶说为是。苏颂图经所载广州者，乃是木类。又载滁州海州者，乃是马兜铃根。治疗冷热，殊不相似，皆误图耳。〔时珍曰〕木香，南方诸地皆有。一统志云：叶类丝瓜，冬月取根，晒干。



another kind with leaf similar to *Shanyao*/rhizoma dioscoreae/rhizome of common yam, with a big root and purple flower. There is no definite time for collection. Collect the root and seedling for medical use. That with its shape similar to a withered bone with bitter taste and feeling sticky to the teeth when it is bitten is the best drug. The drug is also found in areas between the Yangtze and the Huai rivers. It is called *Tuqingmuxiang*, which is no good for medical use. In *Shu Bencao*, it was recorded that the drug was planted in the garden of Meng Chang, emperor of the Later Shu Dynasty (935-965) of the Five Dynasties period. The herb was described as being three to four *chi* tall with a soft, creased and hairy leaf of eight to nine *cun* and a yellow flower. This might be a kind of *Tuqingmuxiang*.

Lei Xiao: The root of the drug has a rhizome head with leftward spiral. Twenty-nine days after collection, the root becomes as hard as withered bone. If there is a blue-green head cap on the rhizome, it must be a drug with miraculous effect.

Kou Zongshi: While I was traveling out of Mingzhou to the western part of the country, I got the drug *Qingmuxiang* and took it back to Xiluo. The drug has a leaf similar to *Niubangzi*/great burdock, but it is longer and thinner. Its stem is two to three *chi* tall. Its flower is yellow, similar to a golden coin. Its root is fragrant. When it is chewed, it tastes pungent and smells fragrant. It is good for facilitating the circulation of qi.

Chen Cheng: Now, *Muxiang* is normally shipped from foreign countries. What Tao Hongjing said is correct. That shipped from Guangzhou as described by *Tujing Bencao* is a kind of wood. It recorded a drug from Chuzhou and Haizhou. Actually it is just *Madoulinggen* (root). Such drugs are different from *Muxiang* with different therapeutic effects, which should not be used interchangeably.

Li Shizhen: *Muxiang* is produced everywhere in the south. The book *Yitong Zhi* recorded: Its leaf is similar to *Siguaye*/folium luffae/luffa leaf. Collect the root in winter and dry it in the sun.

MUXIANGGEN

Costus root

Radix aucklandiae



根【修治】

〔时珍曰〕凡入理气药，只生用，不见火。若实大肠，宜面煨熟用。

【气味】

辛，温，无毒。

〔元素曰〕气热，味辛、苦，气味俱厚，沉而降，阴也。〔杲曰〕苦、甘、辛、微温，降也，阴也。〔好古曰〕辛、苦，热、味厚于气，阴中阳也。

【主治】

邪气，辟毒疫温鬼，强志，主淋露。久服不梦寤魔寐本经。消毒，杀鬼精物，温疟蛊毒，气劣气不足，肌中偏寒，引药之精别录。治心腹一切气，膀胱冷痛，呕逆反胃，霍乱泄泻痢疾，健脾消食，安胎大明。九种心痛，积年冷气，痲癖癥块胀痛，壅气上冲，烦闷羸劣，女人血气刺心，痛不



[Preparation]

Li Shizhen: When used to regulate qi, only the crude drug should be adopted. Do not process it with fire. When it is used to function on the Large Intestine, it should be blended with wheat flour and baked.

[Quality and Taste]

It is pungent, warm and nontoxic.

Zhang Yuansu: It is hot in quality, pungent and bitter in taste. It is a drug with thick quality and taste. It is sinking and descending, a drug of Yin.

Li Gao: It is bitter, sweet and pungent and slightly warm with descending tendency, a drug of Yin.

Wang Haogu: It is pungent, bitter and hot. Its taste is thicker than its quality, a drug of Yang in the Yin.

[Indications]

It disperses invasion of pathogenic factors, toxin and evil things. It strengthens willpower. It treats stranguria and lochia. Long-term use prevents nightmares.

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

It detoxifies toxin and disperses attacks of vicious things. It is good for treating pyrexial malaria and Gudu. It tones the insufficiency of qi. It disperses the invading pathogenic Cold in the muscle. It is a very good guiding drug.

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

Da Ming: It regulates the qi in the epigastrium and abdomen. It relieves pain and Cold in the Urinary Bladder. It brings down nausea and regurgitation, treats cholera with diarrhea and dysentery. It improves the Spleen function and helps digestion. It soothes the fetus.

Zhen Quan: It treats nine kinds of heart pain, dissolves prolonged congealed Cold, hard mass in the shape of a hanging noose with distention and pain, brings down the rushing up of gas, relieves vexation and suffocation, improves a debilitated and weak condition. It relieves abdominal pain of a woman due to disorder of blood and qi with intolerable stabbing pain.



可忍，末酒服之甄叔。散滞气，调诸气，和胃气，泄肺气元素。行肝经气。煨熟，实大肠震亨。治冲脉为病，逆气里急，主腠渗小便秘好古。

【发明】

〔弘景曰〕青木香，大秦国人以疗毒肿、消恶气有验。今惟制蛀虫丸用之。常以煮汁沐浴大佳。〔宗奭曰〕木香专泄决胸腹间滞塞冷气，他则次之。得橘皮、肉豆蔻、生姜相佐使绝佳，效尤速。〔元素曰〕木香除肺中滞气。若治中下二焦气结滞，及不转运，须用槟榔为使。〔震亨曰〕调气用木香，其味辛，气能上升，如气郁不达者宜之。若阴火冲上者，则反助火邪，当用黄檗、知母，而少以木香佐之。〔好古曰〕本草云，主气劣，气不足，补也；通壅气，导一切



Grind the drug into powder and take it with wine.

Zhang Yuansu: It disperses stagnation of qi and regulates its flow, harmonizes the Stomach condition and purges excess in the Lung.

Zhu Zhenheng: It facilitates the flow of qi in the Liver Channel. When the drug is roasted, it has the function of consolidating the Large Intestine.

Wang Haogu: It treats diseases of the Chong Channel (Penetrating Vessel). It brings down the adverse ascending of gas with abdominal pain. It treats dysuria due to dripping of the Urinary Bladder.

[Explication]

Tao Hongjing: In Daqin (a name for Roman Empire in ancient China) people use Qingmuxiang to treat pyogenic infection. Now, it is used only in making Zhuchong Wan. It is often used to make bathing water by boiling the drug in water.

Kou Zongshi: Muxiang is used exclusively in purging congealed cold and suffocation in the epigastrium and abdomen. It has much better efficacy than other drugs. Assisted by such drugs as Jupi/pericarpium citri reticulatae/tangerine peel, Roudoukou/semen myristicae/nutmeg and Shengjiang/rhizoma zingiberis recens/fresh ginger, the drug is even stronger and gives immediate effect.

Zhang Yuansu: Muxiang can disperse stagnating qi in the Lung. If it is intended to disperse the accumulation and stagnation in the Zhongjiao and Xiajiao and activate normal circulation, areca seed should be used as the guiding drug.

Zhu Zhenheng: Muxiang is a drug that can regulate the flow of qi. As it is pungent in taste, it helps the qi to ascend. So when qi is stagnant and cannot circulate normally, Muxiang should be given to activate it. But, when the qi is motivated by the Yin Fire and rushes upward, the use of Muxiang can only assist the pathogenic Fire to become more exuberant. Huangbai and Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena should be given. A small quantity of Muxiang can be given as an assistant drug.

Wang Haogu: Bencao works recorded that Muxiang can tonify the insufficiency of qi. It is a drug that tones. It can also activate the stagnatnt



气，破也。安胎，健脾胃，补也；除痰癖癥块，破也。其不同如此。洁古张氏但言调气，不言补也。〔机曰〕与补药为佐则补，与泄药为君则泄也。〔时珍曰〕木香乃三焦气分之药，能升降诸气。诸气贲郁，皆属于肺，故上焦气滞用之者，乃金郁则泄之也。中气不运，皆属于脾，故中焦气滞宜之者，脾胃喜芳香也。大肠气滞则后重，膀胱气不化则癃淋。肝气郁则为痛，故下焦气滞者宜之，乃塞者通之也。〔权曰〕隋书言樊子盖为武威太守，车驾入吐谷浑，子盖以彼多瘴气，献青木香以御雾露之邪。〔颂曰〕续传信方著张仲景青木香丸，主阳衰诸不足。用昆仑青木香、六路诃子皮各二十两，捣筛，糖和丸梧子大。每空腹酒下三十丸，日再，其效



qi and facilitates its circulation. It is dispersing. It also has the function of soothing the fetus and replenishing the Spleen and Stomach. It is tonifying. It removes hard mass in the shape of hanging noose. It is a drug that purges. It is a drug with both tonifying and dispersing effects. But Zhang Jiegu only mentioned its function of regulating the qi. But its tonifying function is not mentioned.

Wang Ji: When the drug is assisted by tonifying drugs, it has the function of tonifying. When used together with a purgative as a principal drug, it becomes a purgative too.

Li Shizhen: Muxiang is a drug functioning on the qi system of Sanjiao. It has the function of bringing down or up of the qi. When qi is pent up, it has its root in the Lung. So Muxiang is used to treat stagnation of qi in the Zhongjiao. When the Metal (Lung) qi is pent up, it should be dispersed. When the interior qi is not circulating well, the Spleen should be blamed. So when there is stagnation of qi in the Zhongjiao, drugs of fragrant taste should be adopted. When qi in the Large Intestine is pent up, there will be tenesmus. When the qi in the Urinary Bladder is stagnating, there will be retention of urine. When the Liver qi is stagnant, there will be a pain. So, Muxiang is a drug that can be adopted when there is a stagnation of qi in the Xiajiao. This is following the principle of dredging through the stuffed condition.

Zhen Quan: *Sui Shu (Book of the Sui Dynasty)* recorded that when the emperor was visting Tuguhun, a place said to have miasma, Mr. Fan Zigai, the governor of Wuwei, presented Qingmuxiang to the emperor as a protection of the imperial cart.

Su Song: The book *Xu Chuanxin Fang* recorded Qingmuxiang Wan, a prescription of Master Zhang Zhongjing, as good for tonifying a condition with evanescent Yang and general debility. The prescription is as follows:

20 *liang* of Qingmuxiang Kunlun,

20 *liang* of Hezi/fructus chebulae/fruit of medicine terminalia with hexagonal stems.

Pound the above drugs and screen them to get the powder. Make pills with sugar the size of a parasol seed. Take 30 pills per dose with wine before meal, twice a day. It has immediate effect. Mr. Zheng, with official title

尤速，郑駙马去沙糖用白蜜，加羚羊角十二两。用药不类古方，而云仲景，不知何从而得也？

【附方】

旧二，新一十八。（略）



Fuma, changed the prescription as follows: Baimi/mel/white honey is used instead of sugar. Also add 12 *liang* of Lingyangjiao/cornu saigae tatariae/antelope's horn. It does not seem to be an ancient prescription. But it says it is a prescription left by Master Zhang Zhongjing. I doubt its authenticity.

[Prescriptions]

Two prescriptions collected previously, and
18 prescriptions collected recently.





甘松香 (宋开宝)

【释名】

苦弥哆音扯。

〔时珍曰〕产于川西松州，其味甘，故名。金光明经谓之苦弥哆。

【集解】

〔志曰〕广志云：甘松出姑臧、凉州诸山，细叶，引蔓丛生，可合诸香及褰衣。〔颂曰〕今黔、蜀州郡及辽州亦有之。丛生山野，叶细如茅草，根极繁密，八月采之，作汤浴令人身香。

根【气味】

甘，温，无毒。

〔好古曰〕平。



GANSONGXIANG

Nardostachys

Nardostachys chinensis Batal.

Nardostachys jutamanse DC.

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

[Explanation of Names]

KUMICHE

Li Shizhen: The drug is produced in Songzhou of western Sichuan. It is sweet in taste. So it is named Gansongxiang. Gan = sweet, Song = Songzhou, Xiang = fragrance. In *Jinguangmingjing*, a Buddhist classic, *Suvarnaprabhasottamasutra*, it is called Kumiche (a transliteration).

[Previous Explanations]

Ma Zhi: The book *Guang Zhi* recorded that the drug is produced in the mountains of Guzang and Liangzhou. It has a thin leaf which grows in tussock which vines. It can be used to make incense or scent clothes.

Su Song: Now the drug is also produced in prefectures in Qianzhou and Shuzhou and in Liaozhou. It grows in tussocks all over the field in the mountain. Its leaf is thin and looks like Baimao/herba imperatae/lalang grass. It has numerous and fibrous roots. Collect the root in the eighth month and boil to make a decoction. Bathing in such decoction will make a person smell fragrant.

GANSONGXIANGGEN

Nardostachys rhizome

Rhizoma nardostachydis



【主治】

恶气，卒心腹痛满，下气开宝。黑皮黥黯，风疖齿龋，野鸡痔。得白芷、附子良藏器。理元气，去气郁好古。脚气膝浮，煎汤淋洗时珍。

【发明】

〔时珍曰〕甘松芳香能开脾郁，少加入脾胃药中，甚醒脾气。杜宝拾遗录云：寿禅师妙医术，作五香饮，更加别药，止渴兼补益最妙。一沉香饮，二丁香饮，三檀香饮，四泽兰饮，五甘松饮也。

【附方】

新四。（略）



[Quality and Taste]

It is sweet, warm and nontoxic.

Wang Haogu: It is plain.

[Indications]

It is good for dispersing malignant qi and sudden onset of epigastric and abdominal pain and distention. It brings down adverse ascending of gas.

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

Chen Cangqi: It is good for treating freckle and acne and black skin, Fenggan (toothache due to attack of Heat accumulated in the Spleen and Lung) and dental caries. It also treats hemorrhoid. The drug is reinforced when used together with Baizhi and Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood.

Wang Haogu: It is good for regulating the Yuanqi and disperse stagnation of qi.

Li Shizhen: It treats beriberi with puffy knees. Simmer the drug to make a decoction. Wash the affected part with the decoction.

[Explication]

Li Shizhen: Gansongxiang is a drug that can disperse stagnation of the Spleen. A small quantity of the drug can be added into a prescription treating Spleen and Stomach trouble. In this way, it is good for activating the Spleen qi. The book *Du Bao Shiyi Lu* recorded: Shou Chan, Buddhist monk, who was good at medicine, invented five essences. When assisted by other drugs, these essences are good for quenching the thirst and tonifying the deficiency. They are: Chenxiang Yin (essence of Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood), Dingxiang Yin (essence of Dingxiang/flos caryophylli/clove), Tanxiang Yin (essence of Tanxiang/lignum santali albi/sandalwood), Zelan Yin (essence of Zelan/herba lycopi/herb of hirsute shiny bugleweed) and Gansong Yin (essence of Gansongxiang).

[Prescriptions]

Four prescriptions collected recently.



山柰 (纲目)

【释名】

山辣纲目。三柰

〔时珍曰〕山柰俗讹为三柰，又讹为三赖，皆土音也。或云：本名山辣，南人舌音呼山为三，呼辣如赖，故致谬误。其说甚通。

【集解】

〔时珍曰〕山柰生广中，人家栽之。根叶皆如生姜，作樟木香气。土人食其根如食姜，切断暴干，则皮赤黄色，肉白色。古之所谓廉姜，恐其类也。段成式酉阳杂俎



SHANNAI

Galanga resurrection lily

Kaempferia galangal L.

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

[Explanation of Names]

SHANLA

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

SANNAI

Li Shizhen: Shannai is colloquially called Sannai or Sanlai. Some say that the drug was originally called Shanla. But people in the south pronounce Shan as San and La as Lai, hence the difference in the names mentioned above.

[Previous Explanations]

Li Shizhen: Shannai is produced in the Guang area.* It is cultivated by farmers. Its root and leaf are all similar to those of Shengjiang/fresh ginger. It has a fragrance similar to that of Zhangmu/lignum cinnamomi camphorae/camphor wood. Local people eat its root (rhizome) in the same way as they eat fresh ginger. Cut the root into slices and dry them in the sun until it turns red and yellow outside and white inside. It was referred to as Lianjiang in ancient times. Duan Chengshi in his *Youyang Zaju* recorded: Nai is only produced in Fulinguo.** Its herb is three to four *chi* tall. Its root is as big as duck's egg. Its leaf is similar to that of Suan/bulbus allii sativum/garlic. In the middle of the herb grows a long stem. On top of the stem are flowers with six petals of red-white color. The heart of the flower is yellow-

*Guangdong and Guangxi.

**A part of the ancient Roman empire.



云：柰只出拂林国，苗长三四尺，根大如鸭卵，叶似蒜，中心抽条甚长，茎端有花六出，红白色，花心黄赤，不结子，其草冬生夏死。取花压油，涂身去风气。按此说颇似山柰，故附之。

根【气味】

辛，温，无毒。

【主治】

暖中，辟瘴疠恶气，治心腹冷气痛，寒湿霍乱，风虫牙痛。入合诸香用时珍。

【附方】

新六。（略）

red. It does not bear seed. The herb begins to grow in winter and withers in summer. Press the flower to get oil and apply it to the body to prevent the attack of pathogenic Wind. What Mr. Duan Chengshi described is just like Shannai. So, it is quoted here for reference.

SHANNAIGEN

Rhizome of galangal resurrection lily

Rhizoma kaempferiae

[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

Li Shizhen: It warms the interior, prevents attacks of miasma and malignant agents. It is good for treating epigastric and abdominal pain with cold feeling, cholera due to attack of pathogenic Cold and Humidity, toothache with dental caries. It is also used to make incense together with other fragrant herbs.

[Prescriptions]

Six prescriptions collected recently.





杜若 (本经上品)

【释名】

杜衡本经。杜莲别录。若芝别录。楚衡广雅。獾子姜獾音瓜。药性论。山姜别录云：一名白莲，一名白苓。

〔颂曰〕此草一名杜衡，而草部中品自有杜衡条，即尔雅所谓土鹵者也。杜若，即广雅所谓楚衡者也。其类自别，古人多相杂引用。故九歌云：采芳洲兮杜若。离骚云：杂杜衡与芳芷。王逸辈皆不分别，但云香草，故二名相混。古方或用，令人罕使，故少有识者。



DURUO

Duroo

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

[Explanation of Names]

DUHENG

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

DULIAN

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

RUOZHI

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

CHUHENG

— *Guang Ya*.

ZHAOZIJIANG

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

SHANJIANG

Mingyi Bielu recorded other names of the drug as:

BAILIAN

BAIQIN

Su Song: The drug is also called Duheng. But, in the category of medium class in *Shen Nong Bencao Jing*, there is already Duheng. This is what the book *Er Ya* called Tulu. Duroo is what the book *Guang Ya* called Chuheng. These are not the same drugs. But in ancient times they were used interchangeably. *Jiu Ge* (*Collection of Chu Poems*) has the verse: Collect Duroo in the fragrant land. Qu Yuan, great poet of the Chu, mentioned in his book *Li Sao* (*Parting Sorrows*), the mixed Duheng and Fangzhi (Baizhi). Wang Yi, annotator to the Chu poems, failed to differentiate



【集解】

〔别录曰〕杜若生武陵川泽及冤句，二月、八月采根晒干。〔弘景曰〕今处处有之。叶似姜而有文理，根似高良姜而细，味辛香。又绝似旋覆根，殆欲相乱，叶小异尔。楚辞云，山中人兮芳杜若，是矣。〔恭曰〕今江湖多有之，生阴地，苗似廉姜，根似高良姜，全少辛味。陶云，似旋覆根者，即真杜若也。〔保昇曰〕苗似山姜，花黄赤，子赤，大如棘子，中似豆蔻。今出岭南、硤州者甚好。范子计然云：杜衡、杜若出南郡、汉中，大者大善。〔颂曰〕卫州一种山姜，茎叶如姜，开紫花，不结子，八月采根入药。〔时珍曰〕杜若人无识者，今楚地山中时有之。山人亦呼为良姜，根似姜，味亦辛。甄权注豆蔻所谓獾子姜，苏颂图经外类所谓山姜，皆此物也。或又以



the herbs, but called them generally as fragrant herbs. Since then, the two herbs were mixed. They were not used often in ancient prescriptions. Now, Duroo is seldom used. So, very few people know the drug now.

[Previous Explanations]

Duroo is produced in the mountain valleys of Wuling and Yuanju. Collect the root in the second and eighth months and dry in the sun.

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

Tao Hongjing: Now, the drug is produced everywhere. Its leaf is similar to that of ginger but is with texture. Its root looks like Gaoliangjiang, but smaller. It is pungent and fragrant. It is very similar to Xuanfugen/radix inulae/inula root. But there is a slight difference: The leaf of the former is a bit different to the latter. In *Chu Ci (Elegies of Chu)*, it is recorded: People in the mountain cherish Duroo for its fragrance.

Su Gong: Now, the drug grows on low land among the lakes and rivers. The herb looks like Lianjiang and its root looks like Gaoliangjiang. It has only a slightly pungent taste. What Tao Hongjing said about the similarity of its root to Xuanfugen/radix inulae/inula root is correct. That is the real Duroo.

Han Baosheng: Its herb looks like Shanjiang. Its flower is yellow-red with a red seed of the size of a spine date. It looks like Doukou/seed alpiniae katsumadai/seed of katsumade galangal in the middle. The drug produced in the south of the Five Ridges and Jiazhou is the best. Fanzhi Jiran: Both Duheng and Duroo are produced in Nanjun and Hanzhong. The bigger the drug the better.

Su Song: There is a kind of Shanjiang produced in Weizhou. Its stem and leaf are similar to that of ginger. It has a purple flower and does not bear seed. The root should be collected in the eighth month for medical use.

Li Shizhen: Duroo is no longer known to people. But it is found now and then in the mountains in the Chu area. Native people in the mountains call it Liangjiang. Its root looks like ginger and it is also pungent. Zhen Quan annotated Doukou as Zhaoziji. And in *Tujing Bencao*, there is Shanjiang in the outer category. Both are actually referring to the same



大者为高良姜，细者为杜若。唐时峡州贡之。

【修治】

〔斆曰〕凡使勿用鸭喙草根，真相似，只是味效不同。凡采得根，以刀刮去黄赤皮，细锉，用三重绢袋阴干。临使以蜜浸一夜，漉出用。

根【气味】

辛，微温，无毒。

〔之才曰〕得辛夷、细辛良，恶柴胡、前胡。〔苏颂曰〕山姜：辛，平，有小毒。

【主治】

胸胁下逆气，温中，风入脑户，头肿痛，多涕泪出。久服益精明目轻身。令人不忘本经。治眩倒目眈眈，止痛，除口臭气别录。山姜：去皮间风热，可作爍汤。又主暴冷，及

thing, Duruo. Some say the bigger ones are normally called Gaoliangjiang and the thin ones are called Duruo. In Tang times, the drug was offered as tribute from Xiazhou to the capital.

[Preparation]

Lei Xiao: Be careful to differentiate this drug from root of Yadiecao. They look like each other very much, but they are not the same in their tastes and functions. Preparation: Peel off the yellow-red rind and file it into small pieces. Keep it in a three-fold tough silk bag in the shade until it dries up. Before use, soak the drug in honey overnight. Take out the drug and it is ready for use.

DURUOGEN

Root of Duruo

[Quality and Taste]

It is pungent, slightly warm and nontoxic.

Xu Zhicai: Assisted by Xinyi/flos magnoliae/magnolia flower bud and Xixin, the drug functions even better. But it is mutually inhibiting to Chaihu/radix bupleuri/root of Chinese thoroughwort and Qianhu/radix peucedani/root of white flower hog fennel.

Su Song: Shanjiang is pungent, plain and slightly toxic.

[Indications]

It is good for bringing down the adverse ascending gas in the chest and ribs. It warms the interior. It disperses the invading pathogenic Wind into the brain. It relieves pain and swelling in the head and stops sneezing with tears. Long-term use reinforces the Jing (Vital Essence), improves eyesight and makes the person feel happy. It treats amnesia as well.

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

It treats vertigo with a tendency of falling down and dim vision. It relieves pain and clears halitosis.

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

Su Song: Shanjiang disperses invading pathogenic Wind and Heat rest-



胃中逆冷，霍乱腹痛苏颂。

【发明】

〔时珍曰〕杜若乃神农上品，治足少阴、太阳诸证要药，而世不知用，惜哉。



ing in the skin. It can also be used to make a kind of cooking soup. It treats pain and cold feeling in the stomach due to intake of cold food. It relieves abdominal pain in cholera.

[Explication]

Li Shizhen: Duruo, being a drug of superior class in *Shen Nong Bencao Jing*, is a principal drug good for treating diseases of the Kidney Channel of Foot Lesser Yin and Urinary Bladder of Foot Initial Yang. But it is not known to the medical profession. What a pity!





高良姜 (别录中品)

【释名】

蛮姜纲目。子名红豆蔻

〔时珍曰〕陶隐居言此姜始出高良郡，故得此名。按高良，即今高州也。汉为高凉县，吴改为郡。其山高而稍凉，因以为名，则高良当作高凉也。

【集解】

〔弘景曰〕出高良郡，二月、三月采根。形气与杜若相似，而叶如山姜。〔恭曰〕出岭南者，形大虚软，生江左者细紧，亦不甚辛，其实一也。今人呼细者为杜若，大者为高良姜，亦非也。〔颂曰〕今岭南诸州及黔、蜀皆有之，内郡虽有而不可入药。春生茎叶如姜苗而大，高一二尺许。



GAOLIANGJIANG

Lesser galangal

Alpinia officinarum Hance

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

[Explanation of Names]

MANJIANG

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

HONGDOUKOU (the fruit).

Li Shizhen: Tao Hongjing said that, as the drug was first found in Gaoliang prefecture, it is called Gaoliangjiang, ginger from Gaoliang. Gaoliang is now called Gaozhou. In the Han Dynasty, it was named Gaoliang county. In Wu times, it was renamed as Gaoliang prefecture. As the mountains there are higher and it is cooler, it is called Gaoliang, the high and cool place.

[Previous Explanations]

Tao Hongjing: The drug is produced in Gaoliang prefecture. Collect the root in the second and third months. Its root (rhizome) is similar to Duruo. Its leaf is similar to Shanjiang.

Su Gong: Gaoliangjiang produced in the south of the Five Ridges is big, but soft and loose in quality. That produced in the Jiangzuo area is smaller, but more solid, and is not very pungent in taste. Actually, they are the same thing. Now, people call the smaller one Duruo and the bigger one Gaoliangjiang, which is not correct.

Su Song: Now, the drug is produced in the prefectures in the south of the Five Ridges and also in Guizhou and Sichuan. The drug can also be found in the hinterland. But it is not good for medical use. In spring, a



花红紫色，如山姜花。〔珣曰〕红豆蔻生南海诸谷，高良姜子也。其苗如芦，其叶如姜，花作穗，嫩叶卷之而生，微带红色。嫩者入盐，累累作朵不散落，须以朱槿花染令色深。善醒醉，解酒毒，无他要使也。〔时珍曰〕按范成大桂海志云：红豆蔻花丛生，叶瘦如碧芦，春末始发。初开花抽一干，有大箬包之，箬拆花见。一穗数十蕊，淡红鲜妍，如桃杏花色。蕊重则下垂如葡萄，又如火齐瓔珞及剪彩鸾枝之状。每蕊有心两瓣，人比之连理也。其子亦似草豆蔻。

【修治】

〔时珍曰〕高良姜、红豆蔻、并宜炒过入药。亦有以姜同吴茱萸、东壁土炒过入药用者。

根

〔气味〕辛，大温，无毒。〔志曰〕辛、苦。大热，无毒。〔张元素曰〕辛，热，纯阳，浮也。入足太阴、阳明经。



seedling similar to that of ginger but bigger begins to grow. The herb is one to two *chi* tall. Its flower is red and purple, similar to that of Shanjiang.

Li Xun: Hongdougou/fructus alpiniae galangae/fruit of galanga galangal is produced in the valleys of the Nanhai area. It is the fruit of Gaoliangjiang. Its seedling looks like Luwei/caulis phragmitis/reed stem. Its leaf looks like that of ginger. Flowers appear on a spike. A tender leaf grows in curled-up form with a slightly red color. When the tender flower is preserved with salt, its petals will be intact for a long time. Dye the flower with Zhujinhua to make it darker. It is a good drug to detoxify alcoholism.

Li Shizhen: Fan Chengda's *Guihai Zhi*: Hongdougou grows in tussock. Its seedling is as thin as a reed. It begins to grow in spring, when a stem emerges with a big leaf covering the flower on its top. When the leaf breaks open, the spike appears with several dozen flowers. These are pink-red and fresh, similar to peach and apricot flowers. When the stamen become heavy, they will droop like grapes, or similar to strings of pearls and decorations. In each stamen, there are two petals, symbolizing a loving couple. Its seed is similar to Caodougou.

[Preparation]

Li Shizhen: Both Gaoliangjiang and Hongdougou should be stir-fried before they are used as a drug. There is another way of preparation: Stir-fry the drug together with fresh ginger, Wuzhuyu/fructus evodiae/fruit of medicinal evodia and Dongbitu/loess from the east wall.

GAOLIANGJIANGGEN

Rhizome of lesser galangal

Rhizoma alpiniae officinarum

[Quality and Taste]

It is pungent, very warm and nontoxic.

Ma Zhi: It is pungent, bitter, very hot and nontoxic.

Zhang Yuansu: It is pungent and hot, a drug of pure Yang and floating tendency. It functions on the Spleen Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang.



〔主治〕暴冷，胃中冷逆，霍乱腹痛别录。下气益声，好颜色。煮饮服之，止痢藏器。治风破气，腹内久冷气痛，去风冷痹弱甄权。转筋泻痢，反胃呕食，解酒毒，消宿食大明。含块咽津，治忽然恶心，呕清水，逡巡即瘥。若口臭者，同草豆蔻为末，煎饮苏颂。健脾胃，宽噎膈，破冷癖，除瘴疰时珍。

〔发明〕〔杨士瀛曰〕噫逆胃寒者，高良姜为要药，人参、茯苓佐之，为其温胃，解散胃中风邪也。〔时珍曰〕十全方言：心脾冷痛，用高良姜，细锉微炒为末，米饮服一钱，立止。太祖高皇帝御制周颠仙碑文，亦载其有验云。又穆迹佛有治心口痛方云：凡男女心口一点痛者，乃胃脘有滞



[Indications]

It is good for treating abdominal pain with cold feeling due to attack of pathogenic Cold. It relieves abdominal pain in cholera.

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

Chen Cangqi: It brings down adverse ascending of gas and improves the voice. It keeps a good complexion. Simmer the drug to make a decoction to stop dysentery.

Zhen Quan: It disperses invading pathogenic Wind and dissolves accumulation of qi. It relieves abdominal pain due to the chronic existence of cold gas. It disperses pathogenic Wind and Cold and treats arthralgia with general debility.

Da Ming: It is good for treating dysentery and diarrhea with spasms, nausea and vomiting of food with regurgitation. It detoxifies alcoholism and dissolves indigestion.

Su Song: Hold one piece of the drug in the mouth and swallow the fluid. This is good for treating sudden onset of nausea with vomiting of lucid fluid. It works in a short time. Grind the drug together with Caodoukou into powder. Boil the powder in water to make a decoction to treat halitosis.

Li Shizhen: It reinforces the Spleen and Stomach functions, treats dysphagia, disperses cold mass and prevents attack of miasma and malaria.

[Explication]

Yang Shiying: Gaoliangjiang is a principal drug in treating hiccups with adverse ascending of gas due to Stomach Cold. Renshen/radix ginseng/ginseng root and Fuling/poria/Indian bread should also be given, as they are warm and dispersive to the invading pathogenic Wind in the Stomach.

Li Shizhen: The book *Shiquan Fang*: Gaoliangjiang is good for treating pain and cold feeling in the Heart and Spleen. File the drug into small pieces and stir-fry it lightly. Then, grind it into powder. Take one *qian* of the powder with Miyin. This will stop the pain immediately. Taizu Gao Huangdi, the Taizu emperor, wrote the commemorating article for the tombstone of Zhou Dianxian, the mad immortal, in which it said that the drug was effective. Whenever there is a point in the heart that is aching,



或有虫也。多因怒及受寒而起，遂致终身。俗言心气痛者，非也。用高良姜以酒洗七次焙研，香附子以醋洗七次焙研，各记收之。病因寒得，用姜末二钱，附末一钱；因怒得，用附末二钱，姜末一钱；寒怒兼有，各一钱半，以米饮加入生姜汁一匙，盐一捻，服之立止。韩飞霞医通书亦称其功云。

〔附方〕旧三，新十。(略)



it must be due to existence of stagnation or due to parasites. Such ailment could arise due to excessive anger or exposure to cold, which could last all one's life. Colloquially, it is called heart pain due to qi, but this is not correct. Wash Gaoliangjiang with wine seven times and then bake it and grind it into powder. Also, wash Xiangfu/rhizoma cyperi/rhizome of nutgrass gal-gale with vinegar seven times and bake it and grind it into powder. Keep the drugs separately. Administer the drugs in the following way:

— If the ailment is due to exposure to cold, do the following: Blend two *qian* of Gaoliangjiang and one *qian* of Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood with Miyin. Add in one spoon of juice of fresh ginger and one pinch of salt.

— If the trouble arises due to excessive anger, do the following: Blend two *qian* of Fuzi and one *qian* of Gaoliangjiang with Miyin. Add in one spoon of juice of fresh ginger and one pinch of salt.

— If the case is caused by both cold and anger, blend 1.5 *qian* each of Gaoliangjiang and Fuzi with Miyin. Add in one spoon of juice of fresh ginger and one pinch of salt.

Use of the above drugs will stop the pain immediately. Han Feixia in his book *Yi Tong* also praised the effectiveness of the drug.

[Prescriptions]

Three prescriptions collected previously, and ten prescriptions collected recently.

豆蔻 (别录上品)

【释名】

草豆蔻开宝。漏蔻异物志。草果郑樵通志。

〔宗奭曰〕豆蔻，草豆蔻也。此是对肉豆蔻而名。若作果，则味不和。前人编入果部，不知有何义意？花性热，淹至京师，味微苦不甚美，干则色淡紫。为能消酒毒，故为果尔。〔时珍曰〕按杨雄方言云：凡物盛多曰蔻。豆蔻之名，或取此义。豆象形也。南方异物志作漏蔻，盖南人字无正音也。今虽不专为果，犹人茶食料用，尚有草果之称焉。金光明经三十二品香药：谓之苏乞迷罗（细）。





DOUKOU

Katsumade galangal

Alpinia katsamadai Hayata

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

[Explanation of Names]

CAODOUKOU

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

LOUKOU

— *Yiwu Zhi*.

CAOGUO

— *Zheng Qiao Tong Zhi*.

Kou Zongshi: Doukou, also called Caodoukou, the herbal Doukou, is a name showing its difference to Roudoukou. But in earlier times, the drug was included in the Category of Fruits, which is of course a mistake. It is difficult to understand why earlier scholars did that. The flower is hot in quality. When it is shipped from the south to the capital, it is no longer fresh and tastes somewhat bitter. When it dried up, it becomes light purple. It is something good for detoxifying alcoholism.

Li Shizhen: Yang Xiong in his book *Fang Yan* said that the character Kou is normally used to describe something in big quantity and prosperous condition. The name of the drug Doukou may be taken from that. Dou, the bean, is a character depicting its shape. In the book *Nanfang Yiwu Zhi*, it is called Loukou. This is because people in the south could not pronounce the characters correctly, hence the term Loukou instead of Doukou. Although the drug is no longer taken as a fruit, it is used in preparing tea and drinks. It is also called Caoguo. In the Buddhist classic, *Jinguangmingjing*, or *Suvarnaprabhasottamasutra*, it is called Suqimiluo (a transliteration) in the



【集解】

〔别录曰〕豆蔻生南海。〔恭曰〕苗似山姜，花黄白色，苗根及子亦似杜若。〔颂曰〕草豆蔻今岭南皆有之。苗似芦，其叶似山姜、杜若辈，根似高良姜。二月开花作穗房，生于茎下，嫩叶卷之而生，初如芙蓉花，微红，穗头深红色。其叶渐展，花渐出，而色渐淡，亦有黄白色者。南人多采花以当果，尤贵其嫩者。并穗入盐同淹治，叠叠作朵不散。又以木槿花同浸，欲其色红尔。其结实若龙眼子而锐，皮无鳞甲，皮中子如石榴瓣，夏月熟时采之暴干。根苗微作樟木香，根茎子并辛香。〔珣曰〕豆蔻生交趾。其根似益智，皮壳小厚。核如石榴而辛香，叶如茺兰而小。三月采其叶，细破阴干用，味近苦而有甘。〔时珍曰〕草豆蔻、草果虽是一物，然微有不同。今建宁所产豆蔻，大如龙眼而形微长，其皮黄白薄而棱峭，其仁大如缩砂仁而辛香气和。滇广



category of 32 fragrant drugs.

[Previous Explanations]

Doukou is produced in the Nanhai area.

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

Su Gong: Its seedling looks like Shanjiang. Its flower is yellow-white. Its seedling and root are similar to those of Duruo.

Su Song: Caodoukou can be found everywhere in the south of the Five Ridges. Its seedling looks like that of reed. Its leaf looks like Shanjiang or Duruo. Its root resembles Gaoliangjiang. The flower blooms in a spike under the stem. A tender leaf grows in curled form. The flower first looks like a lotus flower, of pink color. The top of the spike is dark red. With the leaves spreading, flowers grow alongside the leaves with its color becoming lighter and lighter. There is also a kind with a yellow-white flower. People in the south collect the flowers and take it as fruit. The more tender the flower, the better the quality. When the flowers with a spike are preserved in salt water, they will keep their shape for a long time. It can be preserved together with Mujinhua/flos hibisci/flower of shrubalthea. In this way, it will remain red. Its fruit looks like Longyan/alillus longan/longan pulp, but it is sharper in shape. There is no scale on the rind. The seed under the rind looks like Shiliu/fructus granati/pomegranate fruit. It should be collected in the summer months when it gets ripe. Its root and seedling has a slight fragrance of Zhangmu/lignum cinnamomi camphorae/camphor wood. Its root, stem and seed are all pungent and fragrant.

Li Xun: Doukou is produced in Jiaozhi. Its root looks like Yizhi/sharp leaf galangal. It has small fruit with thick rind. Its seed looks like Shiliu, but it is pungent and fragrant. Its leaf looks like Luomo/herba seu radix metaplexis/herb or root of Japanese metaplexis, but it is smaller. Collect the leaf in the third month; cut it into small pieces and dry them in the shade. It is slightly bitter and sweet.

Li Shizhen: Caodoukou and Caoguo are considered the same thing. But there are slight differences. Caodoukou produced in Jianning has fruit as big as Longyan, but it is slightly longer. Its rind is yellow-white and thin, with sharp edges. Its seed is as big as Sharen/fructus amomi xanthioidis/



所产草果，长大如诃子，其皮黑厚而棱密，其子粗而辛臭，正如斑蝥之气。彼人皆用芫茶及作食料，恒用之物。广人取生草蔻入梅汁，盐渍令红，暴干荐酒，名红盐草果。其初结小者，名鹦哥舌。元朝饮膳，皆以草果为上供。南人复用一种火杨梅伪充草豆蔻，其形圆而粗，气味辛猛而不和，人亦多用之，或云即山姜实也，不可不辨。

【修治】

〔斲曰〕凡使须发蒂，取向里子及皮，用茱萸同于火上缓炒，待茱萸微黄黑，即去茱萸，取草豆蔻皮及子杵用之。

〔时珍曰〕今人惟以面裹糖火煨熟，去皮用之。

仁

〔气味〕辛，温，涩，无毒。〔好古曰〕大辛热，阳也，浮也。入足太阴、阳明经。



fruit of cocklebur-like amonmum and it is pungent and fragrant with a wonderful smell. Caoguo produced in Dian (Yunnan) and Guang (Guangdong and Guangxi) has fruit as big as Hezi/fructus chebulae/fruit of medicine terminalia. It has thick and black rind with more sharp edges. Its seed is pungent and smells bad like Banmao/mylabris/blister beetle/telini fly. Local people use it as tea or a food ingredient. It is a commonly used thing. Guang people process the drug in the following way: Process the crude Caodoukou with plum juice and soak them in salt water until they turn red. Then, dry the drug in the sun. It is called “red-salted Caoguo.” It is a good tidbit to go with wine. The small and tender fruit of the drug is called Yinggeshe, the tongue of a parrot. During the Yuan Dynasty, Caoguo was used as a superior thing in the preparation of food and drink. In the south, people substitute Caodoukou with something similar called Huoyangmei, which is round and coarse with a strong and pungent taste. It is widely used, too. People say this is just the fruit of Shanjiang. Differentiation should be made between the two things.

[Preparation]

Lei Xiao: Take off the base. Get the seed and rind facing the interior. Stir-fry the drug together with Wuzhuyu/fructus evodiae/fruit of medicinal evodia in a pan over a slow fire until the Wuzhuyu turns slightly black-yellow. Take off the Wuzhuyu and pound the seed and rind. It is then ready for use.

Li Shizhen: Now, the processing is as follows: Wrap the fruit with dough of wheat flour and burn it in the hot ash of a fire. Take off the rind.

DOUKOUREN

Seed of katsumade galangal

Semen alpiniae katsumadai

[Quality and Taste]

It is pungent, warm, astringent and nontoxic.

Wang Haogu: It is a drug with strong pungent taste and very hot quality, a drug of Yang with a tendency of floating. It functions on the Lung



〔主治〕温中，心腹痛，呕吐，去口臭气别录。下气，止霍乱，一切冷气，消酒毒开宝。调中补胃，健脾消食，去客寒，心与胃痛李杲。治瘴疠寒症，伤暑吐下泄痢，噎膈反胃，痞满吐酸，痰饮积聚，妇人恶阻带下，除寒燥湿，开郁破气，杀鱼肉毒。制丹砂时珍。

〔发明〕〔弘景曰〕豆蔻辛烈甚香，可常食之。其五和糝中物，皆宜人。豆蔻、廉姜、枸橼、甘蔗、麝目是也。〔宗奭曰〕草豆蔻气味极辛微香，性温而调散冷气甚速。虚弱不能饮食者，宜此与木瓜、乌梅、缩砂、益智、曲蘖、甘



Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang.

[Indications]

It warms the interior, relieves epigastric and abdominal pain with nausea and vomiting. It eliminates halitosis.

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

It brings down the adverse ascending of gas and stops cholera, detoxifies alcoholism and disperses stagnation of pathogenic Cold of all kinds.

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

Li Gao: It regulates the interior, tones the Stomach, replenishes the Spleen and dissolves the indigestion. It disperses the invading pathogenic Cold, and relieves epigastric and stomach pain.

Li Shizhen: It treats miasma and malaria with chills. It is also good for treating vomiting and diarrhea due to damage of summer-heat with dysphagia and regurgitation and stagnation of qi. It dissolves Tanyin fluid-retention, accumulation and assemblage. It treats morning sickness of a pregnant woman and leukorrhea. It disperses pathogenic Cold and dries up Humidity, relieves melancholy and activates qi. It detoxifies toxin of meat and fish. It controls Dansha/cinnabaris/cinnabar.

[Explication]

Tao Hongjing: Doukou, very pungent and fragrant, is something that can be taken normally. Wuhe San, a kind of food seasoning, consists of the following five ingredients, which are all good for health: Doukou, Lianjiang, Juyuan/fructus citri/citron fruit, Ganjiao/fructus musae/fruit of Japanese banana and Guimu/fructus solani lyrati/fruit of bittersweet.

Kou Zongshi: Caodoukou is very pungent and fragrant. It is a drug of warm quality that can disperse the accumulation of pathogenic Cold. The following prescription is good for treating anorexia due to general debility:

Caodoukou,

Mugua/fructus chaenomelis/fruit of common flowering quince,

Wumei/fructus mume/smoked plum,

Sharen/fructus amomi xanthioidis/fruit of cocklebur-like amomum,

Yizhi/fructus alpiniae osyphyllae/fruit of sharp leaf galangal,



草、生姜同用也。〔杲曰〕风寒客邪在胃口之上，当心作疼者，宜煨熟用之。〔震亨曰〕草豆蔻性温，能散滞气，消膈上痰。若明知身受寒邪，口食寒物，胃脘作疼，方可温散，用之如鼓应桴。或湿痰郁结成病者，亦效。若热郁者不可用，恐积温成热也。必用卮子之剂。〔时珍曰〕豆蔻治病，取其辛热浮散，能入太阴阳明，除寒燥湿，开郁化食之力而已。南地卑下，山岚烟瘴，饮啖酸咸，脾胃常多寒湿郁滞之病。故食料必用，与之相宜。然过多亦能助脾热伤肺损目。或云：与知母同用，治瘴疟寒热，取其一阴一阳无偏胜之害。盖草果治太阴独胜之寒，知母治阳明独胜之火也。

〔附方〕旧一，新九。（略）



Jiuqu/distiller's yeast,
 Gancao/radix glycyrrhizae/licuorice root,
 Shengjiang/rhizoma zingiberis recens/fresh ginger.

Li Gao: When pathogenic Cold is resting above the stomach, it causes heart pain. The treatment is to serve the baked Caodoukou.

Zhu Zhenheng: Caodoukou, warm in quality, is good for dispersing stagnation of qi and eliminate phlegm above the diaphragm. If it is a case caused by exposure to cold and intake of cold food with epigastric pain, Doukou should be adopted. It will bring immediate effect. It is also effective in treating a disease caused by accumulation of pathogenic Humidity and phlegm. But it is prohibited to a patient with accumulation of pathogenic Heat, as the drug can accelerate it. Drugs such as zhizi/fructus gardeniae/fruit of cape jasmine should be given instead.

Li Shizhen: Doukou, pungent and hot, dispersing and floating, functions on the Spleen Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang. It disperses pathogenic Cold and dries up Humidity, eases melancholy and dissolves indigestion. People living in the south are surrounded by low land and an atmosphere of miasma and tend to eat food of sour and salty taste. Therefore, their Spleen and Stomach are diseased by invasion of pathogenic Cold and Humidity with accumulation and stagnation. So, Doukou is often used as a food seasoning. This is good for their health. But overdosing will assist the Spleen in its accumulation of pathogenic Heat, which will damage the Lung and bring harm to the eyesight. Some say that if the drug is to be used together with Zhimu/rhizoma anemarrhanae/rhizome of common anemarrhena, it will be good for treating miasma and malaria with chills and fever, as the combination is well balanced in Yin and Yang and no side effects will accumulate. This is because Caoguo is good for treating the prevalence of pathogenic Cold in the Spleen Channel of Foot Initial Yin and Zhimu can treat the prevalence of pathogenic Fire of the Stomach Channel of Foot Greater Yang.

[Prescription]

One prescription collected previously, and
 nine prescriptions collected recently.

花

〔气味〕辛，热，无毒。

〔主治〕下气，止呕逆，除霍乱，调中补胃气，消酒毒
大明。



DOUKOUHUA

Flower of katsumade galangal

Flos alpiniae katsumadai

[Quality and Taste]

It is pungent, hot and nontoxic.

[Indications]

Da Ming: It brings down the adverse ascending of gas and stops nausea and retching. It treats cholera, regulates the interior and tones the Stomach qi and detoxifies alcoholism.





白豆蔻 (宋开宝)

【释名】

多骨

【集解】

〔志曰〕白豆蔻出伽古罗国，呼为多骨。其草形如芭蕉，叶似杜若，长八九尺而光滑，冬夏不凋，花浅黄色，子作朵如葡萄，初出微青，熟则变白，七月采之。〔颂曰〕今广州、宜州亦有之，不及番舶来者佳。〔时珍曰〕白豆蔻子圆大如白牵牛子，其壳白厚，其仁如缩砂仁，入药去皮炒用。



BAIDOUKOU

Round cardamom

Amomum cardamomi L.

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

[Explanation of Names]

DUOGU

[Previous Explanations]

Ma Zhi: Baidoukou is produced in Jiaguluoguo* and is locally called Duogu. The herb looks like Bajiao/fructus musae/fruit of Japanese banana. Its leaf is similar to Duruo. It grows eight to nine *chi* tall with a slippery surface. It never withers. Its flower is light yellow. The fruits flock together like grapes. At first, they are light green and then turn white. Collect them in the seventh month.

Su Song: Now, the drug is also produced in Guangzhou and Yizhou. But it is not as good as that imported.

Li Shizhen: Baidoukou has a round and big seed like that of Baiqian-niu/semen pharbitidis alba/white pharbitis seed. It is white with a thick capsule. Its kernel looks like Sharen/fructus amomi xanthioidis/fruit of cocklebur-like amomum. When it is used as a drug, peel off the capsule. Stir-fry the kernel.

BAIDOUKOUREN

Fruit of round cardamom

Fructus amomi cardamomi

*A transliteration, name of an ancient country in the Mediterranean.



仁【气味】

辛，大温，无毒。

〔好古〕大辛热，味薄气厚，轻清而升，阳也，浮也。
入手太阴经。

【主治】

积冷气，止吐逆反胃，消谷下气开宝。散肺中滞气，宽膈进食，去白睛翳膜李杲。补肺气，益脾胃，理元气，收脱气好古。治噎膈，除疟疾寒热，解酒毒时珍。

【发明】

〔颂曰〕古方治胃冷，吃食即欲吐，及呕吐六物汤，皆用白豆蔻，大抵主胃冷，即相宜也，〔元素曰〕白豆蔻气味俱薄，其用有五：专入肺经本药，一也；散胸中滞气，二也；去感寒腹痛，三也；温暖脾胃，四也；治赤眼暴发，去



[Quality and Taste]

It is pungent, very warm and nontoxic.

Wang Haogu: It is strongly pungent and very hot, a drug with thin taste and thick quality, a drug of light quality with ascending tendency. It is a drug of Yang with floating tendency. It functions on the Lung Channel of Hand Initial Yin.

[Indications]

It is good for dispersing the accumulation of pathogenic Cold and stopping vomiting with dyspnoea and regurgitation. It helps digest cereal and brings down adverse ascending of gas.

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

Li Gao: It disperses stagnation of qi in the Lung, relieves chest stuffiness and whets the appetite, and eliminates nebula covering the eye white.

Wang Haogu: It can tonify the Lung qi, replenish the Spleen and Stomach, regulate the Yuanqi and astringe the evanescent qi.

Li Shizhen: It is good for treating dysphagia, malaria with chills and fever and detoxify alcoholism.

[Explication]

Su Song: Baidoukou is often used in ancient prescriptions in treating prevalence of pathogenic Cold in Stomach and vomiting of food just taken such as Outu Liuwu Tang (decoction of six drugs to treat vomiting). Whenever there is Stomach Cold, the drug can be used.

Zhang Yuansu: Baidoukou is a drug with both thin taste and quality. It has the following five functions:

1. It is a principal drug in treating Lung diseases.
2. It disperses the stagnation of qi in the chest.
3. It relieves abdominal pain due to attack of pathogenic Cold.
4. It warms the Spleen and Stomach.
5. It treats eye inflammation. It eliminates hyperemia of the subconjunctival capillaries due to disorder of the Initial Yang Channel. A small amount will work.

Li Shizhen: Yang Shiying said that Baidoukou is good for treating ma-

太阳经目内大眦红筋，用少许，五也。〔时珍曰〕按杨士瀛云：白豆蔻治脾虚疟疾，呕吐寒热，能消能磨，流行三焦，营卫一转，诸证自平。

【附方】

旧一，新四。（略）



laria due to the deficient condition of the Spleen with vomiting and chills and fever. It eliminates the pathogenic factors and helps digestion. When it is functioning on the Sanjiao and regulating the Ying (nutrient essence in blood) and Weiqi (body resistance), all symptoms and signs will subside spontaneously.

[Prescriptions]

One prescription collected previously, and four prescriptions collected recently.





缩砂密 (宋开宝)

【释名】

〔时珍曰〕名义未详。藕下白藕多密，取其密藏之意。此物实在根下，仁藏壳内，亦或此意欤。

【集解】

〔珣曰〕缩砂密生西海及西戎等地，波斯诸国。多从安东道来。〔志曰〕生南地。苗似廉姜，子形如白豆蔻，其皮紧厚而皱，黄赤色，八月采之。〔颂曰〕今惟岭南山泽间有之。苗茎似高良姜，高三四尺。叶青，长八九寸，阔半寸已来。三月、四月开花在根下，五六月成实，五七十枚作一穗，状似益智而圆，皮紧厚而皱，有粟纹，外有细刺，黄赤色。皮间细子一团，八隔，可四十余粒，如大黍米，外微黑色，内白而香，似白豆蔻仁。七月、八月采之，辛香可调食味，及蜜煎糖缠用。



SUOSHAMI

Amomum

Amomum villosum Lour.

Amomum xanthioides Wall.

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

[Explanation of Names]

Li Shizhen: The origin of the name is not clear.

[Previous Explanations]

Li Xun: Suoshami is produced in the Xihai area or northwestern China where ethnic minorities inhabited, or in Persia. It is shipped from Andongdao (Korea).

Ma Zhi: It is produced in the south. Its seedling looks like Lianjiang/rhizoma *alpiniae chinensis*/rhizome of Chinese galangal and its seed like Baidoukou. But it is with thick and solid capsule of yellow-red color. Collect the drug in the eighth month.

Su Song: Now, the drug is found only in the mountains and marshland in the south of the Five Ridges. Its herb looks like Gaoliangjiang/lesser galangal, three to four *chi* tall. Its leaf is blue-green, eight to nine *cun* long and half an *cun* wide. Flowers bloom under the root in the third and fourth months and the fruit forms in the fifth or sixth month. Fifty to 70 fruits flock on a spike in the shape of Yizhi/fructus *alpiniae oxyphyllae*/fruit of sharp leaf galangal. Its capsule is thick and solid, covered by creases with the texture of chestnut and a fine throne of yellow-red color. Inside, there are eight cells with about 40 grains of seed, in the shape of big Shumi/seed *setariae*/glutinous millet. The seed is slightly black, but it is white and fragrant inside, similar to Baidoukou. Collect the drug in the seventh and eighth months. It can be used as food seasoning as it is pun-



仁【气味】

辛，温，涩，无毒。

〔权曰〕辛、苦。〔藏器曰〕酸。〔珣曰〕辛、咸，平。得诃子、豆蔻、白芫夷、鳖甲良。〔好古曰〕辛，温，阳也，浮也。入手足太阴、阳明、太阳、足少阴七经。得白檀香、豆蔻为使，入肺；得人参、益智为使，入脾；得黄檗、茯苓为使，入肾；得赤白石脂为使，入大小肠也。



gent and fragrant. It can be stewed in honey and covered with sugar for use as food.

SUOSHAMIREN

Fruit of amomum

Fructus amomi

[Quality and Taste]

It is pungent, warm, astringent and nontoxic.

Zhen Quan: It is pungent and bitter.

Chen Cangqi: It is sour.

Li Xun: It is pungent, salty and plain. It gives much better efficacy if it is used together with either of the following drugs: Hezi/fructus chebulae/fruit of medicine terminalia, Doukou/semem alpiniae katsumadai/seed of katsumade galangal, Wuyi/fructus ulmi macrocarpae preparatae/prepared fruit of big fruit elm and Biejia/carapax trionycis/turtle shell.

Wang Haogu: It is pungent and warm, a drug of Yang with a tendency of floating. It functions on the following seven Channels:

Lung Channel of Hand Initial Yin,

Spleen Channel of Foot Initial Yin,

Large Intestine Channel of Hand Greater Yang,

Stomach Channel of Foot Greater Yang,

Small Intestine Channel of Hand Initial Yang,

Urinary Bladder of Foot Initial Yang,

Kidney Channel of Foot Lesser Yin.

When the drug is guided by Tanxiang/lignum santali albi/sandalwood and Doukou/semem alpiniae katsumadai/seed of katsumade galangal, it functions on the Lung. Led by Renshen/radix ginseng/ginseng root and Yizhi/fructus alpiniae oxyphyllae/fruit of sharp leaf galangal, it functions on the Spleen. Guided by Huangbai/cortex phellodendri/bark of Chinese cork tree and Fuling/poria/Indian bread, it functions on the Kidney. Guided by Chishizhi/halloysitum rubrum/red halloysite and Baishizhi/halloysitum/white halloysite, it functions on the Large and Small Intestines.



【主治】

虚劳冷泻，宿食不消，赤白泄痢，腹中虚痛下气开宝。主冷气腹痛，止休息气痢劳损，消化水谷，温暖脾胃甄权。上气咳嗽，奔豚鬼疰，惊痫邪气藏器。一切气，霍乱转筋。能起酒香味大明。和中行气，止痛安胎杨士瀛。治脾胃气结滞不散元素。补肺醒脾，养胃益肾，理元气，通滞气，散寒饮胀痞，噎膈呕吐，止女子崩中，除咽喉口齿浮热，化铜铁骨哽时珍。

【发明】

〔时珍曰〕按韩悉医通云：肾恶燥，以辛润之。缩砂仁之辛，以润肾燥。又云：缩砂属土，主醒脾调胃，引诸药归宿丹田。香而能窜，和合五脏冲和之气，如天地以土为冲和



[Indications]

It is good for treating consumptive disease of deficient nature with diarrhea due to invasion of pathogenic Cold and indigestion. It treats diarrhea and dysentery with whitish and bloody discharge with abdominal pain of deficient nature and the passing of flatus.

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

Zhen Quan: It relieves abdominal pain due to attack of pathogenic Cold. It treats consumptive disease and general debility with intermittent dysentery and passing of flatus. It helps digest food and cereals and warm the Spleen and Stomach.

Chen Cangqi: It eases coughing with dyspnoea, brings down Bentun (upward ascending of gas like a running piglet) and treats Guizhu. It calms down convulsions and epilepsy, and disperses attack of pathogenic factors.

Da Ming: It regulates disorders of all qi, relieves spasms in cholera. It strengthens the fragrant odor of liquor.

Yang Shiyong: It harmonizes the interior and facilitates the circulation of qi, relieves pain and soothes the fetus.

Zhang Yuansu: It disperses stagnation of qi in the Spleen and Stomach.

Li Shizhen: It tonifies the Lung and enlivens the Spleen qi, nourishes the Stomach and reinforces the Kidney. It regulates the Yuanqi, dredges through the stagnation of qi, disperses fluid-retention of cold nature and relieves distention and stagnation of qi. It relieves dysphagia and vomiting. It stops metrorrhagia of a woman. It eliminates the floating Heat resting with the throat, oral cavity and teeth. It dislodges a bone, copper and iron object stuck in the throat.

[Explication]

Li Shizhen: Han Mao in his book *Yi Tong* said: The Kidney does not like Dryness. To moisten it, give drugs of pungent taste. Sharen/fructus amomi/fruit of amomum, a drug of pungent taste, is to be used to moisten the Dryness of the Kidney. He also said: Suoshami pertains to the Earth element and can enliven and regulate the Spleen and Stomach. It can lead all drugs to function and gather on Dantian (the elixir field at the public region). It is a drug with fragrant odor and moves fast, so it works to harmo-

之气，故补肾药用同地黄丸蒸，取其达下之旨也。又化骨食草木药及方士炼三黄皆用之，不知其性何以能制此物也？

【附方】

旧三，新一十三。（略）



nize the qi of the Five Viscera. As the soil is considered the harmonious qi between Heaven and the Earth, Sharen, a drug that moves fast, is steamed together with Dihuang/radix rehmanniae/rhizome of rehmannia when it is intended to tonify the Kidney, so that the drugs can go downward to reach the Kidney. The drug is also used to dislodge stuck bones and other things. Taoist alchemists also use the drug in the processing of Xionghuang/red orpiment, Cihuang/orpimentum/orpiment and Liuhuang/sulfur. It is not known how Sharen can function in the processing of such things.

[Prescriptions]

Three prescriptions collected previously, and
13 prescriptions collected recently.





益智子（宋开宝）

【释名】

〔时珍曰〕脾主智，此物能益脾胃故也，与龙眼名益智义同。按苏轼记云：海南产益智，花实皆长穗，而分为三节。观其上中下节，以候早中晚禾之丰凶。大丰则皆实，大凶皆不实，罕有三节并熟者。其为药只治水，而无益于智，其得此名，岂以其知岁耶？此亦一说也，终近穿凿。

【集解】

〔藏器曰〕益智出昆仑及交趾国，今岭南州郡往往有



YIZHIZI

Sharp leaf galangal

Alpinia oxyphylla Miq.

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

[Explanation of Names]

Li Shizhen: The Spleen is a Viscus that controls wisdom.* As the drug can replenish the Spleen and Stomach, it is called Yizhizi. Yizhi = replenish and improve wisdom. Zi = seed. In the same way, Longyan/alillus longan/longan pulp also has the name Yizhi. Su Shi recorded in his book *Su Shi Ji* that Yizhi/fructus alpiniae oxyphyllae/fruit of sharp leaf galangal is produced in Hainan. Flowers and fruits gather on a long spike with three divisions. Examining the three divisions of the spike, farmers will learn about their three crops of rice. When all the fruits are full, it foretells a good harvest. When there is a terrible crop disaster imminent, the fruits on the spike will all be bad. But it is seldom that the fruits on all the three segments are full. Yizhi is a drug that regulates the fluid in the human body. It does not have the function of replenishing wisdom. But it is thus named as if it is good for improving wisdom. It is doubted that, as the drug can foretell the harvest (which is always related to the rain and water), it is thus named. But, anyway, it is not a good answer.

[Previous Explanations]

Chen Cangqi: Yizhi is produced in Kunlun and Jiaozhiguo. Now, it

*It is generally understood that wisdom is related to the condition of the Spleen. That is why it is considered “too much melancholy (activity of brain work) can harm the Spleen.”



之。顾微广州记云：其叶似蕺荷，长丈余。其根上有小枝，高八九寸，无华萼。茎如竹箭，子从心出。一枝有十子丛生，大如小枣。其中核黑而皮白，核小者佳，含之摄涎秽。或四破去核，取外皮蜜煮为粽食，味辛。晋卢循遗刘裕益智粽，是此也。〔恭曰〕益智子似连翘子头未开者，苗叶花根与豆无别，惟子小尔。〔时珍曰〕按嵇含南方草木状云：益智二月花，连着实，五六月熟。其子如笔头而两头尖，长七八分，杂五味中，饮酒芬芳，亦可盐曝及作粽食。观此则顾微言其无华者，误矣。今之益智子形如枣核，而皮及仁，皆似草豆蔻云。



is also found in prefectures south of the Five Ridges. Gu Wei, in his book *Guangzhou Ji*, said that the leaf of the drug looks like Ranghe/rhizoma *zingiberis miogae*/rhizome of mioga ginger, which is as long as 10 *chi*. Small branches, eight to nine *cun* long, grow on its root. There is no calyx. Its stem looks like a bamboo arrow shaft. A seed grows in the middle of the stem. About 10 seeds flock together in tussock. The seed is as big as a small date. It is white outside with a black kernel. That with a smaller kernel is of better quality. Holding the seed in the mouth will induce salivation of vicious things. Or, the seed can be opened into four pieces and taken off the kernel. Boil the pulp with honey. It is a good ingredient in making Zongzi.* It is pungent in taste. During the Jin Dynasty (281-420), Mr. Lu Xun attributed Yizhi Zong (Zongzi made of Yizhi) to emperor Liu Yu. And this is just this thing.

Su Gong: Yizhi is similar to Lianqiao/fructus *forsythiae*/capsule of weeping forsythia before it cracks. Its seedling, leaf, flower and root are all similar to those of Dou.** But its seed is smaller.

Li Shizhen: Ji Han, in his book *Nanfang Caomuzhuang*, recorded: Yizhi begins to flower in the second month, followed by the fruit. It ripens in the fifth and sixth months. Its seed looks like the head of a pen brush with sharp ends on both sides. It is about seven to eight *fen* of length. The seed can be mixed with flavors to accompany wine drinking. It will bring a wonderful odor. It can be processed with salt water and then dried in the sun, or can be used in making Zongzi. It seems what Gu Wei said about the plant having no calyx is not correct. It is now known that Yizhi looks like a date kernel. Its pericarp and seed are all similar to Caodoukou.

YIZHIZIREN

Fruit of sharp leaf galangal

Fructus *alpiniae oxyphyllae*

*Zongzi: A pyramid-shaped dumpling made of glutinous rice wrapped in bamboo or reed leaves, eaten during the Dragon Boat Festival.

**Could be Doukou.



仁【气味】

辛，温，无毒。

【主治】

遗精虚漏，小便余沥，益气安神，补不足，安三焦，调诸气。夜多小便者，取二十四枚碎，入盐同煎服，有奇验志。治客寒犯胃，和中益气，及人多睡李杲。益脾胃，理元气，补肾虚滑沥好古。冷气腹痛，及心气不足，梦泄赤浊，热伤心系，吐血血崩诸证时珍。

【发明】

〔刘完素曰〕益智辛热，能开发郁结，使气宣通。〔王好古曰〕益智本脾药，主君相二火。在集香丸则入肺，在四君子汤则入脾，在大风髓丹则入肾，三藏互有子母相关之



[Quality and Taste]

It is pungent, warm and nontoxic.

[Indications]

Ma Zhi: It is good for treating male seminal emission and female metrorrhagia due to general debility, and urinary dripping. It reinforces the qi and pacifies the soul, tonifies the insufficient condition and tranquilizes the Sanjiao, regulates the qi of all sorts. Break 24 Yizhizi Ren and simmer with salt to make a decoction. It is a very effective prescription that treats frequent urination at night.

Li Gao: It disperses the invading pathogenic Cold in the Stomach with profuse spitting. It harmonizes the interior and reinforces the qi.

Wang Haogu: It replenishes the Spleen and Stomach, regulates the Yuanqi, and stops seminal emission and urinary dripping due to Kidney deficiency.

Li Shizhen: It relieves abdominal pain due to attack of pathogenic Cold and tonifies the insufficient condition of the Heart. It treats seminal emission with secretion of bloody and turbid substance in dreams, and stops hematemesis and metrorrhagia due to invasion of pathogenic Heat into the Heart system.

[Explication]

Liu Wansu: Yizhi, pungent in taste and hot in quality, can open up the accumulation and stagnation at the interior and facilitate the circulation of qi.

Wang Haogu: Yizhi is a drug that functions on the Spleen and controls the Junhuo (the monarch Fire) and Xianghuo (the ministerial Fire). It guides the drugs in the prescription Jixiang Wan to function on the Lung. It leads the drug in the prescription Si Junzi Tang* to function on the Spleen

*Si Junzi Tang:

Renshen/radix ginseng/ginseng root,

Fuling/poria/Indian bread,

Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes,

Liquorice root.

义。当于补药中兼用之，勿多服。〔时珍曰〕益智大辛，行阳退阴之药也，三焦、命门气弱者宜之。按杨士瀛直指方云：心者脾之母，进食不止于和脾，火能生土，当使心药入脾胃药中，庶几相得。故古人进食药中，多用益智，土中益火也。又按洪迈夷坚志云：秀川进士陆迎，忽得吐血不止，



and in the prescription Da Fengsui Dan* it leads the drugs to function on the Kidney. The Viscus, the Lung, the Spleen and the Kidney have their relationships of mother and son.** Yizhi should be given in a prescription of tonics. But the amount of the drug should not be too much.

Li Shizhen: Yizhi, with strong pungent taste, is a drug that activates the Yang and suppresses the Yin. It is a good drug for one with debilitated condition of qi in the Sanjiao and Mingmen (Gate of Life). Yang Shiyong, in his book *Zhizhi Fang*, said that the Heart is the mother of the Spleen. So, when it is intended to whet the appetite, to harmonize the Spleen is only one aspect of the treatment. Drugs treating the Heart should also be added into those harmonizing the Stomach, as the Fire can produce the Earth.*** So, in ancient prescriptions aimed at whetting the appetite, Yizhi has been used widely. It is a treatment of reinforcing the Fire in the Earth.+

Hong Mai, in his book *Yijian Zhi*, recorded the following case: Mr. Lu Ying, official title Jinshi of Xiuchuan, suddenly vomited blood profusely,

*Da Fengsui Dan:

Huangbai/cortex phellodendri/bark of Chinese cork tree,

Sharen,

Liquorice root,

Banxia/rhizoma pinelliae/pinellia tuber,

Zhuling/polyporus/agaric,

Fuling,

Lianhuanrui/flos nelumbinis/lotus flower pistil,

Yizhi.

**The mother and son relationship is the producing sequence among the five elements. The mother Viscus produces or reinforces the son Viscus. For example, in the following producing sequence: Liver → Heart → Spleen → Lung → Kidney, the Spleen (the mother Viscus) produces or reinforces the Lung (the son Viscus) and the Lung (the mother Viscus in this instance) produces the Kidney (the son Viscus).

***The Fire (Heart) produces the Earth (Spleen) in the mother-son relationship.

+So that the mother Viscus (the Heart) can help the son Viscus (the Spleen).



气蹶惊颤，狂躁直视，至深夜欲投户而出。如是两夕，遍用方药弗瘳。夜梦观音授一方，命但服一料，永除病根。梦觉记之，如方治药，其病果愈。其方：用益智子仁一两，生朱砂二钱，青橘皮五钱，麝香一钱，碾为细末。每服一钱，空心灯心汤下。

【附方】

新八。（略）



with spasms and contractions, fright and maniacal manner. Later at night, the patient wanted to jump out of the window. This was repeated the next night. Drugs of all kinds had been tried to no avail. He dreamed of seeing Guanyin (Goddess of Mercy), telling him a secret prescription one dose of which would root out the ailment. The scholar remembered the prescription and managed to have the prescription filled and prepared. He recovered after taking it. The prescription is as follows: Grind the following drugs into powder:

One *liang* of Yizhi,

two *qian* of Zhusha/cinnabaris/cinnabar,

five *qian* of Qingpi/pericarpium citri reticulatae viride/green tangerine peel,

one *qian* of Shexiang/moschus/musk.

Take one *qian* per dose with a decoction of Dengxincao/medulla junci/rush.

[Prescriptions]

Eight prescriptions collected recently.



葶苈 (宋开宝)

【释名】

葶拔

〔时珍曰〕葶拔当作葶苈，出南方草木状，番语也。陈藏器本草作毕勃，扶南传作逼拔，大明会典作毕苈。又段成式酉阳杂俎云：摩伽陀国呼为葶拔梨，拂林国呼为阿梨诃陀。

【集解】

〔恭曰〕葶拔生波斯国。丛生，茎叶似蒟酱，其子紧细，味辛烈于蒟酱。胡人将来，入食味用也。〔藏器曰〕其根名毕勃没，似柴胡而黑硬。〔颂曰〕今岭南有之，多生竹林内。正月发苗作丛，高三四尺，其茎如箸。叶青圆如蕺菜，阔二三寸





BIBA

Long pepper

Piper longum L.

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

[Explanation of Names]

BIBO

Li Shizhen: Bibo should be Biba, a drug recorded in the book *Nanfang Caomu Zhuang* (*Descriptions of Herbs in the South*). The name of the drug is a transliteration of the language of Fan.* In *Bencao Shiyi* (*Supplement to Materia Medica by Chen Cangqi*), it is recorded as Bibo (毕勃). In the book *Funan Zhuan*, it is recorded as Bibo (逼拨). In the book *Daming Huidian*, it is recorded as Biba. Duan Chengshi, in his book *Youyang Zaju*, said: In Mojiatuoguo** it is called Bibali and in Fulinguo*** it is called Aliketuo.

[Previous Explanations]

Su Gong: Bibo is produced in Persia. It grows in tussock. Its stem and leaf are similar to Jujiang/spica piperis betlis/fruit-spike of betel pepper, but its seed is more solid and smaller. It has a stronger pungent taste than Jujiang. Ethnic minorities in north and west China use it as food seasoning.

Chen Cangqi: Its root is called Bibomo. It looks like Chaihu/radix bupleuri/root of Chinese thorrowax but it is black and hard.

Su Song: The drug is now found in the south of the Five Ridges. Very often it grows in bamboo groves. In the first month, it begins to have seedlings in tussock. The herb is three to four *chi* tall. Its stem looks like

*Fan, ethnic minorities living in the west in ancient times.

**Mojiatuoguo, a transliteration, an ancient country in India.

***Fulinguo, a transliteration, an ancient country in the Mediterranean.



如桑，面光而厚。三月开花白色在表。七月结子如小指大，长二寸已来，青黑色，类榧子而长。九月收采，灰杀曝干。南人爱其辛香，或取叶生茹之。复有舶上来者，更辛香。〔时珍曰〕段成式言青州防风子可乱荜茇，盖亦不然。荜茇气味正如胡椒，其形长一二寸，防风子圆如胡荽子，大不相侔也。

【修治】

〔斲曰〕凡使，去挺用头，以醋浸一宿，焙干，以刀刮去皮粟子令净乃用，免伤人肺，令人上气。

【气味】

辛，大温，无毒。

〔时珍曰〕气热味辛，阳也，浮也。入手足阳明经。然辛热耗散，能动脾肺之火，多用令人目昏，食料尤不宜之。



a chopstick. Its leaf is blue-green, in the same shape as Yuxingcao/herba houttuyniae/herb of heartleaf houttuynia. It is two to three *cun* wide in the shape of Sangye/foolium mori/mulberry leaf. But it has a slippery and flat surface. In the third month, a flower blooms that is white outside. In the seventh month, the seed begins to form. It is as big as the tip of the little finger, about two *cun* long and black-blue-green in color. It looks like Sangshen/fructus mori/mulberry but it is longer. Collect it in the ninth month. Dry the drug with Shihui/calx/lime in the sun. people in the south like it as it is pungent and fragrant, and may eat the crude drug. Drug imported from other countries has even stronger pungent taste and better flavor.

Li Shizhen: Mr. Duan Chengshi said that Fangfengzi/semen ledebouriellae/seed of divaricate saposchnikovia from Qingzhou was sometimes used as a substitute for Biba. This is hardly possible, as Biba has a strong smell similar to Hujiao/fructus piperis nigri/black pepper with a long shaped fruit of one to two *cun*. But Fangfengzi/semen ledebouriellae/seed of divaricate saposchnikovia is small and round like Husuize/semen coriandri/coriander seed. How could the two so different drugs be used as substitutes?

[Preparation]

Lei Xiao: Take out the stem of the fruit and use the fruit only. Soak the drug in vinegar overnight and then bake the drug. Scrub the rind of the fruit with a knife until it is clean, otherwise the drug will damage one's Lung and bring dyspnoea.

[Quality and Taste]

It is pungent, very warm and nontoxic.

Li Shizhen: It is hot in quality and pungent in taste, a drug of Yang with a tendency of floating. It functions on the Large Intestine Channel of Hand Greater Yang and Stomach Channel of Foot Greater Yang. Nevertheless, it is a drug with pungent taste and hot quality that is generally dispersing and exhausting and could arouse the Fire in the Spleen and Lung. So, an overdose will cause dim vision. It is especially unsuitable to use as a food seasoning.



【主治】

温中下气，补腰脚，杀腥气，消食，除胃冷，阴疝痲癖藏器。霍乱冷气，心痛血气大明。水泻虚痢，呕逆醋心，产后泄痢，与阿魏和合良。得诃子、人参、桂心、干姜，治脏腑虚冷肠鸣泄痢，神效李珣。治头痛鼻渊牙痛时珍。

【发明】

〔宗奭曰〕荜茇走肠胃，冷气呕吐心腹满痛者宜之。多服走泄真气，令人肠虚下重。〔颂曰〕按唐太宗实录云：贞观中，上以气痢久未痊，服名医药不应，因诏访求其方。有卫士进黄牛乳煎荜茇方，御用有效。刘禹锡亦记其事云，后



[Indications]

Chen Cangqi: It warms the interior and brings down the adverse ascending of gas. It improves the condition of the lumbar region and feet. It kills the fishy smell and dissolves indigestion. It disperses the invading pathogenic Cold in the Stomach. It treats hernia and hard mass in the abdomen.

Da Ming: It treats cholera with chills, heart pain and abdominal pain of a woman due to disorder of blood and qi.

Li Xun: It stops watery diarrhea and dysentery due to general debility. It eases nausea with dyspnoea and regurgitation. It treats diarrhea and dysentery after childbirth. It gives even better efficacy if it is used together with Awei/resina ferulae/Chinese asafetida. When the drug is used together with Hezi/fructus chebulae/fruit of medicine terminalia, Renshen/radix ginseng/ginseng root, Guixin/cortex cinnamomi/inner bark of cassia and Ganjiang/rhizoma zingiberis/dried ginger, it is miraculously effective in treating diarrhea and dysentery with intestinal booming sound due to invading pathogenic Cold and general debility of the Stomach and Intestine.

Li Shizhen: It is good for treating headache, rhinorrhea with turbid discharge and toothache.

[Explication]

Kou Zongshi: Biba functions on the Stomach and Intestine. Therefore, it is effective to treat nausea and vomiting with fullness and pain in the epigastrium and abdomen. An overdose may consume the Zhenqi (original Vital Energy) and bring on diarrhea with tenesmus.

Su Song: The book *Tang Taizong Shilu (Record of Emperor Taizong of the Tang Dynasty)* recorded the following case: In the year of the reign period of Zhenguan, the emperor suffered from diarrhea with the passing of flatus for a long time and his imperial doctors could not give him any relief. So, the emperor put up a poster asking for doctors who could treat the disease. A guard who knew medicine answered the call and submitted his prescription: Simmer Biba with milk of a yellow cow. The emperor tried the prescription and it was effective. Mr. Liu Yuxi recorded this in his book,

累试于虚冷者必效。〔时珍曰〕牛乳煎详见兽部牛乳下。芫荇为头痛鼻渊牙痛要药，取其辛热，能入阳明经散浮热也。

【附方】

旧二，新八。（略）





saying that the prescription had been used later and was proven effective in many cases, so long as the disease was of deficient and cold nature.

Li Shizhen: See the prescription under the drug Cow's Milk. Biba is a principal drug in treating headache, rhinorrhea with turbid discharge. This is because the drug is pungent and hot, being able to function on the Greater Yang Channel to disperse the floating pathogenic Heat.

[Prescriptions]

Two prescriptions collected previously, and eight prescriptions collected recently.



蒟酱 蒟音矩。（唐本草）

【释名】

蒟子广志。土荜茇食疗。苗名扶留藤，萋叶

〔时珍曰〕按嵇含云：蒟子可以调食，故谓之酱。乃荜茇之类也，故孟诜食疗谓之土荜茇。其蔓叶名扶留藤，一作扶橛，一作浮留，莫解其义。萋则留字之讹也。

【集解】

〔恭曰〕蒟酱生巴蜀中，蜀都赋所谓流味于番禺者。蔓生，叶似王瓜而厚大光泽，味辛香，实似桑椹，而皮黑肉白。西戎亦时将来，细而辛烈。交州、爱州人家多种之，蔓生，其子长大，苗名浮留藤。取叶合槟榔食之，辛而香也。〔颂曰〕今夔川、岭南皆有之。昔汉武帝使唐蒙晓谕南越。



JUJIANG

Betel pepper
Piper betle L.

[Explanation of Names]

JUZI

— *Guang Zhi*.

TUBIBA

— *Shiliao Bencao (Meng Xian's Dietetic Materia Medica)*.

FULIUTENG (seedling)

LOUYE (seedling)

Li Shizhen: Ji Han said that, as Juzi is good to be used as food seasoning, so it is called Jujiang. It is a kind of herb similar to Biba. So, in *Shiliao Bencao*, it is called Tubiba. Its vine and leaf are called Fulingteng, or Fuliu (扶櫛), or Fuliu (浮留). Their philological meanings are unknown. Lou in the term Louye is a miscopying of the character Liu.

[Previous Explanations]

Su Gong: Jujiang/spica piperis betlis/fruit-spike of betel pepper is produced in the Bashu (Sichuan) area. It is a creeping herb. Its leaf is similar to Wanggua/fructus trichosanthis cucumeroidis/fruit of Japanese snake gourd, but it is thicker, bigger and lustrous. It has a pungent and fragrant taste. Its fruit looks like Sangshen/fructus mori/mulberry, but it has black rind and white pulp. The product is also provided by Xirong. Farmers in Jiaozhou and Aizhou plant the herb. It has a long and big fruit. Its seedling is called Fuliuteng. Blend its leaf with Binlang/semen arecae/areca seed, and it becomes something edible with a fragrant and pungent taste.

Su Song: Now, the drug is also produced in Kuizhou and south of the



越王食蒙以蒟酱，曰：西北牂牁江，广数里，出番禺城下。武帝感之，遂开牂牁、越雋也。刘渊林注蜀都赋云：蒟酱缘木而生。其子如桑椹，熟时正青，长二三寸。以蜜及盐藏而食之，辛香。与苏恭所说大同小异。盖渊林所云乃蜀产，苏恭所云乃海南者尔。今惟贵苹茛而不尚蒟酱，故鲜有用者。〔李珣曰〕广州记云：出波斯国，实状若桑椹，紫褐色者为上，黑者是老不堪。然近多黑色，少见褐者。黔中亦有，形状滋味一般。〔时珍曰〕蒟酱，今两广、滇南及川南、渝、泸、威、茂、施诸州皆有之。其苗谓之萎叶。蔓生依树，根大如箸。彼人食槟榔者，以此叶及蚌灰少许同嚼食之，云辟瘴疠，去胸中恶气。故谚曰：槟榔浮留，可以忘忧。其花实即蒟子也。按嵇含草木状云：蒟酱即苹茛也。生于番国者大而紫，谓之苹茛。生于番禺者小而青，谓之蒟子。本草以蒟易萎子，非矣。萎子一名扶留，其草形全不相同。时珍窃谓蒟子蔓生，苹茛草生，虽同类而非一物，然其花实气味功用则一也。嵇氏以二物为一物，谓蒟子非扶留，盖不知扶留非



Five Ridges. In the Han Dynasty, Emperor Wudi sent his messenger Mr. Tang Meng to Nanyue. The King of Nanyue feasted the imperial messenger with Jujiang and told him the drug was produced in an area several kilometers wide around the Zangke River. It is close to Panyu City. When the emperor knew of this, he set up a new administrative region called Zangke, becoming a part of Yuexi. Liu Yuanlin, in his annotation to *Shudu Fu*, said that Jujiang was a herb that crept along a tree. Its fruit looks like Sangshen/fructus mori/mulberry. When it is ripe, it turns blue-green and is two to three *cun* long. Preserve the fruit with honey and salt. It is something pungent and fragrant. What he said us something similar to what Su Gong described. The drug described by Liu Yuanlin is produced in Sichuan and that described by Su Gong is something from Hainan. But, now, people cherish Biba a lot and Jujiang is no more favored, so the latter is seldom used.

Li Xun: According to the book *Guangzhou Ji*, the drug is produced in Persia. Its fruit looks like Sangshen. That with a purple-brown color is the best fruit. Fruit of black color is overripe and is no longer good. But, normally, only black fruit is available and that of brown color is scarce. It is also produced in Guizhou. But it is only moderate in its appearance and taste.

Li Shizhen: Now, Jujiang is produced in Guangdong and Guangxi, south of Yunnan and south of Sichuan, in Yuzhou, Luzhou, Weizhou, Maozhou and Shizhou. Its seedling is called Louye. It is a creeping herb on a tree. Its root is as thick as a chopstick. Local people chew the drug together with Binlang/semen arecae/areca seed and a bit of ash of fresh water clam. They say that this is a good way to prevent the attack of miasma and disperse attacks of vicious agents to the chest. As a local saying goes, Binlang and Jujiang are things that make people forget their melancholy. Its fruit is called Juzi. Ji Han, in his book *Nanfang Caomu Zhuang*, recorded: Jujiang is simply Biba. That produced in Panyu (south of Guangzhou) is smaller, of blue-green color. It is called Juzi. The *Bencao* works recorded Juzi as Louzi. This is not right. Louzi (another name, Fuli) is different drug. Li Shizhen's comment: Juzi is a creeping herb and Biba is a herbaceous plant. They are of the same category, but are different things. But their fruits have similar shapes, tastes and functions. Ji Han said Juzi is not Fuli. This is



一种也。刘歆期交州记云：扶留有三种：一名获扶留，其根香美；一名扶留藤，其味亦辛，一名南扶留，其叶青味辛是矣。今蜀人惟取萎叶作酒曲，云香美。

【修治】

〔斲曰〕凡采得后，以刀刮去粗皮，捣细。每五两，用生姜自然汁五两拌之，蒸一日，曝干用。

根、叶、子【气味】

辛，温，无毒。

〔时珍曰〕气热味辛，阳也，浮也。



because he did not know that there are several kinds of Fulu. Liu Yinqi, in his book *Jiaozhou Ji*, recorded: There are three kinds of Fulu. One is Difulu, which has a root of wonderful taste. Another one is Fuluteng, which is also pungent. The other one is called Nanfulu, a drug with a blue-green leaf and pungent taste. People in Sichuan now use Louye to make Jiuqu/distiller's yeast and say it is very tasty and fragrant.

[Preparation]

Lei Xiao: First, peel the coarse rind of the fruit. Pound it into small pieces. Blend five *liang* of the drug with five *liang* of Jiangzhi/succus zingiberis recens/juice of fresh ginger and then steam the drug for a full day. Dry it in the sun.

JUJIANGGEN

Root of betel pepper
Radix piperis betlis

JUJIANGYE

Leaf of betel pepper
Folium piperis betlis

JUJIANGZI

Fruit-spike of betel pepper
Spica Piperis betlis

[Quality and Taste]

It is pungent, warm and nontoxic.

Li Shizhen: It is a drug with hot quality and pungent taste, a drug of Yang with a floating tendency.

[Indications]

It brings down adverse ascending of gas and warms the interior. It disperses phlegm accumulation.



【主治】

下气温中，破痰积唐本。咳逆上气，心腹虫痛，胃弱虚泻，霍乱吐逆，解酒食味李珣。散结气，心腹冷痛，消谷孟诜。解瘴疠，去胸中恶邪气，温脾燥热时珍。

【附方】

新一。（略）

— *Tang Bencao*.

Li Xun: It relieves coughing with dyspnoea and adverse ascending of gas. It relieves epigastric and abdominal pain due to parasites. It stops diarrhea due to Stomach deficiency and cholera with vomiting and diarrhea. It detoxifies alcoholism and can be used as food seasoning.

Meng Xian: It disperses accumulation of qi, relieves epigastric and abdominal pain due to prevalence of clod. It helps digestion.

Li Shizhen: It detoxifies toxin of miasma, disperses malignant gas resting with the chest. It warms the Spleen and dries the Humidity.

[Prescriptions]

One prescription collected recently.





肉豆蔻 (宋开宝)

【释名】

肉果纲目。迦拘勒

〔宗奭曰〕肉豆蔻对草豆蔻为名，去壳只用肉。肉油色者佳，枯白瘦虚者劣。〔时珍曰〕花实皆似豆蔻而无核，故名。

【集解】

〔藏器曰〕肉豆蔻生胡国，胡名迦拘勒。大舶来即有，中国无之。其形圆小，皮紫紧薄，中肉辛辣。〔珣曰〕生昆仑，及大秦国。〔颂曰〕今岭南人家亦种之。春生苗，夏抽茎开花，结实似豆蔻，六月、七月采。〔时珍曰〕肉豆蔻花



ROUDOUKOU

Nutmeg

Myristica fragrans Houtt.

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

[Explanation of Names]

ROUGUO

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

JIAJULE

Kou Zongshi: Roudoukou is named in contrast of Caodoukou. Rou = pulp. Cao = herbal. Only the pulp of the fruit is used and the rind is taken off. That with oily pulp is the best drug. And that with withered and pale pulp is only of inferior quality.

Li Shizhen: Its flower and fruit are all similar to Doukou, but there is no kernel in Roudoukou.

[Previous Explanations]

Chen Cangqi: Roudoukou is produced in Huguo (areas north and west of the country). The native name of the drug is Jiajule. It has long been an item of import, as China does not produce it. Its fruit is round and small, with purple and solid rind. Its pulp is pungent.

Li Xun: The drug is produced in Kunlun and Daqin (a name for Roman Empire in ancient China).

Su Song: Now, the drug is also produced by farmers in the south of the Five Ridges. The seedling begins to germinate in spring. A stem will come out from the middle and flower bloom on top of it. Its fruit looks like Doukou. Collect the drug in the sixth and seventh month.

Li Shizhen: The flower and fruit of Roudoukou are similar to those of



及实状虽似草豆蔻，而皮肉之颗则不同。颗外有皱纹，而内有斑缬纹，如槟榔纹。最易生蛀，惟烘干密封，则稍可留。

实【修治】

〔斲曰〕凡使，须以糯米粉熟汤搜裹豆蔻，于塘灰火中煨熟，去粉用。勿令犯铁。

【气味】

辛，温，无毒。

〔叔曰〕苦、辛。〔好古曰〕入手足阳明经。

【主治】

温中，消食止泄，治积冷心腹胀痛，霍乱中恶，鬼气冷疰，呕沫冷气，小儿乳霍开宝。调中下气，开胃，解酒毒，消皮外络下气大明。治宿食痰饮，止小儿吐逆，不下乳，腹痛甄叔。主心腹虫痛，脾胃虚冷，气并冷热，虚泄赤白痢，



Caodoukou. But the pulp of the fruit is different. The outside of the pulp is creased, with dotted designs inside, which is similar to that of Binlang/ semen arecae/areca seed. It is something apt to be eaten by moth. The drug should be baked dry and kept in a sealed container. In this way, it can be kept for a period of time.

Nutmeg

Semen myristicae

[Preparation]

Lei Xiao: Cover Roudoukou with gruel of powder of Nuomi/oryza glutinosae/polished glutinous rice and bury in the hot ash of a fire until it is scorched. Take off the powder. Do not expose the drug to any iron-made objects.

[Quality and Taste]

It is pungent, warm and nontoxic.

Zhen Quan: It is bitter and pungent.

Wang Haogu: It functions on the Large Intestine Channel of Hand Greater Yang and Stomach Channel of Foot Greater Yang.

[Indications]

It warms the interior, helps digestion and stops diarrhea. It is good for dealing with epigastric and abdominal distention and pain due to accumulation of Cold. It treats cholera and Zhong'e, Guiqi and Lengzhu (consumptive disease due to invasion of pathogenic Cold), vomiting of cold saliva and infantile cholera with vomiting and diarrhea.

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

Da Ming: It regulates the interior and brings down the adverse ascending of gas, whets the appetite and detoxifies alcoholism. It disperses edema of the skin due to disorder of qi.

Zhen Quan: It treats indigestion and Tanyin-fluid retention. It stops infantile vomiting and dyspnoea, whets the appetite so as to facilitate lactation, and relieves abdominal pain.



研末粥饮服之李珣。暖脾胃，固大肠时珍。

【发明】

〔大明日〕肉豆蔻调中下气，消皮外络下气，味珍，力更殊。〔宗奭曰〕亦善下气，多服则泄气，得中则和平其气。〔震亨曰〕属金与土，为丸温中补脾。日华子称其下气，以脾得补而善运化，气自下也。非若陈皮、香附之快泄。寇氏不详其实，遂以为不可服也。〔机曰〕痢疾用此涩肠，为伤乳泄泻之要药。〔时珍曰〕土爱暖而喜芳香，故肉豆蔻之辛温，理脾胃而治吐利。

【附方】

旧一，新七。（略）



Li Xun: It relieves epigastric and abdominal pain due to parasites, warms the Spleen and Stomach so as to get rid of pain and deficient condition. It stops dysentery of deficient nature with whitish and bloody discharge due to intermingling cold and heat in the Stomach. Grind the drug into powder. Make porridge with it.

Li Shizhen: It warms the Spleen and Stomach and stabilizes the condition of the Large Intestine.

[Explication]

Da Ming: Roudoukou is good for harmonizing the interior and brings down the adverse ascending of gas. It eliminates edema of the skin and brings down the gas. It has wonderful taste and powerful therapeutic efficacy.

Kou Zongshi: It is a drug that brings down the adverse ascending of gas. But an overdose will cause the leaking of qi. It balances the qi condition when it is moderately dosed.

Zhu Zhenheng: The drug pertains to the Metal and Earth. When it is made into a medicinal pill, it has the function of warming the interior and tonifying the Spleen. When Da Ming mentioned that it is a drug that brings down the adverse ascending of gas, he meant that when the Spleen is toned, its function is strengthened. Once its function gets strong, it promotes the normal downflow of qi. It is not a drug that facilitates the descending of gas in a drastic way as Chenpi/pericarpium citri reticulatae/tangerine peel and Xiangfu do. Kou Zongshi did not realize it, so he was worried about the drastic function of the drug.

Wang Ji: The drug can be used to astringe dysentery. It is a principal drug in treating infantile diarrhea due to indigestion of milk.

Li Shizhen: The Earth (the Spleen and Stomach) likes to be warmed and to have things of fragrant flavor. Roudoukou, pungent and warm, is a drug that regulates the Spleen and Stomach and stops vomiting and diarrhea.

[Prescriptions]

One prescription collected previously, and seven prescriptions collected recently.



补骨脂 (宋开宝)

【释名】

破故纸开宝。婆固脂药性论。胡韭子曰华。〔时珍曰〕补骨脂言其功也。胡人呼为婆固脂，而俗讹为破故纸也。胡韭子，因其子之状相似，非胡地之韭子也。

【集解】

〔志曰〕补骨脂生岭南诸州及波斯国。〔颂曰〕今岭外山坂间多有之，四川合州亦有，皆不及番舶者佳。茎高三四



BUGUZZHI

Malaytea scurfpea

Psoralea corylifolia L.

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

[Explanation of Names]

POGUZZHI (破故纸)

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

POGUZZHI (婆固脂)

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

HUJIUZZI

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

Li Shizhen: Buguzhi, meaning literally “tonifying the bone marrow,” a name given after its medical function. Ethnic minorities in north and west China called it Poguzhi (婆固脂) and later it is colloquially called Poguzhi (破故纸), a term with the same sound but with different characters and meanings. The name Hujiuzi, meaning “Jiucuzzi/semen allii tuberosi/seed of tuber onion from Hu area,” is given as the two things are similar in shape. It does not mean the drug is Jiucuzzi/semen allii tuberosi/seed of tuber onion from the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times).

[Previous Explanations]

Ma Zhi: Buguzhi is produced in prefectures south of the Five Ridges and in Persia.

Su Song: The drug is found in the mountain slopes of the south of the Five Ridges. It is also found in Hezhou of Sichuan. But the drug from such places is not as good as that imported. The herb is three to four *chi* tall with



尺，叶小似薄荷，花微紫色，实如麻子，圆扁而黑，九月采。〔大明曰〕徐表南州记云，是胡韭子也。南番者色赤，广南者色绿，入药微炒用。

子【修治】

〔斆曰〕此性燥毒，须用酒浸一宿，漉出，以东流水浸三日夜，蒸之，从巳至申，日干用。一法：以盐同炒过，曝干用。

【气味】

辛，大温，无毒。

〔权曰〕苦、辛。〔珣曰〕恶甘草。〔时珍曰〕忌芸苔及诸血，得胡桃、胡麻良。

【主治】

五劳七伤，风虚冷，骨髓伤败，肾冷精流，及妇人血气



small leaf similar to Bohe/herba menthae/herb of wild mint. Its flower is slightly purple with fruit similar to Damazi/semen cannabis/hemp seed, being round and black. Collect in the ninth month.

Da Ming: Xu Biao, in his book *Nanzhou Ji*, said that it is Hujiuzi. That from the Nanfan (area in the southwest China) is red and that from Guangnan (area south of the Five Ridges) is green. Stir-fry the thing slightly before it is used as a drug.

BUGUZHIZI

Fruit of *malaytea scurfpea*

Fructus psoraleae

[Preparation]

Lei Xiao: As the drug has a drying quality and is toxic, it should be soaked in wine overnight. Take it out and soak it again in east-running water for three days and nights. Then, steam the drug from Sishi (9-11 hours) to Shenshi (15-17 hours). Dry the drug in the sun. Another way of preparation: stir-fry the drug together with salt and dry in the sun.

[Quality and Taste]

It is pungent, very warm and nontoxic.

Zhen Quan: It is bitter and pungent.

Li Xun: It is incompatible with liquorice root.

Li Shizhen: When this drug is used, prohibit the use of Yuntai/herba brassicae campestris/herb of bird rape and all kinds of animal blood. The drug will be reinforced if used together with Hutao/fructus juglandis/English walnut and Huma/semen sesami/sesame seed.

[Indications]

It is good for treating five overstrains and seven damages and a deficient disease with cold feeling due to attack of pathogenic Cold. It treats the damaged and decayed bone marrow with a cold Kidney and the flowing of sperm. It is also effective for treating abdominal pain of a woman due to disorder of blood and qi and threatened abortion.



堕胎开宝。男子腰疼，膝冷囊湿，逐诸冷痹顽，止小便，利腹中冷甄权。兴阳事，明耳目大明。治肾泄，通命门，暖丹田，敛精神时珍。

【发明】

〔颂曰〕破故纸今人多以胡桃合服，此法出于唐郑相国。自叙云：予为南海节度，年七十有五。越地卑湿，伤于内外，众疾俱作，阳气衰绝，服乳石补药，百端不应。元和七年，有诃陵国舶主李摩诃，知予病状，遂传此方并药。予初疑而未服。摩诃稽首固请，遂服之。经七八日而觉应验。自尔常服，其功神效。十年二月，罢郡归京，录方传之。用破故纸十两，净择去皮，洗过曝，捣筛令细。胡桃



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

Zhen Quan: It is good for relieving lumbago and cold knees and wet scrotum. It disperses invading pathogenic Cold of various kinds and treat arthralgia and numbness. It shrinks incontinence of urine and warms the cold feeling in abdomen.

Da Ming: It reinforces male activity and improves the sight and hearing ability.

Li Shizhen: It stops diarrhea due to Kidney deficiency, functions on the Mingmen, warms the Dantian (the elixir field at the public region) and enhances the mental spirit.

[Explication]

Su Song: Poguzhi is served together with Hutao. This is a prescription passed down by Mr. Zheng, prime minister of the Tang Dynasty. In his book Mr. Zheng recorded: While I was the Jiedu (governor) of Nanhai, I was seventy-five already. As the land of Yue was low and humid, I was suffering from a disease with both internal and external damage. All diseases attacked with evanescence of Yang Vital Energy. I tried different kinds of tonics and alchemical drugs such as Zhongrushui/stalactium/stalactite and other stone drugs. But neither of them worked. In the seventh year of the reign period of Yuanhe, Mr. Li Moke, ship owner from Kelinguo,* came to where I lived. When he learned that I was suffering from the disease, he told me the prescription and gave me some medicine. I was hesitating at the beginning and did not take the drug. But Mr. Li was very sincere and insisted that I should take the drug. So I began to do so. After seven to eight days of such treatment, I felt the efficacy of the drug. Since then, I kept on taking the medicine regularly. It was a very effective drug. In the second month of the tenth year of the reign period of Yuanhe, I finished my term of office and returned to the capital. I began to spread the prescription to those who needed it. The prescription is as follows.

Peel and wash 10 *liang* of Poguzhi. Dry the drug in the sun, and then

*A country in ancient Indonesia.



瓢二十两，汤浸去皮，细研如泥。即入前末，更以好蜜和，令如饴糖，瓷器盛之。旦日以暖酒二合，调药一匙服之，便以饭压。如不饮酒人，以暖熟水调之。弥久则延年益气，悦心明目，补添筋骨。但禁芸苔、羊血，余无所忌。此物本自外番随海舶而来，非中华所有。番人呼为补骨脂，语讹为破故纸也。王绍颜续传信方，载其事颇详，故录之。〔时珍曰〕此方亦可作丸，温酒服之。按白飞霞方外奇方云：破故纸属火，收敛神明，能使心包之火与命门之火相通。故元阳坚固，骨髓充实，涩以治脱也。胡桃属木，润燥养血。血属阴，恶燥，故油以润之。佐破故纸，有木火相生之妙。故语云：破故纸无胡桃，犹水母之无虾也。又破故纸恶甘草，而瑞竹堂方青娥丸内加之，何也？岂甘草能调和百药，恶而不恶耶？又许叔微学士本事方云：孙真人言补肾不若补脾，予曰补脾不若补肾。肾气虚弱，则阳气衰劣，不能熏蒸脾胃。



pound and screen it to get a fine powder. Soak 20 *liang* of Hutao in water and peel it. Grind the drug into paste and add in the powder of Poguzhi. Add good quality honey into it and grind it to make an ointment similar to Yitang/saccharum granorum/malt extract. Keep it in a porcelain jar. Blend two *ge* of the ointment with warm wine and take one spoonful per dose in the morning before having breakfast. For a patient who is not used to drinking wine, blend the drug with warm boiled water. Long-term use makes the person feel happy and able to enjoy a long life. His eyesight will be much improved and his strength reinforced. The only taboo is Yuntai/herba bras-sicar campestris/herb of bird rape and sheep's blood. This drug is not a native produce of China and has been shipped from foreign countries. Foreign people call it Buguzhi and gradually it is colloquially called Poguzhi. Wang Shaoyan recorded the drug in detail in his book *Xu Chuanxin Fang*. So it is quoted here as above.

Li Shizhen: The above prescription can be filled by making pills and taken with warm wine. Bai Feixia, in his book *Fangwai Qifang*, said that Poguzhi is a drug pertaining to Fire and can astringe the spirit and soul. It links the Fire in the pericardium with that in the Mingmen. In this way, one's Primordial Yang will be stabilized and marrow filled. Buguzhi, a drug with astringing quality, is good for treating a case with evanescence of Primordial Yang. Hutao, pertaining to the Wood element, moistens the Dryness and nourishes the blood. As the blood pertains to Yin and dislikes Dryness, so the oily pulp of Hutao is given to moisten it. When this drug is used together with Poguzhi, both drugs will be strengthened as the Wood and Fire elements assist each other. That is why some say that, if Poguzhi is not accompanied by Hutao, it would be like the case when jellyfish is not prepared together with shrimps (how could a delicious dish be made?). According to *Bencao* works, Poguzhi is mutually inhibiting to liquorice root. But in the book *Ruizhutang Fang*, both drugs are used in the same prescription the Qing'e Wan. Is this because liquorice root is a drug that can harmonize a hundred drugs? Xu Shuwei, in his *Benshi Fang*, wrote: Sun Simiao said that to tonify the Spleen is more effective than to tonify the Kidney. But I would say tonifying the Kidney is more effective. This is because, when the Kidney is in a deficient and debilitated condition, the



脾胃气寒，令人胸膈痞塞，不进饮食，迟于运化，或腹胁虚胀，或呕吐痰涎，或肠鸣泄泻。譬如鼎釜中之物，无火力，虽终日不熟，何能消化？济生二神丸，治脾胃虚寒泄泻，用破故纸补肾，肉豆蔻补脾。二药虽兼补，但无斡旋。往往常加木香以顺其气，使之斡旋，空虚仓廩。仓廩空虚，则受物矣。屡用见效，不可不知。

【附方】

旧二，新一十四。（略）

Yang Vital Energy will be in an exhausted and evanescent condition, failing to give impetus to the Spleen and Stomach. Again, when the Spleen and Stomach is cold and deficient, it causes suffocation and stuffiness in the chest and diaphragm. Anorexia will ensue and digestion is hampered. This can be accompanied by distention of deficient nature in the abdomen and costal region, or with vomiting of saliva and phlegm, or with diarrhea accompanied by an intestinal booming sound. This is just like the case when food is cooked in a big pot and the fire under the pot is not strong. Even if a full day of boiling has been done, still the food is not well cooked. In the same way, the food cannot be digested by a man who has very weak physiological activities. Prescription of Jisheng Ershen Wan, good for treating diarrhea due to deficient and cold condition of the Spleen and Stomach, is composed of the following drugs: Poguzhi is used to tonify the Kidney and Roudoukou is used to tonify the Spleen. Muxiang /radix aucklandiae/ costus root is added into the prescription to facilitate the normal flow of qi, as the previous two drugs need such facilitation. When Muxiang is used to smooth the normal circulation, the Stomach will be emptied. Once the Stomach is empty, it is easy for it to accept new things. This is a very effective treatment used repeatedly.

[Prescriptions]

Two prescriptions collected previously, and
14 prescriptions collected recently.





姜黄 (唐本草)

【释名】

莛音述。宝鼎香纲目。

【集解】

〔恭曰〕姜黄根叶都似郁金。其花春生于根，与苗并出，入夏花烂无子。根有黄、青、白三色。其作之方法，与郁金同。西戎人谓之莛。其味辛少苦多，亦与郁金同，惟花生异耳。〔藏器曰〕姜黄真者，是经种三年以上老姜，能生花。花在根际，一如蓂荷。根节坚硬，气味辛辣。种姜处有之，终是难得。西番亦有来者。与郁金、莛药相似。如苏恭所说，即是莛药而非姜黄。又言姜黄是莛，郁金是胡莛。如



JIANGHUANG

Turmeric

Curcuma longa L.

Curcuma aromatica Salisb.

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

[Explanation of Names]

SHU

BAODINGXIANG

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

[Previous explanations]

Su Gong: The root and leaf of Jianghuang are all similar to that of Yujin. In spring, the flower grows together with the leaf from the root. In summer, the flower gets rotten and there is no seed. The root has three colors: yellow, blue-green and white. The processing of the drug is the same as that for Yujin/radix curcumae/root-tuber of aromatic turmeric. People in northwestern China where ethnic minorities inhabited call it Shu. It is a drug with mainly bitter taste accompanied by a slightly pungent taste, which is the same as Yujin/radix curcumae/root-tuber of aromatic turmeric. But the flower is different.

Chen Cangqi: The true Jianghuang is a kind of old ginger on which a flower grows. This is similar to Ranghe/rhizoma zingiberis miogae/rhizome of mioga ginger. The root and rhizome with nodes are hard and solid with a pungent taste. It is found in the field where common ginger is planted. It is not easy to get the drug. It is also produced in the Xifan area. It is something similar to Yujin and Shuyao (Peng'eshu/rhizoma zedoariae/zedoary). This is actually Shuyao, but not Jianghuang. Some say that Jianghuang is also called Shu and Yujin is called Hushu, Shu from Hu. So, it seems that



此则三物无别，递相连名，总称为莛，则功状当不殊。而今郁金味苦寒，色赤，主马热病；姜黄味辛温，色黄，莛味苦色青。三物不同，所用各别。〔大明曰〕海南生者，即蓬莛莛；江南生者，即为姜黄。〔颂曰〕姜黄今江、广、蜀川多有之。叶青绿，长一二尺许，阔三四寸，有斜文如红蕉叶而小。花红白色，至中秋渐凋。春末方生，其花先生，次方生叶，不结实。根盘屈黄色，类生姜而圆，有节。八月采根，片切暴干。蜀人以治气胀，及产后败血攻心，甚验。蛮人生啖，云可以祛邪辟恶。按郁金、姜黄、莛药三物相近，苏恭不能分别，乃如一物。陈藏器以色味分别三物，又言姜黄是三年老姜所生。近年汴都多种姜，往往有姜黄生卖，乃是老姜。市人买啖，云治气为最。大方亦时用之。又有廉姜，亦是其类，而自是一物。〔时珍曰〕近时以扁如干姜形者，为片子姜黄；圆如蝉腹形者，为蝉肚郁金，并可浸水染色。莛形虽似郁金，而色不黄也。



three drugs have no differences and are generally called SHU. They have the same shape and functions. But, now, the above drugs are not considered totally the same: Yujin, bitter and cold, red in color, is good for treating febrile disease of the horse. Jianghuang is pungent and warm, with a yellow color. Shu is a drug of bitter taste and blue-green color. So, there are three different drugs with varied functions.

Da Ming: The drug produced in Hainan is actually Peng'eshu and that produced in the area south of the Yangtze River is Jianghuang.

Su Song: Jianghuang is now produced in places of Jiang, Guang and Shuchuan (Sichuan). Its leaf is blue-green, one to two *chi* long and three to four *cun* wide. There are sliding veins similar to red banana leaf. But it is small in size. Its flower is red-white and withers towards mid-autumn. The flower grows in late spring prior to leaf. There is no fruit. The root is yellow, curled up like fresh ginger but it is rounder with nodes. Collect the root in the eighth month. Cut it into slices and dry them in the sun. People in Sichuan use the drug to treat distention of gas and alienation caused by lochioschisis. It is said to be very effective. Local people eat the crude drug as it is believed that this will prevent attack of malignant and vicious factors. As Yujin, Jianghuang and Shuyao are very close to each other, so Su Gong could not differentiate them and said they were the same thing. Chen Cangqi differentiated the three drugs by their color and taste. He also said that Jianghuang is produced by the old ginger of three years. In recent years, fresh ginger is widely planted around the capital Bianjing and merchants sell their Jianghuang. But, actually, this is not Jianghuang, only old ginger. People buy this and eat it to treat disorder of qi. Doctors also use it in their prescriptions. There is another thing Lianjiang/rhizoma *alpiniae chinensis*/rhizome of Chinese galangal, which is a different drug, but of the same category.

Li Shizhen: Now, the drug that is flat, in a similar shape to dried ginger, is called Pianzijianghuang, the flat-sliced Jianghuang. That with a shape similar to the round belly of a cicada is called Chanduyujin, the cicada-belly Yujin. Both of them can be used as dyestuff. The way to do it is to soak the drug in water. Shu, in the same shape of Yujin, cannot be used as a dye-stuff as it is not yellow.



根【气味】

辛、苦，大寒，无毒。

〔藏器曰〕辛少苦多，性热不冷。云大寒，误矣。

【主治】

心腹结积痞忤，下气破血，除风热，消痈肿，功力烈于郁金唐本。治癥瘕血块，通月经，治扑损瘀血，止暴风痛冷气，下食大明。祛邪辟恶，治气胀，产后败血攻心苏颂。治风痹臂痛时珍。

【发明】

〔时珍曰〕姜黄、郁金、蓬药三物，形状功用皆相近。但郁金入心治血；而姜黄兼入脾，兼治气；蓬药则入肝，兼治气中之血，为不同尔。古方五痹汤用片子姜黄，治风寒湿气手臂痛。戴原礼要诀云：片子姜黄能入手臂治痛。其兼理血中之气可知。



JIANGHUANGGEN

Turmeric rhizome

Rhizoma curcumae longae

[Quality and Taste]

It is pungent, bitter, very cold and nontoxic.

Chen Cangqi: It is mainly bitter with a slightly pungent taste. It is hot in quality and it is wrong to say that it is a drug of very cold quality.

[Indications]

It is good for treating accumulation and stagnation formed in the epigastrium and abdomen, Guizhu and Kewu (infantile convulsive seizure due to fright). It brings down adverse ascending of gas and removes blood stasis. It disperses invading pathogenic Wind and Heat, eliminates carbuncle and phlegmon. It has stronger functions than Yujin.

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

Da Ming: It removes hard mass and blood clot, regulates menstruation, dissolves blood stasis due to physical damage or injury. It relieves sudden onset of pain of arthralgia due to attack of pathogenic Wind and Cold. It helps digestion.

Su Song: It prevents attacks of vicious agents and evil factors. It dissolves distention of gas, treats alienation caused by lochioschesis.

Li Shizhen: It relieves pain in the arm of arthralgia due to attack of pathogenic Wind.

[Explication]

Li Shizhen: Jianghuang, Yujin and Shuyao have similar shapes and functions, but still there are differences. Yujin functions on the Heart and is good for regulating the blood. Jianghuang also functions on the Spleen and regulates the qi. Shuyao functions on the Liver and regulate the qi in the blood. In the ancient prescription of Wubi Tang (decoction treating five types of arthralgia), Jianghuang is used to treat pain of arthralgia on the arm. From this, it is inferred that the drug is good for regulating the qi in the blood.

【附方】

旧二，新二。（略）



[Prescriptions]

Two prescriptions collected previously, and
two prescriptions collected recently.



郁金（唐本草）

【释名】

马薺

〔震亨曰〕郁金无香而性轻扬，能致达酒气于高远。古人用治郁遏不能升者，恐命名因此也。〔时珍曰〕酒和郁薺，昔人言是大秦国所产郁金花香，惟郑樵通志言即是此郁金。其大秦三代时未通中国，安得有此草？罗愿尔雅翼亦云是此根，和酒令黄如金，故谓之黄流。其说并通。此根形状皆似莪薺，而医马病，故名马薺。





YUJIN

Turmeric

Curcuma longa L.

Curcuma aromatica Salisb.

Curcuma zodoaria Rosc.

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

[Explanation of Names]

MASHU

Zhu Zhenheng: Yujin is not fragrant, but it is light with a tendency of upward ascending. It can bring alcohol to the topmost position. Ancient doctors used the drug to treat a pent-up condition that cannot ascend. This can be the reason why it is so named.

Li Shizhen: It is said that, when wine is blended with Yu, it becomes fragrant and fast spreading. Some say the Yu mentioned here is the essence of tulip flower from Daqin (a name for Roman Empire in ancient China) (ancient Roman Empire). But Zheng Qiao, in his book *Tong Zhi*, said that this was Yujin. This is because, during the three ancient dynasties,* there had been no relations between Daqin (a name for Roman Empire in ancient China) and China. How could the essence of tulip be shipped to China? Luo Yuan, in his book *Er Ya Yi* also agreed that this should be Yujin. When the drug is blended with wine, the latter becomes golden. It is called Huangliu, the flowing gold. Both explanations are reasonable. Its root is similar to Ezhu/rhizoma zedoariae/zedoary. It is good for treating horse diseases, so it is called Mashu, horse Shu.

*The three ancient dynasties: The Xia Dynasty(21st to 16th century BC), Shang Dynasty (16th to 11th century BC) and Zhou Dynasty (11th century to 221 BC).



【集解】

〔恭曰〕郁金生蜀地及西戎。苗似姜黄，花白质红，末秋出茎心而无实。其根黄赤，取四畔子根去皮火干，马药用之，破血而补，胡人谓之马薺。岭南者有实似小豆蔻，不堪啖。〔颂曰〕今广南、江西州郡亦有之，然不及蜀中者佳。四月初生苗似姜黄，如苏恭所说。〔宗奭曰〕郁金不香。今人将染妇人衣最鲜明，而不耐日炙，微有郁金之气。〔时珍曰〕郁金有二：郁金香是用花，见本条；此是用根者。其苗如姜，其根大小如指头，长者寸许，体圆有横纹如蝉腹状，外黄内赤。人以浸水染色，亦微有香气。

根【气味】

辛、苦，寒，无毒。

〔元素曰〕气味俱厚，纯阴。〔独孤滔曰〕灰可结砂子。



[Previous Explanations]

Su Gong: Yujin is produced in Shudi (Sichuan) and northwestern China where ethnic minorities inhabited. Its seedling looks like Jianghuang. Its flower is red with a white background. The stem grows in late autumn from the center of the plant. There is no fruit. Its root is yellow-red. A root with four branches is a good drug for horses. Peel the root and dry it over the fire. It removes blood stasis and tones the blood at the same time. People in the Hu area call it Mashu. That produced in the south of the Five Ridges (south of Nanling Range) has fruit similar to Doukou, but it is smaller. It is no good for medical use.

Su Song: Now, the drug is also produced in prefectures in Guangnan and Jiangxi. But it is not as good as that produced in Sichuan. Early in the fourth month, the seedling begins to germinate in the shape of Jianghuang, as described by Su Gong.

Kou Zongshi: Yujin is not fragrant. Now people use the drug to dye woman's clothes. This will make them bright and look good. But the color will fade out under sunshine. The clothes smell slightly of the scent of Yujin.

Li Shizhen: There are two kinds of Yujin. One is tulip. The flower is to be used. See the above explanation. The other one is Yujin. Its seedling looks like that of ginger. Its root is as thick as a finger, about one *cun* long. It is round in shape covered with round lines in the similar way as the belly of a cicada. It is yellow outside and red inside. People soak the drug in water and use it as a dyestuff. It is slightly fragrant.

YUJINGEN

Root-tuber of turmeric

Radix curcumae

[Quality and Taste]

It is pungent, bitter, cold and nontoxic.

Zhang Yuansu: It is a drug with thick quality and taste, a drug of pure Yin.

Dugu Tao: Its ash can be used to crystallize alchemical drugs.



【主治】

血积下气，生肌止血，破恶血，血淋尿血，金疮唐本。
单用，治女人宿血气心痛，冷气结聚，温醋摩服之。亦治马
胀甄权。凉心元素。治阳毒入胃，下血频痛李杲。治血气心
腹痛，产后败血冲心欲死，失心颠狂蛊毒时珍。

【发明】

〔震亨曰〕郁金属火、属土与水，其性轻扬上行，治吐
血衄血，唾血血腥，及经脉逆行，并宜郁金末加韭汁、姜
汁、童尿同服，其血自清。痰中带血者，加竹沥。又鼻血上



[Indications]

It is good for dispersing accumulation of blood and bringing down the adverse ascending of gas. It helps growth of muscle and stops bleeding. It dissolves malignant blood stasis. It treats straturia with bloody urination and incised wound.

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

Zhen Quan: When the drug is used independently, it is good for treating chronic abdominal pain of a woman due to disorder of blood and qi with heart pain. It also treats accumulation of cold gas in the interior. Grind the drug with warm vinegar. It is also good for treating abdominal distention of horses.

Zhang Yuansu: It cools the Heart.

Li Gao: It is good for treating invasion of Yangdu (toxin of Yang and hot nature) into the Stomach with frequent hematochezia and pain.

Li Shizhen: It is effective to treat epigastric and abdominal pain of woman due to disorder of blood and qi, alienation caused by lochioschesis that makes the patient feel that she is going to die. It treats mental disorder and mania and disperses Gudu (disease due to noxious agents produced by various parasites).

[Explication]

Zhu Zhenheng: Yujin pertains to Fire, Earth and Water elements. It is a drug of light quality and ascending tendency. It is good for treating hematemesis, epistaxis, spitting of blood with fishy smell and retrograde menstruation. Prescription: Blend powder of Yujin with juice of Jiucail/folium allii tuberosi/leaf of tuber onion, Jiangzhi/succus zingiberis recens/juice of fresh ginger and Tongniao/urina hominis/boys' urine. Bleeding will come to a stop. If there is blood in the sputum, add Zhuli/succus bambusae/juice in a bamboo stem. To treat epistaxis, administer the following:

Yujin,

Juice of Jiucail,

adding Siwu Tang:

Shaoyao/radix paeoniae/peony root,

Dihuang/radix rehmanniae/rhizome of rehmannia,



行者，郁金、韭汁加四物汤服之。〔时珍曰〕郁金入心及包络，治血病。经验方治失心颠狂，用真郁金七两，明矾三两，为末，薄糊丸梧子大，每服五十九，白汤下。有妇人颠狂十年，至人授此。初服心胸间有物脱去，神气洒然，再服而苏。此惊忧痰血络聚心窍所致。郁金入心去恶血，明矾化顽痰故也。庞安常伤寒论云：斑豆始有白泡，忽搐入腹，渐作紫黑色，无脓，日夜叫乱者。郁金一枚，甘草二钱半，水半碗煮干，去甘草，切片焙研为末，入真脑子炒半钱。每用一钱，以生猪血五七滴，新汲水调下。不过二服，甚者毒气从手足心出，如痲状乃瘥，此乃五死一生之候也。又范石湖文集云：岭南有挑生之害。于饮食中行厌胜法，鱼肉能反生于人腹中，而人以死，则阴役其家。初得觉胸腹痛，次日刺



Danggui/radix angelicae sinensis/root of Chinese angelica,
Chuanxiong /rhizoma chuanxiong/rhizome of Szechwan lovage.

Li Shizhen: Yujin functions on the Heart and the Pericardium and is good for treating diseases of the blood. The following is a proven prescription in treating mental disorder with mania: Grind seven *liang* of Yujin and three *liang* of Mingfan/alumen/alum into powder. Make pills with wheat flour paste the size of a parasol seed. Here is a case: A woman had been suffering from mental disorder with mania for 10 years. A man of virtue gave her the prescription. After the first dose, she began to feel the evanescence of something in her chest and had a much better spirit. Another dose brought her totally back to normal. This case had been caused by the accumulation of blood and phlegm on the Heart accompanied by melancholy and fright. Yujin is used to disperse the malignant blood resting with the Heart. Mingfan is used to dissolve the pertinacious existence of phlegm. Pang Anchang, in his book *Shanghan Zongbing Lun*, recorded the following prescription: At the early stage of smallpox, white vesicles appear, later sinking into the skin and turning purple and black. There is no ulceration. The patient may cry day and night. Treatment: Boil one piece of Yujin together with 2.5 *qian* of liquorice root in half a bowl of water until the water is totally consumed. Take off the liquorice root and cut the drug into slices. Bake and then grind it into powder. Stir-fry the powder together with half a *qian* of Naozi/camphora/camphor. Take one *qian* of the power per dose. Blend the powder with newly fetched well water and five to seven drops of fresh pig's blood. After taking no more than two doses of the above drug, phlegmon-like sores will appear on the palms and sole. This is a sign of the expulsion of the toxin. Then, the patient will be all right. But, anyway, there is only one chance in five of recovery in such serious cases. Here is something extraordinary recorded by the book *Fan Shihu Wenji*: In the south of the Five Ridges, there had been a practice of killing someone in the hope of preventing the attack of miasma. When feasting a guest, the host mixed toxin in his fish and meat. In this way, after the guest had eaten the food, he would die. But the fish and meat eaten would become alive in his abdomen. The host would be avenged by the dead person. At first, the host would feel epigastric and abdominal pain. The next day the pain would become stab-

人，十日则生在腹中也。凡胸膈痛，即用升麻或胆矾吐之。若膈下痛，急以米汤调郁金末二钱服，即泻出恶物。或合升麻、郁金服之，不吐则下。李巽岩侍郎为雷州推官，鞠狱得此方，活人甚多也。

【附方】

旧三，新十。（略）



bing. Within ten days, the previously eaten fish and meat of the dead person would come into the abdomen of the host. Treatment: Whenever there is pain in the chest and diaphragm, take Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane or Danfan/chalanthitum/chalanthite to induce vomiting. If there is a pain in the area under the diaphragm, urgently take two *qian* of powder of Yujin with Mitang. Vicious substances will be defecated. Or, let the patient take Shengma and Yujin. There will be either vomiting or a loose stool. Mr. Li Xunyan, official title Shilang, once the Tuiguan (a judge in the local government) in Leizhou, got this prescription in his term of office from one of the prisoners. Through it, he rescued quite a number of people.

[Prescriptions]

Three prescriptions collected previously, and
10 prescriptions collected recently.



荆三棱 (宋开宝)

【释名】

京三棱开宝。草三棱开宝。鸡爪三棱开宝。黑三棱图经。石三棱

〔颂曰〕三棱，叶有三棱也。生荆楚地，故名荆三棱以著其地，开宝本草作京者误矣。又出草三棱条，云即鸡爪三棱，





JINGSANLENG

Common burreed

Sparganium stoloniferum Buch.-Ham.

Sparganium simplex Huds.

Sparganium stenophyllum Maxim.

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

[Rectification]

CAOSANLENG in *Kaibao Bencao* is included in this clause.

[Explanation of Names]

JINGSANLENG (京三棱)*

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

CAOSANLENG

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

JIZHAOSANLENG

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

HEISANLENG

— *Tujing Bencao (Illustrated Materia Medica)*.

SHISANLENG

Su Song: Sanleng, the leaf of the drug, is of triangular shape. The drug is produced in the Jing and Chu areas. As the drug produced in Jing area is of the best quality, it is commonly known as Jingsanleng, Sanleng from Jing. But, in *Kaibao Bencao*, it is recorded as Jingsanleng where Jing means capital, and this is not right, as the drug has nothing to do with the

*Different characters but the same sound and meaning as the main entry Jingsanleng (荆三棱).



生蜀地，二月、八月采之。其实一类，随形命名尔，故并见之。

【集解】

〔藏器曰〕三棱总有三四种。京三棱，黄色体重，状若鲫鱼而小。又有黑三棱，状如乌梅而稍大，体轻有须，相连蔓延，作漆色，蜀人以织为器，一名蓼者，是也。疗体并同。〔颂曰〕京三棱旧不著所出地土，今荆襄、江淮、济南、河陕间皆有之。多生浅水旁及陂泽中。春生苗，高三四尺。叶似莎草，极长，又似茭蒲叶而有三棱。五六月抽茎，高四五尺，大如人指，有三棱如削成。茎端开花，大体皆如莎草而大，黄紫色。苗下即魁，初生成块如附子大，或有扁者。其旁有根横贯，一根则连数魁，魁上亦出苗。其魁皆扁长，如小鲫鱼，体重者，三棱也。其根末将尽一魁，未发苗，小圆如乌梅者，黑三棱也。又根之端钩曲如爪者，鸡爪三棱也。皆皮黑肌白而至轻。或云：不出苗只生细根者，



Jing (capital). There is another species called Caosanleng, which is said to be Jizhaosanleng. Jizhao=chicken's claw. The drug is produced in Sichuan. Collect in the second and eighth months. Actually, this is the same drug with Jingsanleng. It is named Jizhaosanleng only because it looks like the Jizhao. All names are recorded.

[Previous Explanations]

Chen Cangqi: There are three to four species of Sanleng. Jingsanleng, yellow and heavy in quality, looks like Jiyu/carassius/crucian carp but it is smaller compared with other species. Heisanleng, in the shape of Wumei/fructus mume/smoked plum, is bigger in size. It is light in quality, with fibrous roots. Its roots are connected with each other. It is the color of lacquer. Local people in Sichuan use the fibrous roots to make baskets. It is also called Qin. This drug has the same shape and functions as Jingsanleng.

Su Song: Jingsanleng's place of origin was not given in the previous *Bencao* works. Now, the drug is produced in places like Jingxiang, Jianghuai, Jinan and area between the He and Shaan. It grows on the bank of shallow waters or in marshes. In spring, a seedling begins to grow. The herb can be as tall as three to four *chi*. Its leaf is similar to Shacao/herba cyperi/herb of nutgrass galingale. It is very long. It also looks like the leaf of Jiaopu (a kind of Shichangpu/rhizoma acori graminei/rhizome of grassleaf sweet flag) but it is triangular in shape. In the fifth and sixth months, a stem grows out from the middle and may reach four to five *chi*. It is as thick as a finger but it is in the shape of triangle with sharp ends. On top of the stem is the flower, which looks like that of Shacao but it is bigger, of yellow-purple color. Under the herb grows the rhizome. When it first grows, it looks like Fuzi. Or, it may be flat. The rhizomes are linked with roots. Each rhizome may have a new bud. The rhizome is flat, in the shape of small Jiyu/carassius/crucian carp. The rhizome that is heavy is the Sanleng. At the end of the root grows a rhizome without a bud in the shape of a small Wumei/fructus mume/smoked plum. And this is the Heisanleng, the black Sanleng. If the rhizome attached to the root curls up in the shape of a chicken claw, then it is called Jizhaosanleng. Such a drug is black outside and white inside, and is very light in weight. There is a kind of rhi-



谓之鸡爪三棱。又不生细根者，谓之黑三棱，大小不常，其色黑，去皮即白。三者本一种，但力有刚柔，各适其用。因其形为名，如乌头、乌喙、云母，云华之类，本非两物也。今人乃妄以鳧茈，香附子为之。又河中府有石三棱，根黄白色，形如钗股，叶绿如蒲，苗高及尺，叶上亦有三棱，四月开花，白色如蓼蒨花，五月采根，亦消积气。今举世所用三棱，皆淮南红蒲根也，泰州尤多。其体至坚重，刻削鱼形，叶扁茎圆，不复有三棱，不知何缘命名为三棱也？虽太医亦不以为谬。流习既久，用根者不识其苗，采药者莫究其用，因缘差失，不复辨别。今三棱皆独旁引二根，无直下根，其形大体多如鲫鱼。〔时珍曰〕三棱多生荒废陂池湿地。春时丛生，夏秋抽高茎，茎端复生数叶，开花六七枝，花皆细碎成穗，黄紫色，中有细子。其叶茎花实俱有三棱，并与香附苗叶花实一样，但长大尔。其茎光滑三棱，如棕之叶茎。茎



zome without fine roots, which is the Heisanleng, with big or small pieces. It is black outside and white inside. The above three species are actually the same drug, but with different level of their therapeutic functions. They are differently named only because of their shapes. This is just like the case when Wutou is also called Wuhui, or Yunmu, also called Yunhua. They are the same thing with different names. But now, merchants substitute Sanleng with Wuyu/cornus eleocharis dulcis/waternut corm and Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale. In Hezhongfu, there is a kind of drug called Shisanleng, which has a yellow-white root in the shape of hairpins. Its leaf is green and is in the shape of Shichangpu/rhizoma acori graminei/rhizonme of grassleaf sweet flag. Its herb may be as tall as one *chi*. Its leaf is also triangular. It has a flower in the fourth month, which is white, and shaped like Liaohong. Collect the root in the fifth month. The drug also has the function of dispersing the accumulation of qi. But now, all the Sanleng used by doctors is actually the root of Hongpu, produced in the Huainan area. Taizhou has bulk supply of the drug. It is a kind of drug that is very solid and heavy, and looks very much like a fish with a flat leaf and round stem. It is no longer in triangular shape. But, still, it is called Sanleng, the triangular herb. Even doctors in the Imperial Hospital do not see anything wrong with this. And the wrong use of the drug has been the practice for a long time. Doctors who use the root (rhizome) of the drug only never try to know the shape of the leaf, and collectors of the drug never know its use, although they may know the shape of the leaf. So, no differentiation of the drug has been done, causing wrong use. Now, the real Sanleng is something with two branches of roots going horizontal. There is no root going downward. The shape of the drug is similar to a Jiyu.

Li Shizhen: Sanleng grows in deserted swampland and marshlang. In spring, it grows in tussock. In summer and autumn, a tall stem grows. On top of the stem, several leaves grow with six to seven flowers, which are small and flock together on the spike in a yellow-purple color. There are fine seeds in the middle. The leaf, stem, flower and seed are all triangular-shaped. They look like those of Xiangfu, but the former are longer and bigger. The stem of the drug is slippery and is triangular shaped, like that of Zonglü/fortune windmill palm. In the stem, there are white fibers, which



中有白穰，剖之织物，柔韧如藤。吕忱字林云：蓼草生水中，根可缘器。即此草茎，非根也。抱朴子言蓼根花鲜，亦是此草。其根多黄黑须，削去须皮，乃如鲫状，非本根似鲫也。

根【修治】

〔元素曰〕入用须炮熟。〔时珍曰〕消积须用醋浸一日，炒或煮熟焙干，入药乃良。

【气味】

苦，平，无毒。〔志曰〕甘，平，温。

〔大明曰〕甘、涩，凉。〔元素曰〕苦、甘，无毒，阴中之阳。能泻真气，真气虚者勿用。

【主治】

老癖癥瘕，积聚结块，产后恶血血结，通月水，堕胎，止痛利气开宝。治气胀，破积气，消扑损瘀血，妇人血脉不



can be used to weave things. It is as soft and elastic as rattan. Lü Chen, in his book *Zi Lin*, recorded: Qincao grows in the water. Its root can be used to weave utensils. He was wrong to say that its root can be used to weave utensils. It should be the “stems.” *Baopuzi*, a book written by Ge Hong recorded: The root of Qin has a similar shape to Shanyu/monopterus/mud eel. This is also referring to Sanleng. The root of the drug is covered with fibrous roots. When it is peeled, it looks like something similar to the shape of Jiyu. The original root does not look like it.

JINGSANLENGGEN

Rhizome of common burreed

Rhizome sparganii

[Preparation]

Zhang Yuansu: Stir-bake the drug together with its fibrous roots.

Li Shizhen: Peel off the fibrous roots and then soak the drug in vinegar for a full day. Stir-fry or boil, and then bake it. After such processing, the drug becomes good for medical use.

[Quality and Taste]

It is bitter, plain and nontoxic.

Ma Zhi: It is sweet, plain and warm.

Da Ming: It is sweet, astringent and cool.

Zhang Yuansu: It is bitter, sweet and nontoxic. It is a drug of Yang in the Yin, a drug that purges the Zhenqi.

[Indications]

It is good for eliminating prolonged existence of hard mass, accumulation and assemblage, and dissolving accumulation of blood stasis in puerperium. It regulates menstruation and induces an abortion, stops pain and facilitates the flow of qi.

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

Da Ming: It eliminates abdominal distention of gas, dissolves accumulation of gas and blood stasis in a physical injury. It regulates blood disorder.



调，心腹痛，产后腹痛血运大明。心膈痛，饮食不消元素。通肝经积血，治疮肿坚硬好古。下乳汁时珍。

【发明】

〔好古曰〕三棱色白属金，破血中之气，肝经血分药也。三棱、莪茂治积块疮硬者，乃坚者削之也。〔志曰〕俗传昔人患癥癖死，遗言令开腹取之。得病块，干硬如石，文理有五色。以为异物，削成刀柄。后因以刀刈三棱，柄消成水，乃知此药可疗癥癖也。〔时珍曰〕三棱能破气散结，故能治诸病。其功可近于香附而力峻，故难久服。按戴原礼证治要诀云：有人病癥癖腹胀，用三棱、莪茂，以酒煨煎服之，下一黑物如鱼而愈也。



der of women, relieves epigastric and abdominal pain and vertigo due to blood disorder in puerperium.

Zhang Yuansu: It relieves pain in the Heart and diaphragm and helps digestion.

Wang Haogu: It removes blood stasis in the Liver Channel, dissolves and treats hard sores and swelling.

Li Shizhen: It promotes lactation.

[Explication]

Wang Haogu: Sanleng, a drug of white color, pertains to the Metal element. It is a drug that dissolves the accumulation of qi in the blood. It functions on the blood system of the Liver Channel. Both Sanleng and Ezhu are good for dissolving hard mass in the abdomen and hard sores. This is a practice described by the medical classic as “for the hard mass, dissolve it.”

Ma Zhi: It was recorded that someone was suffering from a serious case of hard mass in abdomen. Before his death, he told others to dissect him after he passed away and take out the hard mass. When he was opened up later, a mass as hard as stone with the texture of five colors was taken out. It was dry and hard, like a piece of real stone. People took it as a fancy thing and made a handle of a knife. Later, when this knife was used to cut Sanleng, the handle, made of the hard mass, dissolved into fluid. From this, it is known that Sanleng is a drug with a strong function of dissolving hard mass.

Li Shizhen: Sanleng is a drug that dissolves the accumulation of qi and disperses the stagnation of mass. It has similar functions to Xiangfu, but it is much stronger. So this drug cannot be taken over a long period of time. Dai Yuanli, in his book *Zhengzhi Yaojue*, recorded a case: Someone was suffering from hard mass and abdominal distention. He was treated with the following prescription:

Sanleng,
Ezhu.

Soak the above drugs in wine and then roast them. Simmer the two processed drugs to make a decoction. After taking it, the patient defecated a black mass in the shape of fish. He got well after this.

【附方】

旧三，新五。（略）



[Prescriptions]

Three prescriptions collected previously, and
five prescriptions collected recently.





莎草、香附子（别录中品）

【释名】

雀头香唐本。草附子图经。水香棱图经。水巴戟图经。
水莎图经。侯莎尔雅。莎结图经。夫须别录。续根草图经。
地蕝根图经。地毛广雅。

〔时珍曰〕别录止云莎草，不言用苗用根。后世皆用其



SHACAO, XIANGFUZI

Nutgrass galingale

Cyperus rotundus L.

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

[Explanation of Names]

QUETOUXIANG

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

CAOFUZI

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

SHUIXIANGLENG

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

SHUIBAJI

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

SHUISHA

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

HOUSHA

— *Er Ya*.

SHAJIE

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

FUXU

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

XUGENCAO

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

DILAIGEN

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

DIMAO

— *Guang Ya*.

Li Shizhen: In *Mingyi Bielu*, only the name Shacao was recorded with-



根，名香附子，而不知莎草之名也。其草可为笠及雨衣，疏而不沾，故字从草从沙。亦作蓑字，因其为衣垂缕，如孝子衰衣之状，故又从衰也。尔雅云，蒿（音浩）侯，莎，其实缙是也。又云，苔，夫须也。苔乃笠名，贱夫所须也。其根相附连续而生，可以合香，故谓之香附子。上古谓之雀头香。按江表传云，魏文帝遣使于吴求雀头香，即此。其叶似三棱及巴戟，而生下湿地，故有水三棱、水巴戟之名。俗人呼为雷公头。金光明经谓之月萃哆。记事珠谓之抱灵居士。

【集解】

〔别录曰〕莎草生田野，二月、八月采。〔弘景曰〕方药不复用，古人为诗多用之，而无识者。乃有鼠蓑，疗体异此。〔恭曰〕此草根名香附子，一名雀头香，所在有之，茎叶都似三棱，合和香用之。〔颂曰〕今处处有之。苗叶如薤



out mentioning the part, the root or herb, that should be used. Later doctors all used the root of the drug. And this is the Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale. Then, nobody knew what Shacao was. Shacao is the herb of the drug. It can be used to weave a straw hat or a raincoat. The thing looks loose, but water does not penetrate. As the grass will form a tassel at the end of the raincoat, so the herb is also called Shuaicao. Shuai means a kind of clothes with tassels worn by people at a funeral ceremony.

The book *Er Ya*: Haohou, or Sha, is a drug with yellow-brown fruits. It is also called Tai, or Fuxu, a kind of hat needed by a poor man. As its roots are attached to each other and can be used to make incense, it is called Xiangfuzi, Xiang=fragrant, scent; Fu=attached. In remote antiquity, the drug was called Quetouxiang. The book *Jiang Biao Zhuan* recorded that Emperor Wendi of the Wei* sent messengers to the Wu** State to get Quetouxiang. And that is just this drug. The leaf of the drug is similar to that of Sanleng and Bajitian/medicinal Indian mulberry. Local people call the drug Leigongtou. In the Buddhist classic *Jinguangmingjing (Suvarnaprabhasottamasutra)*, it is called Yuecuiduo. In the book *Jishi Zhu*, it is called Baolingjushi.

[Previous Explanations]

Shacao grows in the field. Collect the drug in the second and eighth months.

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

Tao Hongjing: Now, Shacao is no more used in medical prescriptions. It has been mentioned repeatedly in the ancient poems. There is another drug called Shushuai, which is a different drug.

Su Gong: The root of the herb is called Xiangfuzi (Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale). It is also called Quetouxiang. It is found everywhere. Its stem and leaf are all similar to that of Sanleng. The drug is used to make incense.

Su Song: Now, the drug is found everywhere. Its seedling and leaf are

*One of the states in the Three Kingdoms Period (220-280).

**Another state in the Three Kingdoms Period.



而瘦，根如箸头大。谨按唐玄宗天宝单方图，载水香棱功状与此相类。云水香棱原生博平郡池泽中，苗名香棱，根名莎结，亦名草附子。河南及淮南下湿地即有，名水莎。陇西谓之地藟根。蜀郡名续根草，亦名水巴戟。今涪都最饶，名三棱草。用茎作鞋履，所在皆有。采苗及花与根疗病。〔宗奭曰〕香附子今人多用。虽生于莎草根，然根上或有或无。有薄鞞皮，紫黑色，非多毛也。刮去皮则色白。若便以根为之，则误矣。〔时珍曰〕莎叶如老韭叶而硬，光泽有剑脊棱。五六月中抽一茎，三棱中空，茎端复出数叶。开青花成穗如黍，中有细子。其根有须，须下结子一二枚，转相延生，子上有细黑毛，大者如羊枣而两头尖。采得燎去毛，暴干货之。此乃近时日用要药，而陶氏不识，诸注亦略，乃知古今药物兴废不同。如此则本草诸药，亦不可以今之不识，便废弃不收，安知异时不为要药如香附者乎？



similar to that of Xiebai/*bulbus allii macrostemi*/bulb of longstamen onion, but it is thinner. Its root is as thick as a chopstick. In the book *Tang Xuanzong Tianbao Danfang Tu*, a drug called Shuixiangleng, which is similar in its shape and function to this drug, was recorded as being found in ponds and marshes in Bopingjun. Its seedling is called Xiangleng and its root Shajie, or Caofuzi. The drug is also found in the lowlands and marshland in Henan and Huainan. It is called Shuisha. In the Longxi area, it is called Dilaigen, and in Sichuan, it is called Xugengcao, or Shuibaji. Now, the drug is produced in Fudu in bulk. The drug is locally called Sanlengcao. Local people use the herb to make sandals. It is found everywhere there. People collect the herb, flower and root for medical use.

Kou Zongshi: Xiangfu is commonly used as a medicinal drug nowadays by doctors. The drug is produced on the root of Shacao. But it does not mean that in every root of the herb, the drug can be found. The drug, or the rhizome, is purple-black with creased peel. It is not hairy. When it is peeled, it becomes white. Not all the root of this herb can be used as drug. Only that with purple-black and creased peel can be used. Otherwise, it is a wrong practice.

Li Shizhen: Shacao looks like the old Jiucui, but it is harder and lustrous with sharp edges like a sword. In the fifth and sixth months, there is a stem coming out from the middle. The stem is triangular and hollow inside. On top of it grow several leaves. Flowers of blue-green color bloom in a spike similar to that of Shu. Fine seeds are formed in the center. The root is attached to fibrous roots, and under these grow one or two pieces of the drug attached to each other. It is covered with fine black hair. The big one can be as big as Yangzao (a kind of date) with two sharp ends. After collection, hold the drug over a fire so that hair can be burned away. Dry it in the sun and then it is ready for sale. This is a commonly used drug for the present day. As Tao Hongjing did not understand the drug quite well, so he had very brief description of it. This shows that drugs used in ancient times and present day are not the same. So, drugs recorded in *Shen Nong Bencao Jing*, though not very much commonly used today, should not be neglected. How could we know that a drug recorded in *Shen Nong Bencao Jing* but not yet much used today, will not be a drug as common as Xiangfu?



根

〔修治〕〔斲曰〕凡采得阴干，于石臼中捣之，切忌铁器。〔时珍曰〕凡采得连苗暴干，以火燎去苗及毛。用时以水洗净，石上磨去皮，用童子小便浸透，洗晒捣用。或生或炒，或以酒醋盐水浸，诸法各从本方，详见于下。又稻草煮之，味不苦。

〔气味〕甘，微寒，无毒。〔宗奭曰〕苦。〔颂曰〕天宝单方云：辛，微寒，无毒，性涩。〔元素曰〕甘、苦，微寒，气厚于味，阳中之阴，血中之气药也。〔时珍曰〕辛、微苦、甘，平。足厥阴、手少阳药也。能兼行十二经，入脉气分。得童子小便、醋、芎藭、苍术良。

〔主治〕除胸中热，充皮毛，久服利人，益气，长须眉



XIANGFUZIGEN

Rhizome of nutgrass galingale

Rhizoma cyperi

[Preparation]

Lei Xiao: Dry the drug in the shade first. Then, pound it in a dry stone mortar. Do not use an iron utensil.

Li Shizhen: After collection, dry the whole plant in the sun. Then, burn over a fire to remove the herb and the hair. Before use, wash the drug clean and rub off the peel against a piece of stone. Soak the drug in Tongniao/urina hominis/urine of boys under the age of three until it is completely done. Wash the drug and dry it in the sun again and then pound it. It can be used in crude form, or stir-fried, or soaked in wine, vinegar or in salt water. Different processing is recorded in each prescription. Also, when the drug is boiled together with Daocao/herba oryzae sativae/rice straw, it is no longer bitter.

[Quality and Taste]

It is sweet, slightly cold and nontoxic.

Kou Zongshi: It is bitter.

Su Song: According to the book *Tianbao Danfang*, it is pungent, slightly cold and nontoxic, and astringent.

Zhang Yuansu: It is sweet, bitter and slightly cold. It is a drug with thicker quality than taste, a drug of Yin in the Yang, a drug functioning on the qi system in the blood.

Li Shizhen: It is pungent, slightly bitter, sweet and plain. It is a drug functioning on the Liver Channel of Foot Greater Yin and Sanjiao Channel of Hand Lesser Yang. It also works on the twelve Channels. It functions on the qi system in the pulse. It will be reinforced if used together with Tongniao, vinegar, Xiongqiong or Cangzhu/rhizoma atractylodis/atractylodes rhizome.

[Indications]

It dispersed pathogenic Heat resting in the chest and strengthens the



别录。治心中客热，膀胱间连胁下气妨，常日忧愁不乐，兼心忪者苏颂。治一切气，霍乱吐泻腹痛，肾气膀胱冷气李杲。散时气寒疫，利三焦，解六郁，消饮食积聚，痰饮痞满，肘肿腹胀，脚气，止心腹肢体头目齿耳诸痛，痈疽疮疡，吐血下血尿血，妇人崩漏带下，月候不调，胎前产后百病时珍。

苗及花

〔主治〕丈夫心肺中虚风及客热，膀胱间连胁下时有气妨，皮肤瘙痒瘾疹，饮食不多，日渐瘦损，常有忧愁心忪少



defense of the skin. Long-term use is good for one's health and reinforces one's might. It promotes growth of beard and eyebrow.

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

Su Song: It disperses the guest Heat resting in the Heart, dredges through the obstruction in the Urinary Bladder and the ribs. It is also good for treating a patient who is not happy and filled with depression, with severe palpitations.

Li Gao: It is good for regulating disorders of qi. It treats cholera with vomiting, diarrhea and abdominal pain, regulates Kidney qi and warms the cold feeling in the Urinary Bladder.

Li Shizhen: It disperses epidemics with attack of pathogenic Cold. It facilitates the function of the Sanjiao, relieves melancholy of six kinds, dissolves indigestion and accumulation, Tanyin (phlegm and fluid retention) and stagnation of qi, edema and abdominal distention, and beriberi. It relieves pains in the epigastrium and abdomen, in extremities, head, eye, teeth and ear. It treats carbuncle and phlegmon and ulcer. It also treats hematemesis, hematochezia and hematuria, metrorrhagia and metrostaxis. It regulates menstruation and is good for treating a hundred ante and postpartum diseases.

SHACAO MIAO

Herb of nutgrass galingale

Herba cyperi

SHACAO HUA

Flower of nutgrass galingale

Flos cyperi

[Indications]

It disperses invasion of deficient pathogenic Wind and guest Heat in the Heart and Lung of a man, dredges obstruction of qi in the Urinary Bladder and the ribs. It eases itching and urticaria of the skin. It is also effective to treat a patient who has little food and gradually becomes emaciated, with too much melancholy, shortness of breath and severe palpitation. File some



气等证。并收苗花二十余斤锉细，以水二石五斗，煮一石五斗，斛中浸浴，令汗出五六度，其瘙痒即止。四时常用，瘾疹风永除。天宝单方图。煎饮散气郁，利胸膈，降痰热时珍。

【发明】

〔好古曰〕香附治膀胱两胁气妨，心忪少气，是能益气，乃血中之气药也。本草不言治崩漏，而方中用治崩漏，是能益气而止血也。又能逐去瘀血，是推陈也。正如巴豆治大便不通而又止泄泻同意。又云：香附阳中之阴，血中之气药，凡气郁血气必用之。炒黑能止血治崩漏，此妇人之仙药也。多服亦能走气。〔震亨曰〕香附须用童子小便浸过，能总解诸郁，凡血气必用之药，引至气分而生血，此正阴生阳长之义。本草不言补，而方家言于老人有益，意有存焉。盖于行中有补理。天之所以为天者，健而有常也。健运



20 *jin* of the herb and flower into small pieces. Boil the drug in two *dan* and five *dou* of water until one *dan* and five *dou* are left. Let the patient bathe in the decoction until he has sweated five to six times. Itching will thus be relieved. If this is done regularly in the four seasons, itching and urticaria will never attack again.

— *Tianbao Danfang Tu*.

Li Shizhen: Boil the drug to make a decoction to disperse stagnation of qi, facilitate the chest and diaphragm and eliminate phlegm and Heat.

[Explication]

Wang Haogu: Xiangfu is good for dredging through the obstruction of qi in the ribs and Urinary Bladder, with shortness of breath and severe palpitation. It is a drug that can reinforce the qi, a drug that functions on the qi in the blood. In *Shen Nong Bencao Jing*, it did not mention that the drug is good for treating metrorrhagia and metrostaxis. But in the collection of prescriptions, there are those to treat these problems. This is due to the fact that Xiangfu is good for reinforcing the qi, stop bleeding and remove blood stasis. This is just the same as Badou, which can be used to dredge through the constipation and can also stop the diarrhea and dysentery. Xiangfu is a drug of Yang in the Yin, a drug that must be used in treating stagnation of qi and abdominal pain of woman due to disorder of blood and qi. When the drug is stir-fried to turn black, it is good for treating metrorrhagia and metrostaxis. So, Xiangfu is a wonder drug in treating woman diseases. But overdose of the drug may also consume the qi.

Zhu Zhenheng: When Xiangfu is soaked in Tongniao, it is very good for relieving all kinds of melancholy. It is a must drug in treating abdominal pain of a woman due to disorder of blood and qi. It will lead the drugs to function on the qi and help produce blood. This is in conformity with the idea that when Yin is germinated, it will promote the growth of Yang. In *Shen Nong Bencao Jing*, it did not say that the drug is a tonic. But practitioners say that the drug is good for the health of the aged. In this way, it indicates that the drug is a kind of tonic. It is a drug that facilitates the circulation of blood and qi and tones them at the same time. The Heaven is something that functions mightily but it is stable and steady. In this way the



不息，所以生生无穷，即此理尔。今即香中亦用之。〔时珍曰〕香附之气平而不寒，香而能窜。其味多辛能散，微苦能降，微甘能和。乃足厥阴肝、手少阳三焦气分主药，而兼通十二经气分。生则上行胸膈，外达皮肤；熟则下走肝肾，外彻腰足。炒黑则止血，得童溲浸炒则入血分而补虚，盐水浸炒则入血分而润燥，青盐炒则补肾气，酒浸炒则行经络，醋浸炒则消积聚，姜汁炒则化痰饮。得参、术则补气，得归、芎则补血，得木香则疏滞和中，得檀香则理气醒脾，得沉香



Heaven provides the environment for all creatures to be germinating all the time. Now, the drug is also used in making incenses.

Li Shizhen: The quality of Xiangfu is plain and not cold. Fragrant as it is, it moves quickly. It is pungent in taste and therefore is dispersing. It is slightly bitter, so it has the tendency of descending. It is also slightly sweet, so it has the tendency of harmonization. It is the principal drug functioning on the qi system of the Liver Channel of Foot Greater Yin and Sanjiao Channel of Hand Lesser Yang. It also functions on the qi system of the twelve Channels. Different ways of preparation of the drug create varied functions:

When the crude drug is used, it functions on the chest and diaphragm and reaches the skin.

If it is prepared, it functions on the Liver and Kidney and descends to the waist and feet.

When the drug is stir-fried to turn black, it has the function of stopping bleeding.

Soaked in Tongniao and then stir-fried, the drug is good for functioning on the blood system and tonify the deficiency.

Soaked in salt water and then stir-fried, the drug will be good for functioning on the blood system and moistening the Dryness.

Stir-fried with halite, the drug will be good for tonifying the Kidney qi.

Soaked in wine and then stir-fried, the drug will facilitate the normal functions of the Channels and Collaterals.

Soaked in vinegar and then stir-fried, the drug is good for dispersing accumulation and assemblage.

Stir-fried together with juice of fresh ginger, the drug is then good for dissolving Tanyin (phlegm and fluid retention).

Again, when the drug is used together with other drugs, it is reinforced in its therapeutic functions in the following way:

It tonifies the qi when the drug is used together with ginseng root and Baizhu.

It tonifies the blood when it is used together with Danggui/radix angelicae sinensis/root of Chinese angelica and Dihuang/radix rehmanniae/rhizome of rehmannia.



则升降诸气，得芎藭、苍术则总解诸郁，得卮子、黄连则能降火热，得茯神则交济心肾，得茴香、破故纸则引气归元，得厚朴、半夏则决壅消胀，得紫苏、葱白则解散邪气，得三棱、莪朮则消磨积块，得艾叶则治血气暖子宫，乃气病之总司，女科之主帅也。飞霞子韩悉云：香附能推陈致新，故诸书皆云益气。而俗有耗气之说，宜于女人不宜于男子者，非矣。盖妇人以血用事，气行则无疾。老人精枯血闭，惟气是



Reinforced by Muxiang, the drug will be good for dredging through the obstruction and harmonizing the interior.

Reinforced by Tanxiang/lignum santali albi/sandalwood, the drug will be good for regulating the qi and enliven the Spleen.

Aided by Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood, the drug will be good for bringing the qi up or down.

The drug will be good for relieving all kinds of melancholy if it is used together with Xiongqiong and Cangzhu.

Assisted by Zhizi/fructus gardeniae/fruit of cape jasmine and Huanglian/rhizoma coptidis/coptis rhizome, the drug will be good for bringing down the Fire and eliminating the Heat.

When the drug is used together with Fushen/poria/Indian bread with pine-root, it connects the Heart and the Kidney.

When Huixiang/fructus foeniculi/fennel fruit and Poguzhi are used together with the drug, they work together to lead the qi back to its origin.

The drug will be good for dredging through the obstruction and eliminating distention if it is assisted by Houpo/cortex magnoliae officinalis/bark of officinal magnolia and Banxia/rhizoma pinelliae/pinellia tuber.

The drug will be good for dispersing the invasion of pathogenic factors if it is used together with Zisu/herba perillae/perilla herb and Congbai/bulbus allii fistulosi/fistular onion stalk.

To dissolve hard masses, Sanleng and Ezhu should be used together with the drug.

Assisted by Aiye/folium artemisiae argyi/leaf of argy wormwood, the drug will be good for treating abdominal pain of woman due to disorder of blood and qi and warm the uterus.

To sum up, Xiangfu is a principal drug in regulating qi disorders and the leading ingredient in treating various sorts of women diseases. Han Mao, also known as Feixiazi, was quoted as saying: Xiangfu is a drug that ushers in the new and pushes away the old. All *Bencao* works say that it is good for reinforcing the qi. But there is another understanding among ordinary doctors that Xiangfu exhausts the qi and is good only for women and not for men. This is not right. This is because the state of blood is the most important factor in a woman. Once it is well regulated, there will be



资。小儿气日充，则形乃日固。大凡病则气滞而馁，故香附于气分为君药，世所罕知。臣以参、芪，佐以甘草，治虚怯甚速也。悉游方外时，悬壶轻赍，治百病黄鹤丹，治妇人青囊丸，随宜用引，辄有小效。人索不已，用者当思法外意可也。黄鹤丹乃铄衣翁在黄鹤楼所授之方，故名。其方用香附一斤，黄连半斤，洗晒为末，水糊丸梧子大。假如外感，葱姜汤下；内伤，米饮下；气病，木香汤下；血病，酒下；痰



no disease. But for the aged, their Jing (Vital Essence) is normally withered and blood exhausted. For the infant, when the qi is reinforced day by day, the child is building up his strength. As a rule, when a person is diseased, the qi must be stagnated. Therefore, Xiangfu is a drug to all as it is promoting the flow of qi. Unfortunately doctors do not know this as a rule. When Xiangfu is accompanied by ginseng root and Huangqi/radix astragali/root of membranous milkvetch and assisted by liquorice root, it then forms a prescription good for treating cowardice due to general deficiency. While I was traveling all over, carrying my medicinal bottle gourd with me, I treated various diseases with my prescription of Huanghe Dan and women's disease with Qingnang Wan. Guiding drugs are added to the prescription in accordance with the concrete case. Both prescriptions worked all the time with varying efficacy. So, many people asked for the drugs. Doctors should study the prescriptions (see below) carefully and use them in your own way.

Prescription of Huanghe Dan: This is a prescription passed to me by an old man wearing very light clothes. I met with the immortal-like old man on the Huanghe Tower (Tower of Yellow Crane). So I named the prescription as Huanghe Dan (alchemical drug of the yellow crane). Prescription:

One *jin* of Xiangfu,
Half a *jin* of Huanglian.

Wash and dry the drugs in the sun and grind them into powder. Make pills the size of a parasol seed. The pills should be taken in the following ways:

If the disease is complicated with a common cold, wash down with a decoction of Cong and fresh ginger.

If the disease is accompanied by internal damage, wash down with Miyin.

If it is a disease due to stagnation of qi, wash down with a decoction of Muxiang.

If it is a disease due to blood disorder, wash down with wine.

If it is a disease due to phlegm accumulation, wash down the pills with a decoction of fresh ginger.

If it is a disease due to excessive heat, wash down the pills with Miyin or hot water.



病，姜汤下；火病，白汤下。余可类推。青囊丸乃邵应节真人祷母病，咸方士所授者。方用香附略炒一斤，乌药略炮五两三钱，为末，水醋煮面糊为丸。随证用引，如头痛，茶下；痰气，姜汤下；多用酒下为妙。

【附方】

旧一，新四十八。（略）

The decoction that is used to wash down the pills can be varied according to the specific cases.

Prescription of Qingnang Wan (pill in the black sack). Shao Yingjie, a man of virtue, once prayed for his mother as the old lady was seriously ill. A Taoist practitioner was touched by his filial deeds and gave him the prescription:

One *jin* of Xiangfu, slightly stir-fried,

Five *liang* three *qian* of Wuyao/radix linderæ/root of combined spicebush, slightly stir-baked.

Grind the above drugs into powder. Make pills after boiling it together with vinegar, water and wheat flour. Pills should be washed down by different decoctions. For example, if the disease is accompanied by headache, wash down with tea. If the disease is due to Tanyin (phlegm and fluid retention), wash down with a decoction of fresh ginger. In most cases, it is better to wash the pills down with wine.

[Prescriptions]

One prescription collected previously, and
48 prescriptions collected recently.





郁金香（宋开宝）

【释名】

郁香御览。红蓝花纲目。紫述香纲目。草麝香 茶矩摩佛书。

〔颂曰〕许慎说文解字云：郁，芳草也。十叶为贯，百二十贯筑以煮之。郁鬯乃百草之英，合而酿酒以降神，乃远方郁人所贡，故谓之郁。郁，今郁林郡也。〔时珍曰〕汉郁林郡，即今广西、贵州、浔、柳、邕、宾诸州之地。一统志惟载柳州罗城县出郁金香，即此也。金光明经谓之茶矩摩香。此乃郁金香，与今时所用郁金香，名同物异。唐慎微本草收此入彼下，误矣。按赵古则六书本义：鬯字象米在器中，以匕扱之之意。鬱字从白，奉缶置于几上，鬯有多饰，五体之意。俗作郁。则郁乃取花筑酒之意，非指地言，地乃因此草得名耳。



YUJINXIANG

Common tulip

Tulipa gesneriana L.

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

[Explanation of Names]

YUXIANG

— *Taiping Yulan*.

HONGLANHUA

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

ZISUXIANG

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

CAOSHEXIANG

CHAJUMO

— Buddhist classic.

Su Song: *Shuowen Jiezi (Book of Philology by Xu Shen)*: Yujinxiang is a kind of fragrant plant. Cut 1200 leaves of the plant into pieces and boil it with water. Yujinxiang is the best of a hundred herbs. Add it to the brewing of wine. Sacrifice the wine to worship the immortals. This was offered in tribute to the capital by people in Yu, a faraway place (i.e. Yulin Prefecture). So, the plant is named Yujinxiang.

Li Shizhen: The Yulinjun in Han Dynasty (206BC-AD220) means Guangxi, Guizhou, Xunzhou, Liuzhou, Yongzhou and Binzhou of today. The book *Yitong Zhi* recorded that Yujinxiang is produced in Luocheng County in Liuzhou. *The Buddhist Jinguangmingjing (suvarnaprabhasottamasutra)* calls the drug Chajumoxiang. This refers to Yujinxiang. It is dif-



【集解】

〔藏器曰〕郁金香生大秦国，二月，三月有花，状如红蓝，四月、五月采花，即香也。〔时珍曰〕按郑玄云：郁草似兰。杨孚南州异物志云：郁金出罽宾，国人种之，先以供佛，数日萎，然后取之。色正黄，与芙蓉花裹嫩莲者相似，可以香酒。又唐书云：太宗时，伽毘国献郁金香，叶似麦门冬，九月花开，状似芙蓉，其色紫碧，香闻数十步，花而不实，欲种者取根。二说皆同，但花色不同，种或不一也。古乐府云，中有郁金苏合香者，是此郁金也。晋左贵嫔有郁金颂云：伊有奇草，名曰郁金。越自殊域，厥珍来寻。芳香酷烈，悦目怡心。明德惟馨，淑人是钦。



ferent from Yujin.* They have the same name but they are different things. Tang Shenwei, in his *Zhenglei Bencao*, recorded Yujinxiang under the drug Yujin, which is wrong.

[Previous Explanations]

Chen Cangqi: Yujinxiang is produced in Daqin (a name for Roman Empire in ancient China). Its flower blooms in the second and third months. The flower looks like Honghua/flos cathami/safflower. Collect the flower in the fourth and fifth months when it is fragrant.

Li Shizhen: Zheng Xuan said that Yujinxiang looks like Lancao/herba eupatorii/herb of fortune eupatorium. Yang Fu in his book *Nanzhou Yiwu Zhi* recorded: Yujinxiang is produced in Jibinguo.** People cultivate the plant. When the flower blooms, it is used for worship first. After a few days, when it withers, it is used for other purposes. It is yellow, looking like Lianhua/flos nelumbinis/lotus flower bud with tender fruit. It can be used to scent wine. *Tangshu, History of the Tang Dynasty*,*** recorded that, at the time of Emperor Taizong, a messenger from Jiapiguo,+ offered him tribute of Yujinxiang. It is recorded that the leaf of the plant looks like that of Maimendong/dwarf lilyturf. The purple and green flower blooms in the ninth month in the shape of Lianhua. Its fragrance can spread as far as several dozen steps. There is no seed. The new plant develops from the root. Records of the above two books are more or less the same. But the colors of the flowers are not. It could be of different species. In the book *Gu Yuefu*, both Yujinxiang and Suhexiang are recorded. And the former is actually the drug Yujinxiang. During the Jin Dynasty (281-420), Zuo Fen, the imperial concubine known as Zuo Guibin, wrote a prose, *Ode to Yujinxiang*. It goes:

*In Chinese, the term Yujinxiang and Yujin are the same for the first two characters. The last character in the former Xiang means “fragrance.” Sometimes it is added to the latter as it is considered the character Xiang is only added to denote its smell.

**Jibingguo: An ancient country in the Western Regions.

***Tang Dynasty (618-907).

+Jiapiguo: An ancient country in the Western Regions.

【气味】

苦，温，无毒。

〔藏器曰〕平。

【主治】

蛊野诸毒，心腹闻恶气鬼疰，鸦鹞等一切臭。入诸香药用藏器。



Here it is a miraculous herb called Yujinxiang. Coming from afar as someone endeavored to bring it here. It is very fragrant, very beautiful and very pleasing to the heart. As it is bright and fragrant, it wins the adoration of beautiful ladies.

[Quality and Taste]

It is bitter, warm and nontoxic.

Chen Cangqi: It is plain.

[Indications]

Chen Cangqi: It detoxifies Gudu and Guizhu with attack of noxious agents to the epigastrium and abdomen. It eliminates the bad smell of a crow, falcon or hawk. It can be added into drugs of fragrance.



藿香（宋嘉祐）

【释名】

兜娄婆香

〔时珍曰〕豆叶曰藿，其叶似之，故名。楞严经云：坛前以兜娄婆香煎水洗浴。即此。法华经谓之多摩罗跋香，金光明经谓之钵怛罗香，皆兜娄二字梵言也。涅槃又谓之迦算香。

【集解】

〔禹锡曰〕按南州异物志云：藿香出海边国，形如都梁，叶似水苏，可着衣服中。嵇含南方草木状云：出交阯、九真、武平、兴古诸地，吏民自种之，榛生，五六月采，日





HUOXIANG

Wrinkled giant hyssop

Agastache rugosa (Fisch. et Mey.) O. Ktze.

Pogostemon cablin (Blanco) Benth.

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

[Explanation of Names]

DOULOPOXIANG

Li Shizhen: The leaf of Dadou/soybean seed is called Huo. As the leaf of Huoxiang is similar to the leaf of soybean, so it is named Huoxiang. Huo=soybean, Xiang=fragrance, a drug with similar leaf to soybean and with fragrance. *Lengyanjing*, a Buddhist classic, mentioned that before their activities, (the monks) should bathe themselves in the decoction of Douloupoxiang. This is a mention of the drug Huoxiang. In *Fahuajing*, another Buddhist classic, the drug is recorded as Moluobaxiang. And in the Buddhist classic, *Jingguangmingjing* (*Suvarnaprabhasottamasutra*), it is recorded as Bodaluoxiang. Such differences lie in the various pronunciations in Sanskrit. And in the Buddhist classic, *Niepanjing*, the drug is recorded as Jiasuanxiang.

[Previous Explanations]

Zhang Yuxi: The book *Nanzhou Yiwu Zhi* recorded: Huoxiang is produced in countries close to the sea. The herb looks like Duliang. Its leaf is similar to *Shuisu/herba stachydis japonicae*/herb of Japanese betony. It can be kept in the pocket of clothes (to make the clothes fragrant). Ji Han, in his *Nanfang Caomu Zhuang*, said: The drug is produced in Jiaozhi, Jiuzhen, Wuping and Xinggu. Local people cultivate it. It grows in tussock. Collect the drug in the fifth and sixth months. Dry the drug in the sun. It becomes fragrant.

干乃芬香。〔颂曰〕藿香岭南多有之，人家亦多种。二月生苗，茎梗甚密，作丛，叶似桑而小薄，六月七月采之，须黄色乃可收。金楼子及俞益期笈皆云：扶南国人言：五香共是一木。其根是旃檀，节是沈香，花是鸡舌，叶是藿香，胶是熏陆。故本草以五香共条，义亦出此。今南中藿香乃是草类，与嵇含所说正相符合。范晔合香方云：零藿虚燥。古人乃以合熏香。即此扶南之说，似涉欺罔也。〔时珍曰〕藿香方茎有节中虚，叶微似茄叶。洁古、东垣惟用其叶，不用枝梗。今人并枝梗用之，因叶多伪故耳。唐史云，顿逊国出藿香，插枝便生，叶如都梁者，是也。刘欣期交州记言藿香似苏合香者，谓其气相似，非谓形状也。





Su Song: Huoxiang is found in areas south of the Five Ridges, where people plant it. The seedling begins to grow in the second month. It grows in tussock. Its leaf is similar to Sangye/folium mori/mulberry leaf, but it is smaller and thinner. Collect the drug in the sixth and seventh months and keep until it turns yellow. According to the books *Jinlouzi* and *Yuyi Qijian*, people in Funanguo* said that: There is a plant called Wuxiang, meaning five fragrances. It is actually one plant from which five fragrant drugs are derived. Its root is Zhantan. Its node is Chenxiang/lignum aquilariae resinatum/wood of Chinese eaglewood. Its flower is Jishe. Its leaf is Huoxiang and its glue is Xunlu. Therefore, in *Shen Nong Bencao Jing*, the five fragrant drugs as mentioned above are included in the same clause. But Huoxiang produced in the south is a kind of herb, which is in conformity with what Ji Han described in his book *Nanfang Caomu Zhuang*. Fan Ye, in his book *Hexiang Fang*, said: Ling and Huo are both loose and dry. Ancient people used them to make Xunxiang. According to the above records, it seems what “the people in Funanguo say” is groundless.

Li Shizhen: Huoxiang has a square and hollow stem with nodes. The leaf is slightly similar to that of Qiezi/eggplant. Zhang Jiegu and Li Dongyuan only used the leaf but not the twigs. But, now, doctors use both the leaves and the twigs. This is because the leaves supplied in the market are always fakes. The book *Tang Shi (History of the Tang Dynasty [618-907])* said that Huoxiang was produced in Dunxunguo.** It can be planted by inserting a piece of the twig. Its leaf is similar to Duliang. Liu Xinqi, in his book *Jiaozhou Ji*, said that Huoxiang was similar to Suhexiang/storax/storesin. What he meant was that the fragrance of both drugs were similar, but not the shape.

HUOXIANGZHI and HUOXIANGYE

Herb of wrinkled giant hyssop

*Funanguo, an ancient place in Southeast Asia.

**A place in ancient southeast Asia.



枝叶【气味】

辛，微温，无毒。

〔元素曰〕辛、甘。又曰：甘、苦，气厚味薄，浮而升，阳也。〔杲曰〕可升可降，阳也。入手、足太阴经。

【主治】

风水毒肿，去恶气，止霍乱心腹痛别录。脾胃吐逆为要药苏颂。助胃气，开胃口，进饮食元素。温中快气，肺虚有寒，上焦壅热，饮酒口臭，煎汤漱口好古。

【发明】

〔杲曰〕芳香之气助脾胃，故藿香能止呕逆，进饮食。〔好古曰〕手、足太阴之药。故入顺气乌药散，则补肺；入黄芪四君子汤，则补脾也。



Herba agastaches

[Quality and Taste]

It is pungent, slightly warm and nontoxic.

Zhang Yuansu: It is pungent and sweet. It is a drug with thick quality and thin taste, a drug with tendency of floating and ascending, a drug of Yang.

Li Gao: It is a drug with ascending and descending tendency, a drug of Yang. It functions on Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin.

[Indications]

It eliminates pyogenic infections due to attack of pathogenic Wind and Water, disperses attack of vicious agents, stops cholera, and relieves epigastric and abdominal pain.

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

Su Song: It is a principal drug in treating Spleen and Stomach trouble and in calming nausea and vomiting.

Zhang Yuansu: It reinforces the Stomach qi, whets the appetite and enables the person to eat more.

Wang Haogu: It is good for warming the interior and facilitating the circulation of qi. It warms the cold in the Lung under a deficient condition, eliminates pent-up Heat resting in Shangjiao. Boil the drug to make a decoction. Rinse the mouth with the decoction to treat halitosis due to excessive drinking.

[Explication]

Li Gao: Huoxiang, a fragrant drug, helps the Spleen and Stomach in their physiological activities. So, Huoxiang is used to bring down nausea and vomiting and whet the appetite.

Wang Haogu: It is a drug functioning on Lung Channel of Hand Initial Yin and Spleen Channel of Foot Initial Yin. When the drug is added into

【附方】

新六。(略)



Shunqi Wuyao San,* it has the function of toning the Lung. When it is added into the prescription of Huangqi Sijunzi Tang,** it tones the Spleen.

[Prescription]

Six prescriptions collected recently.

*The prescription is not available. The term means: Powder of Wuyao/radix linderae/root of combined spicebush facilitating the circulation of qi.

**Huangqi Sijunzi Tang:

Huangqi/radix astragali/root of membranous milkvetch,

Renshen/radix ginseng/ginseng root,

Fuling/poria/Indian bread,

Baizhu/rhizoma atractylodis macrocephalae/rhizome of largehead atractylodes,

Liquorice root.



薰草（别录中品） 零陵香（宋开宝）

【释名】

薰草别录。香草开宝。燕草纲目。黄零草玉册。

〔时珍曰〕古者烧香草以降神，故曰薰，曰蕙。薰者熏也，蕙者和也。汉书云，薰以香自烧，是矣。或云，古人祓除，以此草熏之，故谓之薰，亦通。范成大虞衡志言，零陵即今永州，不出此香。惟蝮、宜等州甚多，土人以编席薦，性暖宜人。谨按：零陵旧治在今全州。全乃湘水之源，多生此香，今人呼为广零陵香者，乃真薰草也。若永州、道州、武冈州，皆零陵属地也。今镇江、丹阳皆蒔而刈之，以酒洒





XUNCAO,* LINGLINGXIANG**

Strong fragrant loosestrife

Lysimachia foenum-graecum Hance

[Explanation of Names]

HUICAO

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

XIANGCAO

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

YANCAO

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

HUANGLINGCAO

— *Gengxin Yuze*.

Li Shizhen: In ancient times, the herb was burned to welcome the descending of immortals from Heaven. Xuncao: Xun=fumigate. Huicao: Hui=harmonize. *Han Shu (History of the Han Dynasty [206BC-AD220])* recorded that incense was burned (for ceremonies). Or, some said in ancient times that the herb was burned in the ceremony of dispersing attacks of disasters. Fan Chengda said in his book *Yuheng Zhi* that Lingling is a name of a place now called Yongzhou. The drug is not grown there. It is produced in Rongzhou and Yizhou in large quantity. Local people use the herb to weave straw mats. Li Shizhen's annotation: Lingling, the name of a place in ancient times, is now where Quanzhou is located. It is a place where the Xiang River originates. The herb is produced in that area. What is now called Guang Linglingxiang is the real Xuncao. Places like Yongzhou, Daozhou and Wugangzhou all belong to the area of Lingling. The

*Recorded as drug of medium class in *Mingyi Beilu (Records of Famous Doctors)*.

**Recorded in *Kaibao Bencao (Materia Medica of Kaibao)*.



制货之，芬香更烈，谓之香草，与兰草同称。楚辞云，既滋兰之九畹，又树蕙之百亩，则古人皆栽之矣。张揖广雅云：鹵，薰也。其叶谓之蕙。而黄山谷言一千数花者为蕙。盖因不识兰草、蕙草，强以兰花为分别也。郑樵修本草，言兰即蕙，蕙即零陵香，亦是臆见，殊欠分明。但兰草、蕙草，乃一类二种耳。

【集解】

〔别录曰〕薰草一名蕙草，生下湿地，三月采阴干，脱节者良。又曰：蕙实，生鲁山平泽。〔弘景曰〕桐君药录：薰草叶如麻，两两相对。山海经云：浮山有草，麻叶而方茎，赤华而黑实，气如薜茘，名曰薰草，可以已疔。今俗人皆呼燕草状如茅而香者为薰草，人家颇种之者，非也。诗书家多用蕙，而竟不知是何草，尚其名而迷其实，皆此类也。〔藏器曰〕薰草即是零陵香，薰乃蕙草根也。〔志曰〕零陵香生零陵山谷，叶如罗勒。南越志云：土人名燕草，又名薰草，即香草也。山海经薰草即是此。〔颂曰〕零陵香今湖岭



herb is also produced in places like Zhenjiang and Danyang. Farmers cut the herb and spread it with wine to sell. The herb is very fragrant and local people call it Xiangcao, the fragrant herb, the same name as Lancao/herba eupatorii/herb of fortune eupatorium. *Chu Ci* recorded that both Lancao and Xuncao were planted. From this we know that, in ancient times, the herb was cultivated already.

The book *Zhang Ji Guang Ya*: Lu is the name of Xuncao. Its leaf is called Hui. But Huang Shangu said that the herb with one stem and several flowers was Hui. This is because he did not know the difference between Lancao and Xuncao. Zheng Qiao, in his compilation of *Bencao* works, also mistook Lancao as Xuncao. Of course, he was wrong, too. But nevertheless, Lancao and Xuncao are two herbs of the same category.

[Previous Explanations]

Xuncao, also known as Huicao, grows in the damp lowlands. Collect it in the third month and dry in the shade. That with its nodes falling off is a good quality drug. It is also recorded: Huishi grows on the plain of Lushan.

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

Tao Hongjing: The book *Tongjun Yaolu*: The leaf of Xuncao is similar to that of Dama/cannabis sativa/hemp. They grow in pairs in opposition.

The book *Shanhai Jing (Book of Mountains and Seas)*: There is a kind of herb with a leaf similar to that of Dama and a square stem. It has red flower and black seed. It has a similar smell as Miwu/foolium chuanxiong/leaf of Szechwan lovage. And this is Xuncao. It is a drug that prevents leprosy. Now, people call Yancao, something looking like Baimao/herba imperatae/lalang grass with fragrance, as Xuncao, Farmers plant the herb a lot. But this is not correct. Poets and writers use the term Hui a lot. Actually, they do not know what Hui really is.

Chen Cangqi: Xuncao is simply Linglingxiang. Xuncao is the root of Huicao.

Ma Zhi: Linglingxiang grows in the mountain valleys in Lingling. Its leaf is similar to that of Luole/herba ocimi pilosi/herb of sweet basil.

The book *Nanyue Zhi*: Local people call it Yancao, or Xuncao, or Xiangcao. Xunxao, as the book *Shanhai Jing (Book of Mountains and*



诸州皆有之，多生下湿地，叶如麻，两两相对，茎方，常以七月中旬开花至香，古云薰草是也。岭南人皆作窑灶，以火炭焙干，令黄色乃佳。江淮亦有土生者，亦可作香，但不及湖岭者，至枯槁香尤芬熏耳。古方但用薰草，不用零陵香。今合香家及面脂、澡豆诸法皆用之，都下市肆货之甚便。〔时珍曰〕今惟吴人栽造，货之亦广。

薰草

〔气味〕甘，平，无毒。〔权曰〕苦，无毒。〔珣曰〕辛，温，无毒。不宜多服，令人气喘。〔玉册云〕伏三黄、朱砂。

〔主治〕明目止泪，疗泄精，去臭恶气，伤寒头痛，上



Seas) mentioned, is this drug.

Su Song: Linglingxiang is produced in many prefectures in Hunan now. It grows mostly in damp lowland. Its leaf is similar to that of Dama, with pairs of them growing in opposition. Its stem is square. Normally, the flowers bloom in the middle of the seventh month. It is very fragrant. Ancient people called this Xuncao. People living south of the Five Ridges bake the drug until it turns yellow. The drug is also produced in the area south of the Yangtze River. But it is not as good as that produced in Hunan and in the area south of Nanling. That produced in Hunan and south of Lingnan is still fragrant even when it withers. In ancient prescriptions, only Xuncao was mentioned. But Linglingxiang was not mentioned. Now, the drug is used to make incense, face lotion and washing powder. It is very convenient to buy the drug in the market in a city.

Li Shizhen: Now, only people living in Wu area* plant and process the herb. It is in wide circulation in the country.

XUNCAO

Herb of strong fragrant loosestrife

Herb *lysimachiae foeni-graeci*

[Quality and Taste]

It is sweet, plain and nontoxic.

Zhen Quan: It is bitter and nontoxic.

Li Xun: It is pungent, warm and nontoxic. It should not be overdosed as this can cause asthma.

It oppresses red orpiment, orpiment, sulfur and cinnabar.

— *Gengxin Yuce*.

[Indications]

It improves eyesight and stops tears. It treats seminal emission. It eliminates bad smells. It is good for treating headache in febrile disease caused by Cold, dyspnoea and relieving lumbago.

*South of the Yangtze River.



气腰痛别录。单用，治鼻中瘖肉，鼻鼈甄叔。零陵香：主恶气疰心腹痛满，下气，令体香，和诸香作汤丸用，得酒良开宝。主风邪冲心，虚劳疝蠱。得升麻、细辛煎饮，治牙齿肿痛善李珣。治血气腹胀，茎叶煎酒服大明。妇人浸油饰发，香无以加宗爽。

〔发明〕〔时珍曰〕薰草芳馨，其气辛散上达，故心腹恶气齿痛鼻塞皆用之。脾胃喜芳香，芳香可以养鼻是也。多服作喘，为能耗散真气也。

〔附方〕新十。（略）



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

Zhen Quan: To use the drug independently, it is good for treating nasal polyp and sinusitis.

Linglingxiang: It is good for treating epigastric and abdominal pain and distention due to attack of vicious agents. It brings down adverse ascending of gas and scents the body. It can be added into other fragrant herbs in making decoctions or pills. It functions even better if it is processed with wine.

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

Li Xun: It prevents the attack of pathogenic Wind to the Heart, treats consumptive disease and nasal and oral eczema. Boil the drug together with Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane and Xixin/herba asari/herb of Manchurian wild ginger. Take the decoction for treating toothache with swelling.

Da Ming: It is good for treating abdominal pain and distention of woman due to disorder of blood and qi. Boil the stem and leaf in wine to make a decoction.

Kou Zongshi: Soak the drug in oil and use the oil to moisturize the hair of a woman. It emits a wonderful fragrance beyond compare.

[Explication]

Li Shizhen: Xuncao, a fragrant herb, has its qi going upward. Therefore it is effective to disperse attacks of vicious agents to the epigastrium and abdomen. It is also good for relieving toothache and stuffy nose. This is because the Spleen and Stomach like the fragrance of the drug. So drugs of fragrant smell can nourish the nose. Overdosing will cause asthma, a result of consumption of the Zhenqi.

[Prescription]

Ten prescriptions collected recently.

兰草（本经上品）

【释名】

菴音闲。水香本经。香水兰开宝。女兰纲目。香草纲目。燕尾香开宝。大泽兰炮炙论。煎泽草弘景。兰泽草唐本。省头草纲目。都梁香李当之。孩儿菊纲目。千金草





LANCAO

Fortune eupatorium

Eupatorium fortunei Turcz.

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

[Explanation of Names]

XIAN SHUIXIANG

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

XIANGSHUILAN

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

NÜLAN

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

XIANGCAO

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

YANWEIXIANG

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

DAZELAN

— *Lei Gong Paozhilun*.

JIANZECAO

— Tao Hongjing.

LANZECAO

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

SHENGTOUCAO

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

DULIANGXIANG

— Li Dangzhi: *Yaolu*.

HAI'ERJU

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



〔志曰〕叶似马兰，故名兰草。其叶有歧，俗呼燕尾香。时人煮水以浴，疗风，故又名香水兰。〔藏器曰〕兰草生泽畔，妇人和油泽头，故云兰泽。盛弘之荆州记云：都梁有山，下有水清浅，其中生兰草，因名都梁香。〔时珍曰〕都梁即今之武冈州也，又临淮盱眙县亦有都梁山，产此香。兰乃香草，能辟不祥。陆玕诗疏言：郑俗，三月男女秉苧于水际，以自祓除。盖兰以阡之，苧以闲之，其义一也。淮南子云：男子种兰，美而不芳。则兰须女子种之，女兰之名，或因乎此。其叶似菊，女子、小儿喜佩之，则女兰、孩菊之名，又或以此也。唐瑶经验方言：江南人家种之，夏月采置发中，令头不暈，故名省头草。其说正合煎泽之义。古人兰蕙皆称香草，如零陵香草、都梁香草。后人省之，通呼为香草尔。近世但知兰花，不知兰草。惟虚谷方回考订，极言



QIANJINCAO

Ma Zhi: Its leaf is similar to that of Malan/herba kalimeridis/herb of Indian kalimeris, so it is called Lancao. Both the term Lancao and Malan have Lan. As the leaf has two forks, so it is called Yanweixiang. Yanwei =swallow's tail (with two forks). People add the drug in bathing water to get rid of invasion of pathogenic Wind. So, it is called Xiangshuilian, meaning "herb that scents the water."

Chen Cangqi: Lancao grows in marshland. Women blend it with oil to moisturize their hair. So, it is also called Lanze. Ze =moisturize. Sheng Hong, in his book *Jingzhou Ji*, said: In Duliang, there is a mountain. At the foot of the mountain there is a pond with clear and shallow water in which Lancao grows. So, the drug is also named Duliangxiang, meaning "fragrance from Duliang."

Li Shizhen: Duliang is a place in present day Wugangzhou. Also, there is another place in Xuyi County in Linhuai where there is a mountain called Duliang. Lancao is also produced in this place. Lancao is a drug of fragrance that can prevent the attack of evil things. Lu Ji, in his book *Shi Shu*, said: there is a custom in the State of Zheng, where in the third month, a young man and woman hold Lancao in their hands and walk riverbanks to prevent possible attacks of evil things.

The book *Huainanzi*: If the Lancao is planted by a man, it bears beautiful flowers, but it is not fragrant. If a woman plants it, it is both beautiful and fragrant. Hence the name Nülan. Nü=woman. Its leaf is similar to that of Juhua/flos chrysanthemi/chrysanthemum. As girls and children like to wear the flower, there are the names such as Nülan and Hai'erju. Hai'er=children. Ju =Juhau/flos chrysanthemi/chrysanthemum. Tang Yao, in his book *Jingyan Fang*, said: People living south of the Yangtze River plant the herb. Women collect the flowers in summer and put them in their hair. In this way, the hair will not get sticky. So, it is called Shengtoucao. Sheng or Xing=to clear, to refresh. Tou =head. This also explains the name Jianzecao (simmer the drug to moisturize the hair). In ancient times, both Lancao and Huicao were called Xiangcao, the fragrant herb. They were also called Linglingxiang or Duliangxiang. Later, people began to understand this and call such herbs as Xiangcao, the fragrant herb. According to



古之兰草即今之千金草，俗名孩儿菊者，其说可据。详下正误。

【集解】

〔别录曰〕兰草生太吴池泽，四月、五月采。〔弘景曰〕方药俗人并不识用。太吴应是吴国太伯所居，故呼太吴。今东间有煎泽草，名兰香，或是此也。李当之云：是今人所种都梁香草也。泽兰亦名都梁香。〔恭曰〕兰即兰泽香草也。圆茎紫萼，八月花白。俗名兰香，煮以洗浴。生溪涧水旁，人间亦多种之，以饰庭池。陶所引煎泽草，都梁香者是也，而不能的识。〔保昇曰〕生下湿地，叶似泽兰，尖长有歧，花红白色而香。〔藏器曰〕兰草、泽兰二物同名，陶不能知，苏亦浪别。兰草生泽畔，叶光润，阴小紫，五月、六月采阴干，即都梁香也。泽兰叶尖微有毛，不光润，茎方节紫，初采微辛，干之亦辛。苏云八月花白者，即泽兰也，



Fang Hui's annotation, the Lancao in ancient times is simply today's Qianjincao. It is colloquially called Hai'erju. What Fang said is believed to be correct. For further details, see the Rectification below.

[Previous Explanations]

Lancao grows in marshland and ponds in the Taiwu area. Collect the drug in the fourth and fifth months.

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

Tao Hongjing: Mediocre doctors do not know the drug. Taiwu is a place where the Taibo, a duke in the Wu State, once lived. So, it is called Taiwu. Now, there is a kind of drug produced in the east, which is called Jianzecao, or Lanxiang. It can simply be this drug. Li Dangzhi annotated: This is the Duliangcao planted by farmers today. The drug Zelan/herba lycopi/herb of hirsute shiny bugleweed is also named Duliangxiang.

Su Gong: Lan is also called Lanze or Xiangcao. It has a round stem and purple calyx. In the eighth month, a white flower blooms. It is colloquially called Lanxiang. People boil it to prepare bathing water. It grows in streams and on the brink of water. It is also planted by families as a decoration. Tao Hongjing mentioned the names of Jianzecao and Duliangxiang. He is correct to quote such names. But he did not seem to be very familiar with the herb.

Han Baosheng: The herb grows on low and damp land with a leaf similar to that Zelan. It is long, pointed and with forks. Its flower is red or white and fragrant.

Chen Cangqi: Both Lancao and Zelan have the same name as Xiangcao, the fragrant herb. Tao Hongjing did not know this and Su Gong neither. Lancao grows in marshland with a bright and lustrous leaf. The back of the leaf is slightly purple. Collect the drug in the fifth and sixth months and dry in the shade. This is Duliangxiang. Zelan has a different leaf. It is pointed, with fine hair. It is not bright and moistening. It has a square stem and purple node. At first when it is collected, it is slightly pungent. When it dries up, it is still pungent. Su Gong said that the herb has a white flower in the eighth month. Actually, he was talking about Zelan. But he mistook it as Lancao.



以注兰草，殊误矣。〔时珍曰〕兰草、泽兰一类二种也。俱生水旁下湿处。二月宿根生苗成丛，紫茎素枝，赤节绿叶，叶对节生，有细齿。但以茎圆节长，而叶光有歧者，为兰草；茎微方，节短而叶有毛者，为泽兰。嫩时并可接而佩之，八九月后渐老，高者三四尺，开花成穗，如鸡苏花，红白色，中有细子。雷斅炮炙论所谓大泽兰，即兰草也；小泽兰，即泽兰也。礼记佩悦兰茝，楚辞纫秋兰以为佩，西京杂记载汉时池苑种兰以降神，或杂粉藏衣书中辟蠹者，皆此二兰也。今吴人莳之，呼为香草，夏月刈取，以酒油洒制，缠作把子，货为头泽佩带，与别录所出太吴之文正相符合。诸家不知二兰乃一物二种，但功用有气血之分，故无定指，惟寇氏、朱氏之误尤甚，故考正于下。或云家莳者为兰草，野生者为泽兰，亦通。

【正误】

〔寇宗奭曰〕兰草诸家之说异同，乃未的识，故无定论。今江陵、鼎、澧州山谷之间颇有之，山外平田即无，多



Li Shizhen: Lancao and Zelan are two species of the same category. Both of them grow in swamps and marshland. In the second month, the seedling grows from the perennial root and then develops into tussock. It has a purple stem and plain branch, red node and green leaves growing in pairs in opposition. The edge of the leaf is full of fine teeth. The following differences should be noted: that with a round stem and longer length between nodes and a bright leaf with forks is Lancao. And that with a slightly square stem with shorter length between the nodes and a hairy leaf is Zelan. When their leaves are tender, people strip them and wear them on their clothes. In the eighth and ninth months, the leaves grow old. The herb can be three to four *chi* tall. Flowers bloom and flock in spikes in the shape of *Jisu/herba stachydis japonicae/herb of Japanese betony*. It is red and white with fine seeds in the center. In Lei Xiao's *Lei Gong Paozhilun*, when *Da-zelan* (the big Zelan) is mentioned, it means Lancao. And when *Xiaozelan* (the small Zelan) is mentioned, it means Zelan. In *Li Ji (Record of Rites)* and *Chu Ci (Elegies of Chu)*, both mentioned Lancao as an ornament. According to the book *Xijing Zaji*, people planted Lan in their garden wishing to usher in the immortals. They kept the herb in clothes to keep them fragrant and saved them in books to prevent moth attack. The Lan mentioned above refers to Lancao and Zelan. Now, people living in the Wu area plant the herbs and call them *Xiangcao*, the fragrant herb. They collect herb in summer and process it with wine or oil. They also wrap them in small bundles and sell them as ornamental objects. This is in conformity with the record in *Mingyi Bielu* about the people in Taiwu who planted the drugs. In most cases, famous doctors who wrote *Bencao* works did not know the two drugs were two species of the same kind. Among the authors, Kou Zongshi and Zhu Zhenheng made obvious mistakes in the explanation of the two drugs. It is therefore rectified in the following Rectification. Some say the herb that is cultivated by families is lancao and that growing in the wild is Zelan. It is a reasonable explanation.

[Rectification]

Kou Zongshi: there are different understandings about the herb Lancao by *Bencao* compilers. There does not seem to be a definite answer yet. The



生阴地幽谷。叶如麦门冬而阔。且韧，长及一二尺，四时常青。花黄绿色，中间瓣上有细紫点。春芳者为春兰，色深；秋芳者为秋兰，色淡。开时满室尽香，与他花香又别。〔朱震亨曰〕兰叶禀金水之气而似有火，人知其花香之贵，而不知其叶有药方。盖其叶能散久积陈郁之气甚有力，即今之栽置座右者。〔时珍曰〕二氏所说，乃近世所谓兰花，非古之兰草也。兰有数种，兰草、泽兰生水旁，山兰即兰草之生山中者。兰花亦生山中，与三兰迥别。兰花生近处者，叶如麦门冬而春花；生福建者，叶如菅茅而秋花。黄山谷所谓一干一花为兰，一干数花为蕙者，盖因不识兰草、蕙草，遂以兰花强生分别也。兰草与泽兰同类。故陆玕言兰似泽兰，但广而长节。离骚言其绿叶紫茎素枝，可纫可佩可藉可膏可浴。郑诗言士女秉筒。应劭风俗通言尚书奏事，怀香握兰。礼记



drug is now found in the mountain valleys in Jiangling, Dingzhou and Lichou. It cannot be found in leveled land outside the mountains. It is found in shady land in deep valleys. Its leaf is similar to that of Maimendong/dwarf lilyturf, but it is wider and more elastic. It can be as long as one to two *chi* and remains green in all four seasons. Its flower is yellow-green, with fine purple dots on the petals. That with a flower blooming in spring is called Chunlan, Lancao of spring. The color of the flower is darker. That with a flower blooming in autumn is called Qiulan, Lancao of autumn. It is of lighter color. When the flower blooms, it gives off a fragrance that can fill the whole room. It is a scent different from other flowers.

Zhu Zhenheng: Nourished by the Metal and Water elements, it seems there is fire within Lanyc. People normally know the fragrant flowers are precious, but may neglect its leaves, which have therapeutic properties. Its leaf can be used to disperse the prolonged accumulation of qi. It is a drug with mighty function. Now, people like to place a basin of the flower close to the desk in the study.

Li Shizhen: the herb described by Kou Zongshi and Zhu Zhenheng is actually Lanhua, not the Lancao of ancient times. There are several species of Lan. Lancao and Zelan grow close to water. There is another kind growing in the mountains called Shanlan, "Lan in the mountain." Lanhua, "Lan flower," is also found in the mountains. It is different from the previous three species. Lanhua found in the nearby places has a similar leaf to Maimendong/radix ophiopogonis/tuber of dwarf lilyturf, with the flower blooming in spring. That growing in Fujian has a similar leaf to Baimao/herba imperatae/lalang grass, with the flower blooming in autumn. Huang Shangu said that, if the herb has one stem and one flower, it is Lancao and if it has one stem with several flowers, then it is Huicao. He is wrong to say so, as he probably did not study the herbs carefully. Both Lancao and Zelan are of the same category. That is why Lu Ji said that Lancao looks like Zelan, with the only difference being the longer length between nodes in the stem and a broader leaf. *Li Sao (Parting Sorrows)* by Qu Yuan recorded that Lancao has a green leaf, purple stem and plain branch and can be fastened by string and worn as ornament, or can be made into paste or used in preparing bathing water. Zheng Qiao recorded in his poem that ladies held



言诸侯贄薰，大夫贄兰。汉书言兰以香自烧也。若夫兰花，有叶无枝，可玩而不可纫佩藉浴秉握膏焚。故朱子离骚辨证，言古之香草必花叶俱香，而燥湿不变，故可刈佩。今之兰蕙，但花香而叶乃无气，质弱易萎，不可刈佩，必非古人所指甚明。古之兰似泽兰，而蕙即今之零陵香。今之似茅而花有两种者，不知何时误也？熊太古冀越集，言世俗之兰，生于深山穷谷，决非古时水泽之兰也。遁斋闲览，言楚骚之兰，或以为都梁香，或以为泽兰，或以为猗兰，当以泽兰为正。今人所种如麦门冬者，名幽兰，非真兰也。故陈止斋著盗兰说以讥之。方虚谷订兰说，言古之兰草，即今之千金草，俗名孩儿菊者。今之所谓兰，其叶如茅而嫩者，根名土续断，因花馥郁，故得兰名也。杨升庵云：世以如蒲萱者为



Lancao in their hands as a fashionable thing. Ying Shao, in his book *Fengsu Tong*, described that, when a minister (Shangshu) went to report to the emperor, he should have scent kept in his clothes and Lancao in his hands (to show his respect). *Li Ji (record of Rites)* recorded: A Marquis should have Xuncao in his hands and ministers (Daifu) should have Lancao in their hands. *Han Shu (History of the Han Dynasty)* recorded that Lancao could be burned as a scent. If it is Lanhua, how could it be taken in the hands, as it is a leaf without stem? It can be enjoyed by looking at it, but it cannot be worn as an ornament or taken in the hands or burned to make a scent. Zhu Xi, in his book *Li Sao Bianzheng (Analysis of Li Sao [Parting Sorrow by Qu Yuan])* said: the fragrant herb described in ancient books must be a kind with both a fragrant flower and leaf, and could be kept in dry and humid weather. In this way, the herb could be cut and worn as an ornament. But the Lan and Hui described today have only fragrant flowers but no fragrant leaves. It is something soft and weak and cannot be cut as herbs and worn as an ornament. So, it is quite clear what people mean as Lanhua must not be the thing as Lancao described in ancient books. The Lan described in ancient time seems to be Zelan and Hui is Linglingxiang. The herb with a similar leaf to that of Baimao and two kinds of flowers is not the thing. It is not known at what time this herb began to be mistaken as the ancient Lancao. Xiong Taigu, in his book *Jiyue Ji*, said: The Lan some people talk about grows in the barren valleys in the deep mountains. It is not the Lancao recorded by ancient books, which grew close to water. According to the book *Dunzhai Xianlan*, the Lan described in *Li Sao (Parting Sorrows by Qu Yuan)* could be Duliangxiang, or Zelan, or Yilan. It seems Zelan is the most possible drug. That cultivated by people now, with a leaf similar to that of Maimendong, is actually Youlan. It is not Lancao. Therefore, Chen Zhizhai wrote his essay of *Dao Lan Shuo (On the Stealing of Lan)* ridiculing such people who did not know what is the real Lancao. Fang Xugu, in his work *Ding Lan Shuo (On Rectification of Lan)*, said: The Lancao in ancient times is simply Qianjincao of today, or it is colloquially called Hai'erju. The Lan people talk about today is a drug with a similar leaf to Baimao, but it is tender, and its root is called Tuxudian. As the flower is fragrant, it is named Lan.



兰，九畹之受诬久矣。又吴草庐有兰说甚详，云兰为医经上品之药，有枝有茎，草之植者也。今所谓兰，无枝无茎。因黄山谷称之，世遂谬指为离骚之兰。寇氏本草亦溺于浴，反疑旧说为非。夫医经为实用，岂可误哉？今之兰，果可利水杀蛊而除痰癖乎？其种盛于闽，朱子乃闽人，岂不识其土产而反辨析如此？世俗至今犹以非兰为兰，何其惑之难解也？呜呼！观诸儒之明析如此，则寇、朱二氏之误可知，而医家用兰草者当不复疑矣。

Yang Sheng'an: Now, people take Pu (Xiangpu/herba typhae/herb of cattail) and Xuan (Xuancao/herba hemerocallis/daylily) as Lancao. It has been a mistake for a long time. Wu Caolu, in his work *Lan Shuo* (*On Lancao*) had detailed descriptions about the drug. He said that Lancao is a drug of superior class in the medical classic. It is a kind of herb with a stem and branch. But we know the Lan today has no stem or branch. This is due to the mistake made by Huang Shangu, who named the drug as Lan, so people all take it as the Lan described in *Li Sao* (*Parting Sorrows* by Qu Yuan). In *Bencao Yanyi*, bewildered by mistaken ideas, Kou Zongshi even doubted the record of Lancao in ancient books. Medical classics only record drugs of actual use. How could they make such foolish mistakes? Is it possible that the Lan people talk about today is good for eliminating fluid-retention and phlegm and treat Gudu? Famous scholars had given clear analysis of the drug. But only Kou Zongshi and Zhu Zhenheng were wrong in their differentiation. From now on, the question is clarified and no more misunderstandings should exist.



泽兰 (本经中品)

【释名】

水香吴普。都梁香弘景。虎兰本经。虎蒲别录。龙枣本经。孩儿菊纲目。风药纲目。根名地笋嘉祐。

〔弘景曰〕生于泽旁，故名泽兰，亦名都梁香。〔时珍曰〕此草亦可为香泽，不独指其生泽旁也。齐安人呼为风药，吴普本草一名水香，陶氏云亦名都梁，今俗通呼为孩儿





ZELAN

Shiny bugleweed

Lycopus lucidus Turcz.

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

[Explanation of Names]

SHUIXIANG

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

DULIANGXIANG

— Tao Hongjing.

HULAN

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

HUPU

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

LONGZAO

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

HAI'ERJU

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

FENGYAO

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

DISUN (the root)

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

Tao Hongjing: The drug grows on the banks of marshland or lakes. So, it is called Zelan. Ze: marsh. It is also called Duliangxiang.

Li Shizhen: The drug can be made into Xiangze, a kind of scent, so it is called Zelan. Its location on the bank of Ze, marshland, is only one reason for the name. People in Qi'an call the drug Fengyao, the "wind drug." In *Wu Pu Bencao*, it was named Shuixiang, "water fragrance." Tao Hongjing



菊，则其与兰草为一物二种，尤可证矣。其根可食，故曰地笋。

【集解】

〔别录曰〕泽兰生汝南诸大泽旁，三月三日采，阴干。
〔普曰〕生下地水旁，叶如兰，二月生苗，赤节，四叶相值枝节间。〔弘景曰〕今处处有之，多生下湿地。叶微香，可煎油及作浴汤。人家多种之，而叶小异。今山中又有一种甚相似，茎方，叶小强，不甚香。既云泽兰，则山中者为非，而药家乃采用之。〔恭曰〕泽兰茎方节紫，叶似兰草而不甚香，今京下用者是也。陶说乃是兰草，茎圆紫萼白花，殊非泽兰也。〔颂曰〕今荆、徐、随、寿、蜀、梧州、河中府皆有之。根紫黑色，如粟根。二月生苗，高二三尺。茎干青紫色，作四棱。叶生相对，如薄荷，微香。七月开花，带紫白色，萼通紫色，亦似薄荷花。三月采苗阴干。荆湖岭南人家多种之。寿州出者无花子。此与兰草大抵相类。但



recorded another name as Duliang. Now, it is colloquially called Hai'erju. From the other names of the drug, it is quite clear this drug is another species of the same drug of Lancao. As the root is edible, so it is called Disun, meaning "the Sun (bamboo sprout) of the ground."

[Previous Explanations]

Zelan grows on the bank of a big lake in Runan. Collect the drug on the third day of the third month and dry in the shade.

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

Wu Pu: The drug grows on the lowlands close to lakes. Its leaf is similar to Lancao. The seedling begins to grow in the second month. It has a red stem with four leaves growing in a group among the stem and branch.

Tao Hongjing: Now, the drug is found everywhere. It grows in low and damp land. Its leaf is slightly fragrant. It can be processed with oil or boiled in water to prepare bathing water. Farmers plant the drug in bulk quantity. The cultivated drug has slightly different leaves than that growing in the wild. But there is a kind of Zelan found in the mountains. It has a square stem, slightly bigger leaf, but without a very fragrant smell. Since it is called Zelan, it should not be found in the mountain. It must not be the drug. But drug collectors take it as Zelan and doctors use it as such.

Su Gong: Zelan is a drug with a square stem and purple nodes. Its leaf is similar to Lancao, but it is not very fragrant. This is what the capital is using as Zelan. What Tao Hongjing described is Lancao, as it has round stem, purple calyx and white flower.

Su Song: Now, the drug is found in places like Jingzhou, Xuzhou, Suizhou, Shouzhou, Shuzhou, Wuzhou and Hezhongfu. Its root is purple-black, similar to millet root. The seedling begins to sprout in the second month and develops into a herb of two to three *chi*. Its stem is blue-purple with four edges. The leaves grow in opposition in pairs, similar to Bohe, with a slight fragrance. In the seventh month, a flower blooms. It is white dotted with purple color. The calyx is all purple. The flower is similar to that of Bohe. Collect the leaf in the third month and dry in the shade. People living in Jinghui and Lingnan plant the herb. That produced in Shouzhou has no seed. Zelan is a herb quite similar to Lancao, but still



兰草生水旁，叶光润，阴小紫，五六月盛；而泽兰生水泽中及下湿地，叶尖，微有毛，不光润，方茎紫节，七月八月初采微辛，此为异尔。〔斆曰〕凡使须别雌雄。大泽兰茎叶皆圆，根青黄，能生血调气；与茺合小泽兰迥别，叶上斑，根头尖，能破血，通久积。〔宗奭曰〕泽兰出土，便分枝梗，叶皆如菊，但尖长尔。吴普言叶似兰，误矣。今兰叶如麦门冬，殊不相似。〔时珍曰〕吴普所说，乃真泽兰也。雷斆所说，大泽兰即兰草也，小泽兰即此泽兰也。寇宗奭所说泽兰则是，而破吴普之说则非，盖由误认兰花为兰草也。

叶

〔修治〕 〔斆曰〕凡用大小泽兰，细锉，以绢袋盛，



there are differences. Lancao grows on the banks of lakes, with a bright and moistened leaf. It is slightly purple at the back of the leaf. The herb flourishes in the fifth and sixth months. Zelan grows in marshland or in low and damp land. Its leaf is pointed and covered with fine hair. It is not bright and moistened. It has a square stem with purple node. Collect the drug in the seventh and early eighth months. It is slightly pungent. These are the differences.

Lei Xiao: Before using the drug, the male and female should be differentiated: Dazelan, the big (male) drug, has a round stem and leaf, a blue-yellow root, and is a drug that produces blood and regulates qi. But Xiaozelan, the small (female) drug is different. It has dots on the leaf and a pointed root. It is a drug that removes blood stasis and disperses prolonged accumulation.

Kou Zongshi: As soon as the seedlings grow out of the earth, it develops into several forks and stems. Its leaf is similar to Juye/*folium chrysanthemi/chrysanthemum* leaf. But it is longer and with a pointed tip. Wu Pu said it looked like Lancao, which is wrong. The leaf of Lan looks like Maimendong.

Li Shizhen: What Wu Pu described is the genuine Zelan. What Lei Xiao said about Dazelan is Lancao and Xiaozelan is Zelan. What Kou Zongshi described about Zelan is correct. But he was wrong to deny Wu Pu's description. This is because Kou mistook Lanhua as Lancao. See further analysis in the Rectification of Lancao.

ZELANYE

Leaf of shiny bugleweed

Folium lycopi

[Preparation]

Lei Xiao: In the preparation of Dazelan* or Xiaozelan,** file the drug into small pieces. Put it in a silk sack and hang it over the roof of a room at

*Lancao.

**Zelan.



悬于屋南畔角上，令干用。〔气味〕苦，微温，无毒。〔别录曰〕甘。〔普曰〕神农、黄帝、岐伯、桐君：酸，无毒。〔李当之〕小温。〔叔曰〕苦、辛。〔之才曰〕防己为之使。

〔主治〕乳妇内衄，中风余疾，大腹水肿，身面四肢浮肿，骨节中水，金疮，痈肿疮脓本经。产后金疮内塞别录。产后腹痛，频产血气衰冷，成劳瘦羸，妇人血沥腰痛甄权。产前产后百病，通九窍，利关节，养血气，破宿血，消癥瘕，通小肠，长肌肉，消扑损瘀血，治鼻血吐血，头风目痛，妇人劳瘦，丈夫面黄大明。

〔发明〕〔颂曰〕泽兰，妇人方中最为急用。古人治妇人泽兰丸甚多。〔时珍曰〕兰草、泽兰气香而温，味辛而



the south corner. Leave it there until the drug dries up.

[Quality and Taste]

It is bitter, slightly warm and nontoxic.

It is sweet.

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

Wu Pu: It is sour and nontoxic according to Shen Nong, the Yellow Emperor, Qi Bo and Tong Jun.

Li Dangzhi: It is slightly warm.

Zhen Quan: It is bitter and pungent.

Xu Zhicai: Fangji/radix stephaniae tetrandrae/root of four-stamen stephania can be used as its guiding drug.

[Indications]

It is good for treating hematemesis of a woman in lactation, eliminate sequelae of apoplexy, dissolve puffy edema all over body, face and extremities and abdominal distention. It disperses fluid among the joints. It is also good for treating incised wound, carbuncle, swelling, sores and ulceration.

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

It treats incised wound in the vagina due to child delivery.

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

Zhen Quan: It relieves puerperal abdominal pain and consumptive disease with emaciation due to evanescence of blood and qi after giving birth to too many children. It treats lumbago and vaginal bleeding of a woman.

Da Ming: It is good for treating a hundred ante- and post-partum diseases. It facilitates the nine orifices, smoothes the movement of joints, nourishes the blood and qi, removes blood stasis, dissolves hard mass, dredges through the Small Intestine, helps growth of muscle and flesh. It dissolves blood stasis due to physical injury. It stops epistaxis and hematemesis. It relieves severe intermittent headache and pain in the eye. It improves emaciation of a person with sallow complexion.

[Explication]

Su Song: In ancient prescriptions, Zelan was often used in treating



散，阴中之阳，足太阴、厥阴经药也。脾喜芳香，肝宜辛散。脾气舒，则三焦通利而正气和；肝郁散，则营卫流行而病邪解。兰草走气道，故能利水道，除痰癖，杀蛊辟恶，而为消渴良药；泽兰走血分，故能治水肿，涂痈毒，破瘀血，消癥瘕，而为妇人要药。虽是一类而功用稍殊，正如赤、白茯苓、芍药，补泻皆不同也。雷斅言，雌者调气生血，雄者破血通积，正合二兰主治。大泽兰之为兰草，尤可凭据。血生于气，故曰调气生血也。又荀子云，泽芷以养鼻，谓泽兰、白芷之气，芳香通乎肺也。

〔附方〕旧一，新四。（略）



women's diseases. Pills made of Zelan were frequently used.

Li Shizhen: Lancao and Zelan, both fragrant and warm, pungent and dispersive, are drugs of Yang in the Yin. They function on the Spleen Channel of Foot Initial Yin and Liver Channel of Foot Greater Yin. The Spleen likes fragrant drugs. The Liver needs to be dispersed by drugs of pungent taste. When the Spleen qi is in a harmonious and straightened condition, it brings about normal circulation of qi in the Sanjiao. When the pent-up qi in the Liver is dispersed, Ying (nutrient essence in blood) and Wei qi (body resistance) will be moving smoothly and pathogenic factors will be dispersed. Lancao works on the qi duct so that it can facilitate the flow of fluid. It eliminates phlegm accumulation, treats Gudu, prevents attacks of vicious agents and treats diabetes. Zelan functions on the blood system, so it is effective to remove blood stasis and edema, dissolve hard mass, treat carbuncle and pyogenic infection by applying it externally. It is an important drug in treating women's diseases. Both drugs are of the same category but with differences in functions. This is simply like the case when Fuling/poria/indian bread and Chifuling/poria rubra/red Indian bread, Baishao/radix paeoniae alba/white peony root and Chishaoyao/radix paeoniae rubra/red peony root are compared. They have their different tonic and purgative qualities. Lei Xiao said that the male drug (Lancao) is good for regulating qi and promoting growth of blood and the female drug (Zelan) is good for removing blood stasis and dredging through a stagnant condition. This is simply in conformity with the functions of Lancao and Zelan. In this way, it backs up the fact that the big (male) Lan is Lancao. As blood is produced by qi, so it is reasonable to say that the drug regulates the qi and promotes the growth of blood. Xun Kuang, in his *Book of Xun Zi*, said that Baizhi/radix angelicae dahuricae/root of dahurian angelica and Zelan are drugs good for nourishing the nose. Fragrant as they are, they are linked to the Lung qi.

[Prescriptions]

One prescription collected previously, and
four prescriptions collected recently.

地笋（宋嘉祐）

〔气味〕甘、辛，温，无毒。

〔主治〕利九窍，通血脉，排脓治血藏器。止鼻洪吐血，产后心腹痛。产妇可作蔬菜食，佳大明。



DISUN

Root of shiny bugleweed

Radix lycopi

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

[Quality and Taste]

It is sweet, pungent, warm and nontoxic.

[Indications]

Chen Cangqi: It facilitates the nine orifices and smoothes the flow of blood, expels pus and regulates blood.

Da Ming: It stops profuse nasal bleeding and hematemesiis. It relieves epigastric and abdominal pain in puerperium. The drug can be given as food to women in puerperium.



香薷_{音柔}。（别录中品）

【释名】

香薷食疗。香茸同上。香菜千金。蜜蜂草纲目。

〔时珍曰〕薷，本作莱。玉篇云，莱菜苏之类，是也。其气香，其叶柔，故以名之。草初生曰茸，孟诜食疗作香戎者，非是。俗呼蜜蜂草，象其花房也。





XIANGROU

Haichow elsholtzia

Elsholtzia splendens Nakai ex F. Maekawa

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

[Rectification]

This drug is removed from the Category of Vegetable to this clause.

[Explanation of Names]

XIANGROU (香菜)*

— *Shiliao Bencao (Meng Xian's Dietetic Materia Medica)*.

XIANGRONG

— *Shiliao Bencao (Meng Xian's Dietetic Materia Medica)*.

XIANGCAI

— *Qianjin Yaofang*.

MIFENGCAO

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

Li Shizhen: Rou was originally written as Rou (菜). The book *Yu Pian* said Rou was a kind of vegetable, as the herb has a fragrant smell with a soft leaf. So, it is called Xiangrou (fragrant and soft drug). As the seedling of the herb is covered with fine hair, it is also called Xiangrong (the fragrant fine hair). In *Shiliao Bencao*, Meng Xian recorded the drug as Xiangrong (香戎). It is not correct. It is colloquially called Mifengcao (the honey bee herb).

*In modern times, the drug is also pronounced as Xiangru.



【集解】

〔弘景曰〕家家有此，作菜生食，十月中取干之。〔颂曰〕所在皆种，但北土差少，似白苏而叶更细，寿春及新安皆有之。彼间又有一种石香菜，生石上，茎叶更细，色黄而辛香弥甚，用之尤佳。吴人以为茵陈用之。〔宗奭曰〕香薷生山野间，荆湖南北、二川皆有之，汴洛作圃种之，暑月亦作蔬菜。叶如茵陈，花茸紫，连边成穗，凡四五十房为一穗，如荆芥穗，别是一种香气。〔时珍曰〕香薷有野生，有家莳。中州人三月种之，呼为香菜，以充蔬品。丹溪朱氏惟取大叶者为良，而细叶者香烈更甚，今人多用之，方茎，尖叶有刻缺，颇似黄荆叶而小，九月开紫花成穗。有细子细叶者，仅高数寸，叶如落帚叶，即石香薷也。

【修治】

〔斆曰〕凡采得去根留叶，锉暴干，勿令犯火。服至十两，一生不得食白山桃也。〔时珍曰〕八九月开花着穗时，



[Previous Explanations]

Tao Hongjing: The drug is planted by almost every household. It is taken as a kind of vegetable. The fresh herb is eaten. Collect in the tenth month and dry it.

Su Song: It is cultivated by families. But in the north, it is not very popular and the quality is not that good. It looks like Baisu, but with finer leaf. It is produced in Shouchun and Xin'an. There, another herb is also found, which is Shixiangrou, growing among rocks with an even finer leaf of yellow color. It emits a very strong fragrance. It is even better if it is used medically. People in the Wu area take it as Yinchén/herba artemisiae scopariae/herb of virgate\capillary wormwood.

Kou Zongshi: Xiangrou grows in the wild. It is found in the south and north of the Jinghu and Erchuan areas. People in Bian and Luo cultivate the drug in their garden. The herb is also used as a vegetable in summer. Its leaf looks like that of Yinchén. Its flower is covered with purple hair. The flowers flock together to form a spike. Some 40 to 50 flowers form a spike, like Jingjiesui/spica schizonepetae/spike of fine leaf schizonepeta. It has a special fragrance.

Li Shizhen: Xiangrou is found in the wild. The herb is also cultivated by farmers. People living in Zhongzhou plant the herb in the third month. They call it Xiangcai, "fragrant vegetable," and eat it as a vegetable. Zhu Danxi thought the herb with big leaf was the best drug. But he did not know that the one with a fine leaf emits an even stronger fragrance and doctors now like to use it. Its stem is square. Its leaf has forks at the tip. It looks like the leaf of Huangjing/rhizoma polygonati/rhizome of King Solomon seal, but it is smaller. Purple flowers bloom in the ninth month and flock together to form a spike. That with a fine leaf and fine seed is only several *cun* tall. Its leaf is similar to leaf of Luozhou. And that is *Shixiangrou*.

[Preparation]

Lei Xiao: After collection, take off the root. File the leaf into pieces and dry it in the sun. Do not expose the drug to fire. When 10 *liang* of the drug is consumed, the patient cannot eat white mountain peach all his life.

Li Shizhen: The drug should be collected in the eighth and ninth months when the spike of flowers forms. Dry it in the shade and save for future use.



采之阴干，入用。

【气味】

辛，微温，无毒。

【主治】

霍乱腹痛吐下，散水肿别录。去热风。卒转筋者，煮汁顿服半升，即止。为末水服，止鼻衄孟洗。下气，除烦热，疗呕逆冷气大明。春月煮饮代茶，可无热病，调中温胃。含汁漱口，去臭气汪颖。主脚气寒热时珍。

【发明】

〔弘景曰〕霍乱煮饮无不瘥者，作煎除水肿尤良。〔颂曰〕霍乱转筋者，单煮服之。若四肢烦冷，汗出而渴者，加蓼子同煮服。〔震亨曰〕香薷属金与水，有彻上彻下之功，解暑利小便，又治水甚捷，以大叶者浓煎丸服。肺得之，清



[Quality and Taste]

It is pungent, slightly warm and nontoxic.

[Indications]

It is good for treating cholera with abdominal pain, vomiting and diarrhea. It disperses edema due to fluid-retention.

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

Meng Xian: It is good for dispersing the invading pathogenic Heat and Wind. To treat sudden onset of spasms, boil the drug to make a decoction. Drink half a *sheng* of the decoction. It works immediately. To stop epistaxis, take powder of the drug with water.

Da Ming: It brings down the adverse ascending of gas, eliminates restlessness and fever, suppresses nausea and vomiting and warms cold feeling.

Wang Ying: Boil the drug to make a decoction and drink it like tea. This will prevent attack of pathogenic Heat. It harmonizes the interior and warms the Stomach. Rinse the mouth with the decoction to get rid of halitosis.

Li Shizhen: It is good for treating beriberi with chills and fever.

[Explication]

Tao Hongjing: It is very effective to treat cholera and eliminate edema by taking a decoction of the drug.

Su Song: Boil the drug to get a decoction to treat spasms in cholera. If there is also restlessness, cold extremities, perspiration and thirst, boil it together with Liaozi/semen polygoni hydropiperis/seed of red-knees.

Zhu Zhenheng: Xiangrou is a drug that pertains to Metal and Water. It moves up to the top and down to the lowest part of the body swiftly. It treats heatstroke and facilitates urination. It is also a very good drug in eliminating fluid-retention. Boil the drug with big leaves to make a dense decoction. Make pills. When the drug is served, the Lung will be cleared and the invading Heat dispersed.

Li Shizhen: Doctors take Xiangrou Yin* (decoction of Xiangrou) as

*Xiangrou Yin:

Xiangrou,

Biandou/semen dolichoris/seed of hyacinth bean,

Houpo/cortex magnoliae officinalis/bark of officinal magnolia.



化行而热自降也。〔时珍曰〕世医治暑病，以香薷饮为首药。然暑有乘凉饮冷，致阳气为阴邪所遏，遂病头痛，发热恶寒，烦躁口渴，或吐或泻，或霍乱者。宜用此药，以发越阳气，散水和脾。若饮食不节，劳役作丧之人，伤暑大热大渴，汗泄如雨，烦躁喘促，或泻或吐者。乃劳倦内伤之证，必用东垣清暑益气汤、人参白虎汤之类，以泻火益元可也。若用香薷之药，是重虚其表，而又济之以热矣。盖香薷乃夏月解表之药，如冬月之用麻黄，气虚者尤不可多服。而今人不知暑伤元气，不拘有病无病，概用代茶，谓能辟暑，真痴前说梦也。且其性温，不可热饮，反致吐逆。饮者惟宜冷服，则无拒格之患。其治水之功果有奇效。一士妻自腰以下



the first choice in treating heatstroke. This can be caused by different pathological conditions. It is explained as follows:

If the syndrome is caused by exposure to cold and the eating of cold food in summer days that has forced the Yang qi pent up at the interior, bringing with it headache, fever and chills, restless and thirst, or with vomiting and diarrhea, or with cholera, it should be treated with Xiangrou Yin. It is aimed at opening up the pent-up Yang qi, dispersing the fluid-retention and harmonizing the Spleen.

If the syndrome is caused by improper intake of food, by overstrain and too much melancholy, by exposure to summer heat accompanied by high fever and excessive thirst, profuse perspiration, restlessness and irritation, asthma with dyspnoea, or with vomiting and diarrhea, then it is a syndrome of overstrain with interior damage. The following prescriptions can be used to purge the pathogenic Fire and reinforce the Yuanqi (Primordial Vital Energy):

— Qingshu Yiqi Tang* of Li Dongyuan;

*Qingshu Yiqi Tang:

Huangqi/radix astragali/root of membranous milkvetch,
 Cangzhu/rhizoma atratylodis/atratylodes rhizome,
 Shengma /rhizoma cimicifugae/ rhizome of largetrifolious bugbane,
 Renshen /radix ginseng/ginseng root,
 Zexie /rhizoma alismatis/rhizome of oriental water plantain,
 Shenqu/massa medicata fermentata/medicated leaven,
 Jupi/pericarpium citri reticulatae/tangerine peel,
 Baizhu/rhizoma atratylodis macrocephalae/rhizome of large head atratylodes,
 Maimendong/radix ophiopogonis/tuber of dwarf lilyturf,
 Ganggui /radix angelicae sinensis/root of Chinese angelica,
 Licorice root,
 Qingpi/pericarpium citri reticulatae viride/green tangerine peel,
 Huangbai/cortex phellodendri/bark of Chinese cork tree,
 Gegen/radix peurariae/root of lobed kudzu vine,
 Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine.



肘肿，面目亦肿，喘急欲死，不能伏枕，大便溏泄，小便短少，服药罔效。时珍诊其脉沉而大，沉主水，大主虚，乃病后冒风所致，是名风水也。用千金神秘汤加麻黄，一服喘定十之五。再以胃苓汤吞深师蒿术丸，二日小便长，肿消十之七，调理数日全安。益见古人方皆有至理，但神而明之，存乎其人而已。



— Renshen Baihu Tang* of Zhang Zhongjing.

In treating the above syndromes, if Xiangrou is still used, it will only make the deficient exterior more deficient and pathogenic Heat more rampant. Xiangrou is a drug expelling the invading pathogenic factors at the exterior. This is simply like using Mahuang/herba ephedrae/ephedra in winter. It cannot be overdosed, especially to a patient with a deficient condition of qi. But, now, doctors prescribe Xiangrou for a patient and order him to drink it as tea no matter what the condition, saying that Xiangrou is a very good drug to disperse summer heat generally. The doctor does not know that summer heat can damage the Yuanqi (Primordial Vital Energy) of a patient. How can Xiangrou be given in the same way as tea? This is simply nonsense. Moreover, Xiangrou is a drug of warm quality. If it is taken hot, it may cause vomiting and nausea. Whenever it is needed, it should be served cold. In this way there will be no resistance. The following case recorded the fantastic effect of Xiangrou in dispersing edema. It is a case of my own experience: A woman had puffy edema below her waist. Her face and eyelids were also puffy. She also suffered from bad asthma with dyspnoea that made her unable to lie quiet in bed. She also had scanty urine, but with loose and watery stool. Medicine had been prescribed to no avail. When I examined the patient, I found her pulse was deep and grand. Deep pulse indicates fluid-retention and grand pulse is a sign of deficient condition. This is a case due to exposure to wind after the patient had simply recovered from a disease. This is a case of Wind-edema. Prescription of Shenmi Tang** of *Qianjin Yaofang* adding Mahuang/herba ephedrae/

*Renshen Baihu Tang:

Shigao/gypsum fibrosum/gypsum,

Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena,

Liquoreice root,

Gengmi/semen oryzae sativae/polished round-grained non-glutinous rice,

Renshen/radix ginseng/ginseng root.

**Shenmi Tang. Prescription can not be found. Shenmi Tang, meaning “a secret decoction.”

【附方】

旧四，新六。（略）





ephedra was given. After taking one dose of the decoction, the asthma subsided by 50 percent. Then Ruzhu Wan of Shen Shi was given together with Weiling Tang.* After two days of such treatment, her urination returned to normal and 70 percent of the edema was reduced. After another few days of follow-up treatment and care, the patient was all right. From the above case, we can understand that ancient prescriptions simply work wonders if we can master them and use them in a proper way. Clinical therapeutic effect varies from doctor to doctor.

[Prescriptions]

Four prescriptions collected previously, and
six prescriptions collected recently.

*Weiling Tang:

Liquorice root,

Fuling/poria/Indian bread,

Cangzhu/rhizoma atractylodis/atractylodes rhizome,

Chenpi/pericarpium citri reticulatae/tangerine peel,

Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes,

Guangui/cortex cinnamomi/cassia bark,

Zexie/rhizoma alismatis/rhizome of oriental water plantain,

Zhuling/polyporus/agaric,

Houpo/cortex magnoliae officinalis/bark of officinal magnolia,

Shengjiang/rhizoma zingiberis recens/fresh ginger,

Dazao/fructus jujubae/Chinese date.

假苏（本经中品）

【释名】

姜芥别录。荆芥吴普。鼠莫本经。

〔弘景曰〕假苏方药不复用。〔恭曰〕此即菜中荆芥也，姜芥声讹尔。先居草部，今录入菜部。〔士良曰〕荆芥本草呼为假苏。假苏又别是一物，叶锐圆，多野生，以香气似苏，故呼为苏。〔颂曰〕医官陈巽言，江左人，谓假苏、荆芥实两物。苏恭以本草一名姜芥，荆姜声讹，谓为荆芥，非矣。〔时珍曰〕按吴普本草云：假苏一名荆芥，叶似落藜





JIASU

Fineleaf schizonepeta

Schizonepeta tenuifolia (Benth.) Briq.

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

[Rectification]

This drug is removed from the Category of Vegetable to this clause.

[Explanation of Names]

JIANGJIE

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

JINGJIE

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

SHUMI

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

Tao Hongjing: Jiasu is no longer used in medical prescriptions.

Su Gong: This is actually Jingjie recorded in the Category of Vegetables. It is colloquially called Jiangjie, a mispronunciation. It was originally recorded in the Category of Herbs, but now it is moved into the Category of Vegetables.

Chen Shiliang: In *Shen Nong Bencao Jing*, Jingjie is recorded as Jiasu. Actually, there is another thing called Jiasu, which has a round leaf. It is often found in the wild. As it gives off a fragrant smell similar to Su (*Zisu*/herba perillae/perilla herb), it is called Jiasu, meaning the false Su.

Su Song: Chen Xun, a medical officer and a native of Jiangzuo area, said that Jingjie and Jiasu are actually two drugs. Su Gong said *Shen Nong Bencao Jing* recorded another name Jiagsu for Jiasu and explained this was due to the mispronunciation of Jingjie. Su Gong was wrong to say so.



而细，蜀中生噉之。普乃东汉末人，去别录时未远，其言当不谬，故唐人苏恭祖其说。而陈士良、苏颂复启为两物之疑，亦臆说尔。曰苏、曰姜、曰芥，皆因气味辛香，如苏、如姜、如芥也。

【集解】

〔别录曰〕假苏生汉中川泽。〔颂曰〕今处处有之，叶似落葵而细，初生香辛可噉，人取作生菜。古方稀用，近世医家为要药，并取花实成穗者，曝干入药。又有胡荆芥，俗呼新罗荆芥。又有石荆芥，生山石间。体性相近，入药亦同。〔时珍曰〕荆芥原是野生，今为世用，遂多栽蒔。二月布子生苗，炒食辛香。方茎细叶，似独帚叶而狭小，淡黄绿色。八月开小花，作穗成房，房如紫苏房，内有细子如葶苈子状，黄赤色，连穗收采用之。



Li Shizhen: According to *Wu Pu Bencao*, Jiasu has another name, Jingjie. Its leaf is similar to Luoli, but it is thinner. People living in Sichuan eat the raw drug. As Wu Pu lived at the end of the Eastern Han Dynasty (25-220), a time not too far away from the time when *Mingyi Bielu* was compiled, his record can be trusted. So that is why Su Gong, a scholar living in Tang Dynasty (618-907) followed his record. But Chen Shiliang and Su Song doubted that the two names Jiasu and Jingjie could indicate to two different drugs. They are groundless. The names of the drug, either Su, Jiang or Jie, are given in accordance with its smell: the smell of Su (*Zisu/ herba perillae/perilla herb*), the smell of Jiang (*Shengjiang/rhizoma zingiberis recens/fresh ginger*) and the smell of Jie (*Jiecai/caulis et folium brassicae/stem and leaf of India mustard*).

[Previous Explanations]

Jiasu is produced in the mountain valleys of the Hanzhong area.

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

Su Song: Now, the drug is found everywhere. Its leaf is similar to that of Luoli but it is thinner. When the seedling first grows, it is pungent, fragrant and good to eat. People eat them as a fresh vegetable. The drug was not very often used in ancient times, but now doctors take it as a very important drug. The spike of flowers, Jingjiesui, is taken as a drug after being dried in the sun. There is a species called Hujingjie, colloquially called Xinzuijingjie, and another called Shijingjie, a drug growing among rocks. Both are similar not only in shape, but also in therapeutic efficacy and can be used in the same way as Jingjie.

Li Shizhen: Jingjie was originally a drug growing in the wild. When it became often used as a drug, people began to cultivate it in the field. Plant the seed in the second month. The seedling when tender can be cooked as a vegetable. It is pungent and fragrant. The herb has a square stem and thin leaf, which is similar to the leaf of Duzhou (*Difumiao/caulis et folium Kochiae/stem and leaf of belvedere*) but it is thinner and smaller. It is pale yellow and green. In the eighth month, small flowers bloom and form a spike in the same way as Zisu. Inside there are fine, yellow-red seeds similar to Tinglizi/*semen lepidi/seed of pepperweed*. When the spike is collected, the seed should also be included.



【正误】

〔藏器曰〕张鼎食疗本草，荆芥一名析莫，误矣。析莫自有本条，见草部。〔时珍曰〕汪机本草会编，言假苏是白苏，亦误矣。白苏乃荏也。见后。

茎穗【气味】

辛，温，无毒。

〔洗曰〕作菜食久，动渴疾，熏人五脏神。反驴肉、无鳞鱼，详后发明下。

【主治】

寒热鼠痿，瘰疬生疮，破结聚气，下瘀血，除湿痹本经。去邪，除劳渴冷风，出汗，煮汁服之。捣烂醋和，傅丁肿毒藏器。单用治恶风贼风，口面喎斜，遍身痒痹，心虚忘事，益力添精，辟邪毒气，通利血脉，传送五脏不足气，助脾胃甄权。主血劳，风气壅满，背脊疼痛，虚汗，理丈夫



[Corrections]

Chen Cangqi: Zhang Ding, in his book *Shiliao Bencao*, said that, in previous *Bencao* works, Jingjie was recorded as having another name of Ximi. This is not correct. For Ximi (Ximizi/semen thlaspi/seed of boor's mustard), see *Drug Ximi*.

Li Shizhen: Wang Ji, in his *Bencao Huibian*, said Jiasu was simply Baisu. This is also wrong. Baisu is Ren (Ren/perilla frutescens/common perilla, *Drug Ren*).

JIASU JIESUI (JINGJIESUI)

Spike of fineleaf schizonepeta

Spica schizonepetae

[Quality and Taste]

It is pungent, warm and nontoxic.

Meng Xian: If the drug is eaten as a vegetable for a long time, it will cause thirst and harm the Five Viscera. It is incompatible with donkey meat and fish without scales. For details see the following Explication.

[Indications]

It is good for treating scrofula with chills and fever and sores. It disperses accumulation and stagnation of qi, removes blood stasis and treats arthralgia due to attack of pathogenic Humidity.

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

Chen Cangqi: It disperses attacks of vicious agents, quenches thirst in a consumptive disease due to attack of pathogenic Cold and Wind with perspiration. Boil the drug to make a decoction. Pound the drug and blend with vinegar; apply to treat furuncle and pyogenic infection.

Zhen Quan: Use the drug independently to resist attack of vicious agents and pathogenic Wind with deviation of the face and mouth, serious arthralgia, palpitation and amnesia. It reinforces the might and nourishes the Jing, facilitates the blood circulation, activates the qi to the Five Viscera and reinforces the Spleen and Stomach.



脚气，筋骨烦疼，及阴阳毒伤寒头痛，头旋目眩，手足筋急士良。利五脏，消食下气，醒酒。作菜生熟皆可食，并煎茶饮之。以豉汁煎服，治暴伤寒，能发汗日华。治妇人血风及疮疥，为要药苏颂。产后中风身强直，研末酒服孟诜。散风热，清头目，利咽喉，消疮肿，治项强，目中黑花，及生疮阴癩，吐血衄血，下血血痢，崩中痔漏时珍。

【发明】

〔元素曰〕荆芥辛苦，气味俱薄，浮而升，阳也。〔好古曰〕肝经气分药也，能搜肝气。〔时珍曰〕荆芥入足厥阴经气分，其功长于祛风邪，散瘀血，破结气，消疮毒。盖厥阴乃风木也，主血，而相火寄之，故风病血病疮病为要药。



Chen Shiliang: It is good for treating consumption with blood deficiency and stasis, suffocation due to attack of pathogenic Wind, pain in the spinal cord with perspiration of deficient type. It is also good for treating male beriberi with arthritis, Yindu (toxin of Yin and cold nature) and Yangdu (toxin of Yang and hot nature), febrile disease caused by Cold with headache and vertigo and contraction of the hands and feet.

It is beneficial to the Five Viscera, helps digestion and brings down adverse ascending of gas and detoxifies alcoholism. It can be eaten as a vegetable, prepared or unprepared. It can be stewed together with tea. Stewed together with Douchi/semen sojae preparatum/fermented soybean, it can induce perspiration and is good for treating sudden onset of febrile disease caused by Cold.

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

Su Song: It is an important drug in treating attack of pathogenic Wind into the blood of a woman and scabies.

Meng Xian: It treats puerperal febrile disease caused by Wind with stiff back. Grind the drug into powder and serve with wine.

Li Shizhen: It disperses pathogenic Wind and Heat, clears the head and eye, facilitates the throat, and eliminates sores and swelling. It is good for treating a rigid neck, eliminating black nebula in the eye, dissolving swelling of the testes and shrinking a prolapsed uterus. It can also stop hematemesis and epistaxis, hematochezia and dysentery with bloody discharge, metrorrhagia and metrostaxis. It treats hemorrhoids and fistula.

[Explication]

Zhang Yuansu: Jingjie, pungent and bitter in taste, is a drug with both thin quality and taste. It is a drug with a tendency of floating and ascending, a drug of Yang.

Wang Haogu: It is a drug functioning on the qi system of the Liver Channel. It expels excessive qi in the Liver.

Li Shizhen: Jingjie functions on the qi system of the Liver Channel of Foot Greater Yin. It is a good drug in expelling invading pathogenic Wind, dissolving blood stasis, dispersing accumulation of qi and eliminating sores and toxin. The Greater Yin Channel pertains to the Wind and Wood element



其治风也，贾丞相称为再生丹，许学士谓有神圣功，戴院使许为产后要药，萧存敬呼为一捻金，陈无择隐为举卿古拜散，夫岂无故而得此隆誉哉？按唐韵：荆字举卿切，芥字古拜切。盖二字之反切，隐语以秘其方也。〔又曰〕荆芥反鱼蟹河豚之说，本草医方并未言及，而稗官小说往往载之。按李廷飞延寿书云。凡食一切无鳞鱼，忌荆芥。食黄鲩鱼后食之，令人吐血，惟地浆可解。与蟹同食，动风。又蔡绦铁围山丛话云：予居岭峤，见食黄颡鱼犯姜芥者立死，甚于钩吻。洪迈夷坚志云：吴人魏几道，啖黄颡鱼羹，后采荆芥和茶饮。少顷足痒，上彻心肺，狂走，足皮欲裂。急服药，两日乃解。陶九成辍耕录云：凡食河豚，不可服荆芥药，大相反。予在江阴见一儒者，因此丧命。苇航纪谈云：凡服荆芥风药，忌食鱼。扬诚斋曾见一人，立致于死也。时珍按：荆芥乃日用之药，其相反如此，故详录之，以为警戒。又按物



and controls the blood. Ministerial Fire is stored in it. Jingjie is a principal drug in treating diseases due to invasion of pathogenic Wind, and disorder of blood and sores. So Mr. Jia, the prime minister of the Southern Song Dynasty (1127-1279), called the drug Zaishengdan, “a drug that gives another life.” Xu Shuwei thought that the drug had miraculous functions. Dai Yuanli considered the drug very important in treating puerperal diseases. Xiao Cunjing called it Yinianjin, “a pinch of gold.” Chen Wuze called it Juqinggubaisan, an ancient way to spell the term Jingjie. In this way, the real name of the drug was hidden, a way adopted only for precious things. There must be a reason for such praises from the famous scholars in the past.

There is a saying that Jingjie contradicts fish, crab and Hetun/musculus fugu/globefish muscle. But this is not recorded in *Bencao* works; only novels recorded it. According to Li Tingfei’s book *Yanshou Shu*, fish without scales are prohibited after Jingjie is taken. After eating Huangchangyu/pelteobagrus fulvidraco/yellow catfish, if Jingjie is taken, it will induce hematemeses. Dijiang (mud water) is used for detoxification. If the drug is served together with crab, it will arouse pathogenic Wind. Cai Tao, in his book *Tieweishan Conghua*, recorded: When I was living in Lingqiao, I saw one person, right after eating Huangsangyu,* has Jingjie. He died shortly! It is even more poisonous than Gouwen/herba gelsemimi elegantis/herb of graceful Jessamine. Hong Mai, in his book *Yijian Zhi*, recorded: Wei Jidao, a native of Wu, after having soup of Huangsangyu, collected Jingjie and blended it with his tea. After drinking the tea, he felt an itching in the palms. This itching extended to the Heart and Lung, making him mad and run wildly. His soles were creased with the walking. Detoxification drugs were given urgently. After two days of such treatment, he was relieved. Tao Jiucheng, in his book *Chuogeng Lu*, recorded: After eating Hetun/musculus fugu/globefish muscle, Jingjie should not be eaten. The two greatly contradict each other. While I was in Jiangyin, I saw a scholar die of such practice. The book *Weihang Jitan*: After taking Jingjie, all kinds of fish are prohibited. Yang Chengzhai once saw a person dying after eating both.

*Huangsangyu or Huangchangyu, a kind of fish.

类相感志言：河豚用荆芥同煮，三五次换水，则无毒。其说与诸书不同，何哉？大抵养生者，宁守前说为戒可也。

【附方】

旧四，新二十七。（略）



Li Shizhen's comment: Jingjie is a commonly used drug. But it has such strong reactions to its taboos. So it is recorded here with much detail as a warning. According to the book *Wulei Xianggan Zhi*, Hetun can be detoxified by stewing it together with Jingjie. Change the water three to five times. After that, the fish is no longer poisonous. This record is different from other books. But anyway, it is advised to be cautious. It is much better to take the advice given by the previous warnings.

[Prescriptions]

Four prescriptions collected previously, and
27 prescriptions collected recently.



薄荷 (唐本草)

【释名】

菝茀音跋活。蕃荷菜蕃音鄙。吴菝茀食性。南薄荷衍义。金钱薄荷

〔时珍曰〕薄荷，俗称也。陈士良食性本草作菝茀，杨雄甘泉赋作菱萆，吕忱字林作菱萆，则薄荷之为讹称可知矣。孙思邈千金方作蕃荷，又方音之讹也。今人药用，多以苏州者为胜，故陈士良谓之吴菝茀，以别胡菝茀也。〔宗奭曰〕世称此为南薄荷，为有一种龙脑薄荷，所以别之。〔机





BOHE

Wild mint

Mentha haplocalyx Briq.

Mentha haplocalyx Briq. var. *piperascens* (Malinvaud) C.Y. Wu et
H.W.Li

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

[Explanation of Names]

BAHUO

BOHECAI

WUBAHUO

— *Shixing Bencao*.

NANBOHE

— *Bencao Yanyi* (*Materia Medica Annotated by Kou Zongshi*).

JINQIANBOHE

Li Shizhen: Bohe is a colloquial name of the drug. In Chen Shiliang's book *Shixing Bencao*, it is recorded as Bahuo. In Yang Xiong's book *Ganquan Fu*, it is recorded as Bakuo. In Lu Chen's *Zi Lin*, it is recorded as Bagua. From this, it can be seen that the drug has been given quite a number of other names. In Sun Simiao's *Qianjin Yaofang*, it is recorded as Bohe (蕃荷). In medical use, the drug from Suzhou is considered first class. And this is what Chen Shiliang called Wubahuo, meaning Bohe from the Wu area. In this way, it makes a difference with the other drug called Hubahuo, Bohe from the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times).

Kou Zongshi: People call Bohe from the Wu area as Nanbohe, Bohe from the south, which is a different drug, as there is another drug called Longnaobohe.

Wang Ji: In prescriptions for infants, Jinqianbohe is often used. Such a



曰]小儿方多用金钱薄荷，谓其叶小颇圆如钱也，书作金银误矣。

【集解】

〔颂曰〕薄荷处处有之。茎叶似荏面尖长，经冬根不死，夏秋采茎叶晒干。古方稀用，或与薤作齏食，近世治风寒为要药，故人家多蒔之。又有胡薄荷，与此相类，但味少甘为别。生江浙间，彼人多以作茶饮之，俗呼新罗薄荷。近汴洛僧寺或植一二本者，天宝单方所谓连钱草者是也。又有石薄荷，生江南山石间，叶微小，至冬紫色，不闻有别功用。〔恭曰〕薄荷，人家种之，亦堪生食。一种蔓生者，功用相似。〔时珍曰〕薄荷，人多栽蒔。二月宿根生苗，清明前后分之。方茎赤色，其叶对生，初时形长而头圆，及长则尖。吴、越、川、湖人多以代茶。苏州所蒔者，茎小而气



drug has a small and coin-like round leaf, hence the name. Jinqian = golden coin. Sometimes it is written Jinyinbohe, meaning gold and silver Bohe, which is wrong.

[Previous Explanations]

Su Song: Bohe can be found everywhere. Its stem and leaf are similar to those of *Ren/perilla frutescens*/common perilla, but they are longer and with a sharp tip. The root will not die after winter. Collect the stem and leaf in summer and autumn and dry in the sun. The drug was not often used in ancient prescriptions. Some people prepared a kind of preserved vegetable together with Xiebai/*bulbus allii macrostemi*/bulb of longstamen onion. But in recent times, it has become a very important drug in treating a disease caused by attack of pathogenic Cold and Wind. Farmers cultivate the drug in the field. There is another kind of similar drug called Hubohe, drug from the Hu area (the north and west of China where non-Han ethnic groups lived in ancient times), which is slightly sweet. The drug is produced in Jiangsu and Zhejiang. Local people serve tea with drug. It is colloquially called Xinluobohe. Now, in Luosengsi temple in Bianliang, there are one or two herbs called Lianqiancao, a drug name recorded by the book *Tianbao Danfang*. There is another kind, called Shibohe, “the stone Bohe,” which grows among the rocks in the area south of the Yangtze River. Its leaf is small and turns purple in winter. It is not heard that there is any difference in functions of this drug with other Bohe.

Su Gong: Bohe is cultivated by farmers. It can be eaten fresh. There is another kind of the drug that is a creeping herb. It has similar function and efficacy.

Li Shizhen: People plant the drug a lot. In the second month, the seedling germinates from the perennial root. Forks are formed at around the time of the solar term of Pure Brightness (April 5). Its stem is square and red, with leaves growing in opposition in pairs. At first, the leaf is long, with a round tip. Then, it develops into a shape with sharp tip. People living in the Wu, Yue, Chuan and Hu areas use the drug in the same way as tea. The drug collected in Suzhou has a small stem and strong fragrance. That from Jiangxi is a bit thicker. And that collected in Sichuan is even thicker.



芳，江西者稍粗，川蜀者更粗，入药以苏产为胜。物类相感志云：凡收薄荷，须隔夜以粪水浇之，雨后乃可刈收，则性凉，不尔不凉也。野生者，茎叶气味都相似。

茎叶【气味】

辛，温，无毒。

〔思邈曰〕苦、辛，平。〔元素曰〕辛、凉。〔斆曰〕茎性燥。〔甄权曰〕同薤作齋食相宜。新病瘥人勿食之，令人虚汗不止。瘦弱人久食之，动消渴病。

【主治】

贼风伤寒发汗，恶气心腹胀满，霍乱，宿食不消，下气，煮汁服之，发汗，大解劳乏，亦堪生食唐本。作菜久食，却肾气，辟邪毒，除劳气，令人口气香洁。煎汤洗漆疮



So, the herb from Suzhou is the best when it is used as a drug.

The book *Wulei Xianggan Zhi*: Before collecting Bohe, first water the herb with water of night soil. After rainfall, collect the herb. In this way the drug can be very cool in quality. The drug growing in the wild has a similar taste and quality to that cultivated in the farmhouse.

BOHEJING and BOHEYE

Herb of wild mint

Herba menthae

[Quality and Taste]

It is pungent, warm and nontoxic.

Sun Simiao: It is bitter, pungent and plain.

Zhang Yuansu: It is pungent and cool.

Lei Xiao: Its stem is dry in quality.

Zhen Quan: It is good for making preserved vegetable together with Xiebai. People recovering from a disease should not take the drug, as it will cause incessant profuse person with general debility should not take the drug, lest diabetes may be induced.

[Indications]

It is good for treating febrile disease caused by Cold with perspiration due to attack of evil Wind. It treats epigastric and abdominal distention due to attack of vicious agents, cholera, indigestion, and brings down adverse ascending of gas. Boil the drug to make a decoction to induce perspiration. In this way, general fatigue can be relieved greatly. The herb can be eaten raw.

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

Sun Simiao: Eat the drug as a vegetable for a long time. In this way, pathogenic factors in the Kidney can be dispersed, vicious agents and toxin can be expelled and consumptive disease improved. Use of the drug will keep the breath fresh. Boil the drug to make a decoction to wash dermatitis rhus.

Zhen Quan: It facilitates the movement of joints, expels toxin by in-



思邈。通利关节，发毒汗，去愤气，破血止痢甄权。疗阴阳毒，伤寒头痛，四季宜食士良。治中风失音吐痰日华。主伤风头脑风，通关格，及小儿风涎，为要药苏颂。杵汁服，去心脏风热孟诜。清头目，除风热李杲。利咽喉口齿诸病，治瘰疬疮疥，风瘙瘾疹。捣汁含漱，去舌胎语涩。掇叶塞鼻，止衄血。涂蜂螫蛇伤时珍。

【发明】

〔元素曰〕薄荷辛凉，气味俱薄，浮而升，阳也。故能去高巅及皮肤风热。〔士良曰〕薄荷能引诸药入营卫，故能发散风寒。〔宗奭曰〕小儿惊狂壮热，须此引药。又治骨蒸



ducing perspiration, disperses accumulation of qi due to excessive melancholy, removes blood stasis and stops dysentery.

Chen Shiliang: It is good for treating Yindu (toxin of Yin and cold nature) and Yangdu (toxin of Yang and hot nature), and relieves headaches in febrile disease caused by Cold. It is good for having the drug in all seasons.

It is good for treating apoplexy with aphasia and excessive phlegm.

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

Su Song: It is good for treating febrile disease caused by Wind with headache and severe intermittent headache. It treats Guange (dysuria accompanied by incessant vomiting) and infantile wind stroke due to attack of pathogenic Wind. It is a principal drug.

Meng Xian: Pound the drug to get juice. Administer the juice to eliminate pathogenic Wind and Heat in the Heart.

Li Gao: It clears Heat in the head and eye, disperses pathogenic Wind and Heat.

Li Shizhen: It is good for treating diseases of the throat, mouth and teeth. It is good for treating scrofula, sores and scabies, urticaria and itching due to attack of pathogenic Wind. Pound the drug to get juice. Hold the juice in the mouth to eliminate thick tongue coating and treat dysphasia. Stuff the nostril with fresh leaf to stop epistaxis. Apply the paste of it to treat bee sting and snakebite.

[Explication]

Zhang Yuansu: Bohe, pungent and cool, is a drug with thin taste and quality. It is a drug with floating and ascending tendency, a drug of Yang. Therefore it is good for dispersing pathogenic Wind and Heat from the skin and topmost position of body.

Chen Shiliang: Bohe can lead the rest of drugs in a prescription to function on the Ying and Weiqi. It is good for dispersing the invading pathogenic Wind and Cold.

Kou Zongshi: To treat infantile convulsion and mania with fever, Bohe is a must. It serves as the guiding drug. The drug is also good for treating hectic fever due to Yin deficiency and consumptive disease with fever. Boil Bohe to get juice. Simmer other drugs together with the juice to make a



热劳，用其汁与众药熬为膏。猫食薄荷则醉，物相感尔。
〔好古曰〕薄荷，手、足厥阴气分药也。能搜肝气，又主肺盛有余肩背痛，及风寒汗出。〔时珍曰〕薄荷入手太阴、足厥阴，辛能发散，凉能清利，专于消风散热，故头痛头风眼目咽喉口齿诸病，小儿惊热及瘰疬疮疥，为要药。戴原礼氏治猫咬，取其汁涂之有效，盖取其相制也。〔陆农师曰〕薄荷，猫之酒也。犬，虎之酒也。桑椹，鸠之酒也。茵草，鱼之酒也。咎殷食医心镜云：薄荷煎豉汤暖酒和饮，煎茶生食，并宜。盖菜之有益者也。

【附方】

旧二，新八。（略）



paste. When a cat eats Bohe, it gets drunk — an interesting phenomena, showing certain specific interrelations of things.

Wang Haogu: Bohe functions on the qi system of Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. It can disperse the excessive Liver qi. It also relieves pain on the shoulders and back due to excessive qi of the Lung. It reduces the perspiration due to attack of pathogenic Wind and Cold.

Li Shizhen: Bohe functions on the Lung Channel of Hand Initial Yin and Liver Channel of Foot Greater Yin. It is dispersive as it is pungent and it is cooling and purging, as it is cool in quality. It is a good drug in dispersing pathogenic Wind and Heat. So it is a very important drug in treating the following diseases: headache, inflammation of eye due to invasion of pathogenic Wind, sore throat and diseases of the oral cavity and teeth, infantile convulsion and fever, scrofula, sores and scabies. Dai Yuanli has a prescription treating cat bite. Apply the juice of Bohe to the wound. It is effective. Bohe has the function of controlling cats.

Lu Nongshi: Bohe is the wine for a cat. Dog (product) is the wine for tiger. Sangshen/fructus mori/mulberry is the wine for Zhen (a poisonous bird, see drug Chen (or Zhen). Wangcao is the wine for fish.

Zan Yin, in his book *Shiyi Xinjing*, said: Boil Bohe with Douchi/semen sojae preparatum/fermented soybean in water to make a decoction. Blend the decoction with warm wine. The herb can be eaten fresh or boiled with tea. Either will be good for the health. Bohe is a kind of vegetable beneficial to health.

[Prescriptions]

Two prescriptions collected previously, and eight prescriptions collected recently.

苏（别录中品）

【释名】

紫苏食疗。赤苏肘后方。桂荏

〔时珍曰〕蘇，从稣，音酥，舒畅也。苏性舒畅，行气和血，故谓之苏。曰紫苏者，以别白苏也。苏乃荏类，而味更辛如桂，故尔雅谓之桂荏。

【集解】

〔弘景曰〕苏叶下紫色而气甚香。其无紫色不香似荏者，名野苏，不堪用。〔颂曰〕苏，紫苏也。处处有之，以背面皆紫者佳。夏采茎叶，秋采子。有数种，水苏、鱼苏、





SU

Perilla

Perilla frutescens (L.) Britt. var. *crispa* (Thunb.) Hand.-Mazz.

Perilla frutescens (L.) Britt. var. *acuta* (Thunb.) Kudo

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

[Rectification]

This drug is removed from the Category of Vegetables to this clause.

[Explanation of Names]

ZISU

— *Shiliao Bencao* (*Meng Xian's Dietetic Materia Medica*).

CHISU

— *Zhouhou Fang*.

GUIREN

Li Shizhen: The character Su means “easygoing and pleasant.” The drug can harmonize the qi and blood and make them work easily and pleasantly. So, it is named Su. It is also named Zisu, the purple Su, to differentiate it from Baisu, the white Su. As Su is a kind of *Ren/perilla frutescens*/common perilla and it has the flavor of *Gui/cinnamomum cassia presl/cassia bark tree*, it is named Guiren by the book *Er Ya*.

[Previous Explanations]

Tao Hongjing: The back of the leaf of Zisu/herba perillae/perilla herb is purple. It has strong fragrance. A drug without a purple backed leaf or fragrance, in a similar shape to Ren, is called Yesu, which is no good as a medicinal drug.

Su Song: Su, or Zisu, is found everywhere. That with a purple backed leaf is the best quality drug. Collect the stem and leaf in summer and the



山鱼苏皆是荏类，各有别条。〔时珍曰〕紫苏、白苏皆以二三月下种，或宿子在地自生。其茎方，其叶团而有尖，四围有巨齿，肥地者面背皆紫，瘠地者面青背紫，其面背皆白者即白苏，乃荏也。紫苏嫩时采叶，和蔬茹之，或盐及梅溲作菹食甚香，夏月作熟汤饮之。五六月连根采收，以火煨其根，阴干则经久叶不落。八月开细紫花，成穗作房，如荆芥穗。九月半枯时收子，子细如芥子而色黄赤，亦可取油如荏油。务本新书云：凡地畔近道可种苏，以遮六畜，收子打油燃灯甚明，或熬之以油器物。丹房镜源云：苏子油，能柔五金八石。沙州记云：乞弗虏之地，不种五谷，惟食苏子。故王桢云，苏有遮护之功，又有灯油之用，不可阙也。今有一种花紫苏，其叶细齿密纽，如剪成之状，香色茎子并无异



seed in autumn. There are several species: Shuisu, Yusu, Shanyusu. All belong to the Category of Ren.

Li Shizhen: Zisu and Baisu should both be planted in the second and third months. Sow the seeds. Or, the seeds left on the ground will grow by themselves. Its stem is square. Its leaf is round, but with a pointed tip and teeth around the edge. The drug planted on fertile land will have a purple leaf on both the face and back. That planted on barren land will only have a leaf green on one side and purple on the other. If the leaf is white on both sides, it is Ren. Or, it is called Baisu. When the leaf of Zisu is tender, it can be collected and eaten as a fresh vegetable. Or, preserve the drug tighter with salt and Yanmei/fructus mume/salted plum. It is a delicious tidbit. In summer, cook Zisuye (leaf) in water to make a soup. Pull out the herb together with the root in the fifth and sixth months. Roast the root of the herb and then dry it in the shade. In this way, the leaves will remain there for a long time. The herb will have fine purple flowers in the eighth month, which flock together to make a spike, in the same way as Jingjiesui. In the middle of the ninth month, when the flowers wither, it is time to collect the seeds. The seed is as fine as Jiezi/semen brassicae/seed of India mustard. It is yellow-red. It can be processed to get oil, something similar to oil of Ren.

The book *Wuben Xinshu*: Zisu can be planted along the road to separate livestock. Collect the seeds to process into oil. Burn the lamp with the oil. It is a bright lamp. Or, use the oil as paint.

The book *Danfang Jingyuan*: Oil of Zisuzi (fruit) can be used in processing alchemical drugs as it is good for softening the five metals and eight stones.

The book *Shazhou Ji*: On barren land where five cereals cannot be cultivated, Zisu can be planted. Farmers can rely on Zisuzi to make a living. So Wang Zhen, author of *Nong Shu (Book of Agriculture)*, said that Zisu can be planted to cover barren land and can also be used to make lamp oil. It is something indispensable to farmers. Now, there is a kind of drug called Huazisu, which has fine teeth on the edge of its leaf that look like they have been shaped artificially. Its shape, seed and fragrance are all the same as the real Zisu. Local people call the drug Huihuisu.



者，人称回回苏云。〔敷曰〕薄荷根茎真似紫苏，但叶不同尔。薄荷茎燥，紫苏茎和，入药须以刀刮去青薄皮锉之。

茎叶

〔气味〕辛，温，无毒。〔李廷飞曰〕不可同鲤鱼食，生毒疮。

〔主治〕下气，除寒中，其子尤良别录。除寒热，治一切冷气孟诜。补中益气，治心腹胀满，止霍乱转筋，开胃下食，止脚气，通大小肠日华。通心经，益脾胃，煮饮尤胜，与橘皮相宜苏颂。解肌发表，散风寒，行气宽中，消痰利肺，和血温中止痛，定喘安胎，解鱼蟹毒，治蛇犬伤时珍。以叶生食作羹，杀一切鱼肉毒甄权。



Lei Xiao: The root and stem of Bohe are very similar to those of Zisu. But the leaves are not the same. The stem of Bohe is rough and dry and that of Zisu is soft. When it is used as a drug, peel the green thin bark from the stem. Then file the drug into pieces.

SUJING and SUYE

Perilla herb

Herba perillae

[Quality and Taste]

It is pungent, warm and nontoxic

Li Tingfei: The drug cannot be served together with Liyu/cyprinus/carp, lest pyogenic infection will ensue.

[Indications]

It brings down the adverse ascending of gas and treats apoplexy induced by attack of pathogenic Cold. Its seed is even better than the herb.

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

Meng Xian: It disperses invading pathogenic Cold and Heat, treats diseases caused by invasion of cold gas of all kinds.

It tones the interior and reinforces the qi, disperses epigastric and abdominal distention, stops spasms in cholera, whets the appetite, treats beriberi and facilitates stool and urination.

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

Su Song: It functions on the Heart Channel, replenishes the Spleen and Stomach. The best way to serve the drug is to boil it in water to make a decoction. It functions better together with Jupì/pericarpium citri reticulatae/tangerine peel.

Li Shizhen: It disperses pathogenic Wind and Cold from the muscle and skin, facilitates the circulation of qi and relieves chest stuffiness, dissolves phlegm and facilitates the Lung function. It harmonizes the blood, warms the interior and relieves pain. It suppresses asthma and soothes a fetus. It detoxifies toxin of fish and crab, treats bites of snake and dog.

Zhen Quan: Serve the soup of Zisuye. It detoxifies toxin of fish and



〔发明〕〔颂曰〕若宣通风毒，则单用茎，去节尤良。
〔时珍曰〕紫苏，近世要药也。其味辛，入气分；其色紫，入血分。故同橘皮、砂仁，则行气安胎；同藿香、乌药，则温中止痛；同香附、麻黄，则发汗解肌；同芎藭、当归则和血散血；同木瓜、厚朴，则散湿解暑，治霍乱、脚气；同桔梗、枳壳，则利膈宽肠；同杏仁、莱菔子，则消痰定喘也。
〔机曰〕宋仁宗命翰林院定汤饮。奏曰：紫苏熟水第一。以



meat of all kinds.

[Explication]

Su Song: If it is intended to disperse pathogenic Wind and toxin, only the stem of the drug is needed. It is even better if the node is taken off.

Li Shizhen: Zisu is a very important drug in contemporary time. It is a drug with pungent taste and functions on the qi system. It is a drug of purple color that functions on the blood system. Accompanied by different drugs, it functions differently, as follows:

Assisted by Jupi/pericarpium citri reticulatae/tangerine peel and Sharen/fructus amomi/fruit of amomum, it is good for promoting the circulation of qi and soothing the fetus;

Assisted by Huoxiang and Wuyao/radix linderae/root of combined spicebush, it is good for warming the interior and relieving the pain;

Aided by Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale and Mahuang/herba ephedrae/ephedra, it induces perspiration and expels pathogenic factors from the muscle;

Used together with Xiongqiong/rhizoma chuanxiong/rhizome of Szechwan lovage and Danggui/radix angelicae sinensis/root of Chinese angelica, it is good for harmonizing the blood and removing blood stasis;

Administered together with Mugua/fructus chaenomelis/fruit of common flowering quince and Houpo/cortex magnoliae officinalis/bark of officinal magnolia, it can disperse pathogenic Humidity and expel summer-heat, treat cholera and beriberi;

Assisted by Jiegeng/radix platycodi/platycodon root and Zhiqiao/fructus aurantii/bitter orange, it is good for facilitating the function of the diaphragm and relieving chest stuffiness;

Assisted by Xingren/semen armenicae amarum/bitter apricot seed and Laifuzi/semen raphani/radish seed, it is good for dissolving phlegm and soothing asthma.

Wang Ji: Emperor Renzong of the Song Dynasty (960-1279) once ordered the Hanlinyuan (the Imperial Academy) to list the most important prescriptions. The report listed Zisu (boiled in water) as the number one prescription, as it is good for bringing down the floating gas resting in chest



其能下胸膈浮气也。盖不知其久则泄人真气焉。〔宗奭曰〕紫苏其气香，其味微辛甘能散。今人朝暮饮紫苏汤，甚无益。医家谓芳草致豪贵之疾者，此有一焉。若脾胃寒人，多致滑泄，往往不觉。

〔正误〕〔颂曰〕苏主鸡瘕，本经不著，南齐褚澄治李道念食白淪鸡子成瘕，以苏煮服，吐出鸡雏而愈也。〔时珍曰〕按南齐书，褚澄所用者蒜也，非苏也。盖二字相似，誊录误耳，苏氏欠考矣。详见蒜下。

〔附方〕旧二，新一十三。（略）

子

〔气味〕辛，温，无毒。



and diaphragm. But it has to be noted that long time use of the drug will consume one's Zhenqi.

Kou Zongshi: Zisu is a drug with fragrance, a drug with slightly pungent and sweet taste and a drug with dispersing function. Now, people like to drink decoction of Zisu every morning and evening. It is really not good to the health. Doctors say that fragrant drugs may induce diseases to the rich. This is one example. Those whose Spleen and Stomach are invaded by pathogenic Cold will have slippery diarrhea if Zisu is taken too much. And it is hardly noticed that it is due to the adoption of the drug.

[Corrections]

Su Song: Zisu is good for treating Jijia (hard mass due to overeating of chicken). This is not recorded in *Shen Nong Bencao Jing*. Chu Cheng, a doctor living in the Southern Qi Dynasty (479-502), once treated Mr. Li Daonian, who was suffering from the disease due to overeating of chicken eggs. Decoction of Zisu was administered. The patient vomited out things in the shape of small chicken and was cured.

Li Shizhen: According to *Nan Qi Shu (History of the Southern Qi Dynasty)*, what Chu Cheng used was Suan/bulbus allii sativum/garlic, not Zisu. This error might result from the miscopying of ancient books and Su Song did not make necessary comparison of different editions. See details under Drug Suan.

[Prescriptions]

Two prescriptions collected previously, and
13 prescriptions collected recently.

SUZI

Perilla fruit
Fructus perillae

[Quality and Taste]

It is pungent, warm and nontoxic.



〔主治〕下气，除寒温中别录。治上气咳逆，冷气及腰脚中湿风结气。研汁煮粥长食，令人肥白身香甄叔。调中，益五脏，止霍乱呕吐反胃，补虚劳，肥健人，利大小便，破癥结，消五膈，消痰止嗽，润心肺日华。治肺气喘急宗爽。治风顺气，利膈宽肠，解鱼蟹毒时珍。

〔发明〕〔弘景曰〕苏子下气，与橘皮相宜。〔时珍曰〕苏子与叶同功。发散风气宜用叶，清利上下则宜用子也。

〔附方〕旧三，新六。（略）



[Indications]

It brings down the adverse ascending gas, warms the interior and disperses the invading pathogenic Cold.

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

Zhen Quan: It treats coughing with dyspnoea, disperses cold gas and accumulation of pathogenic Cold and Humidity resting in the waist and feet. Grind the drug to get juice. Prepare porridge with the juice and serve it regularly. This will make the person become plump with white and fragrant skin.

It regulates the interior, tonifies the Five Viscera, and stops cholera with vomiting and regurgitation. It improves a consumptive disease, helps put on weight, facilitates stool and urination, and dissolves hard mass and dysphagia of five kinds. It stops coughing and eliminates phlegm, moistens the Heart and the Lung.

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

Kou Zongshi: It is good for treating asthma with dyspnoea due to excessive condition of the Lung.

Li Shizhen: It facilitates the circulation of qi, disperses the invading pathogenic Wind, relieves diaphragm obstruction, detoxifies toxin of fish and crab.

[Explication]

Tao Hongjing: Zisuzi is good at bringing down the adverse ascending of gas and its efficacy is reinforced if it is used together with tangerine peel.

Li Shizhen: Zisuzi and Zisuye have similar functions. When it is intended to disperse the invading pathogenic Wind, Zisuye should be used. If it is wished to clear the upper and lower portion of body, Zisuzi is a better drug.

[Prescriptions]

Three prescriptions collected previously, and six prescriptions collected recently.

水苏（本经中品）

【释名】

鸡苏吴普。香苏肘后。龙脑薄荷日用。芥菴音祖。芥苴并别录。

〔时珍曰〕此草似苏而好生水旁，故名水苏。其叶辛香，可以煮鸡，故有龙脑、香苏、鸡苏诸名。芥菴、芥苴当作芥苏，乃是一名而误录尔，亦因味辛如芥，故名。宋惠民和剂局方，有龙脑薄荷丸，专治血病。元吴瑞日用本草，谓即水苏，必有所据也。周定王救荒本草，言薄荷即鸡苏，以





SHUISU

Japanese betony

Stachys baicalensis Fisch.

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

[Explanation of Names]

JISU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

XIANGSU

— *Zhouhou Fang*.

LONGNAOBOHE

— *Riyong Bencao* (*Materia Medica for Daily Use*).

JIEZU (芥菹)

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

JIEZU (芥苴)

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

Li Shizhen: This herb looks like Zisu and grows close to water. So it is called Shuisu, the water Su (Zisu). Its leaf is pungent and fragrant and can be used to stew chicken. So, it is called Longnao, Xiangsu and Jisu. Jiezu (芥菹) and Jiezu (芥苴) should be Jiesu. It is a result of miscopying. The name is given as the drug is as pungent as Jiezi/semen brassicae/seed of india mustard. So, it is named Jiesu. Jie=Jiezi. In *Taiping Huimin Heji Jufang*, there is a prescription called Longnaobohe Wan [pill of Longnaobohe (Shuisu)], which is good for treating blood disorders. In *Riyong Bencao*, a book written by Wu Rui in the Yuan Dynasty (1271-1368), the name of Shuisu appeared. It must be based on a previous record. *Jiuhuang Bencao*, a book written by Prince Dingwang of Zhou of the Ming Dynasty (1368-1644), said that Bohe is also called Jisu. That produced in Longnaogang (a hill) of



生东平龙脑冈者为良，故名；陈嘉谟本草蒙筌，以薄荷种于苏州府学地名龙脑者，得名俱不同，何哉？

【集解】

〔别录曰〕水苏生九真池泽，七月采。〔弘景曰〕方药不用，莫能识；九真辽远，亦无能访之。〔恭曰〕此苏生下泽水侧，苗似旋覆，两叶相当，大香馥。青、齐、河间人名水苏，江左右为荠苎，吴会谓之鸡苏，而陶氏更于菜部出鸡苏，误矣。〔保昇曰〕叶似白薇，两叶相当，花生节间，紫白色，味辛而香，六月采茎叶日干。〔颂曰〕水苏处处有之，多生水岸旁。南人多以作菜。江北甚多，而人不取食。又江左人谓鸡苏、水苏是两种。陈藏器谓荠苎自是一物，非水苏。水苏叶有雁齿，气香而辛；荠苎叶上有毛，稍长，气臭也。又茵陈注云：江南所用茵陈，茎叶都似家茵陈而大，高三四尺，气极芬香，味甘辛，俗名龙脑薄荷。〔宗奭曰〕水苏气味与紫苏不同，辛而不和，然状一如苏，但面不紫，



Dongping is the best. So, it is called Longnaobohe (Bohe from Longnao-gang). But in *Bencao Mengquan* written by Chen Jiamo, Bohe planted in Longnao of Suzhou is called Longnaobohe. So, the authenticity of the drug is not very clear. The reason remains unknown.

[Previous Explanations]

Shuisu grows in the pond and lake of Jiuzhen. Collect the drug in the seventh month.

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

Tao Hongjing: The drug is not used in medical prescriptions, so nobody knows it. Jiuzhen is a place faraway and nobody has really visited.

Su Gong: Shuisu grows on the bank of lakes. Its seedling looks like that of Xuanfu/inula. Leaf grows in pairs. It is very fragrant. People in Qingzhou, Qizhou and Hejian call the drug Shuisu. And people in the Jiangzuo and Jiangyou areas call it Jining. In the Wukuai area, it is called Jisu. But Tao Hongjing recorded Jisu in the Category of Vegetables, which is, of course, a wrong entry.

Han Baosheng: The leaf of the drug looks like that of Baiwei/blackend swallowwort, growing in pairs. Flower grows between nodes of purple-white color. It is pungent and fragrant. Collect the stem and leaf in the sixth month.

Su Song: Shuisu is found everywhere. It grows on the bank of water. People in the south eat it as a vegetable. It is found in bulk quantity to the north of the Yangtze River. But people there do not eat it. People in the Jiangzuo area think Jisu and Shuisu are two different herbs. Chen Cangqi said that Jining is another drug. It is not Shuisu. This is because they are not the same: The leaf edge of Shuisu is covered with teeth and it is pungent and fragrant. The leaf of Jining is longer, covered with hair and smells bad. According to the annotation of the drug Yinchen, people south of the Yangtze use a kind of drug similar to cultivated Yinchen but it is a bit bigger, three to four *chi* tall with strong fragrance and sweet-pungent taste. It is colloquially called Longnaobohe.

Kou Zongshi: The smell of Shuisu is different from that of Zisu. It is pungent but not very mild. Its herb looks much like Zisu. But the only dif-



及周围槎牙如雁齿耳。〔瑞曰〕水苏即鸡苏，俗呼为龙脑薄荷。〔时珍曰〕水苏、芥苧一类二种尔。水苏气香，芥苧气臭为异。水苏三月生苗，方茎中虚，叶似苏叶而微长，密齿，面皱色青，对节生，气甚辛烈。六七月开花成穗，如苏穗，水红色。穗中有细子，状如荆芥子，可种易生，宿根亦自生。沃地者苗高四五尺。

茎叶【气味】

辛，微温，无毒。

【主治】

下气杀谷，除饮食。辟口臭，去邪毒，辟恶气。久服通神明，轻身耐老本经。主吐血衄血血崩别录。治肺痿血痢，崩中带下日华。主诸气疾及脚肿苏颂。酿酒渍酒及酒煮汁常服，治头风目眩，及产后中风。恶血不止，服之弥妙孟诜。



ference is that the leaf of Shuisu is not purple and is covered with teeth on the edge.

Wu Rui: Shuisu is simply Jisu and is colloquially called Longnaobohe.

Li Shizhen: Shuisu and Jining are two species of the same category. Shuisu is fragrant and Jining smells bad. Shuisu has buds in the third month. Its stem is square and hollow. Its leaf looks like Zisuye, but it is a bit longer, with fine teeth and creased, and blue-green in color. It grows in pairs. It has very strong pungent taste. Flowers bloom in the sixth and seventh months and flock together to make a spike. They look like Jingjiezi. It is easy to sow the seed to develop new crops. Its perennial root can bring about a new seedling, another way of developing the herb. On a fertile land, the herb can grow as tall as four to five *chi*.

SHUISUJING and SHUISUYE

Herb of Japanese betony

Herba stachydis

[Indications]

It brings down adverse ascending of gas, helps digest food and remove indigestion, and eliminates halitosis. It prevents attacks of vicious and noxious agents. Long time use enlightens the intelligence, makes the person feel happy and can live longer.

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

It is good for treating hematemesis, epistaxis and metrorrhagia.

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

It is good for treating pulmonary flaccidity syndrome, dysentery with blood discharge, metrorrhagia and leukorrhea.

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

Su Song: It is good for treating diseases caused by qi disorders of all kinds and eliminating swelling on the feet.

Meng Xian: The drug can be prepared in the following ways: to brew wine, to soak in wine, to stew in wine. Take the prepared drug regularly. It is good for treating severe intermittent headache, vertigo and puerperal apoplexy. It is especially good for stopping bleeding of malignant blood.

作生菜食，除胃间酸水藏器。

【发明】

〔时珍曰〕鸡苏之功，专于理血下气，清肺辟恶消谷，故太平和剂局方治吐血衄血、唾血咳血、下血血淋、口臭口苦、口甜喉腥、邪热诸病，有龙脑薄荷丸方，药多不录。用治血病，果有殊效也。



Chen Cangqi: Eat the fresh herb as a vegetable. This will eliminate acid regurgitation.

[Explication]

Li Shizhen: Jisu is a drug that is especially good for regulating the blood and bringing down the adverse ascending of gas, clearing the Lung, preventing attack of vicious agents and helping digestion. In *Taiping Huimin Heji Jufang*, there is a prescription named Longnaobohe Wan (Pills of Longnaobohe Shuisu), a prescription good for treating the following diseases: hematemesis, epistaxis, hemoptysis, spitting of blood, hematochezia, stranguria with hematuria, halitosis, bitterness in the mouth, sweetness in the mouth and fishy smell in the throat, and ailments due to attack of pathogenic Heat. As there are too many ingredients in the prescription, they are not recorded here. See *Taiping Huimin Heji Jufang*. When this prescription is used to treat diseases due to blood disorders, it often works wonders.



菊（本经上品）

【释名】

节华本经。女节别录。女华别录。女茎别录。日精别录。更生别录。傅延年别录。治薺尔雅。金蕊纲目。阴成别录。周盈别录。





JU

Chrysanthemum

Chrysanthemum morifolium Ramat.

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

[Explanation of Names]

JIEHUA

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

NÜJIE

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

NÜHUA

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

NÜJING

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

RIJING

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

GENGSHENG

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

FUYANNIAN

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

ZHIQIANG

— *Er Ya*.

JINRUI

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

YINCHENG

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

ZHOUYING

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



〔时珍曰〕按陆佃埤雅云：菊本作鞠，从鞠。鞠，穷也。月令：九月，菊有黄华。华事至此而穷尽，故谓之鞠。节华之名，亦取其应节候也。崔实月令云：女节、女华，菊华之名也。治蒿、日精，菊根之名也。抱朴子云：仙方所谓日精、更生、周盈，皆一菊而根茎花实之名异也。〔颂曰〕唐天宝单方图载白菊云：原生南阳山谷及田野中。颍川人呼为回蜂菊，汝南名茶苦蒿，上党及建安郡、顺政郡并名羊欢草，河内名地薇蒿。

【集解】

〔别录曰〕菊花生雍州川泽及田野。正月采根，三月采叶，五月采茎，九月采花，十一月采实，皆阴干。〔弘景曰〕菊有两种：一种茎紫气香而味甘，叶可作羹食者，为真菊；一种青茎而大，作蒿艾气，味苦不堪食者，名苦蕒，非真菊也。华正相似，惟以甘苦别之。南阳郦县最多，今近道



Li Shizhen: Lu Dian in his book *Bei Ya* said: the character 菊 (Ju) was originally written as 鞠 (Ju) and 鞠 (Ju). The meaning of 鞠 (Ju) is the “end” or “extreme” of things.

The book *Yue Ling (On Months and Seasons)*: In the ninth month, Ju has yellow flowers. This is the end of the flowers, and none will bloom thereafter. So, it is named Ju (the end). The name Jiehua is given because the flower corresponds to the season (autumn). Jie = Season, Hua = flower. Nüjie, Nühua and Juhua are names of the flower. Zhiqiang and Rijing are the names of the root.

The book *Baopuzi*: In alchemical works, when the names such as Rijing, Gengsheng and Zhouying are mentioned, they refer to the root, stem, flower and seed of the herb.

Su Song: The book *Tang Tianbao Danfang Tu* describes Baiju (the white chrysanthemum) in the following way: The herb was originally found in mountain valleys and fields in Nanyang. People living in Yingchuan call the herb Huifengju. In Runan, the herb is called Tukahua. The herb is called Yanghuancao in places like Shangdang, Jian'anjun and Shunzhengjun. And in Henei, it is called Diweihao.

[Previous Explanations]

Juhua grows in the mountain valleys and fields in Yongzhou. Collect the root in the first month, the leaf in the third month, the stem in the fifth month, the flower in the ninth month and the fruit in the 11th month. Dry them in the shade.

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

Tao Hongjing: There are two species: One has purple stem, a sweet taste with fragrance. Its leaf can be used to prepare gruel. This is the genuine chrysanthemum. The other species has a big blue-green stem and a similar smell to Qinghao/herba artemisiae annuae/herb of sweet wormwood and Aiye/foUium artemisiae argyi/leaf of argy wormwood. It is bitter in taste and cannot be eaten. This is not the real chrysanthemum. It is called Kuyi. The flowers of both are quite similar, but one is sweet and the other bitter. The herb is produced in bulk in Lixian county in Nanyang. Now, it is found everywhere in nearby places. It can be developed by sowing the



处处有之，取种便得。又有白菊，茎叶都相似，惟花白，五月取之。仙经以菊为妙用，但难多得，宜常服之。〔藏器曰〕白菊生平泽，五月花，紫白色。〔颂曰〕处处有之，以南阳菊潭者为佳。初春布地生细苗，夏茂，秋花，冬实。然种类颇多。惟紫茎气香，叶厚至柔者，嫩时可食，花微小，味甚甘者，为真；其茎青而大，叶细气烈似蒿艾，花大味苦者，名苦意，非真也。南阳菊亦有两种：白菊叶大如艾叶，茎青根细，花白蕊黄；其黄菊叶似茼蒿，花蕊都黄。今服饵家多用白者。又有一种开小花，花瓣下如小珠子，谓之珠子菊，云入药亦佳。〔宗奭曰〕菊花近世有二十余种。惟单叶花小而黄，绿叶色深小而薄，九月应侯而开者是也。邓州白菊单叶者，亦入药。余皆医经不用。〔瑞曰〕花大而香者，为甘菊；花小而黄者，为黄菊；花小而气恶者，为野菊。〔时珍曰〕菊之品凡百种，宿根自生，茎叶花色，



seed. There is another kind called Baiju (the white chrysanthemum). Its stem and leaf are similar to those of the other species of chrysanthemum, the only difference being that it has a white flower. Collect the drug in the fifth month. Alchemical works consider Juhua as a drug with miraculous efficacy. But it is not easy to get a lot of it. It should be taken regularly.

Chen Cangqi: Baiju grows on the plain. Its flower blooms in the fifth month. It is purple-white.

Su Song: The herb is found everywhere in China. That produced in Jutan in Nanyang is the best. In early spring, buds spread all over the ground. It prospers in summer, has flowers in autumn and bears seeds in winter. There are plenty of varieties. That with a purple stem, and a thick and soft leaf with fragrance can be eaten when the leaf is tender. That with a small flower of sweet taste is the genuine herb. That with a big blue-green stem and a leaf with similar smell to Qinghao and Aiye, and a big and bitter flower, is not the real herb. It is Kuyi. The chrysanthemum in Nanyang also has two species: Baiju has a big leaf similar to Aiye, a blue-green stem and a fine root, a white flower with a yellow stamen and pistil. Huangju (yellow chrysanthemum) has a similar leaf to Tonghao/chrysanthemum coronarium. Its petal, stamen and pistil are all yellow. Taoist alchemists prefer the herb with a white flower. There is another species that has a small flower with the tip of the petal curled up like a small pearl. It is called Zhuziju (pearl chrysanthemum). It is said that this species is also good for medical purposes.

Kou Zongshi: There are more than 20 species of Juhua in recent times. Among them, only that with a small, thin and dark-green simple leaf, and a small, yellow flower that blooms in the ninth month, to correspond to the season, is the genuine herb. The white chrysanthemum of Dengzhou with simple leaves can also be used as a medicinal drug. The rest of them are normally not considered as a drug by medical classics.

Wu Rui: That with a big, fragrant flower is called Ganju (sweet chrysanthemum). That with a small, yellow flower is called Huangju. That with a small, bad-smelling flower is Yeju/flos chrysanthemi indici/flower of Indian dendranthema.

Li Shizhen: There are more than 100 species of Juhua. A new bud



品品不同。宋人刘蒙泉、范致能、史正志皆有菊谱，亦不能尽收也。其茎有株蔓紫赤青绿之殊，其叶有大小厚薄尖秃之异，其花有千叶单叶、有心无心、有子无子、黄白红紫、间色深浅、大小之别，其味有甘苦辛之辨，又有夏菊秋菊冬菊之分。大抵惟以单叶味甘者入药，菊谱所载甘菊、邓州黄、邓州白者是矣。甘菊始生于山野，今则人皆栽植之。其花细碎，品不甚高。蕊如蜂巢，中有细子，亦可捺种。嫩叶及花皆可炸食。白菊花稍大，味不甚甘，亦秋月采之。菊之无子者，谓之牡菊。烧灰撒地中，能死蛙龟。说出周礼。

花叶、根、茎、实并同。

〔气味〕苦，平，无毒。〔别录曰〕甘。〔损之曰〕甘



grows from the perennial root. The stem, leaf and flower of each species differ from the others. Song Dynasty (960-1279 AD) scholars such as Liu Mengquan, Fan Zhineng and Shi Zhengzhi all had their works of Jupu (collection of chrysanthemum). It is not easy to quote all of them. There can be different stems, such as those with a straight stem or vine, and of purple, red, blue-green and green colors. Its leaves can vary in size and thickness, with a round shape or with tips. Its flowers can be even more diversified: with a thousand petals, with single petals, with or without a heart, with or without a seed, of yellow, white, red and purple colors, or with mixed colors, dark and light colors, big or small. The taste of the flowers can be sweet, bitter and pungent. The herb can vary according to the flowering time: the summer chrysanthemum, autumn chrysanthemum and winter chrysanthemum. Normally, that with single leaves and sweet flowers can be used as a medicinal drug. Ganju mentioned in Jupu generally indicates the yellow and white chrysanthemums of Dengzhou. Ganju first grew in the mountains and the wild. But, now, it is planted by farmers. Its flower is fine and small. It is not of top quality of the kind. The center of the flower looks like Tufengke/nidus scoliae sinensis/nest of mud wasp. There are fine seeds in the center. The seed can be planted for further development. The tender leaf and flower can be stir-fried and served as food. The white chrysanthemum is a bit bigger and not very sweet in taste. Collect the herb in autumn. The chrysanthemum without a seed is named Muju. Burn the flower into ashes and spread it to the field to kill frogs and toads. This is recorded in the book *Zhou Li (Rites of the Zhou Dynasty)*.

JUHUA, also JUYE, JUGEN and JIJING

Chrysanthemum flower, also leaf, root and stem
Flos chrysanthemum

[Quality and Taste]

It is bitter, plain and nontoxic.
It is sweet.

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

Yang Sunzhi: The drug of a sweet taste is good for medical use and



者入药，苦者不入药。〔杲曰〕苦、甘，寒，可升可降，阴中微阳也。〔时珍曰〕本经言菊花味苦，别录言菊花味甘。诸家以甘者为菊，苦者为苦蕒，惟取甘者入药。谨按张华博物志，言菊有两种，苗花如一，惟味小异，苦者不中食。范致能谱序，言惟甘菊一种可食，仍入药饵。其余黄白二花，皆味苦，虽不可饵，皆可入药。其治头风，则白者尤良。据此二说则是菊类自有甘苦二种，食品须用甘菊，入药则诸菊皆可，但不得用野菊名苦蕒者尔。故景焕牧竖闲谈云：真菊延龄，野菊泄人。正如黄精益寿、钩吻杀人之意。〔之才曰〕术及枸祀根、桑根白皮、青箱叶为之使。

〔主治〕诸风头眩肿痛，目欲脱，泪出，皮肤死肌，恶



that of a bitter taste is not suitable as a medicine.

Li Gao: It is bitter, sweet and cold. It is a drug with both ascending and descending tendencies, a drug of slight Yang in the Yin.

Li Shizhen: According to *Shen Nong Bencao Jing*, Juhua is bitter in taste. But, according to *Mingyi Bielu*, Juhua is sweet. Most Bencao authors think the sweet tasting herb is chrysanthemum and that with a bitter taste is called Kuyi. Only that of a sweet taste is used as a medical drug. Zhang Hua in his book *Bowu Zhi* wrote: There are two species of chrysanthemum. The leaves and flowers of the two species are the same, but they have different tastes. That with a bitter taste should not be used. In the preface of his book *Jupu*, Fan Zhineng said that only the sweet chrysanthemum can be eaten and served as medicine. The white and the yellow chrysanthemum, though not very pleasant to eat, can be served as medicine. When severe intermittent headache is to be treated, white chrysanthemum is the best among all the species. According to the above two explanations, we know now that chrysanthemum can be divided into two categories in respect of their tastes: When the herb is used in food or drink, only the sweet one is good. If it is to be used medically, both sweet and bitter chrysanthemum can be served. But Yeju/flos chrysanthemi indici/flower of Indian dendranthema, or Kuyi, should not be used as Juhua. So, Jing Huan, in his book *Mushu Xiantan*, said that the genuine one is a drug that prolongs life and Yeju only purges. This is just like the case of Huangjing/rhizoma polygonati/rhizome of king solomon's seal, which prolongs one's lifespan, and Gouwen/herba gelsemimi elegantis/herb of graceful jessamine that kills a person.

Xu Zhicai: The following drugs can serve as guiding drugs of Juhua:

Zhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes,

Gouqigen/radix lycii/root of barbary wolfberry,

Sangbaipi/cortex mori radicis/root-bark of white mulberry, and

Qingxiangye/foolium celosiae/leaf of feather cockscomb.

[Indications]

It is good for dispersing invading pathogenic Wind that has caused ver-



风湿痺。久服利血气，轻身耐老延年本经。疗腰痛去来陶陶，除胸中烦热，安肠胃，利五脉，调四肢别录。治头目风热，风旋倒地，脑骨疼痛，身上一切游风令消散，利血脉，并无所忌甄权。作枕明目，叶亦明目，生熟并可食大明。养目血，去翳膜元素。主肝气不足好古。

白菊

〔气味〕苦、辛，平，无毒。

〔主治〕风眩，能令头不白弘景。染髭发令黑。和巨胜、茯苓蜜丸服之，去风眩，变白不老，益颜色藏器。



tigo, swelling and pain, protruding eyeballs, and profuse tears. It improves dead skin, leprosy and arthralgia due to an attack of pathogenic Humidity. Long-term use facilitates the blood and qi and makes one feel happy and able to enjoy a long life.

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

It is good for treating lumbago with general debility, eliminates heat and restlessness in the chest, pacifies the Stomach and Intestine, and facilitates blood circulation and movement of the extremities.

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

Zhen Quan: It is good for dispersing invading pathogenic Wind and Heat that has caused vertigo and falling off in a syncope, relieving pain in the skull, dispersing wandering edema all over the body, and promoting blood circulation. There is no taboo to this drug.

Da Ming: Fill a pillowcase with the flower as well as the leaf. It is good to improve eyesight if such a pillowcase is used over a long period of time. The fresh and cooked drug can be eaten.

Zhang Yuansu: It removes blood stasis in the eye and eliminates nebula and opacity.

Wang Haogu: It is good for treating insufficient condition of the Liver qi.

BAIJU

White chrysanthemum

[Quality and Taste]

It is bitter, pungent, plain and nontoxic.

[Indications]

Tao Hongjing: It is good for treating vertigo due to an attack of pathogenic Wind. It keeps the hair from whitening.

Chen Cangqi: It is good for turning whitening hair black. Make pills together with Huma/semen sesami/sesame seed and Fuling/poria/Indian bread. Take the pills to treat wind-vertigo, prevent the whitening of hair and keep the person young and good-looking.

【发明】

〔震亨曰〕黄菊花属土与金，有水与火，能补阴血，故养目。〔时珍曰〕菊春生夏茂，秋花冬实，备受四气，饱经露霜，叶枯不落，花槁不零，味兼甘苦，性禀平和。昔人谓其能除风热，益肝补阴，盖不知其得金水之精英尤多，能益金水二脏也。补水所以制火，益金所以平木，木平则风息，火降则热除，用治诸风头目，其旨深微。黄者入金水阴分，白者入金水阳分，红者行妇人血分，皆可入药，神而明之，存乎其人。其苗可蔬，叶可啜，花可饵，根实可药，囊之可枕，酿之可饮，自本至末，罔不有功。宜乎前贤此之君子，神农列之上品，隐士采人酒斝，骚人餐其落英。费长房言九





[Explication]

Zhu Zhenheng: Yellow chrysanthemum pertains to the Earth and Metal elements. It contains Water and Fire. It is good for tonifying the Yin blood. That is why the drug is good to nourish the eye.

Li Shizhen: Chrysanthemum grows in spring, develops in summer, blooms in autumn and bears fruit in winter. It is a drug accepting all the four qi of the seasons. Enriched by frost and dew, its leaf and flower remain solid even after they have withered. It is a drug tasting both sweet and bitter and with a mild and harmonious quality. Ancient scholars knew that the drug could disperse pathogenic Wind and Heat and tonify the Liver Yin. But they did not know that the drug, enriched by the essence substance of the Metal and Water elements, can tonify the Metal and Water Viscera.* When Water is reinforced, it is actually reinforcing its power of control over the excessive Water. When the Metal** is toned, it is helping to curb the rampant Wood.*** When the Wood is pacified, pathogenic Wind is put out. When Fire is brought down, there is no more pathogenic Heat. When this drug is used to disperse invading pathogenic Wind and Heat and Treat diseases of the head and eye,+ it is really good in mastering the quintessence of the theory. Yellow chrysanthemum functions on the Yin system of the Metal and Water. White chrysanthemum functions on the Yang system of the Metal and Water. Red chrysanthemum functions on a woman's blood system. All the species can be used as drugs. It depends on the subtle understanding of the drugs by individual doctors. The whole drug can be used in many ways: Its seedling and leaf can be eaten as fresh vegetable, flowers can be served as a drug for prolonging life, the root and fruit can be used medically, while the flower can be put into a pillowcase or brewed into wine. From the root to the top of the whole herb, there is nothing that cannot be used. That is why ancient scholars symbolized the herb as a gentle-

*The Lung and the Kidney.

**The Lung.

***The Liver.

+Such diseases as vertigo and inflammation of the eye.



日饮菊酒，可以辟不祥。神仙传言康风子、朱孺子皆以服菊花成仙。荆州记言胡广久病风羸，饮菊潭水多寿。菊之贵重如此，是岂群芳可伍哉？锺会菊有五美赞云：圆花高悬，准天极也。纯黄不杂，后土色也。早植晚发，君子德也。冒霜吐颖，象贞质也。杯中体轻，神仙食也。西京杂记言：采菊花茎叶，杂秫米酿酒，至次年九月始熟，用之。

【附方】

旧五，新六。（略）



man. And in *Shen Nong Bencao Jing*, it is included in the superior class. Hermits collect the flowers to brew their wine and wandering poets eat the falling flower. Fei Zhangfang said that it is good for preventing attacks of vicious things if wine of chrysanthemum can be taken for nine days. The book *Shenxian Zhuan (Biographies of the Immortals)* recorded that both Kang Fengzi and Zhu Ruzi evolved into immortals after long consumption of chrysanthemum.

The book *Jingzhou Ji*: Mr. Hu Guang had been suffering from attacks of pathogenic Wind and became emaciated and debilitated. Then, he began to drink water from the chrysanthemum pond. He lived a long time. How can other fragrant herbs and flowers be as precious as chrysanthemum? Zhong Hui praised chrysanthemum as having five merits:

Standing aloft, the flowers overlook the world;
Pure yellow, a genuine color of the great Earth;
Planted earlier but having flowers later, a gentleman's lofty manner;
Exposed to frost, flowers still bloom, a staunch fighter; and
Floating in a cup, a fairy thing.

The book *Xijing Zaji*: Collect the leaf and stem of chrysanthemum and use them together with Shumi/semen setariae/glutinous millet to brew wine. Keep the wine until the following ninth month. Then it can be drunk.

[Prescriptions]

Five prescriptions collected previously, and
six prescriptions collected recently.

野菊 (拾遗)

【释名】

苦蕒

〔时珍曰〕蕒乃莲子之心，此物味苦似之，故与之同名。

【集解】

〔藏器曰〕苦蕒生泽畔，茎如马兰，花如菊。菊甘而蕒苦，语曰苦如蕒是也。〔时珍曰〕苦蕒处处原野极多，与菊无异，但叶薄小而多尖，花小而蕊多，如蜂巢状，气味苦辛惨烈。





YEJU

Indian chrysanthemum

Chrysanthemum indicum L.

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

[Explanation of Names]

JUYI

Li Shizhen: Yi is Lianzixin/plumula nelumbinis/lotus plumule. As Yeju is as bitter as the plumule, so it is named after it.

[Previous Explanations]

Chen Cangqi: Yeju grows on the banks of marshes or in the water. Its stem is similar to that of Malan/herba kalimeridis/herb of Indian kalimeris and its flower looks like Juhua. But Juhua is sweet and Yeju bitter. So, the idiom says that something is “as bitter as Yi (Kuyi, Yeju).”

Li Shizhen: Yeju is found in large quantity in the fields everywhere. It looks like Juhua. But its leaf is thin, small and with a pointed tip. Its flower is small, but as plenty of stamen and pistils. It looks like Tufengke/nidus scoliae sinensis/ nest of mud wasp. Its taste is bitter, pungent and very strong.

YEJUGEN

Root of Indian chrysanthemum

Radix chrysanthemi indicum

YEJUYE

Leaf of Indian chrysanthemum

Folium chrysanthemi indicum

根、叶、茎、花【气味】

苦、辛，温，有小毒。

〔震亨曰〕野菊花，服之大伤胃气。

【主治】

调中止泄，破血，妇人腹内宿血宜之藏器。治痈肿疗毒，瘰疬眼瘕时珍。

【附方】

新四。（略）





YEJURING

Herb of Indian chrysanthemum
Herba chrysanthemi indici

YEJUHUA

Flower of Indian chrysanthemum
Flos chrysanthemi indici

[Quality and Taste]

It is bitter, pungent, warm and slightly toxic.

Zhu Zhenheng: Intake of Yejuhua greatly damages the Stomach qi.

[Indications]

Chen Cangqi: It regulates the interior and stops diarrhea, and removes blood stasis. It is especially good for removing the abdominal blood stasis in a woman.

Li Shizhen: It is good for treating carbuncle and phlegmon and furuncle with swelling.

[Prescriptions]

Four prescriptions collected recently.



庵蒿 音淹间。（本经上品）

【释名】

覆间

〔时珍曰〕庵，草屋也。间，里门也。此草乃蒿属，老茎可以盖覆庵间，故以名之。贞元广利方谓之庵蒿蒿云。又史注云：庵庐，军行宿室也。则间似当作庐。

【集解】

〔别录曰〕庵蒿子生雍州川谷，亦生上党及道边，十月采实阴干。〔弘景曰〕状如蒿艾之类，近道处处有之，仙经亦时用之，人家种此辟蛇也。〔颂曰〕今江淮亦有之。春生苗，叶如艾蒿，高二三尺。七月开花，八月结实，九月采实。〔时珍曰〕庵蒿叶不似艾，似菊叶而薄，多细丫，面背皆青。高者四五尺，其茎白色，如艾茎而粗。八九月开细



YANLÜ (ANLÜ)

Keiske artemisia

Artemisia keiskeana Miq.

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

Li Shizhen: Yan: Thatched house. Lü: Gate. Yanlü is a kind of wormwood. The old Yanlü can be used to cover the house or gate, hence its name. In the book *Zhenyuan Guangli Fang*, the drug is named Anlühao (a name with wormwood added). According to Shi Zhu, Anlü is the name of the camp in the army. It seems that the drug is given the name as the camp can be made with this herb.

[Previous Explanations]

Yanlüzi/fructus artemisiae keiskeanae/fruit of keiske artemisia grows in the mountain valleys in Yongzhou. It is also found in Shangdang. It can also be found along the road. Collect the fruit in the 10th month and dry it in the shade.

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

Tao Hongjing: The drug looks like Qinghao and Aiye. It is found everywhere. Taoist alchemists use the drug sometimes. Farmers plant it to prevent snake attack.

Su Song: Now, the drug is also produced in the Jiang and Huai areas. The seedling grows in spring. Its leaf is similar to that of Aiye and Qinghao. The herb is two to three *chi* tall. The flower blooms in the seventh month and fruit is borne in the eighth month. Collect the fruit in the ninth month.

Li Shizhen: The leaf of Yanlü does not look like Aiye. It looks like a chrysanthemum leaf, but thinner. It has fine forks. The front and back of the leaf are all blue-green. The tall herb can be as tall as four to five feet. Its stem is white, similar to that of Aiye, but thicker. A fine flower of pale



花，淡黄色。结细实如艾实，中有细子，极易繁衍。艺花者以之接菊。

子【气味】

苦，微寒，无毒。

〔别录曰〕微温。〔普曰〕神农、雷公、桐君、岐伯：苦，小温，无毒。〔李当之〕温。〔权曰〕辛、苦。〔时珍曰〕降也，阴中微阳，入足厥阴经血分。〔之才曰〕荆实、薏苡为之使。

【主治】

五脏瘀血，腹中水气，胪胀留热，风寒湿痹，身体诸痛。久服轻身延年不老本经。疗心下坚，膈中寒热，周痹，妇人月水不通，消食明目。驱驴食之神仙别录。益气，主男



yellow blooms in the eighth and ninth months. Its fruit is as small as Aishi/fructus artemisiae argyi/fruit of argy wormwood. There is fine seed in the fruit. It is very easy to develop a new plant. Gardeners use the plant as a stock to graft chrysanthemum.

YANLÜZI

Fruit of keiske artemisia

Fructus artemisiae keiskeanae

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

It is slightly warm.

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

Wu Pu: It is bitter, slightly warm and nontoxic, according to Shen Nong, Lei Gong, Tong Jun and Qi Bo.

Li Dangzhi: It is warm.

Zhen Quan: It is pungent and bitter.

Li Shizhen: It is a drug with descending tendency. It is a drug of slight Yang in the Yin. It functions on the blood system of Liver Channel of Foot Greater Yin.

Xu Zhicai: Its guiding drugs: Jingshi/semen schizonepetae/seed of fineleaf schizonepeta and Yiyiren/semen coicis/coix seed.

[Indications]

It is good for treating blood stasis in the Five Viscera, disperse fluid-retention in abdomen, abdominal distention with remaining pathogenic Heat, arthralgia due to attack of pathogenic Wind, Cold and Humidity and general aching. Long-term use makes one feel happy and able to enjoy a long life.

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

It is good for dispersing epigastric distention and cold and heat in the diaphragm and general arthralgia. It treats amenorrhea of a woman. It helps digestion and improves the eyesight. It is said that long-term use enables



子阴痿不起，治心腹胀满甄权。腰脚重痛，膀胱痛，及骨节烦痛，不下食大明。搗酒饮，治闪挫腰痛，及妇人产后血气痛时珍。

【发明】

〔颂曰〕本经言久服轻身不老，而古方少有服食者，惟入诸杂治药中，如胡洽治惊邪狸骨丸之类，大方中用之。孙思邈千金翼、韦宙独行方，主腕折瘀血，并单用庵蒿煮汁服，亦可末服。今人治打扑多用此法，或饮或散，其效最速。〔时珍曰〕吴普本草及名医别录，并言馿馿庵蒿神仙，此亦谓其多寿尔。馿馿乃兽名，似骡而小，前足长，后足短，不能自食，每负蹶鼠为之啗食。



Juxu* to become an immortal.

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

Zhen Quan: It reinforces the qi. It is good for treating impotence. It is good for dispersing epigastric and abdominal distention.

Da Ming: It is good for treating pain and heaviness of lumbar region and feet, pain in the Urinary Bladder and arthralgia of the joints. It whets the appetite.

Li Shizhen: Grind the drug into powder. Soak it in wine. Serve the wine to treat lumbago due to twists and injury. It is also good for treating abdominal pain of a woman due to disorder of the blood and qi in puerperium.

[Explication]

Su Song: According to *Shen Nong Bencao Jing*, long-term use of Yanlü makes one feel happy and able to enjoy a long life. In ancient prescriptions of life prolongation, the drug was not used, but has been used in prescriptions treating miscellaneous diseases. For example, it is used in Ligu Wan, a prescription kept by Hu Qia, which is good for treating convulsions and invasion of vicious agents. It is also recorded in *Qianjin Yifang (Supplement to Essential Prescriptions Worth a Thousand Gold)* and the book *Wei Zhou Duxing Fang* as an effective drug in treating bone fractures with blood stasis. Stew the drug to make a decoction. The powder of the drug can also be served. Now, doctors use the drug to treat physical damage and injury. It can be served in decoction or in powder form. It is a very effective treatment.

Li Shizhen: In both *Wu Pu Bencao (Wu Pu's Herbal)* and *Mingyi Bielu*, it was recorded that Juxu could become an immortal after eating this drug. This means the animal would live much longer. Juxu is the name of an animal. It looks like a mule, but smaller in size. Its forelegs are longer and hind legs shorter. The animal cannot eat things by itself. So, it carries on its

*Juxu, a kind of livestock, similar to a mule but smaller. See Li Shizhen's explanation in the Explication.

【附方】

旧一，新二。（略）



back another animal called Jueshu, which will get the food for it.*

[Prescriptions]

One prescription collected previously, and two prescriptions collected recently.

*Jueshu, also called Bijianshoujue, a kind of animal with its forelegs shorter and hind legs longer. In this way, it is difficult for it to run. So Juxu, an animal with long forelegs, carries the Jueshu. In this way, the former helps the latter to run about and the latter helps the former to eat things (grass or herbs like Gancao/radix glycyrrhizae/liquorice root).



艾（别录中品）

【释名】

冰台尔雅。医草别录。黄草埤雅。艾蒿

〔时珍曰〕王安石字说云：艾可义疾，久而弥善，故字从义。陆佃埤雅云：博物志言削冰令圆，举而向日，以艾承其影则得火。则艾名冰台，其以此乎？医家用灸百病，故曰灸草。一灼谓之一壮，以壮人为法也。

【集解】

〔别录曰〕艾叶生田野，三月三日采，暴干。〔颂曰〕





AI

Argy wormwood

Artemisia argyi Level. et Vant.

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

[Explanation of Names]

BINGTAI

— *Er Ya*.

YICAO

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

HUANGCAO

— *Bei Ya*.

AIHAO

Li Shizhen: Wang Anshi in his book *Zi Shuo* said: Aiye/fo^{lium} artemisiae argyi/leaf of argy wormwood is good for eliminating (cutting) diseases. The longer, the drug is kept, the better it performs. So the character is written in a way to indicate its function of “cutting.” Lu Dian in his book *Bei Ya* said: According to the book *Bowu Zhi*, in ancient times, people cut a piece of ice into a round shape and held it up to the sun with some Aiye underneath. Then, the herb will burn. This was a way to start a fire in ancient times. So Aiye has another name, Bingtai, or the platform of ice. This can be a possible explanation. As Aiye is used in moxibustion treatment, so it is also called Jiucào, herb of moxibustion. When one moxa stick is burned, it is called one Zhuang (a strong person), a criterion set in accordance with a strong person.

[Previous Explanations]

Ai grows in the wild. Collect the leaf on the third day of the third



处处有之，以复道及四明者为佳，云此种灸百病尤胜。初春布地生苗，茎类蒿，叶背白，以苗短者为良。三月三日，五月五日，采叶暴干，陈久方可用。〔时珍曰〕艾叶本草不著土产，但云生田野。宋时以汤阴复道者为佳，四明者图形。近代惟汤阴者谓之北艾，四明者谓之海艾。自成化以来，则以蕲州者为胜，用充方物，天下重之，谓之蕲艾。相传他处艾灸酒坛不能透，蕲艾一灸则直透彻，为异也。此草多生山原。二月宿根生苗成丛，其茎直生，白色，高四五尺。其叶四布，状如蒿，分为五尖，丫上复有小尖，面青背白，有茸而柔厚。七八月叶间出穗如车前穗，细花，结实累累盈枝，中有细子，霜后始枯。皆以五月五日连茎刈取，暴干收叶。先君月池子讳言闻，尝著蕲艾传一卷。有赞云：产于山阳，



month and dry it in the sun.

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

Su Song: The herb can be found everywhere. That from Fudao and Siming is the best. When such an herb is used in moxibustion, it is said that it is very effective in treating various diseases. Seedlings spread all over the field in early spring. Its stem looks like that of Qinghao. The back of the leaf is white. That with a shorter stem is the best drug. Collect the leaf on the third day of the third month and the fifth day of the fifth month and dry it in the sun. Keep it for a long time before using.

Li Shizhen: The ancient *Bencao* works did not record the place of origin of Aiye. They only said that it was found in the wild. In the Song Dynasty (960-1279), people regarded the drug from Fudao of Tangyin as the best. That from Siming was once depicted as an illustration in *Bencao* works. In recent times, the drug from Tangyin is called Beiai (Aiye from the north) and that from Siming is called Haiiai (Aiye from a faraway place). Since the years of the reign of Chenghua (starting 1465) the drug produced in Qizhou has been considered the best. It is taken as a special native produce and is cherished by people all over the country. It is called Qiai (Aiye from Qizhou). It is said that moxibustion using Aiye from Qizhou can penetrate a wine jar, while using the drug from other places cannot. This is really something extraordinary. Aiye from Qizhou grows on the mountain plateau. In the second month, the seedling grows from the perennial root in tussock. Its stem is white and grows straight upright to four to five *chi*. Its leaf grows all over in the shape of Qinghao. It has five tips and on each tip it has still smaller tips. It is blue-green on the front of the leaf and white on the back. The leaf is thick and covered with hair. In the seventh or eighth month, spikes of flowers similar to that of Cheqianzi/plantain grow. Fruits appear all over the spike with a fine seed inside. After frost falls, the herb begins to wither. Normally the herb is cut together with the stem on the fifth day of the fifth month and dried in the sun. My father, Li Yuechi, also known as Yanwen, wrote a one-volume book on Aiye from Qizhou, in which the drug is praised:

Growing on the sunny side of the mountain,
It is collected on the fifth day of the fifth month.



采以端午。治病灸疾，功非小补。又宗櫟荆楚岁时记云：五月五日鸡未鸣时，采艾似人形者揽而取之，收以灸病甚验。是日采艾为人，悬于户上，可禳毒气。其茎干之，染麻油引火点灸炷，滋润灸疮，至愈不疼。亦可代箸策，及作烛心。

叶

〔修治〕〔宗奭曰〕艾叶干捣，去青滓，取白，入石硫黄末少许，谓之硫黄艾，灸家用之。得米粉少许，可捣为末，入服食药用。〔时珍曰〕凡用艾叶，须用陈久者，治令细软，谓之熟艾。若生艾灸火，则伤人肌脉。故孟子云：七年之病，求三年之艾。拣取净叶，扬去尘屑，入石臼内木杵捣熟，罗去渣滓，取白者再捣，至柔烂如绵为度。用时焙燥，则灸火得力。入妇人丸散，须以熟艾，用醋煮干，捣成



In treating diseases and practicing moxibustion,
It is something great.

Zong Lin in his book *Jingchu Suishi Ji* said: Before the cock crows on the fifth day of the fifth month, collect Aiye in the shape of a human being. Such an herb is especially good for treating diseases when it is used to practice moxibustion. On that day, people collect the herb in the shape of a human being and hang it over the gate of the house. In this way, an attack of vicious agents can be prevented. When its stem is dry, soak it in Mayou/oleum sesami seminis/sesame oil and burn it as a moxa stick to practice moxibustion. This can be used to treat sores due to moxibustion. The sore will heal without any pain. It can also be used as a substitute of Shicao/herba achilleae/herb of alpine yarrow or as candlewick.

AIYE

Leaf of argy wormwood
Folium artemisiae argyi

[Preparation]

Kou Zongshi: Pound the dry Aiye and take off the green dregs from the white ones. Add a little of powder of Liuhuang/sulfur. This is called Liuhuang'ai (sulfur-argy wormwood), which can be used in moxibustion. Pound the drug together with a little rice powder. This can be used by a Taoist alchemist to prepare drugs for life prolongation.

Li Shizhen: Whenever Aiye is to be used, use the long-stored drug. Process the drug until it become thin and soft. This is called Shou'ai, or prepared Aiye. When fresh Aiye is used in moxibustion, it will hurt the patient's skin and muscle. That is why in the book *Mengzi (Mencius)* it is recorded that when a disease has lasted seven years it should be treated with Aiye that has been kept for three years. Preparation: select the best leaf and blow away the dust. Put the drug in a stone mortar and pound it with a wooden pestle. Screen off the dregs. Then, pound the white drug again until it becomes as soft as cotton. Before use, bake the drug dry, so that it is good for use in moxibustion. When Aiye is to be used in drugs treating feminine diseases, prepared Aiye is required. The way to prepare the drug is: stew



饼子，烘干再捣为末用。或以糯糊和作饼，及酒炒者，皆不佳。洪氏容斋随笔云：艾难著力，若入白茯苓三五片同碾，即时可作细末，亦一异也。

〔气味〕苦，微温，无毒。〔恭曰〕生寒，熟热。〔元素曰〕苦温，阴中之阳。〔时珍曰〕苦而辛，生温熟热，可升可降，阳也。入足太阴、厥阴、少阴之经。苦酒、香附为之使。

〔主治〕灸百病。可作煎，止吐血下痢，下部蠹疮，妇人漏血，利阴气，生肌肉，辟风寒，使人有子。作煎勿令见风别录。捣汁服，止伤血，杀蛔虫弘景。主衄血下血，脓血



prepared Aiye in vinegar until it dries up, and then pound it into a pie. Bake the pie dry and pound it again until it is powdered. Some people mix the drug with Nuomi/*oryza glutinosae*/polished glutinous rice and make a pie. Others heat the drug with wine. Such preparations are not good. Hong Mai in his book *Rongzhai Suibi* recorded: It is difficult to process Aiye into powder. If three to five pieces of Fuling can be added, then the drug can easily be ground into powder. This is really something interesting.

[Quality and Taste]

It is bitter, slightly warm and nontoxic.

Su Gong: The crude drug is cold in quality and the prepared drug becomes hot in quality.

Zhang Yuansu: It is bitter and warm, a drug of Yang in the Yin.

Li Shizhen: It is bitter and pungent. When it is crude, it is warm and when it is prepared, it becomes hot. It is a drug with both ascending and descending tendencies, a drug of Yang. It functions on the Spleen Channel of Foot Initial Yin, Liver Channel of Foot Greater Yin and Kidney Channel of Foot Lesser Yin. Its guiding drugs: vinegar and Xiangfu/*rhizoma cyperi*/rhizome of nutgrass galingale.

[Indications]

It can be used in moxibustion to treat a hundred diseases. Stew the drug to make a decoction. Serve the decoction to stop hematemesis and dysentery. It treats ulcers of the female external genitalia and metrostaxis. It facilitates the Yin qi, helps muscle growth, and prevents the attack of pathogenic Wind and Cold. It makes men more productive. When the Decoction of Aiye is taken, do not let the patient be exposed to wind.

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

Tao Hongjing: Pound the fresh drug to get juice to stop bleeding in an incised wound. It is also good for killing roundworm.

Su Gong: It is good for treating epistaxis and hematochezia, dysentery with bloody discharge. The drug can be stewed to make a decoction, or processed to make pills or powder.

Zhen Quan: It stops metrorrhagia and metrostaxis, bleeding in hemor-



痢，水煮及丸散任用苏恭。止崩血、肠痔血，撮金疮，止腹痛，安胎。苦酒作煎，治癖甚良。捣汁饮，治心腹一切冷气鬼气甄权。治带下，止霍乱转筋，痢后寒热大明。治带脉为病，腹胀满，腰溶溶如坐水中好古。温中逐冷除湿时珍。

〔发明〕〔诹曰〕春月采嫩艾作菜食，或和面作馄饨如弹子，吞三五枚，以饭压之，治一切鬼恶气，长服止冷痢。又以嫩艾作干饼子，用生姜煎服，止泻痢及产后泻血，甚妙。〔颂曰〕近世有单服艾者，或用蒸木瓜和丸，或作汤空腹饮，甚补虚羸；然亦有毒发则热气冲上，狂躁不能禁，至攻眼有疮出血者，诚不可妄服也。〔震亨曰〕妇人无子，多由血少不能摄精。俗医谓子宫虚冷，投以辛热，或服艾叶。



rheid, relieves abdominal pain and soothes the fetus. It can be applied to an incised wound. Stew the drug in vinegar to make a juice, which is good for treating tinea. Pound the fresh drug to make juice to treat epigastric and abdominal pain and cold feeling. It also prevents attack of Guiqi (illusion due to mental disorder).

Da Ming: It is good for treating leukorrhea, stopping cholera and spasm, and relieving chill and fever occurring after dysentery.

Wang Haogu: It is good for treating diseases related to the disorder of the Dai Channel (Girdling Vessel). It relieves abdominal distention and warms a cold waist, when it feels as if the patient is sitting in cold water.

Li Shizhen: It is good for warming the interior, expels the cold and disperses the pathogenic Humidity.

[Explication]

Meng Xian: In spring, people collect the tender Aiye and eat it as a vegetable. Or, one can make dumplings with wheat flour the size of a bullet. Swallow three to five pieces of the dumplings and then eat food to suppress them. This is good for preventing an attack of Guiqi and vicious agents. Long-term use of the dumplings will stop dysentery with cold feeling. Some people make dry cakes with tender Aiye. Stew the cake together with Shengjiang/*rhizoma zingiberis recens*/ fresh ginger in water to make a decoction. It is a very good treatment to stop diarrhea and dysentery and puerperal hematochezia and dysentery.

Su Song: In recent times, some people take Aiye alone. Or, they stew the drug together with *Mugua/fructus chaenomelis*/fruit of common flowering quince and then make pills, or stew it to make a decoction. Take the decoction before meal. This is a very good tonic for a patient in a debilitated condition. But there have been reports about the taking of this decoction: Some people develop mania, and sores can appear around the eyes with bleeding. This is because the decoction has just aroused the vicious agents in a patient, causing the rushing up of heat. So, one should be cautious in taking this decoction.

Zhu Zhenheng: When a woman cannot conceive, it is most likely due to insufficiency of blood that the semen cannot be accepted. But, mediocre



不知艾性至热，入火灸则气下行，入药服则气上行。本草止言其温，不言其热。世人喜温，率多服之，久久毒发，何尝归咎于艾哉！予考苏颂图经而因默有感焉。〔时珍曰〕艾叶生则微苦太辛，熟则微辛太苦，生温熟热，纯阳也。可以取太阳真火，可以回垂绝元阳。服之则走三阴，而逐一切寒湿，转肃杀之气为融和。灸之则透诸经，而治百种病邪，起沉痾之人为康泰，其功亦大矣。苏恭言其生寒，苏颂言其有毒。一则见其能止诸血，一则见其热气上冲，遂谓其性寒有毒，误矣。盖不知血随气而行，气行则血散，热因久服致火上冲之故尔。夫药以治病，中病则止。若素有虚寒痼冷，妇人湿郁带漏之人，以艾和归、附诸药治其病，夫何不可？而乃妄意求嗣，服艾不辍，助以辛热，药性久偏，致使火躁，是谁



doctors think this is due to the deficient and cold condition of the uterus. Drugs of pungent taste and hot quality are given. Or, Aiye can also be prescribed. These doctors do not know that Aiye is a drug of very hot quality. When it is used in moxibustion, it will lead the qi to descend. But when it is added into a decoction, it will lead the other drugs to ascend. In *Bencao* works, the drug is recorded as being “warm” but not “hot.” As people normally like a drug of warm quality, so Aiye is given in large dosage. Long-term use will contribute to the accumulation of the toxic quality of the drug. If malpractice results, it is not the fault of Aiye but rather to the wrong use of the drug by the doctor. This is what I gradually understand after studying Su Song’s *Tujing Bencao*.

Li Shizhen: The crude Aiye is slightly bitter, but excessively pungent. When it is prepared, it becomes slightly pungent, but excessively bitter. The crude drug is warm and the prepared drug hot. It is a drug of pure Yang. It is a drug that holds back the genuine Fire of the Initial Yang. It is good to rescue the evanescent Yuan Yang (Primordial Yang Vital Energy). After the drug is taken, it functions on the three Yin Channels and disperses pathogenic Cold and Humidity of all kinds. So, the evanescent and collapsing condition will be turned into a state of harmony. When the drug is used in moxibustion, it penetrates into the Channels and disperses the pathogenic factors of all kinds. In this way, the drug can drive off prolonged diseases, bringing health to a patient long perplexed by the ailment. Su Gong said the crude drug is cold in quality, as the drug can stop bleeding of all kinds. And Su Song said the drug is toxic, as the drug may induce the rushing up of heat. Both of them are incorrect. They do not know that blood is motivated by qi. When qi functions well, blood will disperse. Only when the drug is taken over a long period of time, its hot quality will accumulate and evolve into a kind of pathogenic Heat that brings up the heat within the body. Whenever drugs are used to treat diseases, when the treatment works, stop administering the drugs. If the drug is given to a patient with prolonged deficient and cold condition, or to a woman patient who is troubled with stagnation of pathogenic Humidity and leukorrhea and metrostaxis, what is wrong with the drug? Serve the drug together with such drugs like Danggui/radix angelicae sinensis/root of Chinese angelica and Fuzi/radix

之咎欤，于艾何尤？艾附丸治心腹少腹诸痛，调女人诸病，颇有深功。胶艾汤治虚痢，及妊娠产后下血，尤著奇效。老人丹田气弱，脐腹畏冷者，以熟艾入布袋兜其脐腹，妙不可言。寒湿脚气，亦宜以此夹入袜内。





aconiti lateralis preparata/prepared daughter root of common monkshood. Some doctors prescribe big dosage of Aiye to a woman who wants to have children and instruct her to take the drug for a long period of time. The overall condition of the woman is not examined. Drugs of pungent taste and hot quality are given together with Aiye. After long treatment, accumulation of Fire and Dryness may lead to malpractice. It is the doctor, and not Aiye, that should be blamed. The following prescriptions are good: Ai Fu Wan (Pill of Aiye and Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale)* is good for treating epigastric and abdominal pain and various female diseases. Jiao Ai Tang (decoction of Ejiao/colla corii asini/ass-hide glue and Aiye)** is good for treating dysentery of deficient type and ante and postpartum vaginal bleeding. For an old man whose *Dantian* (the elixir field in the pubic region) position is cold and who also has an aversion to

*Ai Fu Wan:

Aiye,

Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale,

Danggui/radix angelicae sinensis/root of Chinese angelica,

Huangqi/radix astragali/root of membranous milkvetch,

Wuzhuyu/fructus evodiae/fruit of medicinal evodia,

Chuanxiong/rhizoma chuanxiong/rhizome of szechwan lovage,

Baishao/radix paeoniae alba/white peony root,

Dihuang/radix rehmanniae/rhizome of rehmannia,

Guangui/cortex cinnamomi/cassia bark, and

Xuduan/radix dipsaci/root of himalayan teasel.

**Jiao Ai Tang:

Ejiao/colla corii asini/ass-hide glue,

Aiye,

Chuanxiong/rhizoma chuanxiong/rhizome of szechwan lovage,

Gancao/radix glycyrrhizae/licuorice root,

Danggui/radix angelicae sinensis/root of Chinese angelica,

Shaoyao/radix paeoniae/peony root, and

Dihuang/radix rehmanniae/rhizome of rehmannia.

〔附方〕旧二十三，新二十九。（略）

实

〔气味〕苦，辛，暖，无毒。

〔主治〕明目，疗一切鬼气甄权。壮阳，助水脏腰膝，及暖子宫大明。

〔发明〕〔洗曰〕艾子和干姜等分，为末，蜜丸梧子大。空心每服三十九，以饭三五匙压之，日再服，治百恶气，其鬼神速走出。田野之人，与此甚相宜也。





cold in the abdomen and umbilicus, wrap prepared Aiye in a bag and cover his abdomen with the bag. It will give the patient a great relief. The drug can also be put into the socks when the patient is suffering from beriberi due to attack of pathogenic Cold and Humidity.

[Prescriptions]

Twenty-three prescriptions collected previously, and
29 prescriptions collected recently.

AISHI

Fruit of argy wormwood
Fructus artemisiae argyi

[Quality and Taste]

It is bitter, pungent, warm and nontoxic.

[Indications]

Zhen Quan: It improves the eyesight. It disperses an attack of Guiqi.

Da Ming: It enhances male sexual activity, reinforces the Water Viscus (the Kidney) and the waist and knees. It warms the uterus.

[Explication]

Meng Xian: Grind equal amounts of Aizi and dried ginger into powder and make pills with honey the size of a parasol seed. Take 30 pills per dose before meal and then take three to five spoonfuls of cooked rice to suppress it. Do this twice a day. It is good for treating an attack of vicious agents of various kinds. Vicious things will escape very fast. Those working in the wild should have this as a preventive.



茵陈蒿（本经上品）

【释名】

〔藏器曰〕此虽蒿类，经冬不死，更因旧苗而生，故名因陈，后加蒿字耳。〔时珍曰〕按张揖广雅及吴普本草并作因尘，不知何义？

【集解】

〔别录曰〕茵陈生太山及丘陵坡岸上，五月及立秋采，阴干。〔弘景曰〕今处处有之，似蓬蒿而叶紧细。秋后茎枯，经冬不死，至春又生。〔韩保昇曰〕叶似青蒿而背白。〔大明曰〕茵陈出和州及南山岭上，一名石茵陈。〔颂曰〕近道皆有之，不及太山者佳。春初生苗，高三五寸，似蓬蒿



YINCHENHAO

Virgate/capillary wormwood

Artemisia scoparia Waldst. et Kit.

Artemisia capillaris Thunb.

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

[Explanation of Names]

Chen Cangqi: This is a kind of wormwood which will not die during the winter. The new seedling grows on the basis of the old one. So, it is called Yinchenhao. Yinchen = following the old, Hao = wormwood.

Li Shizhen: In Zhang Ji's *Guang Ya* and *Wu Pu Bencao* (*Wu Pu's Herbal*), the name of the drug is written as Yinchen (因尘). It seems ridiculous as it makes no sense.*

[Previous Explanations]

Yinchenhao grows in Taishan Mountain and on the hills and banks of lakes. Collect the drug in the fifth month and the day of the solar term the Beginning of Autumn (August 7). Dry the drug in the shade.

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

Tao Hongjing: Now the drug is found everywhere. It looks like Tonghao, but the leaf is smaller and narrower. In late autumn, the stem withers but the herb does not die out in winter. In spring, the seedling grows again.

Han Baosheng: Its leaf looks like Qinghao, but with a white back.

Da Ming: Yinchenhao is produced in Hezhou and on the Nanshan Range. It is also called Shiyinchen.

Su Song: The drug can be found in nearby places. But it is not as good

*The term means "following the dust."



而叶紧细，无花实，五月、七月采茎叶阴干，今谓之山茵陈。江宁府一种茵陈，叶大根粗，黄白色，至夏有花实。阶州一种白蒿，亦似青蒿而背白，本土皆以为茵陈入药。今南方医人用山茵陈，乃有数种。或著其说云：山茵陈，汴京及北地用者，如艾蒿，叶细而背白，其气亦如艾，味苦，干则色黑。江南所用者，茎叶都似家茵陈而大，高三四尺，气极芬香，味甘辛，俗又名龙脑薄荷。吴中所用，乃石香菜也，叶至细，色黄味辛，甚香烈，性温。若误作解脾药服，大令人烦。以本草论之，但有茵陈蒿，无山茵陈。注云：叶似蓬蒿而紧细。今汴京北地所用山茵陈是也。大体世方用山茵陈疗脑痛，解伤寒发汗，行肢节滞气，化痰利膈，治劳倦最要。详本草正经，惟疗黄疸，利小便，与世方都不应。今试取汴京所用山茵陈为解肌发汗药，灼然少效；江南山茵陈



as that produced in Taishan Mountain. In early spring, the seedling grows to three to five *cun* tall. Its leaf looks like that of Tonghao, but it is smaller and narrower. There is no flower or fruit. Collect the stem and leaf in the fifth and seventh months. Dry the drug in the shade. And this drug is now called Shanyinchen, or Yinchen from the mountain. In Jiangningfu, there is a kind of Yinchenhao with a big leaf and thick root of yellow-white color. In summer, there are flowers and fruit. In Jiezhou, there is a kind of Baihao, white wormwood, which looks like Qinghao, but with a white-backed leaf. Local people take it as Yinchenhao for medical use. Shanyinchen (Yinchenhao from the mountain) used by doctors in the south has several species. According to a book of medicinal drugs, Yinchenhao used in the capital Bianliang and the northern territories looks like Aiye. The leaf is thin and its back is white. It smells like Aiye, too. It tastes bitter. When it is dry, it turns black. The drug used in areas south of the Yangtze has the same leaf and stem of Yinchenhao, but it is bigger in size. It is three to four *chi* tall with a very fragrant odor, and a sweet and pungent taste. It is colloquially called Longnaobohe. Yinchenhao used in the Wu area is actually Shixiangrou/mosla chinensis maxim. Its leaf is very thin, of yellow color and with a pungent taste. It is very fragrant and of warm quality. If the drug is given to enliven the Spleen, it is a wrong practice and will cause restlessness. According to *Shen Nong Bencao Jing*, there is only Yinchenhao, and no Shanyinchen. Annotation: A drug with a similar but smaller leaf than Tonghao used in the capital Bianjing and the northern territories is called Shanyinchen. Generally, present-day doctors use Shanyinchen to treat pain in the brain, and to treat febrile disease caused by Cold by inducing perspiration, and to disperse the stagnation of qi in the extremities, as well as to dissolve the phlegm and facilitate the function of the diaphragm. It is a very important drug in treating consumptive disease with general fatigue. But in *Shen Nong Bencao Jing*, the drug is recorded as effective only in treating jaundice and facilitating urination, which is not the same as what is recorded later by normal medical works. A test has been made: Shanyinchen produced in Bianjing was used to disperse pathogenic factors in the muscle by inducing perspiration. The result is that the drug did not work. Shanyinchen produced in the area south of the Yangtze River was tested to treat



疗伤寒脑痛绝胜。比见诸医议论，谓家茵陈亦能解肌下隔，去胸中烦。方家少用，但可研作饮服之。本草所无，自出俗方。茵陈蒿当别是一物，主疗自异，不得为山茵陈也。此说亦未可据。但以功较之，则江南者为胜；以经言之，则非本草所出。医方所用，更当考论尔。〔斆曰〕凡使须用叶有八角者，阴干，去根细锉，勿令犯火。〔时珍曰〕茵陈昔人多蒔为蔬，故入药用山茵陈，所以别家茵陈也。洪舜俞老圃赋云，酣糟紫姜之掌，沐醯青陈之丝，是也。今淮扬人，二月二日犹采野茵陈苗，和粉面作茵陈饼食之。后人各据方士所传，遂致淆乱。今山茵陈二月生苗，其茎如艾。其叶如淡色青蒿而背白，叶歧紧细而扁整。九月开细花黄色，结实大如艾子，花实并与庵蒿花实相似，亦有无花实者。

茎叶【气味】

苦，平、微寒，无毒。



pain in the brain in febrile disease caused by Cold. It did not work either. When Bencao works written by several authors are compared, we find that Jiayinchen (Yinchenhao, domestically raised) is recorded as a drug that can also disperse pathogenic factors from the muscle and bring down the pathogen from the diaphragm so as to eliminate restlessness. But it is seldom used by doctors of the present day. It can be ground into powder and made into a decoction. Bencao works do not record it, but it is a proven recipe. So, it seems that Yinchenhao is one drug and Shanyinchen is another, both having their specific therapeutic effects. Anyhow, this is not finally proven. When comparing the efficacies of the drugs, that produced in the south of the Yangtze River seems to be better. But in accordance with the record of medical classics, it is not a drug from *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). It is a drug used by practitioners. Further studies should be made.

Lei Xiao: The drug with a leaf of eight tips is the best. Dry it in the shade. Take off the root and file the drug into small pieces. Do not expose it to fire.

Li Shizhen: Yinchenhao is normally used as a fresh vegetable. So, Shanyinchen that is used as a medicinal drug is a different thing than that raised by farmers. Now, people living in the Huai and Yang area still collect seedlings of Yinchenhao in the wild on the second day of the second month to make cakes together with wheat flour. It is called Yinchen cake. The record of Yinchen has proved perplexing because of the sayings of different doctors and practitioners. Now, we find Shanyinchen, which has a seedling in the second month. The herb looks like Ai/argy wormwood. Its leaf looks like the pale leaf of Qinghao, but with a white back. The leaf has many tips, and it is smaller and flatter. In the ninth month, a small and yellow flower blooms and fruit the size of Aizi is borne. Its flower and fruit are similar to those of Yanlü. There is a species that does not have flower or fruit.

YINCHENHAOJING and YINCHENHAOYE

Herb of virgate/capillary wormwood

Herba artemisiae scopariae



〔普曰〕神农、岐伯、雷公：苦，无毒。黄帝：辛，无毒。〔大明曰〕石茵陈苦，凉，无毒。伏硝砂。〔张元素曰〕苦、甘，阴中微阳。入足太阳经。

【主治】

风湿寒热邪气，热结黄疸。久服轻身益气耐老。面白悦长年。白兔食之仙本经。治通身发黄，小便不利，除头热，去伏瘕别录。通关节，去滞热，伤寒用之藏器。石茵陈：治天行时疾热狂，头痛头旋，风眼疼，瘴疟。女人癥瘕，并闪损乏绝大明。

【发明】

〔弘景曰〕仙经云：白蒿，白兔食之仙。而今茵陈乃云此，恐是误耳。〔宗奭曰〕张仲景治伤寒热甚发黄，身面悉黄者，用之极效。一僧因伤寒后发汗不彻，有留热，面身皆



[Quality and Taste]

It is bitter, plain, slightly cold and nontoxic.

Wu Pu: It is bitter and nontoxic, according to Shen Nong, Qi Bo and Lei Gong. It is pungent and nontoxic, according to the Yellow Emperor.

Da Ming: Shiyinchen (Yinchenhao) is bitter, cool and nontoxic. It oppresses Raosha/halitum purpureum.

Zhang Yuansu: It is bitter and sweet, a drug of slight Yang in the Yin. It functions on the Urinary Bladder of Foot Initial Yang.

[Indications]

It disperses invading pathogenic Wind, Humidity, Cold, and Heat. It clears the accumulation of heat and treats jaundice. Long-term use makes one feel happy, full of energy and able to enjoy a long life and keep a tender and white complexion. A rabbit may live as long as an immortal if it eats the herb (for a long time).

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

It is good for dispersing jaundice all over body, smoothing urination, eliminating fever on the head, and dispersing hidden mass due to constipation.

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

Chen Cangqi: It is good for facilitating movement of the joints, dispersing accumulation of heat, and treating febrile disease caused by Cold.

Da Ming: Shiyinchen (Yinchenhao) is good for treating epidemic fever with mania, headache and vertigo, and the pain of an inflamed eye and miasma. It is also good for dispersing hard mass in the abdomen of a woman. It is effective in treating physical injuries and tonifying a condition of general fatigue and malaise.

[Explication]

Tao Hongjing: According to alchemical classics, a white rabbit will turn into an immortal if it eats Baihao. But in *Shen Nong Bencao Jing* it has this recorded in the clause of Yinchenhao, which is incorrect.

Kou Zongshi: Master Zhang Zhongjing used Yinchenhao to treat jaundice with fever in febrile disease caused by Cold, with a sallow complexion



黄，多热，期年不愈。医作食黄治不对，而食不减。予与此药，服五日病减三分之一，十日减三分之二，二十日病悉去。方用山茵陈、山梔子各三分，秦艽、升麻各四钱，为散。每用三钱，水四合，煎二合，去滓，食后温服，以知为度。此药以山茵陈为本，故书之。〔王好古曰〕张仲景茵陈卮子大黄汤，治湿热也。卮子槩皮汤，治燥热也。如苗涝则湿黄，苗旱则燥黄。湿则泻之，燥则润之可也。此二药治阳黄也。韩只和、李思训治阴黄，用茵陈附子汤。大抵以茵陈为君主，而佐以大黄、附子，各随其寒热也。



all over the body. It is a very effective drug. Here is a case: A monk, after diaphoresis had been given to induce perspiration to treat febrile disease caused by Cold, found the pathogenic Heat was not dispersed totally. The remaining Heat caused fever and sallow complexion all over the body. The trouble remained for over a year. One doctor made the diagnosis of “jaundice due to indigestion.” But he was not right and the syndrome remained. Then, a prescription with Yinchenhao and other drugs was given. After five days of the treatment, one third of the syndrome had subsided. On the 10th day, two thirds was gone, and within 20 days, the syndrome had totally disappeared.

Prescription:

Three *fen* of Yinchenhao,
three *fen* of Zhizi/fructus gardeniae/fruit of cape jasmine,
four *qian* of Qinjiao/radix gentianae/root of gentian, and
four *qian* of Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane.

Grind the above drugs into powder. Stew three *qian* of the powder in four *ge* of water until two *ge* is left. Filter the decoction and serve the warm decoction after meal. Keep on with the treatment until it works. As the prescription has Yinchenhao as the principal drug, it is recorded here.

Wang Haogu: Master Zhang Zhongjing had the following prescriptions:

Yinchen Zhizi Dahuang Tang* (Decoction of Yinchenhao, Zhizi and Dahuang/rhubarb): Good for dispersing pathogenic Humidity and Heat.

Zhizi Baipi Tang** (Decoction of Zhizi and Baipi/cortex phellodendri/

*Yinchen Zhizi Dahuang Tang:

Zhizi,

Dahuang,

Zhishi/fructus aurantii immaturus/immature bitter orange, and

Douchi/semen sojae preparatum/fermented soybean.

**Zhizi Baipi Tang:

Zhizi/fructus gardeniae/fruit of cape jasmine,

Huangbai/cortex phellodendri/bark of Chinese cork tree, and

Gancao/radix glycyrrhizae/licuorice root.

【附方】

旧二，新六。（略）



bark of Chinese cork tree): Good for dispersing pathogenic Dryness and Heat. When there is too much Humidity, it is jaundice with pathogenic Humidity. When there is too much Dryness, it is jaundice with pathogenic Dryness. When there is excessive Humidity, it should be purged. And, when it is too dry, moisten it. Doctors Han Dihe and Li Sixun treated jaundice of Yin nature with Yinchen Fuzi Tang (decoction of Yinchenhao and Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood). In all the above prescriptions, Yinchenhao is used as the principal drug, assisted by such drugs as Dahuang or Fuzi given in accordance with the condition of Heat and Cold.

[Prescriptions]

Two prescriptions collected previously, and
six prescriptions collected recently.





青蒿（本经下品）

【释名】

草蒿本经。方溃本经。蒿音牵去声。狄蒿蜀本。香蒿衍义。

〔保昇曰〕草蒿，江东人呼为狄蒿，为其气臭似狄也。北人呼为青蒿。尔雅云：蒿，蒿也。孙炎注云：荆楚之间，谓蒿为蒿。郭璞注云，今人呼青蒿香中炙啖者为蒿，是也。

〔时珍曰〕晏子云：蒿，草之高者也。按尔雅诸蒿，独蒿得单称为蒿，岂以诸蒿叶背皆白，而此蒿独青，异于诸蒿故耶？



QINGHAO

Sweet wormwood

Artemisia apiacea Hance,

Artemisia annua L.

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

[Explanation of Names]

CAOHAO

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

FANGKUI

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

QIAN

XINHAO

— *Shu Bencao* (*Materia Medica of the Shu State*).

XIANGHAO

— *Bencao Yanyi* (*Materia Medica Annotated by Kou Zongshi*).

Han Baosheng: Caohao is called by people living in the Jiangdong area as Xinhao. This is because it emits a kind of bad smell of Xin, a leopard cat-like animal. People in the north call it Qinghao.

The book *Er Ya*: Hao is merely Qian. Sun Yan annotated: People living in the Jing and Chu areas call Hao as Qian. Guo Pu annotated: People call Qinghao as Qian when the drug is stir-baked and emits a kind of fragrance and becomes edible.

Li Shizhen: Yan Ying: The character Hao indicates “herb that is tall.” Annotation: There are several Hao’s in the book *Er Ya*. But only Qian can be singly called Hao. It is possible that Qian has a green leaf and all the other Hao’s have a white leaf on both sides. In this way, when Qian is referred to, it makes a distinction from the others.



【集解】

〔别录曰〕青蒿生华阴川泽。〔弘景曰〕处处有之，即今青蒿，人亦取杂香菜食之。〔保昇曰〕嫩时醋淹为菹，自然香。叶似茵陈蒿而背不白，高四尺许。四月、五月采，日干入药。诗云：呦呦鹿鸣，食野之蒿。即此蒿也。〔颂曰〕青蒿春生苗，叶极细，可食。至夏高四五尺。秋后开细淡黄花，花下便结子，如粟米大，八九月采子阴干。根茎子叶并入药用，干者炙作饮香尤佳。〔宗奭曰〕青蒿得春最早，人别以为蔬，根赤叶香。沈括梦溪笔谈云：青蒿一类，自有二种：一种黄色，一种青色。本草谓之青蒿，亦有所别也。陕西银綏之间，蒿丛中时有一两窠，迥然青色者，土人谓之香蒿。茎叶与常蒿一同，但常蒿色淡青，此蒿深青，如松桧之色。至深秋余蒿并黄，此蒿犹青，其气芬芳。恐古人所用，



[Previous Explanations]

Qinghao is produced in the mountain valleys of Huayin.

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

Tao Hongjing: Qinghao is found everywhere now. People eat the herb together with Yuansui/herba coriandri/coriander as refreshment.

Han Baosheng: When the herb is tender, it can be soaked in vinegar to make a kind of preserved vegetable. It has a natural fragrance. The herb looks like Yinchenhao, but the back of its leaf is not white. The herb is four to five *chi* tall. Collect it in the fourth and fifth months and dry it in the sun.

Shi Jing (Book of Songs): The screaming deer is eating the Hao in the field. And the Hao mentioned in the poem is Qinghao.

Su Song: Qinghao has a seedling in spring. The leaf is very thin at first and is edible. In summer, it grows into four to five *chi*. In autumn, a pale yellow, fine flower blooms. The seed is formed then, which is as fine as Sumi/semen setariae/millet. Collect the seed in the eighth and ninth months. The root, stem, seed and leaf of the herb can all be used medically. Stir-bake the drug and brew it with hot water to make a soup. It emits a wonderful fragrance.

Kou Zongshi: Qinghao/herba artemisiae annuae/herb of sweet wormwood is an herb that knows the spring earlier than other herbs. Farmers collect the tender leaf and eat it as vegetable. Its root is red and its leaf fragrant. Shen Kuo in his book *Mengxi Bitan* said that there are two species of Qinghao/herba artemisiae annuae/herb of sweet wormwood. One is yellow and the other green. In *Shen Nong Bencao Jing (Shen Nong's Great Herbal)* the herb is called Qinghao. In areas of Yinzhou and Suizhou in Shaanxi, sometimes, one or two herbs that are much greener than the rest of the herb in a tussock can be found. Local people call it Xianghao (the fragrant Hao). Its stem and leaf are the same than other herb but it is much greener and the other drug is normally light green. It is a kind of blue-green similar to that of pine and juniper. In late autumn when all the Qinghao/herba artemisiae annuae/herb of sweet wormwood turns yellow, this herb is still very green and fragrant. It seems that this kind of greener herb is the one that has been used by ancient doctors. Otherwise how can people differentiate the Hao's,



以深青者为胜。不然，诸蒿何尝不青？〔时珍曰〕青蒿二月生苗，茎粗如指而肥软，茎叶色并深青。其叶微似茵陈，而面背俱青。其根白硬。七八月开细黄花颇香。结实大如麻子，中有细子。

【修治】

〔斆曰〕凡使，惟中为妙，到膝即仰，到腰即俯。使子勿使叶，使根勿使茎，四件若同使，翻然成痼疾。采得叶，用七岁儿七个溺，浸七日七夜，漉出晒干。

叶、茎、根、子

〔气味〕苦，寒，无毒。〔时珍曰〕伏硫黄。



as all of them are green?

Li Shizhen: Qinghao/herba artemisiae annuae/herb of sweet wormwood has seedling in the second month of the year. Its stem is as thick as a finger and it is plump and soft. Its stem and leaf are blue-green. Its leaf is similar to that of Yinchenhao/herba artemisiae scopariae/herb of virgate/capillary wormwood but it is green on both sides. Its root is white and tough. Fine and yellow flowers with fragrance bloom in the seventh or eighth month. The fruit is as big as Damazi/semen cannabis/hemp seed. Fine seeds are inside the fruit.

[Preparation]

Lei Xiao: It is good to use the herb of medium size. That which grows up to the knee of man grows upward and that which is up to the waist bows its head. If seed is to be used, do not use the leaf. When stem is used, do not use the root. If the four parts of the drug are used in the same prescription, it will induce recurrence of an obstinate disease. Soak the drug in seven pees of Tongniao/urina hominis/urine of boys of seven years and keep it for seven days and seven nights. Take out the herb and dry it in the sun.

QINGHAOYE

Qinghao/herba artemisiae annuae/herb of sweet wormwood

Leaf of sweet wormwood

Folium artemisiae annuae

QINGHAOJING

Stem of sweet wormwood

Caulis artemisiae annuae

QINGHAOGEN

Root of sweet wormwood

Radix artemisiae annuae

[Quality and Taste]

It is bitter, cold and nontoxic



〔主治〕疥瘙痂痒恶疮，杀虱，治留热在骨节间，明目本经。鬼气尸疰伏连，妇人血气，腹内满，及冷热久痢。秋冬用子，春夏用苗，并捣汁服。亦暴干为末，小便入酒和服藏器。补中益气，轻身补劳，驻颜色，长毛发，令黑不老，兼去蒜发，杀风毒。心痛热黄，生捣汁服，并贴之大明。治疟疾寒热时珍。生捣傅金疮，止血止疼良苏恭。烧灰隔纸淋汁，和石灰煎，治恶疮瘰肉廔癥孟诜。

〔发明〕〔颂曰〕青蒿治骨蒸热劳为最，古方单用之。〔时珍曰〕青蒿得春木少阳之气最早，故所主之证，皆少阳、厥阴血分之病也。按月令通纂，言伏内庚日，采青蒿悬



Li Shizhen: It oppresses Liuhuang/sulfur.

[Indications]

It is good for treating scabies, itching, malignant sores and crust. It kills lice. It disperses remaining heat in the joints. It improves eyesight.

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

Chen Cangqi: It is good for treating Guiqi and Shizhu (consumptive and infectious disease). It treats abdominal pain of a woman due to disorder of blood and qi and abdominal distention. It stops chronic dysentery of Cold or Heat nature. In autumn and winter, use the seed; and in spring and summer, use the herb. Pound the drug to get juice. Or dry the drug in the sun and then grind it into powder. Blend the drug with Tongniao/urine of boys under three years of age and wine.

Da Ming: It tonifies the interior and reinforces the qi. Long-term use makes one feel happy, and it is good for tonifying a consumptive disease. It keeps one looking younger and helps hair growth. It keeps hair black and turns gray hair black. It detoxifies toxin of pathogenic Wind. It relieves heart pain and treats jaundice with heat. Pound the drug to get juice. Drink the juice and also apply the drug on the affected part.

Li Shizhen: It is good for treating malaria with chills and fever.

Su Gong: Pound the fresh drug to make a paste to treat an incised wound. It is good for stopping the bleeding and relieving pain.

Meng Xian: Burn the drug into ashes. Soak the ash in water and filter it with paper. Simmer the solution with Shihui/calx/lime. It is good for treating malignant sores, polyps, and eliminating cicatrix and macula.

[Explication]

Su Song: Qinghao is the best drug in treating hectic fever due to Yin deficiency and fever in consumptive disease. In ancient prescriptions, the drug had been used independently.

Li Shizhen: Qinghao is a drug that gets the spring Wood element of germination the earliest. So, the drug is good for treating diseases of the blood system of Gall Bladder Channel of Foot Lesser Yang and Liver Channel of Foot Greater Yin.

于门庭内，可辟邪气。阴干为末，冬至、元旦各服二钱亦良。观此，则青蒿之治鬼疰伏尸，盖亦有所伏也。

〔附方〕旧四，新十四。（略）

子

〔气味〕甘，冷，无毒。

〔主治〕明目开胃，炒用。治劳瘦，壮健人小便浸用之。治恶疮疥癣风疹，煎水洗之大明。治鬼气，为末酒服方寸匕孟洗。功同叶时珍。





The book *Yueling Tongzuan*: On the Geng day* of Sanfu days (three 10-day periods of the hottest days in the year), collect Qinghao. Hang the herb over the door of the house. This will prevent attacks of pathogenic and vicious factors. Also, dry the drug in the shade and grind it into powder. On the day of the solar term the Winter Solstice (December 21) and the New Year, serve two *qian* of the powder. This is also good for preventing such attacks. From this, it is clear that the drug is something good for preventing attacks of pathogenic factors. It has the power to suppress such evil things.

[Prescriptions]

Four prescriptions collected previously, and
14 prescriptions collected recently.

QINGHAOZI

Seed of sweet wormwood
Semen artemisiae annuae

[Quality and Taste]

It is sweet, cool and nontoxic.

[Indications]

Da Ming: It is good for improving the eyesight and whetting the appetite. Stir-fry the drug. It is also good for treating consumptive disease with emaciation. For a patient of strong build, soak the drug in Tongniao. To treat malignant sores, scabies and rubella, simmer the drug to make a decoction. Wash the affected part with the decoction.

Meng Xian: It is good for treating Guiqi. Grind the drug into powder. Take one *fangcunbi* with wine per dose.

Li Shizhen: It has the same function with the leaf.

*Here, Geng day should be the seventh day. This is based on the Tiangan (Ten Heavenly Stems): Jia, Yi, Bing, Ding, Wu, Ji, Geng, Xin, Ren and Gui.



白蒿（本经上品）

【释名】

纂尔雅。由胡尔雅。萋蒿食疗。蒿音商。

〔时珍曰〕白蒿有水陆二种，尔雅通谓之纂，以其易纂衍也。曰：纂，皤蒿。即今陆生艾蒿也，辛熏不美。曰：纂，由胡。即今水生萋蒿也，辛香而美。曰：纂之醜，秋为蒿。则通指水陆二种而言，谓其春时各有种名，至秋老则皆呼为蒿矣。曰藟，曰萧，曰菽，皆老蒿之通名，象秋气肃赖之气。

【集解】

〔别录曰〕白蒿生中山川泽，二月采。〔弘景曰〕蒿



BAIHAO

Sievers wormwood

Artemisia sieversiana Ehrh. ex wild

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

[Explanation of Names]

FAN

— *Er Ya*.

YOUHU

— *Er Ya*.

LOUHAO

— *Shiliao Bencao* (*Meng Xian's Dietetic Materia Medica*).

SHANG

Li Shizhen: There are two species of Baihao, one of which grows on land and the other in the water. In the book *Er Ya*, it is commonly called Fan, a character meaning “prosperous,” indicating that the herb prospers easily. Fan, also called Bohao, is Baihao growing on the land. It is a pungent and bad-smelling drug. Fan, also called Youhu, is Baihao growing in water. It is also called Louhao. It is pungent and fragrant. Herbs of the same kind as Fan become wormwood in autumn. Such herbs are actually the Baihao growing on land and that growing in water. This is to say that, when the herbs are young in spring, they are called differently. But when they grow old, they are all called Hao (wormwood). The old wormwood is also called Lai, Xiao or Qiu. Such terms depict the astringent and withering atmosphere of autumn.

[Previous Explanations]

Baihao grows in the mountain valleys and marshes in Zhongshan. Col-



类甚多，而俗中不闻呼白蒿者。方药家既不用，皆无复识之。〔恭曰〕尔雅：纂，皤蒿。即白蒿也，所在有之。叶颇似细艾，上有白毛错涩，粗于青蒿。从初生至枯，白于众蒿。〔禹锡曰〕蓬蒿可以为菹。故诗笺云，以豆苳纂菹也。陆玑诗疏云：凡艾白色为皤蒿。今白蒿先诸草发生，香美可食，生蒸皆宜。〔颂曰〕此草古人以为菹。今人但食萎蒿，不复食此。或疑白蒿即萎蒿，而孟诜食疗又别著萎蒿条，所说不同，明是二物，乃知古今食品之异也。又今阶州以白蒿为茵陈，其苗叶亦相似，然以入药，恐不可用也，〔时珍曰〕白蒿处处有之，有水陆二种。本草所用，盖取水生者，故曰生中山川泽，不曰山谷平地也。二种形状相似，但陆生辛熏，不及水生者香美尔。诗云：呦呦鹿鸣，食野之苹。苹即陆生皤蒿，俗呼艾蒿是矣。鹿食九种解毒之草，白蒿其一也。诗云：于以采纂，于沼于沚。左传云：蘋纂蕴藻之菜，可以荐于



lect the drug in the second month.

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

Tao Hongjing: There are too many species of wormwoods. But it does not seem that Baihao is used. Since it is not used by physicians, nobody actually knows the herb.

Su Gong: According to the book *Er Ya*, Fan, also called Bohao, is actually Baihao. The herb is found everywhere. Its leaf looks like fine Aiye. The leaf is covered with white and tough hair. The herb is tougher than Qinghao. From the beginning to the end of its life, it is always whiter than other wormwoods.

Zhang Yuxi: Penghao can be used to make preserved vegetable.

The book *Shi Jian*: Both soya bean and Fan can be processed to make preserved food. Lu Ji in his book *Shi Shu* said that Ai with white leaf is called Bohao. Baihao grows earlier than other herbs. Its seedling is good and delicious. It can be served fresh or steamed.

Su Song: In ancient times, the herb was used to make preserved vegetable. Now, people only eat Louhao, but not Baihao any more. Some say that Baihao is really Louhao. But in *Shiliao Bencao*, Louhao was recorded as an independent drug. So, it is clear that Baihao and Louhao are two different herbs. From this, we can know that the names of food of ancient and present times are not the same. Now, in Jiezhou, people take Baihao as Yinchenhao, as they are very similar in appearance. But it is not correct to use the two drugs interchangeably.

Li Shizhen: Baihao is found everywhere. There are two species, one on land and the other in the water. Baihao recorded in *Shen Nong Bencao Jing* is that growing in water, leading to the statement that the drug grows in the valleys and marshes in Zhongshan. It did not say the drug grows on mountain plains. Baihao growing on land and that growing in water are very similar in shape. But that on land is pungent and smells bad, while that in water is fragrant and tasty. An ancient poem depicts: the screaming deer is eating the Ping in the wild. Ping is merely Baihao growing on land. It is colloquially called Aihao. The deer eats nine kinds of herbs for detoxification, and Baihao is one of them. Another ancient poem states: people collect Fan (Baihao) in the marsh and on the island and beach.



鬼神，羞于王公。并指水生白蒿而言，则本草白蒿之为萋蒿无疑矣。郑樵通志谓葦为萋蒿，非矣。鹿乃山兽，萋乃水蒿。陆玑诗疏谓葦为牛尾蒿，亦非矣。牛尾蒿色青不白，细叶直上，状如牛尾也。萋蒿生陂泽中，二月发苗，叶似嫩艾而歧细，面青背白。其茎或赤或白，其根白脆。采其根茎，生熟菹曝皆可食，盖嘉蔬也。景差大招云：吴酸蒿萋不沾薄。谓吴人善调酸，淪萋蒿为齏，不沾不薄而甘美，此正指水生者也。

苗根

〔气味〕甘，平，无毒。〔思邈曰〕辛、平。〔时珍曰〕发疮疥。



The book *Zuo Zhuan*: Dishes made of Ping, Fan, Yun and Zao* can be presented to the immortals and offered in tribute to kings and dukes. Here, Baihao growing in water is one of the herbs. In this way we understand that Baihao recorded in *Shen Nong Bencao Jing* is merely Louhao. Zheng Qiao in his book *Tong Zhi* said that Ping was actually Louhao. He was not right, because deer is a mountain animal and Louhao is an aquatic herb. They should not be linked together. Lu Ji in his book *Shi Shu* said Ping was Niuweihao. He is also wrong. Niuweihao, a kind of wormwood in the shape of ox tail (and thus named), is a green herb. It is not white at all. Its stem is upright with a fine leaf. Louhao grows on the mountain slopes and in marshes. The seedling grows in the second month. Its leaf looks like tender Aiye, but it is finer and with more forks. It is green on the front and white on the back. Its stem is red or white. Its root is white and crispy. Collect the root and rhizome and serve it as a vegetable, either prepared or fresh, preserved or dried. Jing Chai in his book *Da Zhao* said: The people of the Wu area prepare Louhao with the vinegar they produce and make a delicious preserved vegetable with juice not too thin and not too dense. The Louhao mentioned here is the herb growing in water.

BAIHAOMIAO

Leaf of sievers wormwood
 Folium artemisiae sieversianae

BAIHAOGEN

Root of sievers wormwood
 Radix artemisiae sieversianae

[Quality and Taste]

It is sweet, plain and nontoxic.
 Sun Simiao: It is pungent and plain.
 Li Shizhen: It induces onset of scabies.

*Yun and Zao indicate Haizao/sargassum/seaweeds.



〔主治〕五脏邪气，风寒湿痹，补中益气，长毛发令黑，疗心悬，少食常饥。久服轻身，耳目聪明不老本经。生授，醋淹为菹食，甚益人。捣汁服，去热黄及心痛。曝为末，米饮空心服一匙，治夏月暴水痢。烧灰淋汁煎，治淋沥疾盂洗。利隔开胃，杀河豚鱼毒时珍。

〔发明〕〔弘景曰〕服食家七禽散云，白兔食白蒿仙，与庵菹同法耳。〔时珍曰〕本经列白蒿于上品，有功无毒，而古今方家不知用，岂不得服之之诀欤？

〔附方〕旧一。（略）



[Indications]

It disperses invading pathogenic factors in the Five Viscera. It is good for treating arthralgia due to attack of pathogenic Wind, Cold and Humidity. It tonifies the interior, reinforces the qi, promotes hair growth and blackens white hair. It relieves palpitation. It treats a pathological condition when the patient cannot eat to his full and always feels hungry. Long-term use makes one feel happy and able to enjoy a long life. His ears and eyes will remain sharp.

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

Meng Xian: Collect the tender leaf and soak it in vinegar to make preserved vegetable. It is a very healthy food. Pound the herb to make juice to treat jaundice with fever and relieve heart pains. Dry the drug in the sun and then grind it into powder. Take one spoonful with rice soup to treat sudden onset of watery dysentery in summer. Burn the drug into ashes. Soak the ash in water and simmer the solution. It is good for treating stranguria with urinary dripping.

Li Shizhen: It facilitates the function of the diaphragm and whets the appetite. It detoxifies toxin of Hetun/musculus fugu/globefish muscle.

[Explication]

Tao Hongjing: Alchemists who advocate use of the drug for life prolongation recorded, in the recipe of Qiqin San, that a white rabbit could become immortal after eating Baihao.

Li Shizhen: *Shen Nong Bencao Jing* recorded Baihao as a superior class of drug. It is beneficial to the health and it is nontoxic. But doctors do not seem to use the drug very much. Is it because they do not know the method of preparation and usage?

[Prescriptions]

One prescription collected previously.



牡蒿 (别录下品)

【释名】

齐头蒿

〔时珍曰〕尔雅：蔚，牡蒿。蒿之无子者。则牡之名以此也。诸蒿叶皆尖，此蒿叶独彘而秃，故有齐头之名。

【集解】

〔别录曰〕牡蒿生田野，五月、八月采。〔弘景曰〕方药不复用。〔恭曰〕齐头蒿也，所在有之。叶似防风，细薄而无光泽。〔时珍曰〕齐头蒿三四月生苗，其叶扁而本狭，末彘有秃歧。嫩时可茹。鹿食九草，此其一也。秋开细黄花，结实大如车前实，而内子微细不可见，故人以为无子也。



MUHAO

Japanese wormwood

Artemisia japonica Thunb.

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

[Explanation of Names]

QITOUHAO

Li Shizhen: The book *Er Ya* — Wei, also called Muqian, is wormwood without seed, hence the name Muhao. Mu = male. Leaves of all wormwood have a pointed tip. But this herb has a broad leaf without a tip. So, it is also called Qitouhao. Qitou = flat, broad.

[Previous Explanations]

Muhao/herba artemisiae japonicae grows in the field and should be collected in the fifth and eighth months.

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

Tao Hongjing: The herb is no more used in medical prescriptions.

Su Gong: The herb, also called Qitouhao, can be found everywhere. Its leaf is similar to Fangfeng/radix ledebouriellae/root of divaricate saposchnikovia. It is thin, narrow and without luster.

Li Shizhen: The herb has a seedling in the third and fourth months. Its leaf is flat and narrow with a dull tip on the end. It is edible when it is tender. Deer eat nine kinds of herbs, and this is one of them. The small and yellow flower blooms in autumn. Its fruit is as big as Cheqianshi/fructus plantaginis/plantain fruit. The seed inside the fruit is too small to be seen. So, people think it is seedless.

苗【气味】

苦、微甘，温，无毒。

【主治】

充肌肤，益气，令人暴肥。不可久服，血脉满盛别录。
搗汁服，治阴肿时珍。



MUHAOMIAO

Seedling of Japanese wormwood

Folium artemisiae japonicae

[Quality and Taste]

It is bitter, slightly sweet, warm and nontoxic.

[Indications]

It stuffs the muscles and the skin, reinforces the qi and makes one put on weight all of a sudden. The herb should not be served over a long period of time, lest blood vessels be filled excessively.

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

Li Shizhen: Pound the herb to make juice. Drink the juice to treat swelling of the genitalia.



茺蔚 (本经上品)

【释名】

益母本经。益明本经。贞蔚别录。蕕尔雅。音推。野天麻会编。猪麻纲目。火欏本经。郁臭草图经。苦低草图经。夏枯草外台。土质汗外台。

〔时珍曰〕此草及子皆充盛密蔚，故名茺蔚。其功宜于





CHONGWEI

Motherwort herb

Leonurus heterophyllus Sweet.

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

[Explanation of Names]

YIMU

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

YIMING

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

ZHENWEI

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

TUI

— *Er Ya*.

YETIANMA

— *Bencao Huibian* (*Collection of Bencao Works*).

ZHUMA

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

HUOXIAN

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

YUCHOUCAO

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

KUDICAO

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

XIAKUCAO

— *Waitai Miyao*.

TUZHIHAN

— *Waitai Miyao*.



妇人及明目益精，故有益母、益明之称。其茎方类麻，故谓之野天麻。俗呼为猪麻，猪喜食之也。夏至后即枯，故亦有夏枯之名。近效方谓之土质汗。林亿云：质汗出西番，乃热血合诸药煎成，治金疮折伤。益母亦可作煎，治折伤，故名为土质汗也。〔禹锡曰〕尔雅：茺，蕪。注云：今茺蔚也。又名益母。刘歆云：蕪，臭秽也。臭秽，即茺蔚也。陆玕云：蕪，益母也。故曾子见之感思。

【集解】

〔别录曰〕茺蔚生海滨池泽，五月采。〔弘景曰〕今处处有之。叶如茺，方茎，子形细长，有三棱。方用亦稀。

〔颂曰〕今园圃及田野极多。郭璞注尔雅云：叶似茺，方茎



Li Shizhen: The herb and fruit of the drug flourish, so it is called Chongwei (“prosperous”). It is a drug of benefit to women and to the eyesight. So it is also named Yimu (benefiting the mother) and Yiming (benefiting the eyesight). Its stem is square and similar to hemp, so it is called Yetianma. Colloquially, it is called Zhuma, a herb that pig likes to eat. After the solar term of the Summer Solstice (June 21), the herb withers, so it is also called Xiakucao, the summer-withering herb. [It is also the name of another drug: Xiakucao/spica prunellae/fruit-spike of common selfheal]. In the book *Jinxiao Fang*, it is recorded as Tuzhihan.

Lin Yi: Zhihan is a drug made in the Xifan (Western foreign countries) area by mixing several drugs with hot blood. It is good for treating incised wound and physical injury. As Yimucao/herba leonuri/motherwort herb is also good for treating an incised wound, so it is called Tuzhihan, the native-made Zhihan.

Zhang Yuxi: The book *Er Ya - Tui* (蕞), or Tui (蕞). Annotation: This is the Chongwei/herba leonuri/motherwort herb of present day. It is also called Yimu.

Liu Xin: Tui is a character meaning something filthy, it is also called Chongwei.

Lu Ji: Tui is Yimucao. Zeng Zi, once saw it and admired it as it gave him cause for reflection.*

[Previous Explanations]

Chongwei grows on the sea beaches, marshland and ponds. Collect the drug in the fifth month.

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

Tao Hongjing: Now, the herb is found everywhere. Its leaf is similar to that of Ren/perilla frutescens/common perilla. It has a square stem. Its seed is thin and long, in a triangular shape. The herb is seldom used in medicine.

Su Song: Now, the herb is found both in the field and in the wild. Guo

*Zeng Zi, a great thinker and student of Confucius, was well known for his filial deeds on behalf of his mother. So, when the name Yimu (benefiting the mother) was mentioned, he thought of his mother.



白华，华生节间。节节生花，实似鸡冠子，黑色，茎作四方棱，五月采。又云九月采实，医方稀有用实者。〔宗奭曰〕茺蔚初春生时，亦可浸洗，淘去苦水，煮作菜食。凌冬不凋悴也。〔时珍曰〕茺蔚近水湿处甚繁。春初生苗如嫩蒿，入夏长三四尺，茎方如黄麻茎。其叶如艾叶而背青，一梗三叶，叶有尖歧。寸许一节，节节生穗，丛簇抱茎。四五月间，穗内开小花，红紫色，亦有微白色者。每萼内有细子四粒，粒大如同蒿子，有三棱，褐色，药肆往往以作巨胜子货之。其草生时有臭气，夏至后即枯，其根白色。苏颂图经谓其叶似荏，其子黑色，似鸡冠子，九月采实，寇宗奭衍义谓其凌冬不凋者，皆误传也。此草有白花、紫花二种，茎叶子穗皆一样。但白者能入气分，红者能入血分，别而用之可也。按闺阁事宜云：白花者为益母，紫花者为野天麻。返魂丹注云：紫花者为益母，白花者不是。陈藏器本草云：茺



Pu in his annotation of the book *Er Ya* said: The herb has a leaf similar to Ren. It has a square stem with flowers growing between every pair of nodes. Its black fruit is similar to Jiguanzi/semen celosiae cristatae/cockscorn seed. Its stem is square. Collect the drug in the fifth month. Some say that fruit should be collected in the ninth month. But doctors seldom use the fruit as a drug.

Kou Zongshi: When Chongwei first has its seedlings, it can be eaten as a vegetable. Soak the seedlings in water and wash it repeatedly. Filter away the bitter fluid. Boil the seedlings and eat them as a kind of vegetable. The herb will not wither even in cold winter.

Li Shizhen: Chongwei flourishes when it grows in damp places close to water. In early spring, the seedling germinates in the shape of tender wormwood. In summer, the herb is three to four *chi* tall. Its stem is square, similar to that of yellow hemp. Its leaf is similar to Aiye, but the back is green. There are three leaves on one fork. The leaf has a pointed tip. It is only one *cun* wide between nodes and spikes flock together between two nodes. During the fourth and fifth months, small, red-purple or light white flowers grow in the spikes. In each calyx there are four seeds, the size of wormwood seed. It is triangular and brown in color. In pharmacies, Huma/semem sesami/sesame seed is used as a substitute. The herb emits a kind of bad smell while it is young and will wither after the day of the solar term of the Summer Solstice (June 21). Its root is white. Su Song in his *Tujing Bencao* said that its leaf is similar to Ren with a black seed similar to Jiguanzi and fruit should be collected in the ninth month. Kou Zongshi in his *Bencao Yanyi* said that the drug would not wither even in cold winter. Both of them are not correct in their description of the drug. There are two species of the herb, one with a white flower and the other with a purple flower. Both species have the same stem, leaf, seed and spike. In medicine, the drug with a white flower functions well on the qi system, and that with a purple (red) flower can function on the blood system. That is the only difference between them.

The book *Guige Shiyi*: That with a white flower is Yimucao and that with a purple flower is Yetianma. In the annotation of *Fanhun Dan*, it says: that with a purple flower is Yimucao and that with a white flower is not a



蔚生田野间，人呼为郁臭草。天麻生平泽，似马鞭草，节节生紫花，花中有子，如青箱子。孙思邈千金方云：天麻草、茎如火麻，冬生苗，夏着赤花，如鼠尾花。此皆似以茺蔚、天麻为二物，盖不知其是一物二种。凡物花皆有赤白，如牡丹、芍药、菊花之类是矣。又按郭璞尔雅注云：蕕（音推）即茺蔚，又名益母。叶似荏，白华，华生节间。又云：藎（音推），方茎，叶长而锐，有穗，穗间有花紫缥色，可以为饮，江东呼为牛薺。据此则是蕕、藎名本相同，但以花色分别之，其为一物无疑矣。宋人重修本草，以天麻草误注天麻，尤为谬失。陈藏器本草又有螯菜，云生江南阴地，似益母，方茎对节白花，主产后血病。此即茺蔚之白花者，故其功主血病亦相同。



drug. Chen Cangqi in his *Bencao Shiyi* said: Chongwei grows in the wild field and local people call it Yuchoucao, the bad-smelling herb. Tianma grows on plains and marshland and looks like Mabiancao/herba verbenae/herb of european verbena. Purple flowers grow among each pair of nodes and there is seed in the flower in the shape of Qingxiangzi. Sun Simiao in his *Qianjin Yaofang* recorded: Tianmacao has a stem similar to Huoma/herba cannabis/hemp. The seedling germinates in winter and a red flower blooms in summer. Its flower is similar to Shuweihua. So, it seems that the above two herbs are two separate things. But actually, they are two species of the same herb. [It is normal that the flower one herb may have flowers of two colors, like Mudan/paeonia suffruticosa/tree peony with red and white flowers, and also Shaoyao/radix paeoniae/peony root and Juhua/flos chrysanthemi/chrysanthemum.] Guo Pu in his annotation to *Er Ya* said: Tui (蒹) is just Chongwei and is also named Yimu (Yimucao). Its leaf is similar to Ren. White flowers grow between the nodes. He also said: Tui (蔞), with a square stem, long and pointed leaf and spikes. Purple flowers appear amid the spikes. It can be used in brewing a drink. People in the Jiangdong area call this Niutui. According to this record, Tui (蒹) and Tui(蔞) are the same thing, but with different colored flowers. Therefore, it is quite sure that the two drugs are actually indicating the same herb. But when people in the Song Dynasty (960-1279) compiled their Bencao works, they put Tianmacao (another name for Chongwei) in the clause of Tianma/rhizoma gastrodiae/tuber of tall gastrodia as a footnote to the latter. This is ridiculous. In *Bencao Shiyi*, there is a drug Zancai, which looks like Yimucao. It is found on the lowlands in the area south of the Yangtze River. It has a square stem with white flowers growing in pairs in opposition. It is a drug good for treating puerperal blood disorders. This is actually Chongwei with a white flower. So, this drug is also good for treating blood disorders (as Chongwei does).

CHONGWEIZI

Fruit of motherwort

Frutus leonuri



子

〔修治〕〔时珍曰〕凡用，微炒香，亦或蒸熟，烈日曝燥，春簸去壳，取仁用。

〔气味〕辛、甘，微温，无毒。〔别录曰〕甘，微寒。〔时珍曰〕甘、辛，温。灰制硫黄。

〔主治〕明目益精，除水气，久服轻身本经。疗血逆大热，头痛心烦别录。产后血胀大明。春仁生食，补中益气，通血脉，填精髓，止渴润肺吴瑞。治风解热，顺气活血，养肝益心，安魂定魄，调女人经脉，崩中带下，产后胎前诸病。久服令人有子时珍。

〔发明〕〔震亨曰〕茺蔚子活血行气，有补阴之功，故



[Preparation]

Li Shizhen: Stir-fry the drug until it emits a slight fragrance. Or steam the drug and dry it in the sun. Pound the drug and winnow away the chaff. Use the kernels.

[Quality and Taste]

It is pungent, sweet, slightly warm and nontoxic.

It is sweet and slightly cold.

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

Li Shizhen: It is sweet, pungent and warm. Its ash controls Liuhuang/sulfur.

[Indications]

It improves the eyesight and reinforces the Jing (Vital Essence), eliminates fluid-retention. Long-term use makes one feel happy.

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

It is good for treating adverse ascending of blood with excessive heat, headache and restlessness.

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

Da Ming: It is good for treating blood distention after childbirth.

Wu Rui: It tonifies the interior and reinforces the qi. It facilitates the blood circulation, strengthens the Jing and marrow, quenches thirst, and moistens the Lung.

Li Shizhen: It disperses the invading pathogenic Wind and eliminates the Heat, smoothes the flow of qi and activates the blood circulation. It nourishes the Liver and Heart, pacifies the mind and soul. It is also good for regulating menstruation and stops metrorrhagia and leukorrhea. It is good for treating ante and postpartum diseases. Long-term use makes one more productive.

[Explication]

Zhu Zhenheng: Chongweizi/fructus leonuri/motherwort fruit activates the blood circulation and smoothes the flow of qi. It tonifies the Yin, so it



名益母。凡胎前产后所恃者，血气也。胎前无滞，产后无虚，以其行中有补也。〔时珍曰〕茺蔚子味甘微辛，气温，阴中之阳，手、足厥阴经药也。白花者入气分，紫花者入血分。治妇女经脉不调，胎产一切血气诸病，妙品也，而医方鲜知用。时珍常以之同四物、香附诸药治人，获效甚多。盖包络生血，肝藏血。此物能活血补阴，故能明目益精，调经，治女人诸病也。东垣李氏言瞳子散大者，禁用茺蔚子，为其辛温主散，能助火也。当归虽辛温，而兼苦甘，能和



is named Yimu (drug benefiting the mother). A pregnant woman relies on the normal condition of blood and qi. Use of the drug will keep the patient in good order, so that there will be no stagnation before childbirth and a deficient condition will not ensue after labor. This is because Chongweizi is a drug that facilitates the blood circulation on one hand and tonifies the overall condition on the other.

Li Shizhen: Chongweizi, with a sweet and slightly pungent taste and warm quality, is a drug of Yang in the Yin. It functions on the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin. The drug with a white flower functions on the qi system and that with a purple flower functions on the blood. It is a miraculous drug in treating irregular menstruation, ante and postpartum diseases of all sorts. But it is a pity that not many doctors know this. In my clinical practice, I always use the drug together with Siwu Tang* and Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale. I succeeded in numerous cases. Pericardium is a Viscus that produces blood and the Liver is where blood is stored. Since Chongweizi functions on the Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin, it is a drug that activates the blood circulation and tonifies the Yin. It is a drug that improves the eyesight and reinforces the Jing, a drug that treats irregular menstruation and various women's diseases due to blood disorders.

Li Dongyuan: when there is mydriasis of the pupil, Chongweizi should not be adopted. This is because the drug, pungent and warm, is dispersive in function and may bring an excessive Fire, which is no good for the eye. But Danggui/radix angelicae sinensis/root of Chinese angelica is also pungent and warm, so it is not prohibited, as it is also bitter and sweet and good at harmonizing the blood. My personal understanding is that when the

*Siwu Tang, consisting of

Shaoyao/radix paeoniae/common peony root,

Shengdi/radix rehmanniae/rehmannia root,

Danggui/radix angelicae sinensis/Chinese angelica root, and

Chuanxiong/rhizoma chuanxiong/chuanxiong rhizome.



血，故不禁之。愚谓目得血而能视，茺蔚行血甚捷，瞳子散大，血不足也，故禁之，非助火也。血滞病目则宜之，故曰明目。

茎

〔大明曰〕苗、叶、根同功。

〔气味〕〔藏器曰〕寒。〔时珍曰〕茎、叶：味辛、微苦。花：味微苦、甘。根：味甘。并无毒。〔镜源曰〕制硫黄、雌黄、砒石。

〔主治〕癰疹痒，可作浴汤本经。捣汁服，主浮肿，下水，消恶毒疗肿、乳痈丹游等毒，并傅之。又服汁，主子死腹中，及产后血胀闷。滴汁入耳中，主聃耳。捣傅蛇虺毒苏恭。入面药，令人光泽，治粉刺藏器。活血破血，调经解



eyes are assisted by blood, the function of vision is enhanced. But, when there is mydriasis of the pupil, it shows a shortage of blood. As Chongweizi is a drug with a strong function of activating the blood, so it should be prohibited. It is not because the drug may bring excessive Fire. It is good for treating eye diseases due to blood stagnation. So the classic says it is good for improving eyesight.

CHONGWEIJING

Stem of motherwort

Caulis leonuri

Da Ming: The seedling, leaf and root have the same efficacy as the stem of the drug.

[Quality and Taste]

Chen Cangqi: It is cold.

Li Shizhen: Stem and leaf: pungent and slightly bitter. Flower: slightly bitter and sweet. Root: sweet. All are nontoxic.

It controls Liuhuang/sulfur, Cihuang/orpimentum/orpiment and Pishi/arsenicum/arsenic.

— *Danfang Jingyuan*.

[Indications]

It is good for treating urticaria with itching. Simmer the drug to make bathing water.

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

Su Gong: Pound the drug to make juice. Drink the juice to treat swelling edema. It is good for dispersing fluid-retention, eliminating malignant sores and pyogenic infection, furuncle and swelling, and treating acute mastitis and wandering erysipelas. Apply the drug onto the affected part. Also, drink the juice of the drug to disperse a dead fetus or puerperal distention and suffocation due to blood disorder. Drop the juice into the ear to treat otitis media suppurativa. Pound the drug and apply it to treat the bite of a poisonous snake.

Chen Cangqi: It is good for adding the drug into face lotions. It bright-



毒，治胎漏产难，胎衣不下，血运血风血痛，崩中漏下，尿血泻血，疝痢痔疾，打扑内损瘀血，大便小便不通时珍。

〔发明〕〔时珍曰〕益母草之根、茎，花、叶、实，并皆入药，可同用。若治手、足厥阴血分风热，明目益精，调女人经脉，则单用茺蔚子为良。若治肿毒疮疡，消水行血，妇人胎产诸病，则宜并用为良。盖其根茎花叶专于行，而子则行中有补故也。

【附方】

旧十三，新十。（略）



ens one's face and good to eliminate acne.

Li Shizhen: It is good for activating the blood and remove blood stasis, regulating the menstruation and detoxifying toxin. It stops vaginal bleeding during pregnancy, promotes delivery in a difficult labor, and disperses the retaining placenta. It treats vertigo due to blood disorder, treats Xuefeng (leprosy or consumption with blood deficiency and stasis) and relieves puerperal abdominal pain due to blood disorder. It also stops metrorrhagia and metrostaxis, hematuria and hematochezia, infantile malnutrition complicated with dysentery. It removes blood stasis due to physical injury and damage. It facilitates stool and urination.

[Explication]

Li Shizhen: The root, stem, flower, leaf and fruit can all be used as medicine and can be used together. Chongweizi can be used independently to disperse the invading pathogenic Wind and Heat in the blood system of Pericardium Channel of Hand Greater Yin and Liver Channel of Foot Greater Yin, or to improve eyesight and regulate menstruation. If it is intended to treat pyogenic infection and sores, eliminate fluid-retention, and treat ante and postpartum diseases, it is better to use all the parts of the drug. The root, stem, flower and leaf are good for activating the blood and its fruit is good for both activating and tonifying the blood.

[Prescriptions]

Thirteen prescriptions collected previously, and
10 prescriptions collected recently.



薇衔 薇音眉。(本经上品)

【释名】

麋衔本经。鹿衔唐本。吴风草唐本。无心吴普。无颠吴普。承膏别录。承肌吴普。

〔恭曰〕南人谓之吴风草。一名鹿衔草，言鹿有疾，衔此草即瘥也。〔时珍曰〕据苏说，则薇衔、麋衔当作麋衔也。鹿、麋一类也。按郦道元水经注云：魏兴锡山多生薇衔



MEIXIAN

Pyrola

Pyrola rotundifolia L. ssp. *chinensis* H. Andres.

Pyrola rotundifolia L.

Pyrola decorata H. Andres

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

[Explanation of Names]

MIXIAN

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

LUXIAN

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

WUFENGCAO

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

WUXIN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

WUDIAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

CHENGGAO

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

CHENGJI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Su Gong: People in the south call this herb Wufengcao or Luxiancao. The name Luxiancao is based on the legend that, when a deer is suffering from a disease, it will hold the herb in the mouth as a form of self-treatment, hence the name. Luxiancao: Lu = deer, Xian = hold in the mouth, Cao = herb.

Li Shizhen: According to what Su Gong said, the drug Meixian should



草，有风不偃，无风独摇。则吴风亦当作无风，乃通。〔藏器曰〕一名无心草，非草之无心者，方药少用。

【集解】

〔别录曰〕薇衔生汉中川泽及冤句、邯郸。七月采茎叶，阴干。〔恭曰〕此草丛生，似茺蔚及白头翁，其叶有毛，赤茎。又有大小二种：楚人谓大者为大吴风草，小者为小吴风草。〔保昇曰〕叶似茺蔚，丛生有毛，其花黄色，其根赤黑色。

茎叶【气味】

苦，平，无毒。

〔别录曰〕微寒。〔之才曰〕得秦皮良。

【主治】

风湿痹历节痛，惊痫吐舌，悸气贼风，鼠痿痲肿本经。



be Mixian. Mi is a kind of deer called Milu, David's deer. Li Daoyuan in his book *Shuijing Zhu (Annotation to the Classic of Water)* said: There is plenty of Meixian in Xishan Mountain at Weixing. The herb will not move in the wind and will shake when there is no wind. So, it is also called Wufengcao. Wufeng = no wind.

Chen Cangqi: It is also called Wuxincao. It is seldom used in medicine.

[Previous Explanations]

Meixian is produced in the mountain valleys and marshland in Hanzhong and in Yuanju and Handan. Collect the stem and leaf in the seventh month and dry them in the shade.

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

Su Gong: The herb grows in tussock and looks like Chongwei and Baitouweng/radix pulsautilae/root of Chinese pulsautila. Its leaf is covered with hair and its stem is red. There are two species: People call the big herb Dawufengcao (the big herb) and the small one Xiaowufengcao (the small herb).

Han Baosheng: The leaf of the herb looks like that of Chongwei. It grows in tussock. The leaf is covered with hair. Its flower is yellow. Its root is red-black.

MEIXIANJING and MEIXIANYE

Pyrola herb

Herba pyrolae

[Quality and Taste]

It is bitter, plain and nontoxic.

It is slightly cold.

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

Xu Zhicai: It will be reinforced if it is used together with Qinpi/cortex fraxini/ash bark.

[Indications]

It is good for treating arthralgia, numbness and arthritis due to invad-



暴症，逐水，疗痿蹶。久服轻身明目别录。妇人服之，绝产无子藏器。煎水，洗癩疽甲疽恶疮时珍。出外科精义。

【发明】

〔时珍曰〕麋衔乃素问所用治风病白汗药，而后世不知用之，诚缺略也。素问：黄帝曰：有病身热懈惰，汗出如浴，恶风少气，此为何病？岐伯曰：病名酒风。治之以泽泻、术各三、五分，麋衔五分，合以三指撮为后饭。后饭者，先服药也。



ing pathogenic Wind and Humidity. It treats convulsions and epilepsy with frequent protrusion of the tongue, and disperses invading pathogenic vicious Wind. It treats scrofula, carbuncle and swelling.

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

It treats sudden appearance of abdominal hard mass, disperses fluid-retention and treats paralyzed and cold extremities. Long-term use makes one feel happy and have better eyesight.

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

Chen Cangqi: If a woman takes the drug, she will never conceive.

Li Shizhen: Simmer the drug to make a decoction. Treat pyogenic infection of the finger pad and malignant sores. This is quoted from the book *Waiké Jingyi*.

[Explication]

Li Shizhen: Meixian is used by *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* in treating a disease with spontaneous perspiration caused by invasion of pathogenic Wind. But later doctors have not used the drug very much. This is a pity.

Huangdi Neijing: Suwen: The Yellow Emperor enquired — When the patient has fever and general malaise and profuse perspiration, with aversion to cold and shortness of breath, then what disease is he suffering from? Qi Bo answered: This is called Jiufeng (disease due to invasion of pathogenic Wind after the patient becomes drunk). Treatment:

Three to five *fen* of Zexie/rhizoma alismatis/rhizome of oriental water plantain,

three to five *fen* of Zhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes, and

five *fen* of Meixian/herba pyrolae/pyrola herb.

Grind the above drugs into powder. Pinch the powder with three fingers and take it as a dose before meal.



夏枯草（本经下品）

【释名】

夕句本经。乃东本经。燕面别录。铁色草

〔震亨曰〕此草夏至后即枯。盖禀纯阳之气，得阴气则枯，故有是名。

【集解】

〔别录曰〕夏枯草生蜀郡川谷，四月采。〔恭曰〕处处有之，生平泽。〔颂曰〕冬至后生，叶似旋覆。三月、四月



XIAKUCAO

Common selfheal

Prunella vulgaris L.

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

[Explanation of Names]

XIJU

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

NAIDONG

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

YANMIAN

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

TIESECAO

Zhu Zhenheng: The herb withers after the day of the solar term of the Summer Solstice (June 21). This is because it is fully enriched by the pure Yang. When Yin ushers in,* it begins to wither. So it is thus named. Xiakucao: Xia = summer, Ku = wither, Cao = herb. The herb that withers in summer.

[Previous Explanations]

Xiakucao is produced in the mountain valleys in Shujun (Sichuan). Collect the drug in the fourth month.

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

Su Gong: The herb is found everywhere on plains and marshes.

*The Summer Solstice is a day when the Yin element begins to set in. In the same way, the Winter Solstice (December 21) is a day when the Yang element begins to set in. Yin and Yang rotate on both days.



开花，作穗紫白色，似丹参花，结子亦作穗。五月便枯，四月采之。〔时珍曰〕原野间甚多，苗高一二尺许，其茎微方。叶对节生，似旋覆叶而长大，有细齿，背白多纹茎端作穗，长一二寸，穗中开淡紫小花，一穗有细子四粒。丹溪云无子，亦欠察矣。嫩苗淪过，浸去苦味，油盐拌之可食。

【正误】

〔宗奭曰〕今谓之郁臭。自秋便生，经冬不悴，春开白花，夏结子。〔震亨曰〕郁臭草有臭味，即茺蔚是也；夏枯草无臭味，明是两物。俱生于春，夏枯先枯而无子，郁臭后枯而结子。

茎叶【气味】

苦、辛，寒，无毒。

〔之才曰〕土瓜为之使。伏汞砂。



Su Song: It begins to grow after the Winter Solstice (December 21). Its leaf is similar to Xuanfuhuaye/foUium inulae/inula leaf. Flowers bloom in the third and fourth months and form spikes of purple-white color. It looks like Danshenhua/flos salviae miltiorrhizae/flower of danshen. The fruit also form spikes. In the fifth month, the stem begins to wither. Collect the drug in the fourth month.

Li Shizhen: The herb is found everywhere in the field. The herb is one to two *chi* tall. Its stem is slightly square. The leaves grow in opposition in pairs, looking like Xuanfuye, but are a bit longer and bigger, with teeth on the edge. The back is white and with plenty of texture. A spike one or two *cun* long grows on top of the stem. A light purple flower blooms in the spike. In each flower, there are four fine seeds. But Zhu Danxi said there was no seed. He did not observe the herb carefully. Collect the tender leaf and soak it in water to get rid of its bitter taste. Then it can be eaten as a vegetable when it is blended with oil and salt.

[Corrections]

Kou Zongshi: Now, the herb is called Yuchou. The drug begins to grow in autumn and will not wither in winter. In spring, a white flower blooms, while the seed takes shape in summer.

Zhu Zhenheng: Yuchou (Yuchoucao) smells badly. It is actually Chongwei. Xiakucao has no bad smell. So, they are two different drugs. Xiakucao withers earlier and bears no seed. Yuchou (Chongwei) withers later and has a seed.

XIAKUCAOJING and XIAKUCAOYE

Herb of common selfheal

Herba prunellae

[Quality and Taste]

It is bitter, pungent, cold and nontoxic.

Xu Zhicai: Tugua/fructus trichosanthis cucumeroidis/fruit of Japanese snake gourd can be its guiding drug. It oppresses Gong/hydrargyrum/mercury and Dansha/cinnabaris/cinnabar.



【主治】

寒热瘵疔鼠痿头疮，破癥，散癭结气，脚肿湿痹，轻身本经。

【发明】

〔震亨曰〕本草言夏枯草大治瘵疔，散结气。有补养厥阴血脉之功，而不言及。观其退寒热，虚者可使；若实者以行散之药佐之，外以艾灸，亦渐取效。〔时珍曰〕黎居士易简方，夏枯草治目疼，用沙糖水浸一夜用，取其能解内热、缓肝火也。楼全善云：夏枯草治目珠疼至夜则甚者，神效。或用苦寒药点之反甚者，亦神效。盖目珠连目本，即系也，属厥阴之经。夜甚及点苦寒药反甚者，夜与寒亦阴故也。夏枯禀纯阳之气，补厥阴血脉，故治此如神，以阳治阴也。一男子至夜目珠疼，连眉棱骨，及头半边肿痛。用黄连膏点之



[Indications]

It is good for treating scrofula, mouse fistula and head sores due to attack of pathogenic Cold and Heat. It dissolves hard mass, disperses goiter and accumulation of qi, treats swelling feet and arthralgia due to invasion of pathogenic Humidity. Long-term use makes the person feel happy,

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

[Explication]

Zhu Zhenheng: *Shen Nong Bencao Jing* recorded that Xiakucao is very good for treating scrofula and dispersing accumulation of qi. But the herb is also good for tonifying the blood in the Greater Yin Channel. This is not mentioned in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. Since the drug is good for dispersing the invading pathogenic Cold and Heat, it is suitable to people in a debilitated condition. If the patient is in an excessive condition, the drug can still be given together with drugs of dispersing quality, supported by moxibustion therapy. It will work gradually.

Li Shizhen: In the book *Li Jushi Yijian Fang*, the following prescription is recorded: Soak Xiakucao in sugared water overnight. Use the drug to treat eye pain. This is a prescription good at dispersing the interior Heat and moderating the Liver Fire.

Lou Quanshan: Xiakucao is miraculously effective in relieving pain in the eyeballs, which is aggravated at night. This is because pain in the eyeballs is connected to the Liver Channel of Foot Greater Yin. Xiakucao is a drug that functions on that Channel. A patient may feel even worse when he drops a drug of bitter taste and cold quality into the eye at night. This is because both a cold drug and night belong to Yin.* But Xiakucao is a drug enriched with pure Yang and is good at tonifying the blood in the Greater Yin Channel. So, it is a drug that works wonders in treating such diseases. It is a treatment following the principle of “treating the Yin with the Yang.”

*This relates to the theory of Yin-Yang balance. When there is too much Yin, drug of Yang should be given to revert the tendency. In this way, a balance is reached. So cold drugs should not be given at night when Yin (pertaining to cold) prevails.

反甚，诸药不效。灸厥阴、少阳，疼随止，半日又作。月余，以夏枯草二两，香附二两，甘草四钱，为末。每服一钱半，清茶调服。下咽则疼减半，至四五服良愈矣。

【附方】

旧一，新六。（略）



Here is a case: A male patient had been suffering from pain in the eyeballs at night with referring pain to supra-orbital bone and half of the head was swollen. Ointment of Huanglian/rhizoma coptidis/coptis rhizome had been dropped. But it went even worse. All treatments had been tried but the pain became no less. Then moxibustion was practiced on acupoints on the Greater Yin and Lesser Yang Channels. Pain subsided greatly. But after half a day, it recurred. This lasted more than a month. Treatment: Grind the following drugs into powder:

Two *liang* of Xiakucao/spica prunellae/fruit-spike of common selfheal,
two *liang* of Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale,
and

four *qian* of Gancao/radix glycyrrhizae/licuorice root.

Serve 1.5 *qian* of the powder with tea soup. Once the patient had the drug, he immediately felt the pain was on the way of leaving him. After taking four to five doses, the syndrome was completely gone.

[Prescriptions]

One prescription collected previously, and
six prescriptions collected recently.





刘寄奴草 (唐本草)

【释名】

金寄奴大明。乌藤菜纲目。

〔时珍曰〕按李延寿南史云：宋高祖刘裕，小字寄奴。微时伐荻新洲，遇一大蛇，射之。明日往，闻杵臼声。寻之，见童子数人皆青衣，于榛林中捣药。问其故。答曰：我主为刘寄奴所射，今合药傅之。裕曰：神何不杀之？曰：寄奴王者，不可杀也。裕叱之，童子皆散，乃收药而反。每遇金疮傅之即愈。人因称此草为刘寄奴草。郑樵通志云：江南人因汉时谓刘为卯金刀，乃呼刘为金。是以又有金寄奴之名。江东人谓之乌藤菜云。



LIUJINUCAO

Herb of diverse wormwood

Artemisia anomala S. Moore

— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

[Explanation of Names]

JINJINU

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

WUTENGCAI

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

Li Shizhen: Li Yanshou in his work *Nan Shi [History of Southern Dynasties (420-589)]* recorded: Liu Yu, with a nick name Jinu, Emperor Gaozu of the Song in the Northern and Southern Dynasties was once leading his troops to conquer rebels in Dixin prefecture before he was crowned. He saw a big snake and shot at it with his bow and arrow. The next day, when he was visiting the place, he heard a sound of husking. He saw a group of young lads husking drugs in a hazel wood. When Liu asked them what they were doing, the youths replied: Our master was shot by Liu Jinu and we are preparing drugs for him. Knowing that the lads were preparing drugs for the wounded serpent, he knew these were not ordinary people. So, Liu asked again, why not kill Liu Jinu since he wounded your master? The boys answered: No, Liu will be a king and cannot be killed. Liu shouted at them and the boys disappeared. So, Liu took back the drug and used it to treat those suffering from incised wound. It was very effective. Later the drug was called Liujinucao (herb of Liu Jinu). Zheng Qiao in his book *Tong Zhi* said: people in the area south of the Yangtze River also wrote the surname Liu in three parts, Mao, Jin, and Dao,* so the drug is also called Jinjinu. People in the Jiangdong area call it Wutengcai.

*Liu is a character that can be divided into three radicals. One of them is Jin.



【集解】

〔恭曰〕刘寄奴草生江南。茎似艾蒿，长三四尺，叶似山兰草而尖长，一茎直上有穗，叶互生，其子似稗而细。

〔保昇曰〕今出越州、蒿之类也。高四五尺，叶似菊，其花白色，其实黄白色作穗，夏月收苗日干之。〔颂曰〕今河中府、孟州、汉中、滁州亦有之。春生苗，茎似艾蒿，上有四棱，高二三尺以来。叶青似柳，四月开碎小黄白花，形如瓦松，七月结实似黍而细，根淡紫色似莴苣。六月、七月采苗及花子通用。〔时珍曰〕刘寄奴一茎直上。叶似苍术，尖长糙涩，面深背淡。九月茎端分开数枝，一枝攒簇十朵小花，白瓣黄蕊，如小菊花状。花罢有白絮，如苦荚花之絮。其子细长，亦如苦荚子。所云实如黍稗者，似与此不同，其叶亦非蒿类。



[Previous Explanations]

Su Gong: Liujinu grows in the area south of Yangtze River. Its stem looks like Aiye, and is three to four *chi* tall. Its leaf looks like Shanlancao, but it is longer and with a sharp tip. One stem grows upright with a spike on the top. Leaves grow in pairs. Its seed looks like Baizi/semen *echinocloe crusgalli*/seed of barnyard grass, but it is finer.

Han Baosheng: A kind of wormwood four to five *chi* tall is now produced in Yuezhou. Its leaf looks like a chrysanthemum leaf. Its flower is white. Its fruit are yellow-white and flock together to form a spike. Collect the drug in summer and dry it in the sun.

Su Song: Now, the drug is also produced in Hezhongfu, Mengzhou, Hanzhong and Chuzhou. The seedling begins to germinate in spring. Its stem looks like Ai, being square, two to three *chi* tall. Its leaf is green like Liuye/*folium salicis baryloniae*/leaf of babylon weeping willow. In the fourth month, a small and yellow-white flower blooms in the shape of Wasong/*herba orostachydis*/herb of fimbriate orostachys. In the seventh month, fruit is borne in the shape of Shu/*semen panici*/broomcorn millet, although it is smaller. Its root is light purple, in the shape of Woju/*caulis et folium lactucae sativae*/stem and leaf of garden lettuce. Collect the seedling, flower and fruit in the sixth and seventh months. All can be used medically.

Li Shizhen: Liujinu has one stem growing upward. Its leaf is similar to that of Cangzhu/*atractylodes*. It is long, with a sharp tip and coarse. It is dark on the face and light on the back. In the ninth month, several forks grow on top of the stem. On each fork, there are 10 small flowers with white petals and yellow stamen and pistil. It is in the shape of small chrysanthemum. After the blossom has gone, a white fiber appears, similar to that of Kumai/*herba ixeritis denticulatae*/herb of denticulate ixeris. Its seed is fine and long, and is similar to the seed of Kumai/*herba ixeritis denticulatae*/herb of denticulate ixeris. As to the record that its fruit looks like Shu or Baizi and its leaf looking like Ai, it might not be very reliable.



子苗同。【修治】

〔斲曰〕凡采得，去茎叶，只用实。以布拭去薄壳令净，拌酒蒸，从巳至申，暴干用。〔时珍曰〕茎、叶、花、子皆可用。

【气味】

苦，温，无毒。

【主治】

破血下胀。多服令人下痢苏恭。下血止痛，治产后余疾，止金疮血，极效别录。心腹痛，下气，水胀血气，通妇人经脉癥结，止霍乱水泻大明。小儿尿血，新者研末服时珍。

【附方】

旧一，新七。（略）



LIUJINCAOZI (the seedling is the same)

Seed of diverse wormwood

Semen artemisiae anomalae

[Preparation]

Lei Xiao: After the herb is collected, take off the stem and leaf. Use the fruit only. Rub the thin capsule off with cloth. Blend the drug with wine and steam it from Sishi (9-11 hours) to Shenshi (15-17 hours). Dry the drug in the sun.

Li Shizhen: Its stem, leaf, flower and seed can all be used medically.

[Quality and Taste]

It is bitter, warm and nontoxic.

[Indications]

Su Gong: It removes blood stasis and abdominal distention. Overuse may cause diarrhea.

It removes blood stasis and stops pain. It is good for treating remaining syndromes in puerperium. It is very effective in stopping bleeding in an incised wound.

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

Da Ming: It is good for treating epigastric and abdominal pain and bringing down the ascending of adverse gas, removing fluid-retention and treating abdominal pain of a woman due to disorder of blood and qi. It facilitates the Channels and removes hard mass. It stops cholera and watery dysentery.

Li Shizhen: It is good for treating infantile hematuria. Grind the new drug into powder.

[Prescriptions]

One prescription collected previously, and seven prescriptions collected recently.

旋覆花（本经下品）

【释名】

金沸草本经。金钱花纲目。滴滴金纲目。盗庚尔雅。夏菊纲目。戴椹别录。

〔宗奭曰〕花缘繁茂，圆而覆下，故曰旋覆。〔时珍曰〕诸名皆因花状而命也。尔雅云：覆，盗庚也。盖庚者金也，谓其夏开黄花，盗窃金气也。酉阳杂俎云：金钱花一名毘尸沙，自梁武帝时始进入中国。





XUANFUHUA

Inula

Inula japonica Thunb.,

Inula britannica L.

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

[Explanation of Names]

JINFEICAO

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

JINQIANHUA

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

DIDIJIN

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

DAOGENG

— *Er Ya*.

XIAJU

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

DAISHEN

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

Kou Zongshi: The herb has a prosperous, round and covering crown, so it is called Xuanfu. Xuan = round, Fu = covering.

Li Shizhen: The names given to the drug are all based on the shape of the flower.

Er Ya: Fu is merely Daogeng. Geng is another name of the Metal element. The name is given indicating the drug is stealing the Metal (the autumn) as the drug has a yellow flower in summer.*

*Yellow is the color of autumn and red is the corresponding color of summer. When a yellow flower appears in summer, this seems to be stealing the seasonal color of autumn. So, the drug is called Daogeng, stealing the Geng (metal, autumn).



【集解】

〔别录曰〕旋覆生平泽川谷。五月采花，日干，二十日成。〔弘景曰〕出近道下湿地，似菊花而大。别有旋萑根，出河南北国亦有，形似芎藭，惟合旋萑膏用之，余无所用，非此旋覆花根也。〔保昇曰〕叶似水苏，花黄如菊，六月至九月采花。〔颂曰〕今所在皆有。二月以后生苗，多近水旁，大似红蓝而无刺，长一二尺以来，叶如柳，茎细。六月开花如菊花，小铜钱大，深黄色。上党田野人呼为金钱花，七八月采花。今近道人家园圃所莳金钱花，花叶并同，极易繁盛，恐即旋覆也。〔宗奭曰〕旋覆叶如大菊，又如艾蒿。



The book *Youyang Zaju*: Jinqianhua, also known as Pishisha, is a drug introduced into China since the time of Emperor Liang Wudi [in Northern and Southern Dynasties (420-589)].

[Previous Explanations]

Xuanfuhua grows in valleys in Pingze. Collect the flower in the fifth month and dry it in the sun. After 20 days, the drug is ready for use.

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

Tao Hongjing: The drug is found in low and damp land in nearby places. It looks like chrysanthemum, but it is bigger. There is another drug called Xuanfugen, which is produced in Henan and also in the northern territory. The herb looks like Xiongqiong/rhizoma chuanxiong/rhizome of szechwan lovage. This drug is only good for making paste of Xuanfu. It cannot be used otherwise. But be careful, as this drug is not the root of Xuanfuhua, although its name has the word Gen (root) and both names are pronounced in the same way (but not written in the same way).

Han Baosheng: Its leaf is similar to Shuisu/herba stachydis japonicae/ herb of Japanese betony and its yellow flower is similar to chrysanthemum. Collect the flower from the sixth to the ninth month.

Su Song: Now, the drug is found everywhere. The seedling grows after the second month. The herb is always found in places near to water. It is as big as Honghua/flos cathami/safflower, but there is no throne. The herb is about one to two *chi* tall. Its leaf is similar to Liuye/folium salicis baryloniae/leaf of babylon weeping willow and its stem is thin. It blooms in the sixth month. The flower is similar to chrysanthemum, dark yellow and as big as small copper coins. People in Shangdang call the herb Jinqianhua (gold-coin flower). The flower is collected during the seventh and eighth months. In the gardens nearby, a kind of Jinqianhua is planted. The leaf and flower of that plant is very similar to what is described about Xuanfuhua. It is a plant easy to develop.

Kou Zongshi: The leaf of the herb looks like that of a big chrysanthemum. It is also similar to Aiye/folium artemisiae argyi/leaf of argy worm-



秋开花大如梧桐子，花淡黄色，其香过于菊。别有旋花，乃鼓子花，非此花也。〔时珍曰〕花状如金钱菊。水泽边生者，花小瓣单；人家栽者，花大蕊簇，盖壤瘠使然。其根细白。俗传露水滴下即生，故易繁，盖亦不然。

花

〔修治〕〔斲曰〕采得花，去蕊并壳皮及蒂子，蒸之，从巳至午，晒干用。

〔气味〕咸，温，有小毒。〔别录曰〕甘，微温，冷利。〔权曰〕甘，无毒。〔大明曰〕无毒。〔宗奭曰〕苦、甘、辛。



wood. The flower blooms in autumn, looking like that of parasol. The flower is light yellow. Its fragrance is even stronger than chrysanthemum. There is another drug called Xuanhua,* or Guzihua, which is another herb.

Li Shizhen: Xuanfuhua looks like a gold-coin chrysanthemum. The herb growing on the brink of water has smaller and single-petal flowers and that planted in the garden has big and prosperous flowers. The fertility of land makes the difference. Its root is fine and white. Legend says when dewdrops fall onto the ground, the herb grows. It reflects that the drug is easy to develop. It might not be true.

XUANFUHUA

Inula flower

Flos inulae

[Preparation]

Lei Xiao: After the flower is collected, clear away the stamen and pistil, the capsule, the calyx and seed. Steam the flower from Sishi (9-11 hours) to Wushi (11-13 hours). Then, dry the drug in the sun.

[Quality and Taste]

It is salty, warm and slightly toxic.

It is sweet, slightly warm and cold, and may cause a loose stool.

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

Zhen Quan: It is sweet and nontoxic.

Da Ming: It is nontoxic.

Kou Zongshi: It is bitter, sweet and pungent.

*Xuanhua/flos calystegiae sepii/flower of hedge glorybind and Xuanfuhua have similar names in Chinese characters. The former has two characters and the latter three characters. It is possible that people take the former name as the simplified version of the latter as two characters in both names are the same.



〔主治〕结气胁下满，惊悸，除水，去五脏间寒热，补中下气本经。消胸上痰结，唾如胶漆，心胁痰水，膀胱留饮，风气湿痹，皮间死肉，目中眵膜，利大肠，通血脉，益色泽别录。主水肿，逐大腹，开胃，止呕逆不下食甄权。行痰水，去头目风宗爽。消坚软痞，治噫气好古。

〔发明〕〔颂曰〕张仲景治伤寒汗下后，心下痞坚，噫气不除，有七物旋覆代赭汤；杂治妇人，有三物旋覆汤。胡洽居士治痰饮在两胁胀满，有旋覆花丸，用之尤多。成无己曰：硬则气坚，旋覆之咸，以软痞坚也。〔震亨曰〕寇宗爽



[Indications]

It is good for dispersing stagnation of qi and fullness in the costal region. It relieves convulsions and palpitation, expels fluid-retention, and eliminates cold and heat resting among the Five Viscera. It tonifies the interior and brings down the adverse ascending of gas.

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

It disperses accumulation of phlegm in the chest with the spitting of greasy sputum, and expels phlegm and fluid retention in the chest and ribs. It clears the remaining fluid-retention in the Urinary Bladder. It treats arthralgia due to attack of pathogenic Wind and Humidity. It expels dead muscle under the skin and eliminates eye secretion. It facilitates the function of the Large Intestine, smoothes the blood circulation and moistens the complexion.

Zhen Quan: It expels fluid-retention and eliminates edema with a distended abdomen. It whets appetite and stops nausea and vomiting with anorexia.

Kou Zongshi: It disperses phlegm and fluid-retention, relieves severe intermittent headache and an inflamed eye due to invasion of pathogenic Wind.

Wang Haogu: It is good for eliminating the hardness and softening the stagnation of qi. It brings down hiccups.

[Explication]

Su Song: Master Zhang Zhongjing had Xuanfu Daizhe Tang* with seven drugs to treat epigastric stagnation of qi with hiccups after diaphoret-

*Xuanfu Daizhe Tang:

Xuanfuhua,

Daizheshi/haematitum/hematite,

Renshen/radix ginseng/ginseng root,

Gancao/radix glycyrrhizae/licuorice root,

Banxia/rhizoma pinelliae/pinellia tuber,

Shengjiang/rhizoma zingiberis recens/fresh ginger, and

Dazao/fructus jujubae/Chinese date.

言其行痰水去头目风，亦走散之药。病人涉虚者，不宜多服，冷利大肠，宜戒之。〔时珍曰〕旋覆乃手太阴肺、手阳明大肠药也。所治诸病，其功只在行水下气通血脉尔。李卫公言嗅其花能损目。唐慎微本草误以旋花根方收附此下，今改正之。

〔附方〕旧一，新三。（略）





ics and purgatives have been adopted in febrile disease caused by Cold and had Xuanfuhua Tang* to treat woman's diseases. Hu Qia had Xuanfuhua Wan (pill of Xuanfuhua) designed to treat Tanyin fluid-retention syndrome with distended fibs. So Xuanfuhua is a drug of common use.

Cheng Wuji: When there is hardness, it must be an accumulation of qi. Xuanfuhua with salty taste is a drug to soften the hardness.

Zhu Zhenheng: Kou Zongshi mentioned that the drug is good for dispersing phlegm and fluid-retention and treating severe intermittent headache. It is therefore a drug with strong motivating functions. A patient in a debilitated condition should not take the drug in a big dosage. Otherwise it may cause loose stool, as it is cold and dispersing. Doctors have to be very cautious.

Li Shizhen: Xuanfuhua is a drug that functions on the Lung Channel of Hand Initial Yin and Large Intestine Channel of Hand Greater Yang. It is good for treating various diseases (as listed in the previous record). All its functions lie in its action of expelling fluid-retention, facilitating the qi and blood.

Li Weigong: To smell the fragrance of Xuanfuhua may damage one's eyes. In Tang Shenwei's *Zhenglei Bencao*, prescriptions related to Xuanhuagen/radix calystegiae sepii/root of hedge glorybind are recorded under the clause of Xuanfuhua, which is wrong.

[Prescriptions]

One prescription collected previously, and three prescriptions collected recently.

*Xuanfuhua Tang:

Xuanfuhua/flos inulae/inula flower,

Cong/herba allii fistulosi/fistular onion, and

Xinjiang (a silk fabric freshly dyed with a red dye-stuff such as Honghua/flos cathami/safflower or Qiancao/radix rubiae/root of Indian madder or it simply indicates Qiancao/radix rubiae/root of Indian madder).

叶

〔主治〕傅金疮，止血大明。治疗疮肿毒时珍。

根

〔主治〕风湿别录。



XUANFUHUAYE

Leaf of inula
Folium inulae

[Indications]

Da Ming: It is good to apply the drug to an incised wound to stop bleeding.

Li Shizhen: It is good for treating furuncle, carbuncle and pyogenic infections.

XUANFUHUAGEN

Inula root
Radix inulae

[Indications]

It is good for treating arthritis due to attack of pathogenic Wind and Humidity.

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



青箱（本经下品）

【释名】

草蒿本经。萋蒿本经。昆仑草唐本。野鸡冠纲目。鸡冠
苋纲目。子名草决明本经。

〔时珍曰〕青箱名义未详。胡麻叶亦名青囊，此草又多
生于胡麻地中，与之同名，岂以其相似而然耶？青蒿亦名草
蒿，其功相似，而名亦相同，何哉？其子明目，与决明子同
功，故有草决明之名。其花叶似鸡冠，嫩苗似苋，故谓之鸡





QINGXIANG

Feather cockscomb

Celosia argentea L.

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

[Explanation of Names]

CAOHAO

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

QIHAO

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

KUNLUNCAO

— *Tang Bencao* (*Materia Medica of the Tang Dynasty*).

YEJIGUAN

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

CAOJUEMING (the seed)

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

Li Shizhen: The meaning of the name Qingxiang is unclear. Humaye/ folium sesami/sesame leaf is also called Qingxiang. And this drug is often found in the field of Huma/semen sesami/sesame seed. It is possible that, as both drugs look alike, they have almost the same name. Qinghao/herba artemisiae annuae/herb of sweet wormwood also has another name as Cao-hao. So, both Qingxiang and Qinghao have the same name. Both drugs have similar functions, too. This might explain why they have the same name. But it still remains unknown. The seed of the herb, Qingxiangzi/semen celosiae/seed of feather cockscomb, has the function of brightening the eye. This is the same with Juemingzi/semen cassiae/cassia seed, so, it has the name of Caojueming, Cao = herbal. As its flower and leaf are similar to those of Jiguan/cockscumb and its tender seedling is similar to Xian/caulis



冠苋。郑樵通志言俗名牛尾蒿者，误矣。

【集解】

〔别录曰〕青箱生平谷道旁。三月采茎叶，阴干。五月六月采子。〔弘景曰〕处处有之。似麦栅花，其子甚细。别有草蒿，或作草藁，主疗殊相类，形名又相似可疑，而实两种也。〔恭曰〕此草苗高尺余，叶细软，花紫白色，实作角，子黑而扁光，似苋实而大，生下湿地，四月、五月采，荆襄人名为昆仑草。〔颂曰〕今江淮州郡近道亦有之。二月生青苗，长三四尺。叶阔似柳而软。茎似蒿，青红色。六月、七月内生花，上红下白。子黑光而扁，似葶苈。根亦似蒿根而白，直下独茎生根。六月、八月采子。〔时珍曰〕青箱生田野间，嫩苗似苋可食，长则高三四尺。苗叶花实与鸡冠花一样无别。但鸡冠花穗或有大而扁或团者。此则梢间出花穗，尖长四五寸，状如兔尾，水红色，亦有黄白色者。子



et folium amaranthi tricoloris/stem and leaf of three-colored amaranth, so it is called Jiguanxian. Zheng Qiao in his book *Tong Zhi* considered that the herb was colloquially called Niuweihao, which is a groundless inference.

[Previous Explanations]

Qingxiang grows on the roadside of plains and valleys. Collect the stem and leaf in the third month and dry them in the shade. Collect the seed in the sixth month.

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

Tao Hongjing: The herb is found everywhere. It looks like Maishanhua. Its seed is very small. There is another herb Caohao, or Caogao. It is very similar to Qingxiang in function and shape. But they are actually two different drugs.

Su Gong: Qingxiang is more than one *chi* long. Its leaf is fine and soft. Its flower is purple-white. A bright, black seed of a flat shape is found in the pea. The fruit is similar to Xianshi, but it is bigger. The herb is found in low and damp land. Collect the drug in the fourth and fifth months. People in the Jing and Xiang areas call the herb as Kunluncao.

Su Song: Now, the herb is found in prefectures in the Yangtze and Huaihe river basins and in nearby places. A blue-green seedling grows in the second month. The herb is three to four *chi* tall. Its leaf is broad like Liuye, but it is softer. Its stem is blue-green and red, like that of Qinghao. The flower blooms in the sixth and seventh months. It is red in the upper part and white in the lower. The seed is black, bright and flat, similar to Langdangzi/semen hyoscyami/henbane seed. The root is white, like the root of Qinghao. It is a taproot growing straight down. Collect the seed in the sixth and eighth months.

Li Shizhen: Qingxiang grows in the wild field. Its tender seedling is similar to Xian and can be eaten as a vegetable. The herb can be as tall as three to four *chi*. Its seedling, leaf, flower and seed are all similar to those of Jiguanhua/cockscorn flower. But Jiguanhua grows on a big, flat and round spike. For Qingxiang, the flower appears only on top of the spike. The spike is long and with a pointed tip in the shape of a rabbit's tail. It is pink in color. Sometimes, a yellow-white flower can be found. The seed



在穗中，与鸡冠手及菟子一样难辨。苏恭言其结角，误矣。萧炳言黄花者名陶朱术，与陈藏器所说不同。又有天灵草，亦此类也，并附于下。

茎叶

〔修治〕〔斲曰〕凡用先烧铁杵白。乃捣用之。

〔气味〕苦，微寒，无毒。

〔主治〕邪气，皮肤中热，风瘙身痒，杀三虫本经。恶疮疥虱痔蚀，下部蠹疮别录。捣汁服，大疗温疔苏恭。止金疮血大明。

子

〔气味〕苦，微寒，无毒。〔权曰〕苦，平。



is wrapped in the spike. It is difficult to find the seed, just as difficult as to find the seed in Jiguanhua and Xian. Su Gong was wrong when he talked about a pea being formed. Xiao Bing said that Qingxiang with a yellow flower is called Taozhuzhu, which differs from what Chen Cangqi wrote. There is another drug called Tianlingcao, which is also a herb of the same category.

QINGXIANGJING and QINGXIANGYE

Stem and leaf of feather cockscomb

Caulis et folium celosiae

[Preparation]

Lei Xiao: Pound the drug in an iron mortar with an iron pestle.

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

[Indications]

It is good for dispersing the invading pathogenic factors. It clears the heat in the skin with itching due to attack of pathogenic Wind. It kills three worms.

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

It is good for treating malignant sores, scabies, lice, hemorrhoids and erosion of the vulva, and ulceration of the female external genitalia.

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

Su Gong: Pound the drug to get juice. It is very effective to treat acute febrile disease.

Da Ming: It stops bleeding in an incised wound.

QINGXIANGZI

Seed of feather cockscomb

Semen celosiae



〔主治〕唇口青本经。治五脏邪气，益脑髓，镇肝，明耳目，坚筋骨，去风寒湿痹大明。治肝脏热毒冲眼，赤障青盲翳肿，恶疮疥疮甄权。

〔发明〕〔炳曰〕理眼，有青箱子丸。〔宗奭曰〕青箱子，本经虽不言治眼，惟药性论、日华子始言治肝明目。今人多用治眼，殊与经意不相当。〔时珍曰〕青箱子治眼，与决明子、菟实同功。本经虽不言治眼，而云一名草决明，主唇口青，则其明目之功可知矣。目者肝之窍，唇口青者足厥阴经之证，古方除热亦多用之，青箱子之为厥阴药，又可知



[Quality and Taste]

It is bitter, slightly cold and nontoxic.

Zhen Quan: It is bitter and plain.

[Indications]

It treats bluish lips and mouth.

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

Da Ming: It disperses the invading pathogenic factors resting with the Five Viscera. It tonifies the brain and marrow, suppresses the Liver, brightens the eye and sharpens the ear, consolidates the tendon and bone, disperses arthralgia due to attack of pathogenic Wind, Cold and Humidity.

Zhen Quan: It is good for treating eye diseases such as conjunctivitis, optic atrophy and nebula. It treats malignant sores and scabies.

[Explication]

Xiao Bing: To treat eye diseases, there is Qingxiangzi Wan (Pill of Qingxiangzi).

Kou Zongshi: In *Shen Nong Bencao Jing*, Qingxiangzi is not recorded as a drug that treats eye diseases. *Yaoxing Lun (Materia Medica Concerning Medicinal Qualities)* and *Da Ming Rihua Bencao* recorded its efficacy of brightening the eye by regulating the Liver condition. Now, doctors use the drug to treat eye diseases very often. It is not a practice in conformity with *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*.

Li Shizhen: Qingxiangzi has the same therapeutic function as Juemingzi/seed cassiae/cassia seed and Xianshi in treating eye diseases. Although in *Shen Nong Bencao Jing* it did not record the drug regarding its function in treating eye diseases, yet it recorded the other name as Caojueming, showing its relationship to Juemingzi/seed cassiae/cassia seed. Also, the drug is recorded as treating bluish lips and mouth, which is an indication of its link to the Liver. The eye is the outer manifestation of the Liver condition. Bluish lips and mouth is an indication of the diseased condition of the Liver Channel of Foot Greater Yin. In ancient prescriptions, Qingxiangzi was used in eliminating pathogenic Heat. From all these, it is quite clear that Qingxiangzi is a drug functioning on the Liver Channel of Foot Great-

矣。况用之治目，往往有验，尤可征。据魏略云：初平中有青牛先生，常服青箱子丸，年百余岁，如五六十者。



er Yin. When the drug is used in treating eye diseases, it always works. The book *Wei Lue* recorded: In the years of the reign of Chuping, there was a Master Qingniu, who took Qingxiangzi Wan (Pills of Qingxiangzi) regularly. While he was over one hundred years old, he still looked like a man in his fifties or sixties.

