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CONDENSED COMPENDIUM
OF MATERIA MEDICA

III



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Chinese-English

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CONDENSED COMPENDIUM OF MATERIA MEDICA

III



(明) 李时珍 著

李经纬 编校

罗希文 英译

Written by Li Shizhen (Ming Dynasty)

Edited by Li Jingwei

外文出版社

Foreign Languages Press

蠡 实

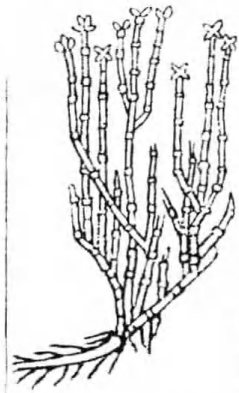


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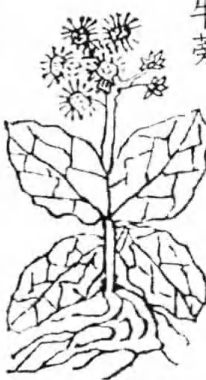
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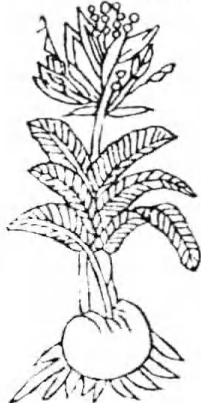


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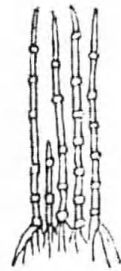
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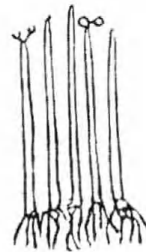
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红蓝花（宋开宝）

【释名】

红花开宝。黄蓝

〔颂曰〕其花红色，叶颇似蓝，故有蓝名。

【集解】

〔志曰〕红蓝花即红花也，生梁汉及西域。博物志云：张骞得种于西域。今魏地亦种之。〔颂曰〕今处处有之。人家场圃所种，冬月布子于熟地，至春生苗，夏乃有花。花下作棘猬多刺，花出棘上。圃人乘露采之，采已复出，至尽而罢。棘中结实，白颗如小豆大。其花暴干，以染真红，又作胭脂。〔时珍曰〕红花二月、八月、十二月皆可以下种，雨





HONGLANHUA

Safflower

Carthamus tinctorius L.

[Explanation of Names]

HONGHUA

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

HUANGLAN

Su Song: The flower of the herb is red. Its leaf is similar to Lan/polygonum tinctorum/indigo plant, so it is called Honglanhua. Hong = red, Lan = Lan/polygonum tinctorum/indigo plant. Hua = flower.

[Previous Explanations]

Ma Zhi: Honglanhua is produced in Liangzhou and Hanzhong and the Western Regions.

The book *Bowu Zhi*: Zhang Qian got the seed from the Western Regions. Now, it is planted in the Wei area.

Su Song: Now, the drug is found everywhere. Farmers plant the herb in the field. The seed is sown in the winter in fertile land. The seedling begins to germinate in spring. In summer, the flower blooms. A thorny ball like a hedgehog appears under the flower. Farmers pick the flower early in the morning when there is dew. After the flower is picked, a new one will appear. Repeat that until there are no more flowers appearing. In the thorny ball, there is seed, which is white and as big as Chixiaodou/semen phaseoli/rice bean. Dry the flower in the sun. It can be used as a red dyestuff. It can also be used to make rouge.

Li Shizhen: The seed of Honghua can be planted in the second, eighth and 12th months. Sow the seed after rain, in the same way as Dama/canna-



后布子，如种麻法。初生嫩叶、苗亦可食。其叶如小蓊叶。至五月开花，如大蓊花而红色。侵晨采花捣熟，以水淘，布袋绞去黄汁又捣，以酸粟米泔清又淘，又绞袋去汁，以青蒿覆一宿，晒干，或捏成薄饼，阴干收之。入药搓碎用。其子五月收采，淘净捣碎煎汁，入醋拌蔬食，极肥美。又可为车脂及烛。

花

〔气味〕辛，温，无毒。〔元素曰〕入心养血，谓其苦温，阴中之阳，故入心。佐当归，生新血。〔好古曰〕辛而甘苦温，肝经血分药也。入酒良。

〔主治〕产后血运口噤，腹内恶血不尽绞痛，胎死腹



bis sativa/hemp is sown. A tender seedling grows, which can be eaten as a vegetable. Its leaf is similar to that of Xiaoji/herba cephalanoploris/herb of common cephalanoplos. The flower blooms in the fifth month. It looks like the flower of Daji/herba seu radix cirsii japonici/Japanese thistle, but it is red. Collect the flower in the early morning. Pound the drug and rinse it in water. Put the drug in a cloth sack and squeeze off the yellow juice. Pound the drug again. Rinse the drug in Sumigan/aqua semen setariae preparatum/water in which millet has been washed. Put the drug in a cloth sack again and squeeze it. Cover the drug with Qinghao overnight and dry it in the sun the next day. Or, make thin cakes with the drug and dry it in the shade. When it is used, scrub it into powder. Collect the seed in the fifth month. Rinse the drug and pound it into powder and stew it to get juice. Use it as a seasoning together with vinegar to go with vegetables. It makes them very delicious. It can also be used as a lubricant for carts or add it into the making of candles.

HONGLANHUA

Safflower

Flos cathami

[Quality and Taste]

It is pungent, warm and nontoxic.

Zhang Yuansu: It functions on the Heart and nourishes it. This is because it is pungent and warm, a drug of Yang in the Yin. So it functions on the Heart. It assists Danguì/radix angelicae sinensis/root of Chinese angelica to help produce the new blood.

Wang Haogu: It is pungent, sweet, bitter and warm. It is a drug that functions on the blood system of the Liver Channel. It functions even better if the drug is processed with wine.

[Indications]

It is good for treating puerperal vertigo due to blood disorder with lockjaw and abdominal colic due to malignant blood remaining or retention



中，并酒煮服。亦主蛊毒开宝。多用破留血，少用养血震亨。活血润燥，止痛散肿，通经时珍。

〔发明〕〔时珍曰〕血生于心包，藏于肝，属于冲任。红花汁与之同类，故能行男子血脉，通女子经水。多则行血，少则养血。按养疴漫笔云：新昌徐氏妇，病产运已死，但胸膈微热。有名医陆氏曰：血闷也。得红花数十斤，乃可活。逐亟购得，以大锅煮汤，盛三桶于窗格之下，昇妇寝其上熏之，汤冷再加。有顷指动，半日乃苏。按此亦得唐许胤宗以黄芪汤熏柳太后风病之法也。



of a dead fetus. Stew the drug in wine to make a decoction. Serve the decoction. It is also effective in treating Gudu (disease due to noxious agents produced by various parasites).

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

Zhu Zhenheng: If the drug is heavily dosed, it functions to remove the blood stasis. If the dosage is small, it has the function of nourishing the blood.

Li Shizhen: It activates the blood and moistens the dryness, relieves pain and disperses swelling. It dredges the Channels.

[Explication]

Li Shizhen: The blood is produced in the pericardium and stored in the Liver. Chong Channel (Penetrating Vessel) and Ren Channel (Controlling Vessel) govern the blood. The juice of Honghua is similar to blood, so, it functions to motivate the blood circulation for a man and regulate menstruation for a woman. When it is heavily dosed, it has the function of motivating the blood and when it is lightly dosed, it nourishes the blood. The book *Yangke Manbi* recorded a case: Mrs. Xu in Xinchang suffered from puerperal vertigo and lost consciousness, apparently dead. But her chest still remained slightly warm. Doctor Lu, a famous physician, diagnosed the patient and said that this was a case caused by suffocation of blood and a huge quantity of Honghua like several dozen *jin* could rescue the patient. So, a huge quantity of Honghua was purchased. The drug was stewed with a big pot and when it was ready, the decoction was poured into three buckets. The buckets were placed together under the window. The patient was taken to lie on the buckets for fumigation. The decoction was kept hot. After a while, the patient's fingers began to move. After half a day of such treatment, the patient came to herself. This is a case similar to the way Doctor Xu Yinzong used the fumigation therapy by decocting Huangqi/radix astragali/root of membranous milkvetch to treat the mother of the emperor in the Tang Dynasty (618-907) who was suffering from a disease due to attack of pathogenic Wind.



【附方】

旧四，新四。（略）

子

〔主治〕天行疮痘，水吞数颗开宝。功与花同苏颂。

〔附方〕旧二，新一。

苗

〔主治〕生捣，涂游肿开宝。



[Prescriptions]

Four prescriptions collected previously, and
four prescriptions collected recently.

HONGLANHUAZI

Safflower seed
Semen cathami

[Indications]

It is good for treating epidemic smallpox. Wash down several seeds
with water.

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

Su Song: Its therapeutic efficacy is the same as Honghua.

[Prescriptions]

Two prescriptions collected previously, and
one prescription collected recently.

HONGLANHUAMIAO

Safflower leaf
Folium cathami

[Indications]

Pound the fresh drug and apply it to treat wandering swelling.

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



番红花 (纲目)

【释名】

泊夫蓝纲目。撒法郎

【集解】

〔时珍曰〕番红花出西番回回地面及天方国，即彼地红蓝花也。元时以入食馔用。按张华博物志言，张骞得红蓝花种于西域，则此即一种，或方域地气稍有异耳。

【气味】

甘，平，无毒。

【主治】

心忧郁积，气闷不散，活血。久服令人心喜。又治惊悸时珍。



FANHONGHUA

Saffron

Crocus sativus L.

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

[Explanation of Names]

JIFULAN

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

SAFALANG

[Previous Explanations]

Li Shizhen: Fanhonghua is produced in Xifan (Western foreign countries) where Islamic people live and in Tianfang.* This is the Honghua/flos cathami/safflower of those places. During the Yuan Dynasty (1271-1368), people used the drug in the preparation of food.

Zhang Hua Bowu Zhi: Zhang Qian got seeds of Honghua from the Western Regions. And this was among them. It is different from Honghua. It is a different species. Places of origin make the difference.

[Quality and Taste]

It is sweet, plain and nontoxic.

[Indications]

Li Shizhen: It is good for dispersing melancholy with stagnation and suffocation. It removes blood stasis. Long-term use makes one feel happy. It is also good for relieving convulsions and palpitation.

*Ancient India.

大蓟、小蓟（别录中品）

【释名】

虎蓟弘景。马蓟范汪。猫蓟弘景。刺蓟日华。山牛蒡日华。鸡项草图经。千针草图经。野红花纲目。

〔弘景曰〕大蓟是虎蓟，小蓟是猫蓟，叶并多刺，相





DAJI, XIAOJI

Japanese thistle

Cirsium japonicum DC.

XIAOJI

Common cephalanoplos

Cephalanoplos segetum (Bge.) Kitam.,

Cephalanoplos setosum (Willd.) Kitam.

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

[Explanation of Names]

HUJI

— Tao Hongjing.

MAJI

— Fan Wang.

MAOJI

— Tao Hongjing.

CIJI

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

SHANNIUBANG

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

JIXIANGCAO

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

QIANZHENCAO

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

YEHONGHUA

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

Tao Hongjing: Daji is also called Huji. Xiaoji/herba cephalanoploris/
herb of common cephalanoplos is also called Maoji. The leaves of both



似。田野甚多，方药少用。〔时珍曰〕蓟犹髻也，其花如髻也。曰虎、曰猫，因其苗状狰狞也。曰马者，大也。牛蒡，因其根似牛蒡根也。鸡项，因其茎似鸡之项也。千针、红花，皆其花状也。郑樵通志谓尔雅之葍曰狗毒者即此，未知是否？

【集解】

〔别录曰〕大小蓟，五月采。〔恭曰〕大小蓟叶虽相似，功力有殊。大蓟生山谷，根疗痈肿；小蓟生平泽，不能消肿，而俱能破血。〔颂曰〕小蓟处处有之，俗名青刺蓟。二月生苗，二三寸时，并根作菜，茹食甚美。四月高尺余，多刺，心中出花，头如红蓝花而青紫色，北人呼为千针草。四月采苗，九月采根，并阴干用。大蓟苗根与此相似，但肥大尔。〔宗奭

drugs are thorny and look alike. Both drugs are found in bulk in the field. But they are not commonly used in medicine.

Li Shizhen: Ji is a word meaning coiled hair. This is to say the flower of the herb looks like a coil in the hair. It also has the names of Huji (tiger herb), Maoji (cat herb) and Maji (horse herb). Both Hu (tiger) and Mao (cat) depict the ugly seedling and Ma (horse) always means something big in size. It is also called Shanniubang. Shan = mountain. Niubang = Niubang/herba arctii/great burdock. This is because its root is similar to that of the latter, it is also called Jixiangcao (chicken neck herb), as the stem of the drug looks like the real chicken neck. Qianzhencao. Qianzhen = a thousand needle. Cao = herb. Yehonghua. Ye = wild. Honghua = safflower. These two names depict the shape and color of the flower. Zheng Qiao in his work *Tong Zhi* mentioned that, in the book *Er Ya*, there is a herb called Ji with another name of Goudu, and this is just the drug Daji and Xiaoji. It has not been proven yet.

[Previous Explanations]

Collect Daji and Xiaoji in the fifth month.

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

Su Gong: Although leaves of Daji and Xiaoji are similar, their therapeutic functions are not the same. Daji grows in the mountain valleys and its root is good for treating carbuncles and swelling. Xiaoji grows on the plains, but cannot eliminate swelling. Both drugs are good for removing blood stasis.

Su Song: Xiaoji is found everywhere. It is colloquially called Qingciji. The seedling grows in the second month. It is two to three *cun* tall. The seedling and root can be collected and eaten as vegetable. They are delicious. In the fourth month, the herb will be over one *chi* covered with thorns. The flower grows on top. The head of the flower looks like Honghua, but it is blue-purple. People in the north call the herb Qianzhencao, herb with a thousand needles. Collect the leaf in the fourth month and collect the root in the ninth month. Dry the drugs in the shade. The root and leaf of Daji are similar to those of Xiaoji, but they are bigger and plumper in size.





曰]大小蓟皆相似，花如髻。但大蓟高三四尺，叶皱；小蓟高一尺许，叶不皱，以此为异。作菜虽有微芒，不害人。

大蓟根叶同。

〔气味〕甘，温，无毒。〔弘景曰〕有毒。〔叔曰〕苦，平。〔大明曰〕叶凉。

〔主治〕女子赤白沃，安胎，止吐血鼻衄，令人肥健别录。捣根绞汁服半升，主崩中血下立瘥甄权。叶：治肠痛，腹脏瘀血，作运扑损，生研，酒并小便任服。又恶疮疥癣，同盐研罾之大明。



Kou Zongshi: Daji and Xiaoji look alike. Their flowers look like a coil in the hair. But Daji is three to four *chi* tall with a creased leaf. Xiaoji is only one *chi* tall and the leaf is not creased. That is the difference between the two herbs. Although there are fine thorns on the tender seedling, they are still good to eat as vegetable. There is no harm to people.

DAJIGEN and DAJIYE

Root and leaf of Japanese thistle
Radix et folium cirsii japonici

[Quality and Taste]

It is sweet, warm and nontoxic.

Tao Hongjing: It is toxic.

Zhen Quan: It is bitter and plain.

Da Ming: The leaf of the drug is cool in quality.

[Indications]

It is good for treating leukorrhea with bloody and whitish discharge. It soothes the fetus, stops hematemesis and epistaxis. It helps to put on weight.

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

Zhen Quan: Pound the root of the drug and squeeze it to get juice. Take half *sheng* as an emergency treatment to stop metrorrhagia and metrostaxis of a woman. It works immediately.

Da Ming: Leaf: It is good for treating acute appendicitis, blood stasis in Five Viscera and Six Bowels (Gall Bladder, Stomach, Large Intestine, Small Intestine, Urinary Bladder and Sanjiao). It treats physical damage and injury. Grind the fresh drug. Take it with wine or Tongniao. To treat malignant sores, scabies and tinea, grind the drug together with salt and apply it to the affected part.

XIAOJIGEN and XIAOJIMIAO

Root and leaf of common cephalanoplos
Radix et folium cephalanoploris



小蓟根苗同。

〔气味〕甘，温，无毒。〔大明曰〕凉。

〔主治〕养精保血别录。破宿血，生新血，暴下血血崩，金疮出血，呕血等，绞取汁温服。作煎和糖，合金疮，及蜘蛛蛇蝎毒，服之亦佳藏器。治热毒风，并胸膈烦闷，开胃下食，退热，补虚损。苗：去烦热，生研汁服并大明。作菜食，除风热。夏月热烦不止，捣汁半升服，立瘥孟洗。

【发明】

〔大明曰〕小蓟力微，只可退热，不似大蓟能健养下气也。〔恭曰〕大小蓟皆能破血。但大蓟兼疗痈肿，而小蓟专主血，不能消肿也。

【附方】

旧六，新九。（略）



[Quality and Taste]

It is sweet, warm and nontoxic.

Da Ming: It is cool.

[Indications]

It nourishes the Jing and protects the blood.

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

Chen Cangqi: It removes blood stasis and helps produce new blood. It stops metrorrhagia and metrostaxis, bleeding in incised wound and hematemesi. Pound the drug and squeeze it to get juice. Stew the juice and blend it with sugar. It will be good for treating an incised wound. It detoxifies toxins of spider, snake and scorpion.

Da Ming: It is good for treating fever due to attack of pathogenic Heat and toxin. It relieves fever and restlessness in the chest and diaphragm. It whets the appetite, eliminates fever and tonifies the condition of general debility. The leaf is good for eliminating heat and reduce restlessness. Grind the fresh drug to get juice.

Meng Xian: Eat the drug as a vegetable. It is effective to disperse the invading pathogenic Wind and Heat. In summer months when one feels hot and restless, take half a *sheng* of the juice. It works immediately.

[Explication]

Da Ming: Xiaoji is a drug that can only eliminate the pathogenic Heat. It is not as strong as Daji, which is good at dispersing pathogenic factors and bringing down the adverse ascending gas.

Su Gong: Both Daji and Xiaoji are good at removing blood stasis. But Daji is also good at eliminating carbuncle and swelling. Xiaoji is only good at regulating blood disorders. It does not have the function of eliminating swelling.

[Prescriptions]

Six prescriptions collected previously, and
nine prescriptions collected recently.

续断 (本经上品)

【释名】

属折本经。接骨别录。龙豆本经。南草别录。

〔时珍曰〕续断、属折、接骨，皆以功命名也。

【集解】

〔别录曰〕续断生常山山谷，七月、八月采，阴干。

〔普曰〕出梁州，七月七日采。〔弘景曰〕按桐君药录云：续断生蔓延，叶细茎如荏，大根本，黄白有汁，七月、八月采根。今皆用茎叶节节断，皮黄皱，状如鸡脚者，又呼为桑





XUDUAN

Himalayan teasel

Dipsacus asper Wall.

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

[Explanation of Names]

SHUZHE

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

JIEGU

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

LONGDOU

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

NANCAO

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

Li Shizhen: The names of Xuduan, Shuzhe and Jiegu, all indicate its function of knitting the bone.

[Previous Explanations]

Xuduan/radix dipsaci/root of himalayan teasel grows in the mountain valleys of Changshan. Collect the drug in the seventh and eighth months and dry in the shade.

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

Wu Pu: The drug is produced in Liangzhou. Collect it on the seventh day of the seventh month.

Tao Hongjing: *Tongjun Caiyao Lu* (*Tongjun's Record on Collection of Drugs*): Xuduan creeps along. Its leaf is thin and its stem is similar to *Ren/perilla frutescens*/common perilla. Its yellow-white root is big and thick, and it secretes fluid when cut open. Collect the root in the seventh and



上寄生。时人又有接骨树，高丈余许，叶似蒴藿，皮主金疮。广州又有续断藤，一名诺藤，断其茎，以器承取汁饮。疗虚损绝伤，用沐头，长发，折枝插地即生。恐皆非真。李当之云是虎蓊，与此大乖，但虑蓊亦疗血。〔恭曰〕所在山谷皆有。今俗用者，叶似苙而茎方，根如大蓊，黄白色。陶说非也。〔颂曰〕今陕西、河中、兴元、舒、越、晋、绛诸州亦有之。三月以后生苗，干四棱，似苙麻，叶两两相对而生。四月开花，红白色，似益母花。根如大蓊，赤黄色。谨按范汪方云：续断即是马蓊，与小蓊叶相似，但大于小蓊尔。叶似旁翁菜而小厚，两边有刺，刺人，其花紫色，与今越州所图者相类。而市之货者，亦有数种，少能辨其粗良。医人但以节节断、皮黄皱者为真。〔斆曰〕凡使勿用草茅根，缘真相似，若误服令人筋软。〔时珍曰〕续断之说不



eight months. Now, the drug with yellow and creased bark and with segments between the leaves similar to a chicken claw is widely used. It is also called Sangshangjiisheng. There is another kind of drug called Jiegushu, which is a kind of tree 10 *chi* tall. Its leaf is similar to Shuodiao/herba sambuci/herb of Chinese elder. Its bark is good for treating an incised wound. There is a drug called Xuduanteng produced in Guangzhou, also called Nuoteng. When the vine is cut open, there is secretion of fluid. Collect the fluid with a cup and drink it to treat consumptive disease with general debility and physical injury. When the fluid is added into water to wash the hair, it promotes the growth. Break one piece of the twig and insert it into the soil. This will develop into a plant. But it is feared whether the above record is reliable or not. Li Dangzhi thought the drug was Daji, but what is described is completely different from Daji. But Daji is also good for regulating blood disorders.

Su Gong: The drug is found in the mountain valleys everywhere. The drug that is commonly used is a kind of herb with a square stem and leaf similar to Zhuma/boehmeria nivea/ramie. Its root is as big as Daji. It is yellow-white. What Tao Hongjing described is not the right drug.

Su Song: Now, the drug is also produced in Shaanxi, Hezhong, Xingyuan, Shuzhou, Yuezhou, Jinzhou and Jiangzhou. The seedling begins to germinate after the third month. Its stem is square and similar to that of Zhuma. The leaves grow in opposition in pairs. A red-white flower blooms in the fourth month and looks like Yimuhua/flos leonuri/motherwort flower: Its red-yellow root is similar to that of Daji.

The book *Fan Wang Fang*: Xuduan is merely Maji (Daji). It is similar to Xiaoji, but bigger. Its leaf is similar to Pangwengcai, but is smaller and thicker. The thorns on both edges are stinging. Its flower is purple. It is similar to the illustration of the drug from Yuezhou. There are several species available in the market. It is not easy to differentiate the good from the bad. Generally, doctors prefer drug with segments between each node with yellow and creased bark.

Lei Xiao: Be careful not to use Maogen/herba ranunculi japonici/herb of Japanese buttercup, which looks very much alike. If it is taken as Xuduan, it will soften and paralyze the tendons.



一。桐君言是蔓生，叶似荏。李当之、范汪并言是虎蓊。日华子言是大蓊，一名山牛蒡。苏恭、苏颂皆言叶似苕麻，根似大蓊，而名医别录复出大小蓊条，颇难依据。但自汉以来，皆以大蓊为续断，相承久矣。究其实，则二苏所云，似与桐君相符，当以为正。今人所用，以川中来，色赤而瘦，折之有烟尘起者为良焉。郑樵通志谓范汪所说者乃南续断，不知何据？盖以别川续断耳。

根【修治】

〔斲曰〕凡采得根，横切锉之，又去向里硬筋，以酒浸一伏时，焙干，入药用。

【气味】

苦，微温，无毒。

〔别录曰〕辛。〔普曰〕神农、雷公、黄帝、李当之：苦，无毒。扁鹊：辛，无毒。〔之才曰〕地黄为之使，恶雷丸。



Li Shizhen: There are different descriptions of Xudian. Tong Jun said it was a creeping herb and its leaf was similar to Ren/perilla frutescens/common perilla. Li Dangzhi and Fan Wang thought that the drug was simply Daji. In *Da Ming Rihua Bencao*, the drug was taken as Daji with another name of Shanniubang. Both Su Gong and Su Song thought that the drug had a leaf similar to Zhuma and root similar to Daji. In *Mingyi Bielu*, Daji and Xiaoji were recorded as separate drugs. The above historical records make it very difficult to ascertain the real drug. During the Han Dynasty (206 BC-220 AD), Daji was taken as Xudian as a conventional practice. When we compare all the records, it seems that what Su Song and Su Gong said conforms with what Tong Jun said and should be considered the correct description of the drug. The Xudian used today is shipped from Sichuan. It is red and thin. When it is broken, a little dust appears. And this is the right drug. Zheng Qiao in his book *Tong Zhi* quoted Fan Wang as saying that this drug was called Nanxudian (Xudian from the south). It does not seem to be well grounded. It seems this is a way to differ the drug coming from Sichuan.

XUDUANGEN

Root of Himalayan teasel
Radix dipsaci

[Preparation]

Lei Xiao: Cut the root into short segments and take off the hard vines in it. Soak the drug in wine for a full day and bake it. This is good for medical use.

[Quality and Taste]

It is bitter, slightly warm and nontoxic.

It is pungent.

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

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



【主治】

伤寒，补不足，金疮痛痒折跌，续筋骨，妇人乳难。久服益气力本经。妇人崩中漏血，金疮血内漏，止痛生肌肉，及踠伤恶血腰痛，关节缓急别录。去诸温毒，通宣血脉甄权。助气，补五劳七伤，破癥结瘀血，消肿毒，肠风痔瘻，乳痛瘰疬，妇人产前后一切病，胎漏，子宫冷，面黄虚肿，缩小便，止泄精尿血大明。

【发明】

〔时珍曰〕宋张叔潜秘书，知剑州时，其阁下病血痢。一医用平胃散一两，入川续断末二钱半，每服二钱，水煎服



Xu Zhicai: Dihuang/radix rehmanniae/rhizome of rehmannia can be used as its guiding drug. It is mutually inhibiting to Leiwan/omphalia/stone-like omphalia.

[Indications]

It is good for treating febrile disease caused by Cold. It tonifies the deficient and insufficient condition. It treats an incised wound, carbuncle with ulceration and physical injury. It connects bones and tendons. It promotes lactation. Long-term use reinforces one's strength and energy.

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

It is good for treating metrorrhagia and metrostaxis, and secretion of blood in an incised wound. It relieves pain and promotes muscle growth. It reduces pain in physical injury and lumbago due to blood stasis. It facilitates joint movement.

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

Zhen Quan: It disperses toxin in an acute epidemic disease. It facilitates and activates blood circulation.

Da Ming: It reinforces the qi, tonifies a debilitated condition due to five overstrains and seven damages. It removes blood stasis and dissolves hard mass. It eliminates pyogenic infection. It treats hematochezia due to attack of pathogenic Wind into the intestine, hemorrhoids and fistula. It also treats acute mastitis and scrofula. It is good for treating various ante and postpartum diseases. It is effective in treating vaginal bleeding during pregnancy and warming the cold in the uterus. It improves a condition of general debility with sallow complexion and puffy edema. It controls incontinence, restrains involuntary seminal emission and stops hematuria.

[Explication]

Li Shizhen: Mr. Zhang Shuqian, a secretary during the Song Dynasty (960-1279), was with his master in the latter's office in Jianzhou. His master suddenly suffered from dysentery with bloody discharge. The doctor's prescription was: one *liang* of Pingwei San mixed with 2.5 *qian* of Xuduan from Sichuan. Simmer two *qian* of the powder with water to make a decoction. It worked. In the Renzi year, when epidemic dysentery was spreading

即愈。绍兴壬子，会稽时行痢疾。叔潜之子以方传人，往往有验。小儿痢服之效。

【附方】

旧二，新二。（略）



in Kuaiji of Shaoxing, Zhang Shuqian's son used the prescription to treat his patients. It worked, too. This prescription is also effective in treating infantile dysentery.

[Prescriptions]

Two prescriptions collected previously, and two prescriptions collected recently.





漏卢 (本经上品)

【释名】

野兰本经。莢蒿苏恭。鬼油麻日华。

〔时珍曰〕屋之西北黑处谓之漏。凡物黑色谓之卢。此草秋后即黑，异于众草，故有漏卢之称。唐韵作篇。其莢如麻，故俗呼为鬼油麻云。

【集解】

〔别录曰〕漏卢生乔山山谷，八月采根，阴干。〔弘景曰〕乔山应是黄帝所葬处，乃在上郡。今出近道。市人取苗用之。俗中取根名鹿骊根，苦酒摩以疗疮疥。〔恭曰〕此药



LOULU

Uniflower Swiss centaury

Rhaponticum uniflorum (L.) DC.

Echinops latifolius Tausch

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

[Explanation of Names]

YELAN

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

JIAHAO

— Su Gong.

GUIYOUMA

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

Li Shizhen: The dark corner of a house in the northwest direction is called Lou. Black things are generally called Lu. As the herb turns black in late autumn, a unique feature of this herb, so it is called Loulu. In the book *Tang Yun* it is called Luo. Its fruit looks like sesame seed, and is colloquially called Guiyouma.

[Previous Explanations]

Loulu grows in the valleys of Qiaoshan Mountain. Collect the root in the eighth month and dry it in the shade.

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

Tao Hongjing: Qiaoshan is a place where the Yellow Emperor was buried. It is in Shangjun. Now, the drug is also found in nearby places. Local people collect the seedling for medical use. And the root of the drug is also called Luligen colloquially. People grind the drug together with vinegar



俗名芙蒿，茎叶似白蒿，花黄，生荚，长似细麻之荚，大如箸许，有四五瓣，七八月后皆黑，异于众草，蒿之类也。常用其茎叶及子，未见用根。其鹿骊，山南谓之木黎芦，有毒，非漏卢也。今人以马薊似苦芙者为漏卢，亦非也。〔志曰〕别本注言漏卢茎大如箸，高四五尺，子房似油麻房而小。江东人取其苗用，胜于根。江宁及上党者佳。陶云鹿骊，苏云木黎芦，皆非也。漏卢自别。〔藏器曰〕南人用苗，北土用根，乃树生，如茱萸树，高二三尺，有毒杀蛊，山人以洗疮疥。〔保昇曰〕叶似角蒿，今曹、兖州下湿处最多。六月、七月采茎，日干，黑于众草。〔大明曰〕花苗并可用。形并气味似干牛蒡，头上有白花子。〔颂曰〕今汴东州郡及秦、海州皆有之。旧说茎叶似白蒿，花黄有荚，茎若箸大，房类油麻而小。今诸郡所图上，惟单州者差相类。沂



and use it to treat sores and scabies.

Su Gong: The drug is colloquially called Jiahao. Its stem and leaf are similar to those of Baihao. It has a yellow flower and bears a pea, which is long and looks like that of Xima. It is as big as a chopstick. It has four to five petals, which all become black in the seventh and eighth months, which is different from other herbs. It is a kind of wormwood. Medically, the stem, leaf and seed are used, but the root is not used. Luli, the root, is also called Mulilu in areas south of the mountain, and is a poisonous herb. It is not Lilu/rhizoma et radix veratri/rhizome and root of false hellebore. Now, people take Daji, which is similar to Ku'ao as Lilu. This is wrong, too.

Ma Zhi: According to another edition of *Bencao*, the stem of Lulu is as thick as a chopstick and the herb is four to five *chi* tall. Its ovary is similar to that of Youma (Huma/semen sesami/sesame seed). People in Jiangdong area use the seedling as a drug, which is even better than its root. The herb produced in Jiangning and Shangdang is the best drug. What Tao Hongjing said about Luli and Su Gong said about Mulilu does not refer to Loulu.

Chen Cangqi: People in the south use the seedling of the drug and people in the north use the root. It is a woody plant and looks like Wuzhuyu/medicinal evodia. It is two to three *chi* tall. It is toxic and good to kill Gudu. People living in the mountains used to make a decoction to wash sores and scabies.

Han Baosheng: Its leaf looks like Jiaohao/herba incarvilleae sinensis/herb of Chinese incarvillea. It is easily found in the low and damp land in Caozhou and Yanzhou. Collect the stem in the sixth and seventh months and dry it in the sun. It is darker in color than other herbs.

Da Ming: Its flower and seedling are both good for medical use. It looks like Niubang/great burdock and smells the same. A white flower blooms and a seed is formed on top of the stem.

Su Song: Now, the drug is found in prefectures east of Bianshui River and also in Qinzhou and Haizhou. According to previous *Bencao* works, the stem and leaf of the drug are similar to those of Baihao. It has a yellow flower and a pea. Its stem is as thick as a chopstick. Its ovary is similar to that of Huma. Looking through all the illustrations of the herb, it is found



州者花叶颇似牡丹。秦州者花似单叶寒菊，紫色，五七枝同一干。海州者花紫碧，如单叶莲花，花萼下及根旁有白茸裹之，根如蔓菁而细，又类葱本，黑色，淮甸人呼为老翁花，三州所生花虽别，而叶颇相类，但秦、海州者叶更作锯齿状。一物而殊类如此，医家何所适从？当依旧说，以单州出者为胜。又本草飞廉一名漏卢，云与苦苣相类，其根生则肉白皮黑，干则黑如玄参，七八月采花阴干用。所说与秦州、海州所图漏卢花叶及根颇相近，然彼人但名漏卢，不曰飞廉也。〔斆曰〕一种真似漏卢，只是味苦酸，误服令人吐不止。〔时珍曰〕按沈存中笔谈云：今方家所用漏卢乃飞廉也。飞廉一名漏卢，苗似苦苣，根如牛蒡绵头者是也。采时用根。今闽中所谓漏卢，茎如油麻，高六七寸，秋深枯黑如漆，采时用苗，乃真漏卢也。



that only that produced in Shanzhou is more or less similar to what has been described about the herb. That produced in Yizhou is with a leaf and flower similar to Mudan/paeonia suffruticosa/tree peony. That produced in Qinzhou is in a way resembling single leaf Hanju (a species of chrysanthemum). It is purple in color, with five to seven branches on one stem. That produced in Haizhou is illustrated as having purple-green flower with a single petal similar to Lianhua/flos nelumbinis/lotus flower bud. Under the calyx and root, there is a fringe of white hair. Its root looks like that of Manjing/shrub chaste tree. It also looks like Cong/herba allii fistulosi/fistular onion. It is black in color. People in Huaidian call the drug Lao-wenghua. The flowers of the drugs produced in the three prefectures are different from each other, but the leaves are similar. The leaves of drugs produced in Qinzhou and Haizhou have teeth prints on the edge. One drug with so many varieties perplexes doctors. How can they ascertain the right drug? Doctors should take the drug produced in Shanzhou as the authentic one. Also, Feilian/herba seu radix cardui crisp/ herb or root of curly bristle thistle recorded in Bencao has another name, Loulu. It says that this drug is similar to Ku'ao. Its crude root is white inside and black outside. When it is dry, it turns black inside and out, similar to Xuanshen/radix scrophulariae/figwort root. Collect the flower of the drug in the seventh and eighth months and dry it in the shade. The above descriptions of the flower, leaf and root are similar to the descriptions of drugs produced in Qinzhou and Haizhou in the illustrations. But, in such places, local people just call the drug Loulu, but not Feilian.

Lei Xiao: There is a kind of herb very similar to Loulu, but it is bitter and sour. If it is taken mistakenly as Loulu, it will cause incessant vomiting.

Li Shizhen: Shen Cunzhong in his *Mengxi Bitan* said: Now, Loulu used by doctors is actually Feilian, which has another name, Loulu. Its seedling looks like Ku'ao and its root is similar to that of Niubang/great burdock but with a hairy tip. The root of the herb is used as the drug. The stem of Loulu produced in Minzhong is similar to that of Huma, which is six to seven *cun* tall. In late autumn, the herb becomes as black as lacquer. Collect the leaf of the herb. This is the real Loulu. For details, also see Feilian.



根苗【修治】

〔斆曰〕凡采得漏卢，细锉，以生甘草相对拌蒸之，从巳至申，拣出晒干用。

【气味】

苦、咸，寒，无毒。

〔别录曰〕大寒。〔藏器曰〕有毒。〔杲曰〕无毒。足阳明本经药也。〔大明曰〕连翘为之使。

【主治】

皮肤热毒，恶疮疽痔，湿痹，下乳汁。久服轻身益气，耳目聪明，不老延年本经。止遗溺，热气疮痒如麻豆，可作浴汤别录。通小肠，泄精尿血，肠风，风赤眼，小儿壮热，



LOULUGEN and LOULUMIAO

Root and leaf of uniflower Swiss centaury

Radix et folium rhapontici

[Preparation]

Lei Xiao: File the drug into small pieces. Blend an equal amount of Gancao/radix glycyrrhizae/licuorice root with the drug and steam them from Sishi (9-11 hours) to Shenshi (15-17 hours). Separate the drugs and dry Loulu in the sun.

[Quality and Taste]

It is bitter, salty, cold and nontoxic.

It is very cold.

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

Chen Cangqi: It is toxic.

Li Gao: It is nontoxic. It is a drug functioning on the Stomach Channel of Foot Greater Yang.

Da Ming: Lianqiao/fructus forsythiae/capsule of weeping forsythia is its guiding drug.

[Indications]

It is good for treating pyogenic infection due to attack of pathogenic Heat and toxin and malignant sores, phlegmon and hemorrhoids, and arthralgia due to invading pathogenic Humidity. It promotes lactation. Long-term use makes one happy and able to enjoy a long life. It sharpens the ear and eye and reinforces the qi.

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

It stops seminal emission and incontinence. It is also good for treating sores with itching due to invading pathogenic Heat. Simmer the drug to prepare bathing water.

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

Da Ming: It facilitates the function of the Small Intestine. It stops seminal emission and hematuria. It treats hematochezia due to attack of patho-



扑损，续筋骨，乳痈瘰疬金疮，止血排脓，补血长肉，通经脉大明。

【发明】

〔弘景曰〕此药久服甚益人，而服食方罕见用之。近道出者，惟疗痿痹耳，市人皆取苗用。〔时珍曰〕漏卢下乳汁，消热毒，排脓止血，生肌杀虫。故东垣以为手足阳明药，而古方治痈疽发背，以漏卢汤为首称也。庞安常伤寒论治痈疽及预解时行痘疹热，用漏卢叶，云无则以山巵子代之。亦取其寒能解热，盖不知其能入阳明之故也。

【附方】

旧二，新六。（略）



genic Wind into the intestine. It eliminates eye inflammation due to invasion of pathogenic Wind. It is also good for bringing down infantile high fever. It treats physical injury and knits the tendons and bones. It also treats acute mastitis, scrofula and incised wound. It stops bleeding and dispels pus, tonifies the blood and promotes growth of new flesh and facilitates the functions of the Channels.

[Explication]

Tao Hongjing: Long-term use is very beneficial to the health. But prescriptions of drugs for prolonging life do not use it. The drug produced nearby is used only for treatment of scabies and scrofula. Normally, the leaf of the drug is used.

Li Shizhen: Loulu is good at promoting lactation, eliminating pathogenic Heat and toxin, dispelling pus and stopping bleeding, promoting muscle growth and killing parasites. Master Li Dongyuan used it as a drug functioning on the Stomach Channel of Foot Greater Yang. Among the ancient prescriptions, Loulu Tang (decoction of Loulu) is a prescription of first choice in treating lumbar dorsal carbuncle and phlegmon. In Pang Anchang's *Shanghan Lun*, Louluye (the leaf) was used to treat carbuncle and phlegmon and to eliminate pathogenic Heat in epidemic smallpox and measles. The book also mentioned that if Louluye was not available, Zhizi/fructus gardeniae/fruit of cape jasmine could be taken as a substitute. This is because the latter is also a drug of cold quality that can eliminate pathogenic Heat. But it did not mention that the drug could function on the Stomach Channel of Foot Greater Yang.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.



苘麻 苘音顷。（唐本草）

【释名】

白麻

〔时珍曰〕苘一作𦉳，又作𦉳。种必连顷，故谓之𦉳也。

【集解】

〔恭曰〕苘即𦉳麻也。今人取皮作布及索者。实似大麻子，九月、十月采，阴干。〔颂曰〕处处有之。北人种以绩布，及打绳索。苗高四五尺或六七尺，叶似苎而薄，花黄，实壳如蜀葵，其中子黑色。〔时珍曰〕苘麻今之白麻也。多生卑湿处，人亦种之。叶大似桐叶，团而有尖。六七月开黄花。结实如半磨形，有齿，嫩青老黑。中子扁黑，状如黄葵子。其茎轻虚洁白。北人取皮作麻。以茎蘸硫黄作焯灯，引火甚速。其嫩子，小儿亦食之。



QINGMA

Chingma abutilon

Abutilon theophrasti Medic.

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

[Explanation of Names]

BAIMA

Li Shizhen: 苘 (Qing) is also written as 蒺 (Qing), or 藜 (Qing).

[Previous Explanations]

Su Gong: Qing is merely Qingma. Today, people use its fiber to make clothes or a noose. Its seed is similar to Damazi/semen cannabis/hemp seed. Collect the drug in the ninth and tenth months and dry it in the shade.

Su Song: The herb is found everywhere. People plant it to get fiber for weaving clothes and making a string noose. The herb is four to five or even six to seven *chi* tall. Its leaf is similar to Zhumaye, but it is thinner. Its flower is yellow. Its fruit capsule is similar to that of Shukui/althea rosea/hollyhock. The seed inside is black.

Li Shizhen: Qingma is now called Baima. It grows on low and damp land. Farmers also plant it. Its big leaf is similar to Tongye/foolium paulowniae/leaf of fortune paulownia. It is round but with one tip. A yellow flower blooms in the sixth and seventh months. The fruit looks like the half piece of a grindstone. It is covered with teeth. It is green when it is tender and turns black when it gets ripe. It is similar to Kuizi/semen malvae/seed of cluster mallow. Its stem is light, loose and white. People in the north use the bark to make fiber. When its stem is dipped into melted Liuhuang/sulfur, it becomes a very good thing for lighting the lamp. Children like to eat the tender seed.

实

〔气味〕苦，平，无毒。

〔主治〕赤白冷热痢，炒研为末，每蜜汤服一钱。痈肿无头者，吞一枚苏恭。生眼翳瘀肉，起倒睫拳毛时珍。

根

〔主治〕亦治痢，古方用之苏颂。



QINGMASHI

Fruit of Chingma abutilon
Fructus abutili

[Quality and Taste]

It is bitter, plain and nontoxic.

[Indications]

Su Gong: It is good for treating dysentery with bloody and whitish discharge due to invasion of pathogenic Cold and Heat. Stir-try the drug and then grind it into powder. Serve one *qian* per dose with honey water. If the patient is suffering from carbuncle and swelling without open ulceration, swallow one piece of the drug.

Li Shizhen: It is good for treating nebula, pterygium and trichiasis.

QINGMAGEN

Root of Chingma abutilon
Radix abutili

[Indications]

Su Song: It is also good for treating dysentery. It has been used in ancient prescriptions.





大青（别录中品）

【释名】

〔时珍曰〕其茎叶皆深青，故名。

【集解】

〔别录曰〕大青三四月采茎，阴干。〔弘景曰〕今出东境及近道，紫茎长尺许，茎叶皆用。〔颂曰〕今江东州郡及荆南、眉、蜀、濠、淄诸州皆有之。春生青紫茎，似石竹苗叶，花红紫色，似马蓼，亦似芫花，根黄，三月、四月采茎叶，阴干用。〔时珍曰〕处处有之。高二三尺，茎圆。叶长三四寸，面青背淡，对节而生。八月开小花，红色成簇。结青实大如椒颗，九月色赤。



DAQING

Indigo woad

Isatis indigotica Fort.

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

[Explanation of Names]

Li Shizhen: The stem and leaf of the herb are all dark blue-green, hence its name. Daqing = the great blue-green.

[Previous Explanations]

Collect the stem of the herb in the third and fourth months and dry it in the shade.

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

Tao Hongjing: Now, the herb is produced in the eastern area and nearby places. Its stem is purple and one *chi* long. Its stem and leaf can both be used as a drug.

Su Song: Nowadays, the drug is produced in Jiangdong Jun and in Jingnanzhou, Meizhou, Shuzhou, Haozhou and Zizhou. In spring, a blue-green and purple stem grows that is similar to the seedling of Shizhu. Its flower is red-purple, similar to that of Maliao. It is also similar to Yuanhua/flos genkwae/flower bud of lilac daphne. Its root is yellow. Collect the stem and leaf in the third and fourth months and dry them in the shade.

Li Shizhen: The herb is found everywhere. The herb is two to three *chi* tall with a round stem. The leaf is as long as three to four *cun*. The face of the leaf is blue-green and the back is light in color. It grows in opposition in pairs. Small flowers bloom in the eighth month. They are red and flock together. Its fruit is blue-green like Huajiao/pericarpium zanthoxyli/Chinese prickly ash. In the ninth month, it turns red.



茎叶【气味】

苦，大寒，无毒。

〔权曰〕甘。〔时珍曰〕甘、微咸，不苦。

【主治】

时气头痛，大热口疮别录。除时行热毒，甚良弘景。治温疫寒热甄权。治热毒风，心烦闷，渴疾口干，小儿身热疾风疹，及金石药毒。涂罨肿毒大明。主热毒痢，黄疸、喉痹、丹毒时珍。

【发明】

〔颂曰〕古方治伤寒黄汗、黄疸等，有大青汤。又治伤寒头身强、腰脊痛，葛根汤内亦用大青。大抵时疾多用之。



DAQINGJING and DAQINGYE

Stem and leaf of indigo woad
Caulis et folium isatidis

[Quality and Taste]

It is bitter, very cold and nontoxic.

Zhen Quan: It is sweet.

Li Shizhen: It is sweet, slightly salty and not bitter.

[Indications]

It is good for relieving headache due to attack of epidemic disease and aphtha due to invasion of excessive Heat.

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

Tao Hongjing: It is a very effective drug in dispersing epidemic pathogenic Heat and toxin.

Zhen Quan: It is good for treating acute febrile epidemic disease with chills and fever.

Da Ming: It is good for treating pyogenic infection due to attack of pathogenic Heat with restlessness and suffocation, thirst and parched mouth. It is also effective in treating infantile rubella with body fever. It detoxifies toxin of alchemical metal and stone drugs. It is good to apply it to treat pyogenic infection.

Li Shizhen: It is good for treating dysentery due to attack of pathogenic Heat and toxin. It is also good for treating jaundice, throat inflammation and erysipelas.

[Explication]

Su Song: There is Daqing Tang (Decoction of Daqingye) in ancient prescriptions, which is good for treating yellow-sweat and jaundice. In the prescription of Gegen Tang (Decoction of Gegen/ radix peurariae/root of lobed kudzuvine) designed to treat febrile disease caused by Cold with rigid head and body, and pain in the spinal cord, Daqingye is also used. It is a drug very commonly used in treating epidemic diseases.

〔时珍曰〕大青气寒，味微苦咸，能解心胃热毒，不特治伤寒也。朱肱活人书，治伤寒发赤斑烦痛，有犀角大青汤、大青四物汤。故李象先指掌赋云：阳毒则狂斑烦乱，以大青、升麻，可回困笃。

【附方】

新六。（略）



Li Shizhen: Daqingye, cold in quality, slightly bitter and salty in taste, is a drug that can eliminate Heat and toxin resting in the Heart and Stomach. It is not only good for treating febrile diseases caused by Cold. Zhu Gong in his book *Huoren Shu* prescribed Xijiao Daqing Tang (decoction of Xijiao/cornu rhinocerotis/rhinoceros horn and Daqingye, see prescription and Daqing Siwu Tang (decoction of Daqingye with other three drugs, see prescription). Both prescriptions are good for treating febrile disease caused by Cold with a red skin rash, restlessness and pain. Li Xiangxian in his book *Zhizhang Fu* said: The syndrome of Yangdu (toxin of Yang and hot nature) may cause skin rash, mania and irritation. Prescribe Daqingye and Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane. This can rescue the urgent case.

[Prescriptions]

Six prescriptions collected recently.



小青（宋图经）

【集解】

〔颂曰〕小青生福州，三月生花，彼土人当月采叶用之。

叶【气味】

缺

【主治】

生捣，傅痛肿疮疔甚效苏颂。治血痢腹痛，研汁服，解蛇毒时珍。



XIAOQING*

XIAOQING

— *Tujing Bencao (Illustrated Materia Medica)*.

[Previous Explanations]

Su Song: Xiaoqing is produced in Fuzhou. The flower blooms in the third month, when local people collect the leaf.

XIAOQINGYE

Leaf of XIAOQING

[Indications]

Su Song: Pound the fresh drug into paste and apply it to treat carbuncle and swelling, sores and furuncle. It is very effective.

Li Shizhen: It is good for treating dysentery with bloody discharge and abdominal pain. Grind the drug to get juice to detoxify snake toxin.

*The name Xiaoqing means the “minor Daqing.”





胡卢巴 (宋嘉祐)

【释名】

苦豆

【集解】

〔禹锡曰〕胡卢巴出广州并黔州。春生苗，夏结子，子作细荚，至秋采。今人多用岭南者。或云是番萝卜子，未审的否？〔颂曰〕今出广州。或云种出海南诸番，盖其地芦菔子也。舶客将种蒔于岭外亦生，然不及番中来者真好。今医家治元脏虚冷为要药，而唐已前方不见用，本草不著，盖是近出。

【修治】

〔时珍曰〕凡入药，淘净，以酒浸一宿，晒干，蒸熟或炒过用。

【气味】

苦，大温，无毒。



HULUBA

Common fenugreek

Trigonella foenum-graecum L.

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

[Explanation of Names]

KUDOU

[Previous Explanations]

Zhang Yuxi: Huluba is produced in Guangzhou and Qianzhou. The seedling grows in spring and the seed takes shape in summer. Seeds are found in the fine peas and can be collected in autumn. Now, people prefer the drug produced in the area south of the Five Ridges. Some say the drug is the seed of Fanluobo, but this is not confirmed.

Su Song: Now, the drug is produced in Guangzhou. Some say that the drug is produced in areas where the minorities live in Hainan. It is the seed of Lufu. Merchants ship the seed and plant it in other places. The seed will grow and develop into a plant. But it is not as good as that produced in the minority area. Now, doctors use it as a principal drug in treating deficient and cold condition of the Kidney. But the drug was not found in prescriptions of pre-Tang Dynasty (618-907) times. There is no record in *Shen Nong Bencao Jing* of this drug, which has been found in recent times.

[Preparation]

Li Shizhen: Rinse the drug and wash it clean. Soak it in wine over night and dry it in the sun. Steam or stir-fry it.

[Quality and Taste]

It is bitter, very warm and nontoxic.



〔杲曰〕纯阳。

【主治】

元脏虚冷气。得附子、硫黄，治肾虚冷，腹胁胀满，面色青黑。得菝香子、桃仁，治膀胱气甚效嘉祐。治冷气疝瘕，寒湿脚气，益右肾，暖丹田时珍。

【发明】

〔宗奭曰〕膀胱气，用此合桃仁麸炒等分，为末。半为散，半以酒糊和丸梧子大。每服五七十丸，空心盐酒下。其散以熟米饮下，与丸子相间，空心服。日各一二服。〔时珍曰〕胡卢巴，右肾命门药也。元阳不足，冷气潜伏，不能归元者，宜之。宋惠民和剂局方，有胡卢巴丸，治大人小儿，



Li Gao: It is a drug of pure Yang.

[Indications]

It is good for treating the deficient and cold condition of the Kidney. Together with Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood and Liuhuang/sulfur, the drug is good for treating a deficient and cold Kidney accompanied by costal and abdominal distention, and a bluish and black complexion. Reinforced by Huaixiang/fructus foeniculi/fennel fruit and Taoren/semen persicae/peach seed, the drug will be very effective in treating dysuria due to stagnation of qi in the Urinary Bladder.

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

Li Shizhen: It is good for treating hernia and hard mass due to stagnation of cold gas, beriberi due to invasion of pathogenic Cold and Humidity. It reinforces the right Kidney and warms the Dantian (the elixir field in the pubic region).

[Explication]

Kou Zongshi: Treat dysuria due to stagnation of qi in the Urinary Bladder in the following way: Stir-fry Huluba and Taoren with wheat bran. Then, grind the drugs into powder. Make pills with wine and wheat flour the size of a parasol seed. Use half of the powder to make pills and leave the other half as it is. Take 50 to 70 pills per dose with salt and wine before meal. Then, after an interval, wash down the powder with hot Miyin before meal. Take one or two doses of each drug everyday.

Li Shizhen: Huluba is a drug that functions on the right Kidney, the Mingmen (Gate of Life). It is effective in improving a condition with insufficiency of *Yuanyang* (Primordial Yang Vital Energy) and hidden cold gas that hampers the returning of the former into the Kidney. In *Taiping Hui-min Heji Jufang*, there is the prescription of Huluba Wan (pill of Huluba) designed to treat hernia with unilateral swelling and descending of the testes and Bentun (upward ascending of gas like a running piglet), a mass in lower abdomen in the shape of an egg that moves up and down and brings intolerable pain. It is good for both the adult and infant. Prescription:



小肠奔豚偏坠，及小腹有形如卵，上下走痛，不可忍者。用胡卢巴八钱，茴香六钱，巴戟去心、川乌头炮去皮各二钱，楝实去核四钱，吴茱萸五钱，并炒为末，酒糊丸梧子大。每服十五丸，小儿五丸，盐酒下。太医薛己云：一人病寒疝，阴囊肿痛，服五苓诸药不效，与此而平也。又张子和儒门事亲云：有人病目不睹，思食苦豆，即胡卢巴，频频不缺。不周岁而目中微痛，如虫行入眦，渐明而愈。按此亦因其益命门之功，所谓益火之原，以消阴翳是也。

【附方】

新六。（略）



Eight *qian* of Huluba,
 six *qian* of Huixiang/*fructus foeniculi*/fennel fruit,
 two *qian* of Bajitian/*radix morindae officinalis*/root of medicinal indian mulberry, take off the core,
 two *qian* of Chuanwu/*radix aconiti*/mother root of common monkshood, prepared,
 four *qian* of Chuanlianzi/*fructus toosendan*/fruit of Szechwan chinaberry, take off the kernel, and
 five *qian* of Wuzhuyu/*fructus evodiae*/fruit of medicinal evodia.

Stir-fry the above drugs and then grind them into powder. Make pills with wine and wheat flour the size of a parasol seed. Serve 15 pills to adult and five pills to an infant with salt and wine. Xue Yi, a physician from the imperial hospital, recorded the following case: One patient was suffering from hernia due to attack of pathogenic Cold. He had a swollen and painful scrotum. Wuling San and other drugs had been given, but the patient got no better. Huluba Wan (Pills of Huluba) was given. It worked.

Another case: Zhang Zihe in his book *Rumen Shiqin* (*Confucian Doctor's Duties to Their Parents*) recorded: a patient suffered from dim vision and wanted to eat Kudou, another name for Huluba. He ate the drug frequently. In less than a year, he felt a slight pain and itching in the eye, as if there was a worm crawling in the canthus. But he began to feel that his eyesight was improving. Finally his sight returned to normal. This is an example showing the efficacy of Huluba in reinforcing the Mingmen. This is in conformity with the theory of *Huangdi Neijing* (*Canon of Medicine of the Yellow Emperor*): to reinforce the source of the Fire is to strengthen the dispersing function of Yin prevalence.

[Prescriptions]

Six prescriptions collected recently.

蠹实（本经中品）

【释名】

荔实别录。马蔺子唐本。马楝子图经。马薤礼记注。马帚尔雅。铁扫帚救荒。刷草本经。旱蒲礼记。豕首本经。三坚

〔弘景曰〕方药不用，俗无识者。惟天名精亦名豕首。
〔恭曰〕此即马蔺子也。月令：仲冬荔挺出。郑玄注云：





LISHI

Chinese small iris

Iris pallasii Fisch. Var. *Chinensis* Fisch.

[Explanation of Names]

LISHI

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

MALINZI

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

MALIANZI

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

MAXIE

— *Li Ji Zhu* (*Annotation to Record of Rites*).

MAZHOU

— *Er Ya*.

TIESAOZHOU

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

JUCAO

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

HANPU

— *Li Ji* (*Record of Rites*).

SHISHOU

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

SANJIAN

Tao Hongjing: The drug is not used by doctors, so it is almost unknown. Tianmingjing also has the name Shishou.

Su Gong: This is merely Malinzi/semen *iridis chinensis*/seed of Chinese small iris.

The book *Yue Ling*: In the middle of winter, the stem of Li grows out.



荔，马薤也。通俗文云：一名马蔺。本草谓之荔实。〔颂曰〕马蔺子，北人讹为马楝子。广雅云：马薤，荔也。高诱云：荔挺出，荔草挺出也。讲礼者不识，呼为荔挺，又作马菟，并误矣。马菟亦名豚耳，即马齿也。〔时珍曰〕尔雅云：莽（音瓶），马帚也。此即荔草，谓其可为马刷，故名。今河南北人呼为铁扫帚，是矣。

【集解】

〔别录曰〕蠹实生河东川谷，五月采实，阴干。〔颂曰〕今陕西诸郡及鼎、澧州亦有之，近汴尤多。叶似薤而长厚，三月开紫碧花，五月结实作角子，如麻大而赤色有棱，根细长，通黄色，人取以为刷。三月开花，五月采实，并阴干用。许慎说文云：荔似蒲而小，根可为刷。高诱云：河北平泽率生之。江东颇多，种于阶庭，但呼为旱蒲，不知即马薤也。〔时珍曰〕蠹草生荒野中，就地丛生，一本二三十茎，苗高三四尺，叶中抽茎，开花结实。



Zheng Xuan annotated: Li is merely Maxie.

The book *Tongsu Wen*: Another name of the drug is Malin. In *Shen Nong Bencao Jing*, it is called Lishi (荔实).

Su Song: Malinzi is colloquially called in the north as Malianzi.

The book *Guang Ya*: Maxie is merely Li.

Gao You: Li grows out with an upright stem. People who know the rites but not the herbs mistake the name as Liting, or Maxian. Maxian is also called Tun'er. It is Machixian/herba portulacae/herb of purslane.

Li Shizhen: The book *Er Ya* — Ping is merely Mazhou and this is just Licao. As the herb can be used to make a horse brush, so it is called Mazhou (horse brush). Now, people living south and north of the Yellow River call the herb Tiesaozhou.

[Previous Explanations]

Lishi is produced in the mountain valleys of the Hedong area. Collect the seed in the fifth month and dry it in the shade.

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

Su Song: Now, the drug is also produced in prefectures of Shaanxi and in Dingzhou and Lizhou. There is large production in places around Bianliang. Its leaf is similar to that of Xie/longstamen onion, but it is longer and thicker. A purple and blue-green flower blooms in the third month. In the fifth month, peas with a seed take shape. The seed is as big as Damazi. It is red and has angles. Its root is long and thin and of yellow color. People use it to make a brush. Collect the flower in the third month and the fruit in the fifth month, and dry them in the shade. Xu Shen in his book *Shuowen Jiezi (Book of Philology by Xu Shen)* said: Li is similar to Pu, but it is smaller. Its root can be used as a brush.

Gao You: The herb grows on the plains in Hebei. In Jiangdong, it is planted in the garden in front of the house. It is locally called Hanpu and people do not know this is Maxie (Lishi).

Li Shizhen: Licao (Lishi) grows in the wild in tussocks; 20 to 30 stems flock together. The herb is three to four *chi* tall and the stem comes out in the middle of the leaves. On top of the stem, the flower blooms and fruit takes shape.



【正误】

〔宗奭曰〕蠹实，陶隐居言方药不用，俗无识者。本草诸家所注不相应。若果是马蔺，则日华子本草不当更言可为蔬菜。盖马蔺叶出土已硬，又无味，马牛皆不食，岂堪人食？今不敢以蠹实为马蔺，更俟博识。〔时珍曰〕别录蠹实亦名荔实，则蠹乃荔字之讹也。张揖广雅云，荔又名马蔺，其说已明。又按周定王救荒本草言其嫩苗味苦，炸熟换水浸去苦味，油盐调食，则马蔺亦可作菜矣。寇氏但据陶说疑之，欠考矣。陶氏不识之药多矣。今正其误。

实

〔修治〕〔时珍曰〕凡入药炒过用，治疝则以醋拌炒之。

〔气味〕甘，平，无毒。〔保昇曰〕寒。〔颂曰〕山人服之，云大温，甚有奇效。



[Corrections]

Kou Zongshi: Tao Hongjing said that Lishi was not used as medicine, so nobody knew the drug. Records in previous *Bencao* works had contradictory descriptions of the herb. In *Da Ming Rihua Bencao*, it is described as a kind of vegetable. But other books said that it was merely Malin. This is contradictory. As the leaf of Malin becomes very hard the moment it comes out of earth and it is tasteless, even cattle or horses do not want to eat it. How can it be eaten by people as a vegetable? So I really do not agree with the opinion that Lishi is called Malin. Further study is required.

Li Shizhen: In *Mingyi Bielu*, Lishi is also recorded as Lishi. In Zhang Ji's book *Guang Ya*, it is recorded that Li is also called Malin. According to *Jiuhuang Bencao*, the tender leaf of the herb is bitter. To get rid of the bitter taste, the leaf should first be stir-fried and then soaked in water. Blend it with oil and salt. Then, it becomes something edible. So, Malin can also be regarded as a kind of vegetable. Kou Zongshi only based his statement on what Tao Hongjing said, and has not provided a satisfactory answer to the question. After all, there are many drugs that Tao Hongjing did not know. So the above serves as a correction.

LISHI

Seed of Chinese small iris

Semen *iridis chinensis*

[Preparation]

Li Shizhen: The drug should be stir-fried before it is used as medicine. If it is intended to treat hernia, the drug should be blended with vinegar and then stir-fried.

[Quality and Taste]

It is sweet, plain and nontoxic.

Han Baosheng: It is cold.

Su Song: People living in the mountain* take the drug and say it is very warm and has very strong therapeutic effects.

*Could be Taoists.



〔主治〕皮肤寒热，胃中热气，风寒湿痹，坚筋骨，令人嗜食。久服轻身本经。止心烦满，利大小便，长肌肤肥大别录。疗金疮血内流，痈肿，有效苏恭。妇人血气烦闷，产后血运，并经脉不止，崩中带下，消一切疮疖，止鼻衄吐血，通小肠，消酒毒，治黄病，杀蕈毒，傅蛇虫咬大明。治小腹疝痛，腹内冷积，水痢诸病时珍。

〔附方〕旧二，新六。（略）



[Indications]

It is good for dispersing the invading pathogenic Cold and Heat resting in the skin and pathogenic Heat in the Stomach. It relieves arthralgia due to attack of pathogenic Wind, Cold and Humidity. It consolidates tendons and bones. It whets the appetite. Long-term use makes one feel happy and energetic.

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

It disperses epigastric distention with restlessness. It facilitates stool and urination. It helps one to put on weight.

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

Su Gong: It is good for eliminating blood in an incised wound and is also good for treating carbuncle and swelling.

Da Ming: It is good for treating abdominal pain of a woman due to disorder of blood and qi with restlessness, and vertigo due to blood disorder in puerperium. It stops prolonged menstruation, metrorrhagia, metrostaxis and leukorrhea. It is effective in eliminating all kinds of sores and furuncles. It stops epistaxis and hematemesis. It facilitates the function of the Small Intestine. It detoxifies toxin of alcoholism. It is good for treating jaundice. It detoxifies toxin of mushroom and can be applied to treat snakebites.

Li Shizhen: It is good for treating hernia with abdominal pain, eliminating cold stagnation in abdomen and stopping dysentery with watery discharge.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.

LISHIHUA, LISHIJING, LISHIGEN and LISHIYE

Flower, stem, root and leaf of Chinese small iris

Folium iridis chinensis,

Caulis iridis chinensis,

Radix iridis chinensis,



花、茎及根、叶

〔主治〕去白虫本经。疗喉痹，多服令人溏泄别录。主痛疽恶疮时珍。

〔发明〕〔颂曰〕蠡草花实皆入药。列仙传云，寇先生宋人，好种荔，食其葩实，是矣。〔时珍曰〕按叶水东日记云：北方田野人患胸腹饱胀者，取马楝花擂凉水服，即泄数行而愈。据此则多服令人泄之说有验，而蠡实之为马蔺更无疑矣。



Folium iridis chinensis.

[Indications]

It kills white worms.

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

It is good for treating throat inflammation. Overdosing will cause diarrhea with watery discharge.

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

Li Shizhen: It is good for treating carbuncle, phlegmon and malignant sores.

[Explication]

Su Song: The flower and fruit of Lishi can both be used as a drug.

The book *Liexian Zhuan (Biographies of the Immortals)*: Mr. Kou, a native in the Song Dynasty (960-1279), liked to grow Li himself and ate the flower and fruit. And the drug mentioned is Lishi.

Li Shizhen: The book *Ye Shuidong Riji* — Native people working in the fields in the north like to treat themselves with the drug when they have epigastric and abdominal distention due to indigestion. Pound Malianhua and wash it down with cold water. After taking the drug, the patient will have several bowel movements and will feel all right. From this, we can find the base for the record that overdosing of the drug causes watery diarrhea. We can also believe that Lishi is merely Malin.

恶实（别录中品）

【释名】

鼠粘别录。牛蒡别录。大力子纲目。蒟翁菜纲目。便牵牛纲目。蝙蝠刺

〔时珍曰〕其实状恶而多刺钩，故名。其根叶皆可食，人呼为牛菜，术人隐之，呼为大力也。俚人谓之便牵牛。河南人呼为夜叉头。〔颂曰〕实壳多刺，鼠过之则缀惹不可脱，故谓之鼠粘子，亦如羊负来之比。





ESHI

Great burdock

Arctium lappa L.

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

[Explanation of Names]

SHUNIAN

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

NIUBANG

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

DALIZI

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

BANGWENGCAI

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

BIANQIANNIU

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

BIANFUCI

Li Shizhen: The fruit of the drug is ugly in shape and covered with thorns, so it is called Eshi, “the ugly fruit.” Its root and leaf are edible. People call it Niucai, “cow’s vegetable.” Alchemists do not like the name and therefore call the herb Dali. Local people call it Bianqianniu. People in Henan call the herb Yechatou.

Su Song: The capsule of the fruit is covered with thorns. When a rat passes by, it may get stuck. So, it is called Shunianzi, “drug that sticks a rat.” It is a name similar to Yangfulai.*

*Yangfulai, another name of Cang'er/herba xanthii/herb of Siberian cocklebur, meaning, “drug carried by sheep.”



【集解】

〔别录曰〕恶实生鲁山平泽。〔恭曰〕鲁山在邓州东北。此草叶大如芋，子壳似栗状，实细长如茺蔚子。〔颂曰〕恶实即牛蒡子也，处处有之。叶大如芋叶而长。实似葡萄核而褐色，外壳似栗核，而小如指头，多刺。根有极大者，作菜茹益人。秋后采子入药。〔时珍曰〕牛蒡古人种子，以肥壤栽之。剪苗沟淘为蔬，取根煮曝为脯，云甚益人，今人亦罕食之。三月生苗，起茎高者三四尺。四月开花成丛，淡紫色。结实如枫楝而小，萼上细刺百十攒簇之，一株有子数十颗。其根大者如臂，长者近尺，其色灰黧。七月采子，十月采根。

子

〔修治〕〔斲曰〕凡用拣净，以酒拌蒸，待有白霜重出，以布拭去，焙干捣粉用。



[Previous Explanations]

Eshi is produced in the plains and marshland of Lushan Mountain.

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

Su Gong: Lushan Mountain is in the northeast of Dengzhou. The leaf of the herb is as big as that of Yutou/rhizoma colocasiae esculentae/tuber of dasheen. Its capsule looks like Lizi/semen castaneae/seed of hairy chestnut. Its fruit is thin and long, like Chongweizi/fructus leonuri/motherwort fruit.

Su Song: Eshi is also called Niubangzi/fructus arctii/achene of great burdock. It is found everywhere. Its leaf is as big as that of Yutou, but it is longer. Its fruit looks like the kernel of grape. It is brown. Its capsule looks like that of Lizi. It is as big as the tip of the thumb, covered with thorns. There are species that have a very big root. When it is eaten as a vegetable, it is good for the health. Collect the fruit in late autumn for medical use.

Li Shizhen: Ancient people planted Niubangzi by sowing its seed. It should be cultivated on fertile land. The leaf of the herb can be boiled and eaten as a vegetable. Simmer the root of the herb and then dry it in the sun to make a preserved food. Some say this is a very nourishing thing. But, now, very few people take Eshi as food. The seedling grows in the third month. Its stem is as tall as three to four *chi* tall. In the fourth month, light purple flowers bloom and flock together. The fruit is similar to Fengqiu/fructus liquidambaris/fruit of beautiful sweet gum, but it is smaller. There are hundreds of fine thorns on the calyx. In one fruit, there are several dozen seeds. The root of the herb can be as big as the human arm, one *chi* long. It is dark gray. Collect the seed in the seventh month and the root in the 10th month.

ESHIZI

Achene of great burdock

Fructus arctii

[Preparation]

Lei Xiao: First pick out other things among the fruit. Blend it with wine and then steam it until a white frost comes out. Wipe off the frost and bake the drug. Pound it into powder.



〔气味〕辛，平，无毒。〔藏器曰〕苦。〔元素曰〕辛温，阳中之阴，升也。〔杲曰〕辛平，阳也，降也。

〔主治〕明目补中，除风伤别录。风毒肿，诸痿藏器。研末浸酒，每日服三二盏，除诸风，去丹石毒，利腰脚。又食前熟掇三枚吞之，散诸结节筋骨烦热毒甄叔。吞一枚，出痈疽头苏恭。炒研煎饮，通利小便孟诜。润肺散气，利咽喉，去皮肤风，通十二经元素。消斑疹毒时珍。

〔发明〕〔杲曰〕鼠粘子其用有四：治风湿癧疹，咽喉



[Quality and Taste]

It is pungent, plain and nontoxic.

Chen Cangqi: It is bitter.

Zhang Yuansu: It is pungent and warm. It is a drug of Yin in the Yang, a drug with ascending tendency.

Li Gao: It is pungent and plain. It is a drug of Yang quality and descending tendency.

[Indications]

It is good for brightening the eye and tonifying the interior. It disperses invading pathogenic Wind.

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

Chen Cangqi: It is effective in treating pyogenic infection due to attack of pathogenic Wind and various fistula.

Zhen Quan: Grind the drug into powder and soak it in wine. Take two to three cups every day. Then, it is effective in dispersing invading pathogenic Wind, detoxify toxin of alchemical stone drugs. It is also good for facilitating the movement of the waist and feet. Pick three ripe Eshi and swallow them before a meal. This will be good for dispersing pyogenic infection and arthralgia of the tendons and bones.

Su Gong: Swallow one piece of the drug. This will help the ulceration of carbuncles and phlegmon.

Meng Xian: Stir-fry the drug, grind it into powder and simmer it to make a decoction to facilitate urination.

Zhang Yuansu: It moistens the Lung, disperses the stagnant qi, and eliminates dysphagia to smooth the throat. It disperses pathogenic Wind resting on the skin and dredges through the twelve channels.

Li Shizhen: It is good for eliminating skin eruptions and pyogenic infection.

[Explication]

Li Gao: Shunianzi has four therapeutic functions:

One, it is good for treating urticaria due to invasion of pathogenic Wind and Humidity.

风热，散诸肿疮疡之毒，利凝滞腰膝之气，是也。

〔附方〕旧四，新十二。（略）

根、茎

〔气味〕苦，寒，无毒。〔权曰〕甘、平。〔藏器曰〕根须蒸熟暴干用。不尔，令人欲吐。

〔主治〕伤寒寒热汗出，中风面肿，消渴热中，逐水。久服轻身耐老别录。根：主牙齿痛，劳疰诸风，脚缓弱风毒，痈疽，咳嗽伤肺，肺壅疝瘕，冷气积血苏恭。根：浸酒





Two, it is good for eliminating the invading pathogenic Wind and Heat in the throat.

Three, it is good for dispersing toxin of sore, carbuncle and pyogenic infection.

Four, it is good for dissolving the stagnant qi resting in the waist and knees.

[Prescriptions]

Four prescriptions collected previously, and
12 prescriptions collected recently.

ESHIGEN and ESHIJING

Root and stem of great burdock
Radix et caulis arctii

[Quality and Taste]

It is bitter, cold and nontoxic.

Zhen Quan: It is sweet and plain.

Chen Cangqi: The root should be steamed and then dried in the sun. Otherwise, the intake of the drug will induce vomiting.

[Indications]

It is good for treating febrile disease caused by Cold with chill, fever and perspiration. It eliminates puffy face due to attack of pathogenic Wind, treats diabetes with interior hot feeling and wasting. It disperses fluid retention. Long-term use makes one feel happy and able to enjoy a long life.

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

Su Gong: The root is good for relieving toothache, treating malaria with general debility and invasion of pathogenic Wind, and paralysis of feet due to invasion of pathogenic Wind and toxin. It also treats carbuncle and phlegmon, and severe coughing that has damaged the Lung, pulmonary abscess, hernia and hard mass in abdomen. It disperses stagnation of cold gas and removes blood stasis.

Chen Cangqi: Soak the root of the drug in wine. Take the wine to disperse invading pathogenic Wind and treat malignant sores. Pound the root



服，去风及恶疮。和叶捣碎，傅杖疮金疮，永不畏风藏器。主面目烦闷，四肢不健，通十二经脉，洗五脏恶气。可常作菜食，令人身轻甄叔。切根如豆，拌面作饭食，消胀壅。茎叶煮汁作浴汤，去皮间习习如虫行。又入盐花生捣，搨一切肿毒孟洗。

〔发明〕〔颂曰〕根作脯食甚良。茎叶宜煮汁酿酒服。冬月采根，蒸暴入药。刘禹锡传信方：疗暴中风，用紧细牛蒡根，取时避风，以竹刀或荆刀刮去土，生布拭了，捣绞取汁一大升，和好蜜四大合，温分两服，得汗出便瘥。此方得之岳鄂郑中丞。郑因食热肉一顿，便中暴风。外甥卢氏为颍阳令，有此方。服，当时便瘥。

〔附方〕旧五，新一十六。（略）



and leaf into paste and apply it to treat incised wound and sores due to flogging. Use of the drug will prevent attacks of pathogenic Wind all one's life.

Zhen Quan: It is good for treating a disease with restlessness and suffocation, bad complexion and debilitated extremities. It dredges through the twelve channels, washing away the encroaching evils with the Five Viscera. It can be eaten as fresh vegetable. Long-term use will make one happy and gay.

Meng Xian: Cut Niubanggen into pieces similar to soya bean. Blend it with noodle and take it as food. This will eliminate distention and stagnation. Simmer the stem and leaf to make bathing water. Wash the patient when he feels an itching as if worms are crawling in the skin. Blend the fresh drug together with salt to make a paste. Apply the paste to treat pyogenic infections of all kinds.

[Explication]

Su Song: Niubanggen can be processed into a kind of preserved tidbit. It tastes good. The stem and leaf can be stewed into juice or can be added in the brewing of wine. Collect the root in winter. Steam the drug first and then dry it in the sun. Liu Yuxi in his work *Chuanxin Fang* recorded a prescription to treat sudden onset of apoplexy: Collect Niubanggen (with thin and solid quality). Avoid exposure to the wind when it is collected. Peel off the soil on the surface of the root with bamboo or chaste cutlery and rub the root with a piece of tough cloth. Pound the drug and squeeze it to get one big *sheng* of juice. Blend it with four big *ge* of good honey. Warm the juice and take it in two draughts. A cure will follow perspiration. This is a prescription provided by Mr. Zheng, official title Zhongcheng, a native of Yue'e. Mr. Zheng, after eating a big meal of meat, suddenly suffered apoplexy. His nephew, Mr. Lu, governor of Yingyang County, had this prescription and prescribed it for his uncle. One dose of the drug worked to drive off the ailment.

[Prescriptions]

Five prescriptions collected previously, and
16 prescriptions collected recently.

泉耳 (本经中品)

【释名】

胡泉本经。常思弘景。苍耳尔雅。卷耳诗经。爵耳诗疏。猪耳纲目。耳珣诗疏。地葵本经。施音施。羊负来弘景。道人头图经。进贤菜记事珠。喝起草纲目。野茄纲目。
缣丝草





XI'ER

Siberian cocklebur

Xanthium sibiricum Patr. et Widd.

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

[Explanation of Names]

HUXI

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

CHANGSI

— Tao Hongjing.

CANG'ER

— *Er Ya*.

JUAN'ER.

— *Shijing* (*Book of Songs*).

JUEER

— *Shi Shu*.

ZHUER

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

ERDANG

— *Shi Shu*.

DIKUI

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

SHI

YANGFULAI

— Tao Hongjing.

DAORENTOU

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

JINXIANCAI



〔颂曰〕诗人谓之卷耳，尔雅谓之苍耳，广雅谓之泉耳，皆以实得名也。陆玑诗疏云：其实正如妇人耳珰，今或谓之耳珰草。郑康成谓是白胡荽，幽州人呼为爵耳。博物志云：洛中有人驱羊入蜀，胡泉子多刺，粘缀羊毛，遂至中土，故名羊负来。俗呼为道人头。〔弘景曰〕侗人皆食之，谓之常思菜。以叶覆麦作黄衣者，方用甚稀。〔时珍曰〕其叶形如泉麻，又如茄，故有泉耳及野茄诸名。其味滑如葵，故名地葵，与地肤同名。诗人思夫赋卷耳之章，故名常思菜。张揖广雅作常泉，亦通。

【集解】

〔别录曰〕泉耳生安陆川谷及六安田野，实熟时采。〔颂曰〕今处处有之。陆氏诗疏云：其叶青白似胡荽，白华细



— *Jishizhu*.

HEQICAO

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

YEJIA

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

JIANCAO

Su Song: Poets call the herb Juan'er. *Er Ya* calls it Cang'er. *Guang Ya* calls it Xi'er. All the names are given in accordance with its fruit. Lu Ji in his book *Shi Shu* said: The fruit looks like a woman's earrings, so it is also called Erdangcao. Zheng Kangcheng said it was also called Baihusui. People in Youzhou call it Jue'er.

The book *Bowu Zhi*: People from Luozhong drove their sheep to Sichuan. As fruits of Cang'er were full of thorns, they attached themselves on the sheep and were carried to Sichuan. So, the herb is also called Yangfulai [(herb) that is carried by sheep]. It is also colloquially called Daorentou (head of a Taoist).

Tao Hongjing: Poor people eat the thing. It is called Changsicaï.

Li Shizhen: Its leaf is similar to that of Xima. It also looks like Qieye/ folium solani nelongenae/eggplant leaf. So, it has the names as Xi'er and Yeqie. As it is something as slippery as Kuicai/herba malvae/cluster mal-low when it is eaten, it is also called Dikui. This is the same with the other name of Difu/belvedere. The poet* mentioned the name of Juan'er in his verse "Sifufu" ("In Longing for Her Husband"). So, it is also called Changsicaï (herb of permanent longing). Zhang Ji in his *Guang Ya* called the herb Changxi.

[Previous Explanations]

Cang'er grows in the mountain valley of Anlu and field of Liu'an. Collect the fruit when it gets ripe.

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

Su Song: Now, the herb is found everywhere. The *Lushi Shi Shu* said:

*Should be Qu Yuan, the great poet of Chu, Zhanguo (Warring States Period, 475-221 BC).



茎，蔓生，可煮为茹，滑而少味。四月中生子，正如妇人耳珰。郭璞云：形如鼠耳，丛生如盘。今之所有皆类此，但不作蔓生。〔时珍曰〕按周定王救荒本草云：苍耳叶青白，类粘糊菜叶。秋间结实，比桑椹短小而多刺。嫩苗炸熟，水浸淘拌食，可救饥。其子炒去皮，研为面，可作烧饼食，亦可熬油点灯。

实

〔修治〕〔大明曰〕入药炒熟。捣去刺用，或酒拌蒸过用。

〔气味〕甘，温，有小毒。〔别录曰〕苦。〔权曰〕甘，无毒。〔恭曰〕忌猪肉、马肉、米泔，害人。

〔主治〕风头寒痛，风湿周痹，四肢拘挛痛，恶肉死



the leaf of the herb is blue-green and white, similar to Husui/herba coriandri/coriander herb. It has a white flower and thin stem. It has vines. It can be boiled in the same way as Qiezi/fructus solani nelongenae/eggplant. It is slippery and tasteless. The fruit is borne in the fourth month. It looks like a woman's earrings.

Guo Pu: It looks like a rat's ear. It grows in tussock and forms a crown. All species of the herb are in this shape. But it is not a creeping herb.

Li Shizhen: Prince Dingwang of Zhou (of the Ming Dynasty) in his *Jiuhuang Bencao (Herbal for Relief of Famines)* recorded: The leaf of Cang'er is blue-green and white, similar to the leaf of Nianhucai. The fruit, appearing in autumn, is smaller than Sangshen/fructus mori/mulberry. It is covered with thorns. The tender leaf of the herb can be eaten: First, boil it and then soak it in water and rinse. Then, it can be served as a vegetable. It is a food for emergency use in famine. Stir-fry the fruit and peel it. Grind the seed into powder. It can be used in cooking cakes. It can also be used to process oil to light the lamp.

XI'ERSHI

Fruit of Siberian cocklebur

Fructus xanthii

[Preparation]

Da Ming: Stir-fry the drug and pound it. Get rid of the thorny peel. Or, blend the drug with wine and steam it.

[Quality and Taste]

It is sweet, warm and slightly toxic.

It is bitter.

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

Zhen Quan: It is sweet and nontoxic.

Su Gong: Food taboo: pork, horsemeat and rice soup. If they are taken together with the drug, it is harmful to health.



肌，膝痛。久服益气，耳目聪明，强志轻身本经。治肝热，明目。甄权治一切风气，填髓暖腰脚，治瘰疬疥癣及瘙痒大明。炒香浸酒服，去风补益时珍。

〔附方〕旧三，新四。

茎、叶

〔修治〕〔斲曰〕凡采得去心，取黄精，以竹刀细切拌之，蒸从巳至亥时出，去黄精，阴干用。

〔气味〕苦、辛，微寒，有小毒。〔恭曰〕忌猪肉、马肉、米泔。伏礞砂。



[Indications]

It is good for treating severe intermittent headaches with cold feeling and pain. It treats arthralgia all over body due to attack of pathogenic Wind and Humidity, contraction and spasms of the extremities with dead muscle and pain in the knee. Long-term use reinforces the qi, brightens the eye and sharpens the ear, strengthens the will power and makes one feel happy and gay.

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

Zhen Quan: It eliminates pathogenic Heat in the Liver and brightens the eye.

Da Ming: It is good for dispersing all kinds of invading pathogenic Wind. It fills the marrow and warms the waist and feet. It is effective in treating scrofula, scabies, tinea and itching.

Li Shizhen: Stir-fry the drug until it emits fragrance. Soak the drug in wine. Drink the wine to disperse the invading pathogenic Wind. It is a good tonic, too.

[Prescriptions]

Three prescriptions collected previously, and four prescriptions collected recently.

XI'ERJING and XI'ERYE

Stem and leaf of Siberian cocklebur

Caulis et folium xanthii

[Preparation]

Lei Xiao: Take out the heart of the herb. Blend it with pieces of Huangjing/rhizoma polygonati/rhizome of king solomon's seal and steam it from Sishi (9-11 hours) to Haishi (21-23 hours). Take off Huangjing and dry the drug in the shade.

[Quality and Taste]

It is bitter, pungent, slightly cold and slightly toxic.

Su Gong: Food taboo: pork, horsemeat and rice soup. It oppresses



〔主治〕溪毒别录。中风伤寒头痛孟洗。大风癩痢，头风湿痹，毒在骨髓，腰膝风毒。夏月采曝为末，水服一二匕，冬月酒服。或为丸，每服二三十丸，日三服。满百日，病出如痂疥，或痒，汁出，或斑驳甲错皮起，皮落则肌如凝脂。令人省睡，除诸毒螫，杀虫疔湿蠹。久服益气耳目聪明，轻身强志苏恭。授叶安舌下，出涎，去目黄好睡。烧灰和腊猪脂，封丁肿出根。煮酒服，主狂犬咬毒藏器。

〔发明〕〔时珍曰〕苍耳叶久服去风热有效，最忌猪肉及风邪，犯之则遍身发出赤丹也。按苏沈良方云：泉耳根、苗、叶、实，皆洗濯阴干，烧灰汤淋，取浓汁，泥连二灶炼



Raosha/halitus purpureum.

[Indications]

It is good for treating a disease due to exposure to a stream.*

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

Meng Xian: It is good for treating headaches in febrile disease caused by Wind or Cold.

Su Gong: It is good for treating the following diseases: depressive psychosis and epilepsy, severe intermittent headache and arthralgia due to attack of pathogenic Humidity, lumbago and pain in the knee due to invading pathogenic Wind and toxin. It clears toxin from the bone and marrow. Collect the drug in summer and dry it in the sun. Grind it into powder. Take one or two *qianbi* per dose with water (take the drug with wine in winter). Or, make pills, taking 20 to 30 pills per dose, three times a day. After 100 days, there will be a skin eruption similar to scabies, a sign of the dispersion of pathological conditions. It is itchy and secretes fluid with a scaly skin. When such eruptions fade out, the skin will be as smooth as lard. It drives away sleepiness. It is good for detoxifying toxin of poisonous insects. It kills parasites in an ulcer of the external genitalia. Long-term use of the herb reinforces the qi, brightens the eye and sharpens the ear, enhances the willpower and makes one feel happy and gay.

Chen Cangqi: Place the fresh leaf under the tongue. It clears saliva, drives away drowsiness and eliminates jaundice in the eye. Burn the herb into ashes. Blend it with pig lard and apply the mixture to treat furuncle. It will be rooted out. Simmer the herb in wine. Drink the wine to detoxify toxin of bite of a rabid dog.

[Explication]

Li Shizhen: Long-term use of Cang'erye will disperse invading pathogenic Wind and Heat. But eating of pork and exposure to wind should be prohibited; otherwise, there will be eruption of erysipelas all over the body.

*Attack of parasites in water.



之。灰汁耗，即旋取傍釜中热灰汤益之。一日夜不绝火，乃旋得霜，干瓷瓶收之。每日早晚酒服二钱，补暖去风驻颜，尤治皮肤风，令人肤革清净。每澡沐入少许尤佳。宜州文学昌从谏，服此十余年，至七八十，红润轻健，皆此药力也。斗门方云：妇人血风攻脑，头旋闷绝，忽死倒地，不知人事者。用喝起草嫩心阴干为末，以酒服一大钱，其功甚效。此物善通顶门连脑，盖即苍耳也。

〔附方〕旧十二，新十七。（略）



The book *Su Shen Liangfang*: Wash the root, seedling, leaf and fruit of Cang'er and dry them in the shade. Burn them into ashes and soak the ash in water. Filter the decoction. Process the dense juice in two furnaces. When the juice is consumed, add more. Keep it on through the day and night. Then, there will be formation of frost. Collect the frost and keep it in a porcelain vase. Take two *qian* of the frost per dose, once in the morning and once in the evening. It warms the cold condition of the internal organs, disperses the invading pathogenic Wind and helps maintain a young look. It is especially good for dispersing invading pathogenic Wind on skin. Regular use enables one to have clean and bright skin. It is even good to add a little of the drug into the bathing water. Mr. Chang Congjian, a scholar of Yizhou, had this drug over a period of more than ten years. Until he was 70 or 80, he still enjoyed a red and moistened complexion and good health. This shows the strong efficacy of the drug. The book *Doumen Fang* recorded: When Xuefeng (consumption with blood deficiency and stasis) attacked to the brain of a woman, she fell to the ground, seemingly dead. She took the powder of tender heart of Cang'er. One *qian* of the drug was force-fed with wine. It worked immediately. This is a drug that works at the topmost position of the head and brain.

[Prescriptions]

Twelve prescriptions collected previously, and
17 prescriptions collected recently.



天名精 (本经上品)

【释名】

天蔓菁别录。天门精别录。地菘唐本。莖松别录。莖与地同。玉门精别录。麦句姜本经。蟾蜍兰别录。蛤蟆蓝本经。蚶蛸草纲目。豕首本经。彘颅别录。活鹿草异苑。刘恂草音胡革反。皱面草纲目。母猪芥纲目。实名鹤虱。根名杜牛膝。



TIANMINGJING

Common carpesium

Carpesium abrotanoides

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

[Explanation of Names]

TIANMANJING

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

TIANMENJING

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

DISONG (地菘)

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

DISONG (塞松)

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

YUMENJING

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

MAIJUJIANG

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

CHANCHULAN

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

HAMOLAN

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

HEBOCAO

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

SHISHOU

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

ZHILU

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



〔恭曰〕天名精，即活鹿草也。别录一名天蔓菁，南人名为地菘，叶与蔓菁、菘菜相类，故有此名。其味甘辛，故有姜称。状如蓝，而蛤蟆好居其下，故名蛤蟆蓝。香气似兰，故又名蟾蜍兰。〔时珍曰〕天名精乃天蔓菁之讹也。其气如豕彘，故有豕首、彘颅之名。昔人谓之活鹿草，俗人因其气臊，讹为狐狸臊者，是也。尔雅云：茝藟，豕首也。郭璞注云：江东呼为豕首，可以炒蚕蛹食。〔藏器曰〕郭璞注尔雅藟麦，云即麦句姜者，非也。陶公注钓樟条云：有一草似狼牙，气辛臭，名为地菘，人呼为刘恹草，主金疮。按



HUOLUCAO

— *Yi Yuan*.

LIUHUAICAO

ZOUMIANCAO

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

MUZHUIE

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

HESHI (name of the fruit).

DUNIUXI (name of the root).

Su Gong: Tianmingjing is really Huolucao. In *Mingyi Bielu*, it is also called Tianmanjing. People in the south call the drug Disong. This is due to the fact that the leaf of the drug is similar to Manjing/shrub chaste tree or Songcai/plantula brassicae chinensis/seedling of parkchoi. So, it is called Tianmanjing (the heavenly Manjing) and Disong (the earthly Songcai). As it is sweet and pungent, so it also has the name of Maijujiang, a kind of ginger. As the drug looks like Lancao/herba eupatorii/herb of fortune eupatorium and a toad may like to rest under it, it is called Hamolan (toad Lancao). As it has a similar fragrance to Lancao, it is also called Chanchulan (toad Lancao).

Li Shizhen: Tianmingjing is a term evolved from the name Tianmanjing (the heavenly Manjing). It has a kind of smell similar to pigs, so it is also called Shishou (pig's head) and Zhilu (pig's head). People in ancient times called it Huolucao. As the drug smells as bad as a fox, it is always mistaken to think that there could be a fox around when one approaches the herb.

The book *Er Ya*: Liezeng is Shishou. Guo Pu annotated: People in the Jiangdong area call the drug Xishou. It can be used to stir-fry Canyon/pupa bombycis/silkworm pupa, which is served as a kind of food.

Chen Cangqi: Guo Pu in his annotation to the book *Er Ya* said that Qumai is also called Maijujiang, but he was wrong. In his annotation to the clause of Diaozhang, Tao Hongjing recorded: There is a kind of herb that is similar to Langya with a bad and pungent smell. It is called Disong. Local people call it Lihuaicao. It is a drug good for treating an incised wound.



异苑云：宋元嘉中，青州刘恂射一獐，剖五脏以此草塞之，蹶然而起。恂怪而拔草，便倒，如此三度。恂因密录此草种之，主折伤，愈多人，因以名之。既有活鹿之名，雅与獐事相合。陶、苏俱说是地菘，定非二物。

【正误】

〔弘景曰〕天名精即今之豨荑，亦名豨首。夏月杵汁服之，除热病。味至苦而云甘，或非是也。〔恭曰〕豨首苦而臭，名精辛而香，全不相类也。〔禹锡曰〕苏恭云：天名精南人名地菘。陈藏器本草解纷，亦言天名精为地菘。开宝本草不当重出地菘条。例宜刊削。〔时珍曰〕按沈括笔谈云：世人既不识天名精，又妄认地菘为火杓，本草又出鹤虱一条，都成纷乱。不知地菘即天名精，其叶似菘，又似蔓菁，故有二名，鹤虱即其实也。又别录有名未用壘松，即此地菘，亦系误出，今并正之，合而为一。



The book *Yi Yuan*: In the reign title Yuanjia of the Song Dynasty (960-1279) Liu Huai, a native in Qingzhou, once shot a river-deer and dissected it. Then, he stuffed the deer with a kind of herb. The deer suddenly stood up. Liu Huai wondered why this had happened and pulled out the herb. The deer fell down immediately. He stuffed the herb into the deer again and the deer stood up again. And this was repeated three times and each time the deer could stand up. Liu Huai remembered this herb and later planted it in his own garden. So this herb is named after the hunter Liu Huai. It is a drug that is good for treating an incised wound. Many people have been rescued with this herb. So, it is also called Huolucao, the herb that revives a deer. River-deer is considered a kind of deer. Since Tao Hongjing and Su Gong both thought that the herb was Disong, it must be the herb.

[Rectification]

Tao Hongjing: Tianmingjing is merely Xixian/herba siegesbekiae/herb of glandular stalk st. paulswort. It is also called Xishou. Pound the drug to get juice in summer. It eliminates the invasion of pathogenic Heat. It is a drug of very bitter taste. But some Bencao works recorded that the drug was sweet. It must be a wrong record.

Su Gong: Xishou is bitter and smells bad. Tianmingjing is pungent and smells nice. They are two different drugs.

Zhang Yuxi: Su Gong said that people in the south call Tianmingjing as Disong. Chen Cangqi in his *Bencao Shiyi* tried to clarify the matter. Chen also thought the drug was Disong. In that case, Disong should not be recorded as an independent drug in *Kaibao Bencao* (Materia Medica of Kaibao). It should be removed.

Li Shizhen: Shen Kuo in his *Mengxi Bitan* said: People do not know what is Tianmingjing. Some take Disong as Huoxian (Xixian). In *Shen Nong Bencao Jing*, Heshi was recorded as an independent drug. All these caused a lot of confusion, which should be clarified: Disong is actually Tianmanjing. Its leaf is similar to Songcai or Manjing. So, it has two names such as Tianmanjing and Disong. Heshi is just its fruit. Disong (塞松) recorded in *Mingyi Bielu* as a drug with its name recorded but not yet in use is really Disong. It is also a wrong record. So the above rectification makes



【集解】

〔别录曰〕天名精生平原川泽，五月采。〔保昇曰〕地菘也。小品方名天蔓菁，又名天芫菁。叶似山南菘菜，夏秋抽条，颇似薄荷，花紫白色，味辛而香。〔志曰〕地菘所在皆有，生人家及路旁阴处，高二三寸，叶似菘叶而小。又曰：鹤虱，出波斯者为胜。今上党亦有，力势薄于波斯者。〔恭曰〕鹤虱生西戎，子似蓬蒿子而细，合茎叶用之。〔颂曰〕天名精，江湖间皆有之，状如韩保升所说。又曰：鹤虱，江淮衡湘皆有之。春生苗，叶皱似紫苏，大而尖长，不光。茎高二尺许。七月生黄白花，似菊。八月结实，子极尖细，干即黄黑色。南人呼其叶为火杖。按火杖即豨薟，虽花实相类，而别是一物，不可杂用。〔时珍曰〕天名精嫩苗绿色，似皱叶菘芥，微有狐气。淘净炸之，亦可食。长则起茎，开小黄花，如小野菊花。结实如同蒿，子亦相似，最



it easy to understand.

[Previous Explanations]

Tianmingjing grows in plains, valleys and marshland. Collect the drug in the fifth month.

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

Han Baosheng: Disong was recorded as Tianmanjing or Tianwujing in the book *Xiaopin Fang*. Its leaf is similar to Songcai of Shannan. The stem grows in summer and autumn, which is similar to Bohe/herba menthae/herb of wild mint. The flower is purple-white. Its leaf is pungent and fragrant.

Ma Zhi: Disong is found everywhere. It grows in the gardens of farmers or on the shady side of the road. It is two to three *cun* tall. Its leaf is similar to Songcai, but smaller. Some say: Heshi/fructus carpesii/fruit of common carpesium produced in Persia is of top quality. Now, the drug can also be found in Shangdang. But the latter is not as efficacious as the former in its therapeutic effects.

Su Gong: Heshi is produced in the Xirong area. Its seed is similar to that of Tonghao/chrysanthemum coronarium but it is smaller. It can be used together with the stem and leaf.

Su Song: Tianmingjing can be found in the field among rivers and lakes. It looks like what Han Baosheng had described. Some say: Heshi is found in areas along the Yangtze River, Huaihe River, Heng and Xiang rivers. The seedling grows in spring with creased leaves similar to Zisu/herba perillae/perilla herb. It is large and long with a tip. It is not lustrous. The herb is about two *chi* tall. In the seventh month, a yellow and white flower similar to chrysanthemum grows. In the eighth month, the seed forms. It is very fine and with a sharp end. When it dries up, it turns yellow-black. People in the south call the leaf Huoxian. Annotation: Huoxian is Xixian. Although the latter has a similar flower and fruit to the former, they are after all two different drugs, which cannot be used interchangeably.

Li Shizhen: The tender Tianmingjing is green. It is as creased as Songcai or Jiecai/caulis et folium brassicae/stem and leaf of India mustard. It has a slight smell of a fox. Rinse the leaf clean and boil it. It is edible. Later, the stem will come out and a small yellow flower will bloom, which is similar



粘人衣，狐气尤甚。炒熟则香，故诸家皆云辛而香，亦巴人食负攀，南人食山柰之意尔。其根白色，如短牛膝。此物最贱，而唐本草言鹤虱出西戎，宋本草言出波斯者，何哉？盖当时人不知用之，惟西戎、波斯始知入药，且土产所宜故尔。亦首蓿云出西域，而不知中土饲马者即是也。详见豨莶下。

叶根同。

〔气味〕甘，寒，无毒。〔别录曰〕崑崙；辛，无毒。



to Yejuhua/flos chrysanthemi indici/flower of indian chrysanthemum. Its fruit and seed are similar to those of Tonghao/chrysanthemum coronarium. It is very sticky to clothes and has a strong fox smell. But when it is stir-fried, it has a good smell. That is why all Bencao works record that it is pungent and fragrant. This is just like the case of the people living in the Ba area who eat Fufan* and people in the south eat Sannai/rhizoma kaempferiae/rhizome of galanga resurrection lily. Its root is white, similar to Niuxi/radix achyranthis bidentatae/root of twotooth achyranthes, but it is shorter. The herb is quite common and inexpensive. But why is it that according to *Tang Bencao*, the drug is produced in the Xirong area while in *Kaibao Bencao* the herb is said to be produced in Persia? This is because, at first, people did not properly know the drug. People in Xirong and Persia already used it. This is just like the case of Muxu/herba medicaginis/alfalfa herb, which was produced in the Western Regions. But people did not know that, the inner land people have been using it to feed their horses for a long time without knowing the name of it. For further details, see explanations in the drug Xixian.

TIANMINGJINGYE (TIANMINGJINGGEN)

Leaf of common carpesium
(root of common carpesium)
Folium carpesii
(radix carpesii)

[Quality and Taste]

It is sweet, cold and nontoxic.

DISONG: It is pungent and nontoxic.

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

Li Shizhen: It is slightly pungent and sweet, slightly toxic. Fresh juice

*Fufan, or Fupan, refers to three things: Feilian, Xingye and Fuzhong. All are insects. Ethnic minorities in the southwest region eat them. See the respective drugs.



〔时珍曰〕微辛、甘，有小毒。生汁吐人。〔之才曰〕垣衣、地黄为之使。

〔主治〕瘀血血癥欲死，下血止血，利小便，久服轻身耐老本经。除小虫，去痹，除胸中结热，止烦渴，逐水，大吐下别录。破血生肌，止鼻衄，杀三虫，除诸毒肿，丁疮痿痔，金疮内射，身痒癩疹不止者，搯之立已唐本。地菘：主金疮，止血，解恶虫蛇螫毒，授以傅之开宝。吐痰止疟，治牙痛口紧喉痹时珍。荃松：主眩痹。别录有名未用。

〔发明〕〔时珍曰〕天名精，并根苗而言也。地菘、荃松，皆言其苗叶也。鹤虱，言其子也。其功大抵只是吐痰止



of the drug induces vomiting.

Xu Zhicai: Yuanyi and Dihuang/radix rehmanniae/rhizome of rehmannia are its guiding drugs.

[Indications]

It is good for treating Xuejia (mass of blood stasis due to overstrain in menstruation) that makes the patient feel as if she is going to die. It treats hematochezia. It stops bleeding and facilitates urination. Long-term use makes one feel happy and gay and able to enjoy a long life.

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

It kills small worms. It treats arthralgia with numbness. It eliminates accumulated pathogenic Heat in the chest, quenches thirst and relieves restlessness. It disperses fluid-retention. It induces vomiting and diarrhea in an excessive way.

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

It removes blood stasis and helps the growth of flesh. It stops epistaxis, kills three worms, eliminates pyogenic infection, treats furuncle, sores, fistula and hemorrhoids, and incised wounds with internal infection. Rub the drug onto the affected part to relieve itching in urticaria. It works immediately.

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

Disong is good for treating an incised wound and stopping bleeding. It detoxifies toxin due to bite and sting of snake and vicious insects. Pound the drug and apply it to the affected part.

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

Li Shizhen: It induces vomiting to bring out excessive phlegm and treats malaria. It relieves toothache, lockjaw and throat inflammation.

It is good for treating vertigo and arthralgia with numbness.

It is a drug with its name recorded but not yet in use in *Mingyi Bielu (Records of Famous Doctors)*.

[Explication]

Li Shizhen: When the name Tianmingjing is mentioned, it indicates the root and seedling. When Disong is mentioned, it indicates its seedling and



血杀虫解毒，故搗汁服之能止痰症，漱之止牙疼，按之傅蛇咬，亦治猪瘟疫也。按孙天仁集效方云：凡男妇乳蛾喉咙肿痛，及小儿急慢惊风牙关紧急不省人事者。以鹤虱草，一名皱面草，一名母猪芥，一名杜牛膝，取根洗净捣烂，入好酒绞汁灌之，良久即苏。仍以渣傅项下，或醋调搽亦妙。朱端章集验方云：余被檄任淮西幕府时，牙疼大作。一刀镊人以草药一捻，汤泡少时，以手蘸汤搨痛处即定。因求其方，用之治人多效，乃皱面地菘草也，俗人讹为地葱。沈存中笔谈专辨地菘，其子名鹤虱，正此物也。钱季诚方：用鹤虱一枚，擢置齿中。高监方：以鹤虱煎米醋漱口，或用防风、鹤虱煎水噙漱，仍研草塞痛处，皆有效也。

〔附方〕旧二，新九。（略）



leaf. Heshi is the fruit of the herb. The efficacy of the drug can be summarized as follows:

- to vomit out excessive phlegm;
- to stop bleeding;
- to kill worms; and
- to detoxify toxin.

Pound the drug into juice. Drink the juice to stop malaria due to excessive phlegm. To stop toothache, rinse mouth with the juice. Pound the drug to apply to treat snakebite. It is also effective in treating swine fever. Sun Tianren in his book *Jixiao Fang* said: To treat tonsillitis and throat inflammation, or infantile chronic or acute convulsions with lockjaw and loss of consciousness, wash clean and pound Tianmingjing (also called Heshicao, Zoumiancao, Muzhujie or Duniuxi) into paste. Blend the paste with good wine and squeeze it to get juice. Force-feed the juice. After a while, the patient will come to himself again. Also apply the dregs of the drug to the neck. Or blend the dregs with vinegar and rub the affected part. Zhu Duanzhang in his book *Jiyan Fang* recorded his own experience: While I was honored to become Mufu (an official title) of Huaixi, I suddenly suffered from toothache, I was treated by a knife seller, who soaked a pinch of medicinal powder in hot water for a while and then dipped his finger into the soup and rubbed my teeth. The pain was gone immediately. So, I asked him about the prescription and he told me. It was Zoumiandisongcao (Tianmingjing). Later, using this prescription, I treated quite a number of people suffering from toothache. Local people called it Dicong. Shen Cunzhong in his book *Mengxi Bitan* talked about Disong and argued that its fruit was just Heshi. Prescription provided by Doctor Qian Jicheng: Insert one piece of Heshi into the teeth. It relieves toothache. Prescription of Doctor Gao Jian: The following prescriptions are good for treating toothache: Simmer Heshi in rice vinegar to make a decoction. Rinse the mouth with the decoction. Or simmer Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia and Heshi in water to make a decoction to rinse the mouth. Or, grind the drug and insert it in the slit where there is pain.



鹤虱唐本草

〔气味〕苦，平，有小毒。〔大明曰〕凉，无毒。

〔主治〕蛔蛲虫。为散，以肥肉臄汁服方寸匕，亦入丸散用唐本。虫心痛。以淡醋和半匕服，立瘥开宝。杀五脏虫，止疟，傅恶疮大明。

〔发明〕〔颂曰〕鹤虱，杀虫方中为最要药。古今录验方：疗蛔咬心痛，取鹤虱十两，捣筛蜜丸梧子大，以蜜汤空腹吞四五十丸。忌酒肉。韦云患心痛十年不瘥，于杂方内



[Prescriptions]

Two prescriptions collected previously, and nine prescriptions collected recently.

HESHI

Fruit of common carpesium

Fructus carpesii

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

[Quality and Taste]

It is bitter, plain and slightly toxic.

Da Ming: It is cool and nontoxic.

[Indications]

It is good for killing roundworm and pinworm. Grind the drug into powder. Take one *fangcunbi* of the powder with soup of fat meat. It can also be processed into pills and medicinal powder.

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

It is good for relieving epigastric pain due to parasitosis. Blend half a *qianbi* of the powder with light vinegar. It will reduce the pain immediately.

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

Da Ming: It kills parasites in Five Viscera, stops malaria and can be applied to treat malignant sores.

[Explication]

Su Gong: Heshi is a very important drug in killing different kinds of worms. A prescription from the book *Gujin Luyan*: The prescription is good for treating epigastric pain due to ascariasis. Pound 10 *liang* of Heshi and then screen it. Make pills with honey the size of a parasol seed. Swallow 40 to 50 pills with honey soup before meal. Wine and meat are prohibited. Mr. Wei Yun, having suffered from epigastric pain due to parasitosis for more than 10 years, found the prescription in a book and tried it himself. He got well after taking one dose of the drug. Another prescription from the book

见，合服之便愈。李绛兵部手集方，治小儿蛔虫啮心腹痛，亦单用鹤虱研末，以肥猪肉汁下之。五岁一服二分，虫出即止也。



Bingbu Shouji of Li Jiang: It is a prescription good for treating infantile epigastric and abdominal pain due to parasitosis, Grind Heshi into powder. Wash it down with soup of fat pork. Serve two *fen* of the powder for a child of five years. Worms will be defecated.



豨豨 (音喜欬。唐本)

【释名】

希仙纲目。火欬草唐本。猪膏莓唐本。虎膏唐本。狗膏唐本。粘糊菜救荒。

〔时珍曰〕韵书：楚人呼猪为豨，呼草之气味辛毒为豨。此草气臭如猪而味豨螫，故谓之豨豨。猪膏、虎膏、狗膏，皆因其气，以及治虎狗伤也。火欬当作虎豨，俗音讹





XIXIAN

Glandular stalk St. paulswort
Siegesbeckia orientalis L.,
Siegesbeckia pubescens Makino,
Siegesbeckia glabrescens Makino
— *Tang Bencao (Materia Medica of the Tang Dynasty)*.

[Rectification]

Zhugaomei recorded in *Tang Bencao* is removed to join this clause.

[Explanation of Names]

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

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

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

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

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

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

Li Shizhen: People in the Chu area call a pig Xi and call the pungent and toxic flavor of herb as Xian. So, the name Xixian indicates a kind of herb that smells piggy and foul. The names Zhugao (pig paste), Hugao (tiger paste) or Gougao (dog paste) are all given after its smell or due to its efficacy of curing the wounds of dog and tiger. Huoxian (the fire Xian) should be Huxian (tiger Xian), which must be a mistake in copying. Recently, peo-



尔，近人复讹豨莶为希仙矣。救荒本草言其嫩苗炸熟，浸去苦味，油盐调食，故俗谓之粘糊菜。

【集解】

〔恭曰〕豨莶，田野皆识之，一名火杖。叶似酸浆而狭长，花黄白色。三月、四月采苗叶暴干。又曰：猪膏莓，生平泽下湿地，所在皆有。一名虎膏，一名狗膏。叶似苍耳，茎圆有毛。〔颂曰〕豨莶处处有之。春生苗，叶似芥叶而狭长，文粗。茎高二三尺。秋初有花如菊。秋末结实，颇似鹤虱。夏采叶，暴干用。〔藏器曰〕猪膏草，叶似荏有毛。〔保昇曰〕猪膏叶似苍耳，两枝相对，茎叶俱有毛，黄白色，五月、六月采苗，日干。〔时珍曰〕按苏恭唐本草谓豨莶似酸浆，猪膏莓似苍耳，列为二种。而成纳进豨莶丸表，言此药与本草所述相异，多生沃壤，高三尺许，节叶相对。张咏豨莶丸



ple even mistake the name Xixian (豨薟) for Xixian (希仙). In *Jiuhuang Bencao*, it is recorded that the tender seedling of the herb can be boiled and then soaked in water for a while to get rid of its bitter taste. Blended with oil and salt, it can be eaten as food. Local people call it Nianhucai (sticky vegetable).

[Previous Explanations]

Su Gong: People living in the country all know what Xixian is. It is also called Huoxian. Its leaf is similar to Suanjiang/herba physalis/herb of franchet ground cherry, but it is narrower and longer. Its flower is yellow-white. Collect the seedling and leaf in the third and fourth months. Dry the drug in the sun. Some say: Zhugaomei grows in low and damp land on the plain. It can be found everywhere. It is also called Hugao or Gougao. Its leaf is similar to Cang'er/herba xanthii/herb of siberian cocklebur. Its stem is round and covered with hair.

Su Song: Xixian can be found everywhere. The seedling grows in spring. Its leaf is similar to Jiecai/caulis et folium brassicae/stem and leaf of indian mustard but it is narrower and longer, with coarse texture. Its stem is two to three *chi* tall. In early autumn, a flower similar to chrysanthemum blooms. The fruit is formed in late autumn, similar to Heshi/fructus carpesii/fruit of common carpesium. Collect the leaf in summer and dry it in the sun.

Chen Cangqi: The leaf of Zhugaocao (Xixian) is similar to that of Ren/perilla frutescens/common perilla. The leaves grow in opposition in pairs. Its stem and leaf are covered with yellow and white hair. Collect the leaf in the fifth and sixth months and dry it in the sun.

Li Shizhen: Su Gong in his *Tang Bencao* said that Xixian was similar to Suanjiang and Zhugaomei was similar to Cang'er. It seems that Xixian and Zhugaomei are two different drugs. Doctor Cheng Na, in his memorial of Xixian Wan (Pills of Xixian) submitted to the emperor, said that this drug was actually different from that described by Bencao works. The drug was found in fertile land, three *chi* tall, with its leaves growing on nodes. Doctor Zhang Yong, in his memorial of Xixian Wan (Pills of Xixian) to the emperor, said the herb had a golden angle and silver thread on the plain



表，言此草金棱银线，素茎紫萼，对节而生，蜀号火杖，茎叶颇同苍耳。又按沈括笔谈云：世人妄认地菘为火杖。有单服火杖法者，乃是地菘，不当用火杖。火杖乃本草名猪膏莓者，后人不识，重复出条也。按此数说各异，而今人风痹多用豨莶丸，将何适从耶？时珍尝聚诸草订视，则猪膏草素茎有直棱，兼有斑点，叶似苍耳而微长，似地菘而稍薄，对节而生，茎叶皆有细毛。肥壤一株分枝数十。八九月开小花，深黄色，中有长子如同蒿子，外萼有细刺粘人。地菘则青茎，圆而无棱，无斑无毛，叶皱似菘芥，亦不对节。观此则似与成张二氏所说相合。今河南陈州采豨莶充方物，其状亦是猪膏草，则沈氏谓豨莶即猪膏莓者，其说无疑矣。苏恭所谓似酸浆者，乃龙葵，非豨莶，盖误认尔。但沈氏言世间单服火杖，乃是地菘，不当用猪膏莓，似与成张之说相反。今



stem. The root was purple and the leaves grew on nodes. It was called Huoxian in Sichuan. Its stem and leaf were similar to that of Cang'er. Shen Kuo said in his book *Mengxi Bitan* that people thought that Disong was really Huoxian. There was a prescription of taking Huoxian. But actually the drug should be Disong, not Huoxian. Huoxian was recorded in *Bencao* works as Zhugaomei. As people in later times did not know that the two drugs were different, so Huoxian was recorded as an independent drug, which was a redundancy. According to the above records, we find a varied explanation of the drug. Now, doctors often use Xixian Wan (Pill of Xixian) to treat arthralgia due to attack of pathogenic Wind. How could doctors make sure that they used the right drug? To solve this problem, I collected the drugs and made a careful study of them. The result is as follows:

Zhugaocao: Its stem is plain with a straight angle, covered with colored dots. Its leaf is similar to that of Cang'er, but it is slightly longer. It also looks like leaf of Disong, but it is slightly thinner. They grow on the nodes in opposition. Its stem and leaf are all covered with fine hair. On fertile land, one herb can have several dozen branches. A small, dark yellow flower blooms in the eighth and ninth months, and a long fruit grows in the middle, which is similar to fruit of Tonghao/chrysanthemum coronarium. Outside the calyx, there are stinging thorns.

Disong: Its stem is blue-green and round, without any angle. There are no colored dots or hair. Its leaf is as creased as Songcai/plantula brassicae chinensis/seedling of parkchoi or Jiecai/caulis et folium brassicae/stem and leaf of indian mustard. The leaves do not grow on the nodes.

The above analysis seems to be in conformity with what Doctor Cheng Na and Zhang Yong said in their memorials. Now, in Chenzhou of Henan, people collect Xixian to sell as a native produce. The drug is the same as Zhugaocao. So, Shen Kuo was correct in saying that Xixian is just Zhugaomei. What Su Gong said, that Xixian looks like Suanjiang, is not right. What he described is not Xixian. It is Longkui/herba solani nigri/herb of black nightshade. But Shen Kuo said that people treated Huoxian independently. And Huoxian was really Disong. Zhugaomei should not be used. What Shen Kuo said was not in conformity with what Cheng Na and Zhang Yong said.



按豨莶、猪膏莓条，并无治风之说。惟本经地菘条，有去痹除热，久服轻身耐老之语，则治风似当地菘。然成张进御之方，必无虚谬之理。或者二草皆有治风之功乎？而今服猪膏莓之豨莶者，复往往有效。其地菘不见有服之者。则豨莶之为猪膏，尤不必疑矣。

豨莶【气味】

苦，寒，有小毒。又曰：猪膏莓：辛、苦，平，无毒。

〔藏器曰〕有小毒。苏恭曰，猪膏无毒，误矣。

【主治】

豨莶：治热暈烦满不能食。生捣汁三合服，多则令人吐。又曰：猪膏莓：主金疮止痛，断血生肉，除诸恶疮，消浮肿。捣封之，汤渍散傅并良苏恭。主久疟痰阴，捣汁服取吐。捣傅虎伤、狗咬、蜘蛛咬、蚕咬、蠮螋溺疮藏器。治肝



Checking the clauses of Xixian and Zhugaomei, we cannot find their efficacy of dispersing pathogenic Wind. Only in the clause of Disong in *Shen Nong Bencao Jing* is it recorded that Disong is good for treating arthralgia and dispersing pathogenic Heat, and that long-term use of the drug makes one feel happy and able to enjoy a long life. So, it seems that Disong can be used in treating a disease caused by invasion of pathogenic Wind. But the memorials presented to the emperor by Cheng Na and Zhang Yong must be serious. They must have their reasons to say so. Perhaps both drugs have the efficacy of dispersing pathogenic Wind. This is proven by the fact that when Xixian is used as Zhugaomei in making a prescription, it works effectively in the dispersion of pathogenic Wind. But it does not seem to be possible that Disong is used as a drug of Wind-dispersion. From this, we can understand that Xixian is merely Zhugaomei. There should be no more doubt about it.

[Quality and Taste]

It is bitter, cold and slightly toxic. Also, Zhugaomei: It is pungent, bitter, plain and nontoxic.

Chen Cangqi: It is slightly toxic.

Su Gong: It should be Zhugao, not Zhugaomei.

[Indications]

Su Gong: Xixian: It is good for dispersing hidden pathogenic Heat that brings restlessness, fullness and anorexia. Pound the drug to get juice. Take three *ge* of the juice per dose. Overdosing will induce vomiting. Also, Zhugaomei: It is good for treating an incised wound, stopping pain and bleeding and promoting growth of flesh. It is good for treating malignant sores and eliminating puffy edema. Pound the drug and apply it onto the affected part. Or, soak the drug in hot water and wash the affected part. Or, grind the drug into powder and apply it to the affected part.

Chen Cangqi: It is good for treating chronic malaria and Tanyin fluid-retention syndrome. Pound the drug to get juice. Take the juice to induce vomiting. Pound the drug to apply to treat the bite of a tiger, dog, spider and silkworm, and sores due to exposure to earwig urine.



肾风气，四肢麻痹，骨痛膝弱，风湿诸疮时珍。

【发明】

〔颂曰〕蜀人单服豨荑法：五月五日、六月六日、九月九日，采叶，去根茎花实，净洗暴干。入甑中，层层洒酒与蜜蒸之，又暴。如此九过，则气味极香美。熬捣筛末，蜜丸服之。云甚益元气，治肝肾风气，四肢麻痹，骨间疼，腰膝无力者，亦能行大肠气。诸州所说，皆云性寒有小毒，与唐本同。惟文州及高邮军云：性热无毒。服之补益，安五脏，生毛发，兼主风湿疮，肌肉顽痹，妇人久冷尤宜用。须去粗茎，留枝叶花实蒸暴。两说不同。岂单用叶则寒而有毒，并枝花实则热而无毒乎？抑土地所产不同而然欤？〔时珍曰〕生捣汁服则令人吐，故云有小毒。九蒸九暴则补人去痹，故



Li Shizhen: It is good for dispersing the invading pathogenic Wind in the Liver and the Kidney. It treats numbness of the extremities, osteodynia and debilitated knees. It also treats sores due to attack of pathogenic Wind and Humidity.

[Explication]

Su Song: People living in Sichuan use Xixian in the following way:

Collect the leaf of the drug on the fifth day of the fifth month, sixth day of the sixth month and ninth day of the ninth month. Take off the root, stem, flower and fruit. Wash the leaf clean and dry it in the sun. Place the drug layer by layer in a big jar. Spread wine and honey on each layer. Steam the whole thing. Then, dry the drug in the sun again. Repeat that nine times. The drug becomes very fragrant. Simmer the drug, pound it and screen it to get powder. Make pills with honey. It is said that use of the drug is very good for reinforcing the Yuanqi (Primordial Vital Energy). It is good for dispersing invading pathogenic Wind in the Liver and the Kidney. It is also effective in treating numbness and arthralgia of the extremities, osteodynia and debilitated knees and waist. It also activates the flow of qi in the large intestine. Records in different prefectures all say that the drug is cold and slightly toxic, which is the same as the record of *Tang Bencao*. But records in *Wenzhou* and *Gaoyoujun* are different: The drug is hot in quality and nontoxic. It tonifies a deficient condition. It pacifies the Five Viscera, helps hair growth, and treats sores due to invasion of pathogenic Wind and Humidity and numbness and arthralgia of the muscle. It is especially good for a woman who suffers from an overwhelming feeling of cold. Big stems should be taken out. Steam the twig, leaf, flower and fruit and then dry the drug in the sun. From the above records, we can see the difference. How could it be possible that when the leaf is used, the drug is cold and toxic but when twig, leaf, flower and fruit are used, the drug becomes hot and nontoxic? Is it because drugs produced in different locations have different efficacies?

Li Shizhen: When the fresh drug is pounded into juice, its consumption will induce vomiting. So, it is said to be slightly toxic. When the drug is steamed and dried nine times, it becomes a drug that tonifies the deficiency



云无毒。生则性寒，熟则性温，云热者非也。〔慎微曰〕按江陵府节度使成讷进豨莶丸方表略云：臣有弟沂，年三十一中风，伏枕五年，百医不瘥。有道人钟针因睹此患，曰：可饵豨莶丸必愈。其草多生沃壤，高三尺许，节叶相对。当夏五月以来收之，每去地五寸剪刈，以温水洗去泥土，摘叶及枝头。凡九蒸九暴，不必太燥，但以取足为度。仍熬捣为末，炼蜜丸如梧子大，空心温酒或米饮下二三十丸。服至二千丸，所患忽加，不得忧虑，是药攻之力。服至四千丸，必得复故。至五千丸，当复丁壮。臣依法修合，令沂服之，果如其言。服后须吃饭三五匙压之。五月五日采者佳。奉敕宣付医院详录。又知益州张咏进豨莶丸表略云：切以餐石饮水，可作充肠之馔；饵松含柏，亦成救病之功。是以疗饥者不在于羞珍，愈病者何烦于异术？倘获济时之药，辄陈鄙物之



and disperses arthralgia and numbness. So it is said that the drug is nontoxic. When the drug is fresh, it is cold. After it is prepared, it becomes warm. It is not hot.

Tang Shenwei: Cheng Na, official title Jiedushi, of Jianglingfu, submitted his memorial about Xixian Wan (Pills of Xixian) to the emperor. In it, he reported the following case: “Cheng Xin, my younger brother, fell into apoplexy five years ago at the age of thirty-one. He stayed in his bed thereafter. Numerous doctors were sent for and there seemed to be no improvement of his condition. One day, a Taoist named Zhong Zhen saw my brother and said that Xixian Wan could be used to treat this syndrome. Xixian is an herb that grows on fertile land. It is about three *chi* tall and the leaves grow on nodes. Collect the drug in the fifth month. Cut the herb at a position five *cun* above the ground. Wash it with warm water. Pick the leaf and the tender heart. Steam the drug and then dry it in the sun. Repeat that nine times. Do not overdo it. Simmer the drug and then pound it into powder. Make pills with honey the size of a parasol seed. Take 20 to 30 pills before meal with warm wine or rice soup. After 2,000 pills have been taken, the patient suddenly feels even worse, but do not worry. This is an action of the drug. When 4,000 pills have been taken, there will be another recurrence. Continue the medication until 5,000 pills are taken. By then the patient will become very strong. I prepared the drug as instructed and served it to my brother. It worked just as anticipated. After taking the drug, three to five spoons of rice should be taken to suppress it. The drug collected on the fifth day of the fifth month is the best. The memorial was recorded in detail by the Imperial hospital as the emperor wished. Another memorial to the emperor was submitted by Zhang Yong, governor of Yizhou. His memorial of Xixian Wan went: Your humble servant thinks that by eating stones and drinking water, one can find wonderful things to stuff in one’s stomach and by eating pine and cypress, one may find miraculous drugs for one’s disease. So, to feed a hungry person, not only delicious and expensive foods can do, and to treat a disease, drugs of unique features can be used, too. When a drug works to treat a spreading disease, even if it is humble and very common, it still should be presented to the public. Your humble servant will submit such a thing to Your Majesty for your reference. In the



形。不耻管窥，辄干天听。臣因换龙兴观，掘得一碑，内说修养气术，并药方二件。依方差人访问采觅，其草颇有异，金棱银线，素茎紫莖，对节而生。蜀号火杖，茎叶颇同苍耳。不费登高历险，每常求少获多。急采非难，广收甚易。倘勤久服，旋见神功。谁知至贱之中，乃有殊常之效。臣自吃至百服，眼目清明。即至千服，髭须乌黑，筋力轻健，效验多端。臣本州有都押衙罗守一，曾因中风坠马，失音不语。臣与十服，其病立瘥。又和尚智严，年七十，忽患偏风，口眼喎斜，时时吐涎。臣与十服，亦便得瘥。今合一百剂，差职员史元奏进。

【附方】

新五。（略）



reconstruction of a Taoist temple named Dragon Head Temple, we dug out a stone tablet on which inscriptions were found about life prolongation, and two prescriptions. According to the description of the drug, I sent people to investigate. The result is as follows: The drug is quite extraordinary. It has a plain stem with a gold angle and silver thread and purple root. Leaves grow on the nodes. In Sichuan the drug is called Huoxian. Its stem and leaf are similar to those of Cang'er. It is really not difficult to find. Normally, people have to climb steep mountains to get such miraculous drugs. It is easy to get this drug if it is used in emergency and to get bulk quantity is not a difficult task. But, if one can have the drug regularly, miraculous effects result. This is a drug of easy reach, but it works miraculously. I tried this drug myself. When I finished 100 doses, I felt a great improvement in my eyesight. When 1,000 doses had been finished, my gray beard and hair turned black and I felt young again. Mr. Luo Shouyi, a military officer in my office, had fallen down from a horse when suffering apoplexy. He lost his ability to speak. I gave him 10 doses of the drug and he recovered. Zhi Yan, a Buddhist monk, suddenly suffered from hemiplegia at the age of 70 with deviation of the eyes and mouth and profuse salivation. I also gave him 10 doses of the drug, and he was cured, too. Now, I have carefully prepared 100 doses of the drug and send Shi Yuan, of my staff, to submit it to Your Majesty."

[Prescriptions]

Five prescriptions collected recently.



芦 (别录下品)

【释名】

苇音伟。葭音加。花名蓬蓂唐本。笋名蘧音拳。

〔时珍曰〕按毛萇诗疏云：苇之初生曰葭，未秀曰芦，长成曰苇。苇者，伟大也。芦者，色卢黑也。葭者，嘉美也。

【集解】

〔恭曰〕芦根生下湿地。茎叶似竹，花若荻花，名蓬蓂。二月八月采根，日干用。〔颂曰〕今在处有之，生下湿陂泽中。其状都似竹，而叶抱茎生，无枝。花白作穗若茅花。根



LU

Reed

Phragmites communis Trin.

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

[Rectification]

The drug Jiangzhongcaichulu in *Bencao Shiyi* is removed to join this clause.

[Explanation of Names]

WEI

JIA

PENGNONG (the flower)

QUAN (the tender leaf)

Li Shizhen: Mao Chang in his book *Shi Shu* said: The new bud of reed is called Jia. It is called Lu before it flowers and it is named Wei when it gets ripe. Wei means “great.” Lu means “black.” Jia means “beautiful.”

[Previous Explanations]

Su Gong: Reeds grow on low and damp land. Its stem and leaf are similar to bamboo. Its flower is similar to Dihua/*flos sorghi vulgaris*/flower of sorghum. It is called Pengnong. Collect the root in the second and eighth months and dry it in the sun.

Su Song: Now, the herb is found everywhere. It grows in damp land or in the water. The herb looks like bamboo. Leaves grow around the stem. There is no branch. White flowers flock to make a spike similar to Maohua/*flos imperatae*/flower of lalang grass. Its root is also similar to bamboo root, but with fewer nodes. The root collected from underwater is sweet, pungent and bitter. The root above the water or floating on the water cannot be used.



亦若竹根而节疏。其根取水底味甘辛者。其露出及浮水中者，并不堪用。按郭璞注尔雅云：葭即芦也。苇即芦之成者。莢，菴。似苇而小，中实，江东呼为乌菴（音丘）。或谓之莢，即荻也。至秋坚成，即谓之萑（音桓）。蒹似萑而细长，高数尺，江东谓之蒹。其花皆名为芳（音调）。其萌皆名蘄，堪食如竹笋。若然，则芦苇通为一物也。所谓蒹，乃今作帘者是也。所谓莢者，今以当薪者是也。而人罕能别蒹莢与芦苇也。又北人以苇与芦为二物。水旁下湿所生者皆名苇。其细不及指大，人家池圃所植者，皆名芦。其干差大，深碧色者，谓之碧芦亦难得。然则芦苇皆可通用矣。

〔时珍曰〕芦有数种：其长丈许中空皮薄色白者，葭也，芦也，苇也。短小于苇而中空皮厚色青苍者，莢也，菴也，荻也，萑也。其最短小而中实者蒹也，蒹也。皆以初生、已成得名。其身皆如竹，其叶皆长如箬叶，其根入药，性味皆同。其未解叶者，古谓之紫箬。〔斆曰〕芦根须要逆水生，并黄泡肥厚者，去须节并赤黄皮用。

根

〔气味〕甘，寒，无毒。



Guo Pu in his annotation to the book *Er Ya* said: Jia is merely Lu. And Wei is the ripe reed. Tan and Wan, similar to reed but smaller and with solid stem, are called Wuqiu or Tian by people in the Jiangdong area. It is actually Di. In autumn, the herb becomes tough and is then called Huan. Another herb called Jian is similar to Huan, but it is finer and longer. It is several *chi* tall and is called Jian by Jiangdong people. Its flower is called Diao. The new bud of all the above herbs is called Quan, which can be eaten the way Zhusun/gemma bambusae/bamboo shoot is eaten. So Lu and Wei are actually one thing. Jian is a kind of reed that is used to make screens. Wan is a kind of reed used as firewood. But it is seldom that people can tell Jian and Tan from Lu and Wei. People in the north consider Wei and Lu as two different herbs. That growing in the water or on the bank is called Wei. Its stem is thin, no thicker than a finger. Planted in farmer's gardens, the herb is very thick and tall. That being dark green is called Bilu and is a rare species. Nevertheless, Lu and Wei can be used inter-changeably.

Li Shizhen: There are several species of Lu: The one that is 10 *chi* tall with a hollow and thin stem of white color is called Jia, or Lu, or Wei. The one that is shorter with a hollow and thick stem of dark green color is called Tan, Wan, Di and Huan. The one that is shortest of all, with a solid stem, is called Jian and Lian. The names are given after its buds and the ripe herbs. All the species have shapes similar to bamboo. Their long leaves are similar to Ruoye. Their roots are all good for medical use, and they have the same efficacy. The leaf of the herb was not recorded in previous Bencao works. It was called Zituo in ancient times.

Lei Xiao: Lugen/rhizoma phragmitis/reed rhizome grows in the water with a counter-current. The yellow and plump root is the best part. Take off the fibrous root, the node and red-yellow peel.

LUGEN

Reed rhizome

Rhizoma phragmitis

[Quality and Taste]

It is sweet, cold and nontoxic.



〔主治〕消渴客热，止小便利别录。疗反胃呕逆不下食，胃中热，伤寒内热，弥良苏恭。解大热，开胃，治噎啜不止甄权。寒热时疾烦闷，泻痢人渴，孕妇心热大明。

笋

〔气味〕小苦，冷，无毒。〔宁原曰〕忌巴豆。

〔主治〕膈间客热，止渴，利小便，解河豚及诸鱼蟹毒。宁原解诸肉毒。时珍

〔发明〕〔时珍曰〕按雷公炮炙论序云：益食加筋，须煎芦、朴。注云：用逆水芦根并厚朴二味等分，煎汤服。盖芦根甘能益胃，寒能降火故也。



[Indications]

It is good for treating diabetes with thirst and guest heat. It treats incontinence.

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

Su Gong: It is good for treating regurgitation, nausea, vomiting and anorexia. It eliminates pathogenic Heat in the Stomach and invading Heat in febrile disease caused by Cold.

Zhen Quan: It disperses excessive pathogenic Heat, whets the appetite and stops incessant retching and nausea.

Da Ming: It is good for treating epidemic disease with chills and fever and restlessness. It quenches thirst of a patient suffering from diarrhea and Heat in the heart of a pregnant woman.

LUSUN

Reed bud and leaf

Gemma et folium phragmitis

[Quality and Taste]

It is slightly bitter, cold and nontoxic.

Ning Yuan: Badou/fructus crotonis/croton seed should be prohibited.

[Indications]

Ning Yuan: It disperses guest Heat resting among the diaphragm. It quenches thirst, facilitates urination and detoxifies toxin of Hetun/musculus fugu/globefish muscle and toxin of fish and crab.

Li Shizhen: It removes the toxins of meats.

[Explication]

Li Shizhen: In the preface of *Lei Gong Paozhi Lun (Lei Gong's Treatises on Preparation of Drugs)* it is stated that it helps digestion. Simmer Lugen and take it. Annotation: Simmer equal amounts of Lugen collected in water with a counter-current and Houpo/cortex magnoliae officinalis/bark of officinal magnolia to make a decoction. Lugen can protect the stomach

〔附方〕旧六，新六。（略）

茎、叶

〔气味〕甘，寒，无毒。

〔主治〕霍乱呕逆，肺痈烦热，痈疽。烧灰淋汁，煎膏，蚀恶肉，去黑子时珍。莠：治金疮，生肉灭瘢。徐之才。江中采出芦：令夫妇和同，用之有法藏器。

〔发明〕〔时珍曰〕古方煎药多用劳水及陈芦火，取其水不强，火不盛也。芦中空虚，故能入心肺，治上焦虚热。

〔附方〕新七。（略）





as it is sweet and bring down the pathogenic Fire as it is cold.

[Prescriptions]

Six prescriptions collected previously, and
six prescriptions collected recently.

LUJING and LUYE

Reed stem and leaf
Caulis et folium phragmitis

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

Li Shizhen: It is good for treating cholera with nausea and adverse ascending gas, pulmonary abscess with restlessness and fever. It treats carbuncle and phlegmon. Burn the drug into ash and soak it in water. Filter the water and simmer it until it becomes paste. It can be applied to eat away malignant sores and eliminate black nevus.

Xu Zhicai: Tuo (Luye/foUium phragmitis/reed leaf) is good for treating an incised wound. It helps new flesh grow and eliminates cicatrix.

Chen Cangqi: Jiangzhongcaichulu (reed collected from the middle of a large river) should be processed by both husband and wife. It should be used in a special way.

[Explication]

Li Shizhen: In ancient prescriptions, the cooking of drugs should use Laoshui (Ganlanshui, water that has been splashed for a thousand times) and fire made of long-stored reed. This is because water and the fire are not very strong. As Luwei/caulis phragmitis/reed stem is hollow, it functions on the Heart and Lung. It clears pathogenic Heat of deficient nature in the Shangjiao (the Upper-Jiao, the Upper Warmer).

[Prescriptions]

Seven prescriptions collected recently.

甘蔗 (别录下品)

【释名】

芭蕉衍义。天苴史记注。芭苴

〔时珍曰〕按陆佃埤雅云：蕉不落叶，一叶舒则一叶焦，故谓之蕉。俗谓干物为巴，巴亦蕉意也。稽圣赋云：竹布实而根苦，蕉舒花而株槁。芭苴乃蕉之音转也。蜀人谓之天苴。曹叔雅异物志云：芭蕉结实，其皮赤如火，其肉甜如蜜，四五枚可饱人，而滋味常在牙齿间，故名甘蔗。

【集解】

〔弘景曰〕甘蔗本出广州。今江东并有，根叶无异，惟子不堪食耳。〔恭曰〕甘蔗出岭南者，子大味甘；北间者，





GANJIAO

Plantain banana

Musa paradisiaca L. Var. *sapientum* (L.) O. ktze.

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

[Explanation of Names]

BAJIAO

— *Bencao Yanyi* (*Materia Medica Annotated by Kou Zongshi*).

TIANJU

— *Shiji Zhu* [*Annotation to Shi Ji (Records of the Historian)*]

BAJU

Li Shizhen: Lu Dian said in his work *Bei Ya*: The leaf of Bajiao does not fall off. When a new leaf grows and spreads about, the old leaf will wither. So, it is called Jiao (“wither”). When something is dry, it is colloquially called Ba. So, the term Bajiao means something that withers.

The book *Jisheng Fu*: When bamboo bears fruit, its root becomes bitter. When the flower of Bajiao spreads about, its stem withers. Baju is a native pronunciation of Bajiao. People in Sichuan call it Tianju. Cao Shuya in his book *Yiwu Zhi* said: The fruit of Bajiao has its peel as red as fire and its pulp as sweet as honey. Eating four or five will make one feel quite full, with a lingering flavor in the mouth. So it is called Ganjiao, the sweet banana.

[Previous Explanations]

Tao Hongjing: Ganjiao has long been produced in Guangzhou, but is now also produced in the Jiangdong area. That produced in Jiangdong has the same root and leaf, but its fruit is too bad to be eaten.

Su Gong: Ganjiao produced in the south of the Five Ridges has big and tasty fruit. That produced in the north has a flower but no fruit.



但有花无实。〔颂曰〕今二广、闽中、川蜀皆有，而闽广者实极甘美可啖，他处虽多，而作花者亦少，近时中州种之甚盛，皆芭蕉也。其类亦多。有子者名甘蔗，卷心中抽干作花。初生大萼，似倒垂菡萏，有十数层、层皆作瓣，渐大则花出瓣中，极繁盛。红者如火炬，谓之红蕉。白者如蜡色，谓之水蕉。其花大类象牙，故谓之牙蕉。其实亦有青黄之别，品类亦多，最甘美，曝干可寄远，北土得之以为珍果。其茎解散如丝，闽人以灰汤练治，纺绩为布，谓之蕉葛。〔宗奭曰〕芭蕉三年以上即有花，自心中抽出，一茎止一花，全如莲花，瓣亦相似，但色微黄绿，中心无蕊，悉是花叶也。花头常下垂，每一朵自中夏开，直至中秋后方尽，凡三叶开则三叶脱落也。〔时珍曰〕按万震南州异物志云：甘蔗即芭蕉，乃草类也。望之如树株，大者一围余。叶长丈许，广尺余至二尺。其茎虚软如芋，皆重皮相裹。根如芋魁，青色，大者如车毂。花着茎末，大如酒杯，形色如莲花。子各为房，实随花长，每花一闾，各有六子，先后相次，子不俱



Su Song: Now, the plant is found in south of the Five Ridges, Fujian and Sichuan. That produced in Guangdong, Guangxi and Fujian has very delicious fruit. But few of the plant found in other places have flowers. Now, in the Zhongzhou area, people plant a lot of them. They are all Bajiao. There are many species. The plant that bears fruit is called Ganjiao. A stem grows out of the curled bud and flowers grow on top of the stem. At first, a big calyx appears. It looks like an upside-down lotus flower. There are several dozen petals. As the petals grow, flowers appear among them. It is a very flourishing flower. That with red flowers is called Hongjiao (“red banana”). That with wax-like flowers is called Shuijiao (“water banana”). Its flower looks like elephant ivory, so it is also called Yajiao (“ivory banana”). The fruit may vary from green to yellow. It has many varieties. It tastes well. When the fruit is dried in the sun, it can be sent to faraway places. People in the north cherish it as precious fruit. Its stem is covered with fibrous bark, which can be processed with a kind of ash solution and then can be used as the fiber for weaving fabric. It is called Jiaoge (fabric made of banana fiber).

Kou Zongshi: Bajiao of three years or more will have flowers growing out from the heart of the stem. There is only one flower from one stem. It looks very much like Lianhua/flos nelumbinis/lotus flower bud. The petals are also similar to those of the lotus flower, but the color is slightly yellow-green. There is no stamen or pistil; it is all petals. The head of the flower faces the ground. Each flower will bloom in the middle of summer and wither after mid-autumn. If there are three petals at first, they will remain there and finally wither and fall.

Li Shizhen: Wan Zhen in his *Nanzhou Yiwu Zhi* said that Ganjiao is just Bajiao. It is a herbaceous plant. But when you look at it, it looks like a tree. Some can be as thick as outstretched arms. Its leaf may be as long as ten *chi* and as wide as one or two *chi*. Its stem is as soft as Yutou/dasheen, covered with many layers of bark. Its root looks like Yutou/rhizoma colocasiae esculentae/tuber of dasheen. It is blue-green in color. The big ones can be as big as a wheel. The flower on top of the stem is as big as a wine cup. It looks like a lotus flower. The fruit grows in each cell along with the flower. Around each flower, there are six fruits, which grow one after an-



生，花不俱落也。蕉子凡三种，未熟时皆苦涩，熟时皆甜而脆，味如葡萄，可以疗饥。一种子大如拇指，长六七寸，锐似羊角，两两相抱者，名羊角蕉，剥其皮黄白色，味最甘美。一种子大如鸡卵，有类牛乳者，名牛乳蕉，味微减。一种子大如莲子，长四五寸，形正方者，味最弱也。并可蜜藏为果。又顾玠海槎录云：海南芭蕉常年开花结实，有二种：板蕉大而味淡，佛手蕉小而味甜。通呼为蕉子。不似江南者，花而不实。又范成大虞衡志云：南中芭蕉有数种：极大者凌冬不凋，中抽一干，长数尺，节节有花，花褪叶根有实，去皮取肉，软烂如绿柿，味极甘冷，四季恒实。土人以饲小儿，云性凉，去客热，谓之蕉子，又名牛蕉子。以梅汁渍，曝干压扁，味甘酸有微霜，名芭蕉干。一种鸡蕉子，小于牛蕉，亦四季实。一种芽蕉子，小于鸡蕉，尤香嫩甘美，惟秋初结子。一种红蕉花，叶瘦，类芦箬，花色正红，如榴



other. The flowers grow one after another, too. There are three species of fruit. When they are not ripe, they are bitter and rough. But when they are ripe, they become sweet and crisp, tasting like grape. It can be eaten as food. The fruit of one species is six to seven *cun* long in the shape of a sheep's horn, with a pointed tip and two of the fruits flocking together. It is called Yangjiaojiao ("sheep-horn shaped banana"). When it is peeled, its pulp is yellow-white. It is very sweet and delicious. Another species is as big as a chicken egg; or, there is a kind shaped like the teat of a cow. It is called Niurujiao. It is delicious, but less so than those previously mentioned. Another species looks like Lianfang/receptaculum nelumbinis/lotus seed pod, four to five *cun* long and square shaped. It does not taste as good as the previous two. All the above fruits can be processed with honey to make preserved fruit. Gu Jie in his book *Haichuo Lu* said that Bajiao in Hainan has flowers and fruit all the year round. There are two species: One is called Banjiao, which is bigger, but with plain taste; the other is called Foshoujiao, which is smaller but sweeter. The fruits are normally called Jiaozi. The banana in Guangdong is different from that found in the Jiangnan area, which only has flowers and no fruit. Fan Chengda in his book *Yuheng Zhi* said that there are several species of Bajiao in the south. There is one species that is very big and will not wither in winter. In the middle grows a stem several *chi* long with flowers on each node. When the flower withers, fruit is borne at the root of the leaf. Peel the fruit and eat the pulp. It is as soft as Shizi/fructus kaki/fruit of persimmon and tastes very sweet. Fruits are borne all the year round. Local people use the fruit to feed the baby, saying that it is cool in quality and can eliminate guest heat. It is also called Jiaozi or Niujiiaozi. Soak the fruit with a decoction of Wumei/fructus mume/smoked plum and then dry it in the sun. Press it flat to make a kind of preserved fruit. It is sweet and sour with slight frost on it. It is called Bajaogan, the dried Bajiao. Another species is called Jijiaozi, which is smaller than Niujiiaozi. It bears fruit in all seasons. There is another kind called Yajiaozi, which is smaller than Jijiaozi. It is very tender, sweet and delicious, but it bears fruit only in early autumn. There is another species called Hongjiaohua, the "red banana flower." Its leaf is thin and similar to the reed leaf. It is pure red, similar to Shiliuhua/flos granati/pomegranate flower. Each day, one or two new seedlings come



花，日拆一两叶，其端各有一点鲜绿尤可爱，春开至秋尽犹芳，俗名美人蕉。一种胆瓶蕉，根出土处特肥饱，状如胆瓶也。又费信星槎胜览云：南番阿鲁诸地，无米谷，惟种芭蕉、椰子，取实代粮也。

【气味】

甘，大寒，无毒。

〔恭曰〕性冷，不益人。多食动冷气。

【主治】

生食，止渴润肺。蒸熟晒裂，舂取仁食，通血脉，填骨髓孟洗。生食，破血，合金疮，解酒毒。干者，解肌热烦渴吴瑞。除小儿客热，压丹石毒时珍。

根

〔气味〕甘，大寒，无毒。〔恭曰〕寒。〔颂曰〕甘



out freshly green and lovely. The flower begins to bloom in spring and will remain in blossom to late autumn. It is colloquially called Meirenjiao. Another species is called Danpingjiao. It has a very fat root, similar to Danping,* hence its name. Fei Xin in his book *Xingcha Shenglan* said that, in Nanfan and Alu** people do not grow rice and cereal, but only plant Bajiao and coconut as food.

[Quality and Taste]

It is sweet, very cold and nontoxic.

Su Gong: It is cold in quality and therefore not beneficial to the health. Eating too much of it will arouse pathogenic Cold.

[Indications]

Meng Xian: The fresh fruit is good for quenching the thirst and moisten the Lung. Steam the fruit and then dry it in the sun until it cracks; then, pound it. It is good for motivating blood circulation and stuffing the bone marrow.

Wu Rui: The fresh fruit is good for removing blood stasis, healing an incised wound and detoxifying alcoholism. The dry fruit is good for dispersing pathogenic Heat in the muscle, quenching thirst and eliminating restlessness.

Li Shizhen: It disperses infantile guest Heat, detoxifies toxins of alchemical stone drugs.

GANJIAOGEN

Root of plantain banana

Radix musae paradisiacae

[Quality and Taste]

It is sweet, very cold and nontoxic.

Su Gong: It is cold.

*Danping, a vase with a slender neck and a bulging belly.

**Places in the tropical area.



蕉、芭蕉，性相同也。

〔主治〕痈肿结热别录。捣烂傅肿，去热毒。捣汁服，治产后血胀闷苏恭。主黄疸孟诜。治天行热狂，烦闷消渴，患痈毒并金石发动，躁热口干，并绞汁服之。又治头风游风大明。

〔附方〕旧四，新六。（略）

蕉油以竹筒插入皮中，取出，瓶盛之。

〔气味〕甘，冷，无毒。



Su Song: Ganjiao and Bajiao have the same qualities.

[Indications]

It is good for treating carbuncle and swelling with accumulation of pathogenic Heat.

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

Su Gong: Pound the drug into paste and apply it to the affected part to treat pyogenic infection. It eliminates pathogenic Heat and toxin. Pound the drug to get juice to treat puerperal abdominal distention and suffocation due to blood disorder.

Meng Xian: It is good for treating jaundice.

Da Ming: It is good for treating epidemic infectious disease with fever and mania, restlessness and great thirst. It is also effective in treating pyogenic infection and the side effects of alchemical metal and stone drugs with irritation, fever and parched mouth. Squeeze the drug to get juice. It is also good for treating severe intermittent headache and wandering edema.

[Prescriptions]

Four prescriptions collected previously, and six prescriptions collected recently.

GANJIAOYOU

Juice of plantain banana

Succus musae

Insert a bamboo tube into the stem of Bajiao and lead out the juice. Keep it in a bottle.

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

Da Ming: It is good for treating severe intermittent headache with fever. It stops thirst and restlessness. It can be applied to treat scalds and burns. Combing the hair with the drug will stop a woman's hair from fall-

〔主治〕头风热，止烦渴，及汤火伤。梳头，止女人发落，令长而黑大明。暗风痲病，涎作运闷欲倒者，饮之取吐，极有奇效苏颂。



ing out and help the growth of black hair.

Su Song: It is good for treating epilepsy due to invasion of hidden pathogenic Wind with profuse salivation, and vertigo and suffocation that makes the patient fall down. Drink the drug to induce vomiting. It is very effective.



麻黄（本经中品）

【释名】

龙沙本经。卑相别录。卑盐别录。

〔时珍曰〕诸名殊不可解。或云其味麻，其色黄，未审然否？张揖广雅云：龙沙，麻黄也。狗骨，麻黄根也。不知何以分别如此？

【集解】

〔别录曰〕麻黄生晋地及河东，立秋采茎，阴干令青。
〔弘景曰〕今出青州、彭城、荥阳、中牟者为胜，色青而多





MAHUANG

Ephedra

Ephedra sinica Stopf.,

Ephedra intermedia Schrenk et C.A. Mey.,

Ephedra equisetina Bge.

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

[Explanation of Names]

LONGSHA

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

BEIXIANG

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

BEIYAN

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

Li Shizhen: The above names cannot be explained from the characters used. The name Mahuang can be explained as a drug that is yellow and tingling to the tongue. Ma = tingling; Huang = yellow. Zhang Yi in his book *Guang Ya* said: Longsha is Mahuang. Gougu is Mahuanggen/radix ephedrae/ephedra root. It is not known why such names are thus linked.

[Previous Explanations]

Mahuang is produced in the Jin (Shanxi) and Hedong area. Collect the stem on the day of solar term the Beginning of Autumn (August 7). Dry the drug in the shade and keep it green.

— *Mingyi Bielu*

Tao Hongjing: The drug produced in Qingzhou, Pengcheng, Xingyang and Zhongmou is of best quality. It is green and gives out more foam when it is simmered. The drug is also produced in Sichuan, but it is not of good quality.



沫。蜀中亦有，不好。〔恭曰〕郑州鹿台及关中沙苑河旁沙洲上最多。同州沙苑既多，其青、徐者亦不复用。〔禹锡曰〕按段成式酉阳杂俎云：麻黄茎头开花，花小而黄，丛生。子如覆盆子，可食。〔颂曰〕今近汴京多有之，以荥阳、中牟者为胜。春生苗，至夏五月则长及一尺以来。梢上有黄花，结实如百合瓣而小，又似皂荚子，味甜，微有麻黄气，外皮红，里仁子黑。根紫赤色。俗说有雌雄二种：雌者于三月、四月内开花，六月结子。雄者无花，不结子。至立秋后收茎阴干。〔时珍曰〕其根皮色黄赤，长者近尺。

茎

〔修治〕〔弘景曰〕用之折去节根，水煮十余沸，以竹片掠去上沫。沫令人烦，根节能止汗故也。



Su Gong: In Lutai of Zhengzhou and on the sandy beaches of the river in Shayuan of Guanzhong, the herb can be found in bulk quantity. It is also found in big quantity in Shayuan of Tongzhou. The drug produced in Qingzhou and Xuzhou is no longer used.

Zhang Yuxi: Duan Chengshi in his book *Youyang Zaju* said: The flower of Mahuang appears on top of the stem. It is small and yellow. The herb grows in tussock. Its fruit is similar to *Fupenzi/fructus rubi immaturus*/immature fruit of palm leaf raspberry. It can be eaten.

Su Song: Now, the herb is found in places around the capital Bianjing. That produced in Xingyang and Zhongmou is the best drug. The seedling begins to grow in spring. To the fifth month, the herb is about one *chi* tall. A yellow flower appears on top of the stem. Its fruit is similar to *Baihe/bulbus lilii*/lily bulb but it is smaller. It also looks like *Zaojiazi/semen gleditsiae*/seed of Chinese honey locust. It is sweet and with a slight flavor of Mahuang. It is red outside and the seed inside is black. Its root is purple-red. According to local legend, there are two kinds of the drug: One is female and the other male. The female herb has a flower in the third and fourth months and bears fruit in the sixth month. The male one does not have a flower or fruit. Collect the herb after the day of the solar term the Beginning of Autumn (August 7). Dry the drug in the shade.

Li Shizhen: The root bark of the herb is yellow-red. It can be as long as one *chi*.

MAHUANGJING

Ephedra herb

Herba ephedrae

[Preparation]

Tao Hongjing: Take off the nodes and root of the herb. Stew the drug in water for more than 10 boilings. Skim off the foam on the water surface with a piece of bamboo. This is because the foam will cause restlessness. The node and root can stop perspiration.



〔气味〕苦，温，无毒。〔别录曰〕微温。〔普曰〕神农、雷公：苦，无毒。扁鹊：酸。李当之：平。〔权曰〕甘，平。〔元素曰〕性温，味苦而甘辛，气味俱薄，轻清而浮，阳也，升也。手太阴之药，入足太阳经，兼走手少阴、阳明。〔时珍曰〕麻黄微苦而辛，性热而轻扬。僧继洪云：中牟有麻黄之地，冬不积雪，为泄内阳也。故过用则泄真气。观此则性热可知矣。服麻黄自汗不止者，以冷水浸头发，仍用扑法即止。凡服麻黄药，须避风一日，不尔病复作也。凡用须佐以黄芩，则无赤眼之患。〔之才曰〕厚朴。白微为之使。恶辛夷、石韦。



[Quality and Taste]

It is bitter, warm and nontoxic.

It is slightly warm.

— *Mingyi Bielu*

Wu Pu: It is bitter and nontoxic, according to Shen Nong and Lei Gong. It is sour, according to Bian Que. It is plain, according to Li Dangzhi.

Zhen Quan: It is sweet and plain.

Zhang Yuansu: It is warm in quality, bitter, sweet and pungent in taste. It is a drug with thick quality and taste. It is a drug that is light, lucid and floating, a drug of Yang with ascending tendency. It is a drug that functions on the Lung Channel of Hand Initial Yin and Urinary Bladder of Foot Initial Yang. It also works on the Heart Channel of Hand Lesser Yin and Large Intestine Channel of Hand Greater Yang.

Li Shizhen: Mahuang is slightly bitter and pungent. It is a drug of hot quality and with ascending and floating tendency. Monk Ji Hong said in *Zhongmou*, there is a land of Mahuang where snow will not accumulate in winter. This shows the function of Mahuang in purging the interior Yang. From this it can be inferred that overdosing of Mahuang will cause the dispersion of *Zhenqi* (original Vital Energy). It is a drug of very hot quality. When a patient has incessant spontaneous perspiration after taking Mahuang, let the patient soak his hair in cold water. Also, apply medicinal power onto the hair. This will stop the perspiration. Whenever Mahuang is taken, the patient should avoid exposure to wind for one day, lest there will be a recurrence. When Mahuang is prescribed, also prescribe Huangqin/radix scutellariae/root of baikal skullcap. In this way, the patient will not suffer eye inflammation.

Xu Zhicai: Houpo/cortex magnolia officinalis/bark of officinal magnolia and Baiwei/radix cynanchi atrati/root of blackened swallowwort can be its guiding drugs. It is mutually inhibiting to Xinyi/flos magnoliae/magnolia flower bud and Shiwei/foolium pyrrrosiae/leaf of Japanese felt fern.

[Indications]

It is good for treating headache due to febrile disease caused by Wind



〔主治〕 中风伤寒头痛，温疟，发表出汗，去邪热气，止咳逆上气，除寒热，破癥坚积聚本经。五脏邪气缓急，风胁痛，字乳余疾，止好唾，通腠理，解肌，泄邪恶气，消赤黑斑毒。不可多服，令人虚别录。治身上毒风痲痹，皮肉不仁，主壮热温疫，山岚瘴气甄权。通九窍，调血脉，开毛孔皮肤大明。去营中寒邪，泄卫中风热元素。散赤目肿痛，水肿风肿，产后血滞时珍。

〔发明〕 〔弘景曰〕麻黄疗伤寒，解肌第一药。〔颂曰〕张仲景治伤寒，有麻黄汤及葛根汤、大小青龙汤，皆



or Cold and pyrexial malaria. It induced perspiration to disperse pathogenic factors from the skin. It disperses pathogenic Heat, stops coughing with adverse ascending of gas. It eliminates chills and fever. It dissolves hard mass, accumulation and assemblage.

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

It is good for dispersing invading pathogenic factors resting with Five Viscera. It relieves costal pain due to attack of pathogenic Wind. It treats various diseases during pregnancy. It treats drowsiness, dredges through Couli (striae of skin and muscle, the interstices), disperses pathogenic factors from the muscle, and purges vicious agents. It eliminates red and black skin rash and pyogenic infection. If one overdoses, he will be weak and debilitated.

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

Zhen Quan: It is good for treating arthralgia and numbness of the skin and muscle, acute febrile disease with high fever. It disperses miasma.

Da Ming: It dredges through the nine orifices, reulates the blood circulation, opens up Couli.

Zhang Yuansu: It disperses the invading pathogenic Cold resting in the Ying (nutrient essence in blood) and purges the pathogenic Wind and Heat in the Weiqi (body resistance).

Li Shizhen: It treats eye inflammation with swelling and pain, eliminates edema due to fluid-retention and invasion of pathogenic Wind. It removes stagnation of blood in puerperium.

[Explication]

Tao Hongjing: Mahuang is a drug of first choice in treating febrile diseases caused by Cold and in dispelling the pathogenic factors in the muscles.

Su Song: Master Zhang Zhongjing used Mahuang in the following three prescriptions in his work *Shanghan Lun (Treatise on Febrile Diseases Caused by Cold)*:

— Manhuang Tang (Decoction of Mahuang)

— Gegen Tang (Decoction of Gegen/radix peurariae/root of lobed kudzuvine)

— Da Qinglong Tang (Decoction of Greater Qinglong)



用麻黄。治肺痿上气，有射干麻黄汤、厚朴麻黄汤，皆大方也。〔杲曰〕轻可去实，麻黄、葛根之属是也。六淫有余之邪，客于阳分皮毛之间，腠理闭拒，营卫气血不行，故谓之实。二药轻清成象，故可去之。麻黄微苦，其形中空，阴中之阳，入足太阳寒水之经。其经循背下行，本寒而又受外寒，故宜发汗，去皮毛气分寒邪，以泄表实。若过发则汗多亡阳，或饮食劳倦及杂病自汗表虚之证用之，则脱人元气，



— Xiao Qinglong Tang (Decoction of Lesser Qinglong)

In treating pulmonary flaccidity with dyspnoea, Master Zhang Zhongjing had Shegan Mahuang Tang (Decoction of Shegan/rhizoma *belamcandae*/rhizome of blackberry lily and Mahuang) and Houpo Mahuang Tang (Decoction of Houpo/cortex *magnolia officinalis*/bark of officinal magnolia and Mahuang). All these are major prescriptions.

Li Gao: As the classic goes, a drug that is light can eliminate an excessive condition. Mahuang and Gegen/radix *peurariae*/root of lobed kudzuvine are such drugs. When the excessive pathogenic factors of the six climatic factors are resting with the Yang and the skin, Couli closes itself, thus hampering the normal function of Ying, Weiqi, qi and blood. It is called an excessive condition. Mahuang and Gegen, light and lucid in quality, can disperse such excessive condition. Mahuang, slightly bitter in taste and hollow inside, is a drug of Yang in the Yin. It functions on the Urinary Bladder of Foot Initial Yang. The Channel flows along the spinal cord. It is a Channel of cold quality. It needs perspiration to disperse an invasion of pathogenic Cold. This is to purge the excessive exterior condition. But if there is an excessive perspiration, Yang will be evanescent. Or, when Mahuang is used to treat indigestion, overstrain and miscellaneous diseases with spontaneous perspiration and deficient exterior condition, it will exhaust the Yuanqi of the patient, which should be prohibited.*

Wang Haogu: Mahuang is a drug that is good for treating a syndrome with exterior excess. And Guizhi/ramulus *cinnamomi*/cassia twig is a drug that treats a condition of exterior deficiency. Although the two drugs are good for treating diseases of the Initial Yang syndrome, they are actually drugs dealing with Ying and Weiqi. The Heart dominates the Ying and the Lung dominates the Weiqi. Mahuang is a drug functioning on the Lung Channel of Hand Initial Yin and Guizhi is a drug functioning on the Heart Channel of Hand Lesser Yin. Febrile disease caused by Cold with coughing

*When the patient is in a cold and debilitated condition, diaphoresis is prohibited. This is due to the fact that the consumption of one's Yuanqi will weaken the patient and may cause total exhaustion of one's living energy.



不可不禁。〔好古曰〕麻黄治卫实之药，桂枝治卫虚之药，二物虽为太阳证药，其实营卫药也。心主营为血，肺主卫为气。故麻黄为手太阴肺之剂，桂枝为手少阴心之剂。伤寒伤风而咳嗽，用麻黄、桂枝，即汤液之源也。〔时珍曰〕麻黄乃肺经专药，故治肺病多用之。张仲景治伤寒无汗用麻黄，有汗用桂枝。历代明医解释，皆随文傅会，未有究其精微者。时珍常绎思之，似有一得，与昔人所解不同云。津液为汗，汗即血也。在营则为血，在卫则为汗。夫寒伤营，营血内涩，不能外通于卫，卫气闭固，津液不行，故无汗发热而憎寒。夫风伤卫，卫气外泄，不能内护于营，营气虚弱，津液不固，故有汗发热而恶风。然风寒之邪，皆由皮毛



should be treated by decoctions of Mahuang and Guizhi. These are the origins of the prescriptions.*

Li Shizhen: Mahuang is a drug that works exclusively on the Lung Channel, so it is often used in treating Lung diseases. Master Zhang Zhongjing treated febrile disease caused by Cold with Mahuang if there was no perspiration. He used Guizhi if there was perspiration. Famous doctors in different dynasties explained the Master's idea only in accordance with the original text. There has not been a satisfactory explanation so far. I have thought about this question repeatedly and now I have a new understanding, which may be different from the previous ones: Jinye (body fluid) turns into perspiration. And perspiration is actually the blood. When considered from the Ying system, Jinye is the blood. And when it is considered in the context of Weiqi, it is the perspiration. When the invading pathogenic Cold is hampering the Ying, the blood in the Ying becomes hesitant and fails to connect with the Weiqi. When Weiqi is pent up, Jinye cannot circulate normally. Therefore, there are the symptoms of fever, aversion to cold and without perspiration. When pathogenic Wind is attacking the Weiqi, Weiqi leaks out, leaving the Ying unprotected. This causes the debilitated condition of the Ying. In such condition, Jinye is not protected and gets loose. Therefore, such symptoms as fever, aversion to Wind and perspiration occur. Nevertheless, pathogenic Wind and Cold invade the body from the skin and hair. These correspond to the Lung condition. The Lung dominates the Weiqi of all over the body. The Lung pertains to Heaven in nature. Although it is an Initial Yang syndrome, the Lung is actually invaded by pathogenic factors. From the accompanying symptoms, such as flushed face, coughing with sputum, asthma and fullness in the chest, it can be inferred that the Lung is diseased. This is because of the closeness of the skin and hair, which will bring pent up pathogenic Heat. Thus, qi in the Lung becomes excessive. Decoction of Mahuang is to be adopted. In

*Decoction of Mahuang¹ and Decoction of Guizhi² were the first two prescriptions invented by Yi Yin, a celebrated minister in the Shang Dynasty (1600-1046 BC).

而入。皮毛者，肺之合也。肺主卫气，包罗一身，天之象也。是证虽属乎太阳，而肺实受邪气。其证时兼面赤怫郁，咳嗽有痰，喘而胸满诸证者，非肺病乎？盖皮毛外闭，则邪热内攻，而肺气贲郁。故用麻黄、甘草同桂枝，引出营分之邪，达之肌表？佐以杏仁泄肺而利气。汗后无大热而喘者，加以石膏。朱肱活人书，夏至后加石膏、知母，皆是泄肺火之药。是则麻黄汤虽太阳发汗重剂，实为发散肺经火郁之药也。腠理不密，则津液外泄，而肺气自虚。虚则补其母。故用桂枝同甘草，外散风邪以救表，内伐肝木以防脾。佐以芍药，泄木而固脾，泄东所以补西也。使以姜枣，行脾之津液而和营卫也。下后微喘者加厚朴、杏仁，以利肺气也。汗后脉沉迟





this prescription, assisted by Gancao and Guizhi, Mahuang leads the pathogenic factors resting with the Ying to come out of the skin. Xingren/semen armenicae amarum/bitter apricot seed is used to assist the other drugs to purge the Lung qi and facilitate the circulation of qi. After the perspiration, if fever subsides but asthma sets in, Shigao/gypsum fibrosum/gypsum should be added. Zhu Gong in his book *Huoren Shu* advocated the addition of Shigao/gypsum fibrosum/gypsum and Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena after the day of the solar term the Summer Solstice (June 21). These two drugs have the function of purging the Lung Fire. Therefore, we can understand that, although Decoction of Mahuang is a strong diaphoretic suitable to the Initial Yang syndrome, it is actually a prescription aimed at dispersing the accumulation of pathogenic Fire resting with the Lung. For Decoction of Guizhi: When Couli is not intact, Jinye leaks out, thus causing a deficient condition of the Lung qi. When a Viscus is deficient, tonify its mother. So Guizhi and Gancao are used (to tonify the Spleen) and to disperse the pathogenic Wind to protect the exterior and to purge the liver (Wood) to protect the Spleen. Shaoyao/radix paeoniae/peony root is added to purge the Liver (Wood) and to stabilize the Spleen. This is a strategy to purge the East so as to tonify the West. Shengjiang/rhizoma zingiberis recens/fresh ginger and Dazao/fructus jujubae/Chinese date are used as guiding drugs to activate the flow of Jinye and harmonize the Ying and Weiqi. If there is slight asthma after a purgative is giving, add Houpo and Xingren to facilitate the Lung qi. If the pulse becomes slow after diaphoresis is adopted, add Renshen/radix ginseng/ginseng root to reinforce the Lung qi. Adding Huangqin/radix scutellariae/root of baikal skullcap to the decoction of Guizhi by Doctor Zhu Gong, the prescription becomes Yangdan Tang (Decoction of Yangdan). It is good for purging the Fire in the Lung. All the above prescriptions are designed to function on both the Spleen and the Lung. So, we can see that although it is generally understood that Decoction of Guizhi is a prescription of light function in dispersing pathogenic factors from the muscles in the Initial Yang syndrome, it is actually functioning in its regulation of the Spleen and rescue of the Lung. The above analysis has not been found in previous times.

To treat Lesser Yin syndrome with fever and deep pulse, the following



者加人参，以益肺气也。朱肱加黄芩为阳旦汤，以泻肺热也。皆是脾肺之药。是则桂枝虽太阳解肌轻剂，实为理脾救肺之药也。此千古未发之秘旨，愚因表而出之。又少阴病发热脉沉，有麻黄附子细辛汤、麻黄附子甘草汤。少阴与太阳为表里，乃赵嗣真所谓熟附配麻黄，补中有发也。一锦衣夏月饮酒达旦，病水泄，数日不止，水谷直出。服分利消导升提诸药则反剧。时珍诊之，脉浮而缓，大肠下弩，复发



prescriptions can be adopted:

— Manhuang Fuzi Xixin Tang:

Mahuang,

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

Xixin/herba asari/herb of manchurian wild ginger.

— Manhuang Fuzi Gancao Tang:

Mahuang,

Fuzi, and

Gancao/radix glycyrrhizae/licuorice root.

As the Lesser Yin syndrome is exterior-interior related with the Initial Yang syndrome, the treatment is to have Fuzi and Mahuang together, as Doctor Zhao Sizhen put it. It is a treatment for toning up as well as dispersion. Here is a case: An imperial guard once drank his wine from evening until the next morning on a summer night. Then, he began to suffer from watery diarrhea. It lasted several days with watery stool and undigested food. Prescriptions aiming at helping the digestion, purging the pathogens and raising the sinking tendency were tried, but the syndrome was no better. When I examined the patient, I found the pulse was floating and moderate. There was a prolapsed rectum with hemorrhoids and bleeding. This was a syndrome caused by intermingling of too many things: meat, cold food, tea and other things that had suppressed the Yang qi at the Xiajiao (the lower-jiao, the lower warmer). It was a condition with rampant Wood and debilitated Earth. It is a case described by *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* as “chronic invasion of pathogenic Wind evolving into diarrhea”. It should be treated by raising the descending tendency. Treatment was the adoption of Xiao Xuming Tang. After one dose of the decoction, the syndrome was gone. Master Zhang Zhongjing treated the following syndrome with Decoction of Mahuang: Six or seven days of febrile disease caused by Cold after a purgative has been adopted, the pulse is deep and slow with cold extremities, uncomfortable feeling in the throat with the spitting of bloody pus and incessant diarrhea. The use of Decoction of Mahuang is aimed at harmonizing the Liver and Lung and raising the descending tendency. My understanding

痔血。此因肉食生冷茶水过杂，抑遏阳气在下，木盛土衰，素问所谓久风成飧泄也。法当升之扬之。遂以小续命汤投之，一服而愈。昔仲景治伤寒六七日，大下后，脉沉迟，手足厥逆，咽喉不利，唾脓血，泄利不止者，用麻黄汤平其肝肺，兼升发之，即斯理也。神而明之，此类是矣。

〔附方〕旧五，新七。（略）



of the prescription finds its theoretical basis in Master Zhang Zhongjing's treatise. Only after careful perusal of the classic, can one understand the subtlety of the theory.

[Prescriptions]

Five prescriptions collected previously, and seven prescriptions collected recently.



木贼 (宋嘉祐)

【释名】

〔时珍曰〕此草有节，面糙涩。治木骨者，用之磋擦则光净，犹云木之贼也。

【集解】

〔禹锡曰〕木贼出秦、陇、华、成诸郡近水地。苗长尺许，丛生。每根一干，无花叶，寸寸有节，色青，凌冬不雕。四月采之。〔颂曰〕所在近水地有之，采无时，今用甚多。〔时珍曰〕丛丛直上，长者二三尺，状似兔茛苗及粽心草，而中空有节，又似麻黄茎而稍粗，无枝叶。





MUZEI

Common scouring rush

Equisetum hiemale L.

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

[Explanation of Names]

Li Shizhen: The herb has nodes and a coarse surface. In the processing of Mugu (Wujiapi/cortex *acanthopanax radialis*/root bark of slender style *acanthopanax*), it is used to rub the drug. So, it is called Muzei (the enemy of Mugu). Mu indicates to Mugu. Zei = the enemy, the thief.

[Previous Explanations]

Zhang Yuxi: Muzei grows in places close to the water in prefectures Qin, Long, Hua and Cheng. The herb is about one *chi* tall, growing in tussock. Each herb has one stem. There is no flower or leaf. It is about one *cun* between every two nodes. The herb is blue-green and keeps so in winter. Collect the drug in the fourth month.

Su Song: It is found everywhere in places close to water. There is no definite time for collection. The herb is now becoming a drug of common use.

Li Shizhen: The herb grows in tussock. The tall ones could be two to three *chi*. It looks like herb of Biqi/*cormus eleocharis dulcis*/water nut corm or Longchangcao. The stem is hollow inside and is with nodes. It looks like the stem of Mahuang. But it is a bit thicker. There is no branch or leaf.

MUZEIJING

Herb of common scouring rush

Herba equiseti hiemalis



茎【气味】

甘，微苦，无毒。

〔时珍曰〕温。

【主治】

目疾，退翳膜，消积块，益肝胆，疗肠风，止痢，及妇人月水不断，崩中赤白嘉祐。解肌，止泪止血，去风湿，疝痛，大肠脱肛时珍。

【发明】

〔禹锡曰〕木贼得牛角鳃、麝香，治休息久痢。得禹余粮、当归、芎藭，治崩中赤白。得槐蛾、桑耳，治肠风下血。得槐子、枳实，治痔疾出血。〔震亨曰〕木贼去节烘过，发汗至易，本草不曾言及。〔时珍曰〕木贼气温，味微甘苦，中空而轻，阳中之阴，升也，浮也。与麻黄同形同



[Quality and Taste]

It is sweet, slightly bitter and nontoxic.

Li Shizhen: It is warm.

[Indications]

It is good for treating eye diseases. It eliminates nebula. It dissolves hard mass. It is beneficial to the Liver and Gall Bladder. It treats hematochezia due to attack of pathogenic Wind into the intestine, stops dysentery. It treats incessant menstrual bleeding, stops metrorrhagia and metrostaxis, and treats leukorrhea with bloody and whitish discharge.

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

Li Shizhen: It disperses pathogenic factors resting in the muscle, stops the shedding of tears and bleeding. It disperses invading pathogenic Wind and Humidity, relieves pain in hernia and a prolapsed anus.

[Explication]

Zhang Yuxi: Assisted by Niujiacosai/os in cornu bovis/ox horn pith and Shexiang/moschus/musk, Muzei is good for treating chronic dysentery with frequent relapse. Assisted by Yuyuliang/limonitum/limonite, Danggui/radix angelicae sinensis/root of Chinese angelica and Xiongqiong/rhizoma chuanxiong/rhizome of szechwan lovage, the drug is good for treating metrorrhagia and metrostaxis and leukorrhea with bloody and whitish discharge. Used together with moss on a pagoda tree and Sang'er/auricularia in mori/jew's ear in mulberry, the drug is good for treating hematochezia due to attack of pathogenic Wind into the intestine. Assisted by Huaizi/semen sophorae/flower of Japanese pagoda tree and Zhishi/fructus aurantii immaturus/immature bitter orange, the drug is effective in treating hemorrhoid with bleeding.

Zhu Zhenheng: Slightly bake Muzei (without nodes). It will be a good drug to induce perspiration. This is not mentioned in *Bencao* works.

Li Shizhen: Muzei, warm in quality, slightly sweet and bitter, is hollow inside. It is a drug of Yin in the Yang. It is a drug with ascending and floating tendency. It is a drug with the same shape and function. Therefore, Muzei is also good at inducing perspiration and dispersing the pathogenic

性，故亦能发汗解肌，升散火郁风湿，治眼目诸血疾也。

【附方】

旧三，新九。（略）



factors from the muscle. Likewise, it is also good for dispersing the pent-up Fire and pathogenic Wind and Humidity by raising the pathological condition. It treats eye diseases and regulates blood disorders.

[Prescriptions]

Three prescriptions collected previously, and
nine prescriptions collected recently.





灯心草 (宋开宝)

【释名】

虎须草纲目。碧玉草纲目。

【集解】

〔志曰〕灯心草生江南泽地，丛生，茎圆细而长直，人将为席。〔宗奭曰〕陕西亦有之。蒸熟待干，折取中心白穰燃灯者，是谓熟草。又有不蒸者，但生干剥取为生草。入药宜用生草。〔时珍曰〕此即龙须之类，但龙须紧小而瓢实，此草稍粗而瓢虚白。吴人栽蒔之，取瓢为灯炷，以草织席及蓑。他处野生者不多。外丹家以之伏硫、砂。雷公炮炙论序云：硃遇赤须，永留金鼎。注云：赤须亦呼虎须草，煮硃能住火。不知即此虎须否也？



DENGXINCAO

Rush

Juncus effusus L.

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

[Explanation of Names]

HUXUCAO

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

BIYUCAO

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

[Previous Explanations]

Mazhi: Dengxincao/medulla junci/rush grows on marshland in the area south of the Yangtze River. It grows in tussock. Its stem is round, fine, long and straight. People use it to weave mats.

Kou Zongshi: The herb is also found in Shaanxi. Steam the drug. When it is dry, break it open to take off the white core. This can be used as a lamp wick. It is the Shoucao, “prepared rush.” Another way is to break the dry drug open and get the white core. This is called Shengcao, the “crude rush.” This is the kind used in medicine.

Li Shizhen: This is a herb of the same category of Shilongchu. But the latter is more solid and small, and the former is bigger and with a soft core. People living in the Wu area plant the herb to use its core as a lamp wick. The straw can be used to weave mats or straw raincoats. The herb growing in the wild is not easy to find. Taoist alchemists use it to suppress sulfur and cinnabar. The Preface of *Lei Gong Paozhi Lun* said: When Raosha/halitum purpureum is mixed with Chixu, it crystallizes in the golden furnace. Annotation: Chixu is also called Huxucao. It is not sure whether this is the Huxucao mentioned here as the other name of Dengxincao/medulla junci/rush.



茎及根【修治】

〔时珍曰〕灯心难研，以粳米粉浆染过，晒干研末，入水澄之，浮者是灯心也，晒干用。

【气味】

甘，寒，无毒。

〔元素曰〕辛，甘，阳也。〔吴绶曰〕淡，平。

【主治】

五淋，生煮服之。败席煮服，更良。开宝泻肺，治阴窍涩不利，行水，除水肿癰闭。元素治急喉痹，烧灰吹之甚捷。烧灰涂乳上，饲小儿，止夜啼。震亭降心火，止血通气，散肿止渴。烧灰入轻粉、麝香，治阴疔。时珍



DENGXINCAO JING and DENGXINCAOGEN

Stem and root of rush
Medulla et radix junci

[Preparation]

Li Shizhen: It is difficult to grind Dengxincao into powder. First, blend the drug with starch of powder of Gengmi/semem oryzae sativae/polished round-grained non-glutinous rice. Dry it in the sun. Grind it into powder. Blend the powder in water and collect the Dengxincao on the surface of the water and dry it in the sun.

[Quality and Taste]

It is sweet, cold and nontoxic.

Zhang Yuansu: It is pungent and sweet. It is a drug of Yang nature.

Wu Shou: It is plain and tasteless.

[Indications]

It is good for treating five kinds of stranguria. Simmer the crude drug to make a decoction. It is even better if the used mat made of rush can be simmered to make a decoction.

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

Zhang Yuansu: It purges the Lung. It dredges through the Yin orifices. It facilitates circulation of Water, eliminates edema and retention of urine.

Zhu Zhenheng: It is good for treating acute inflammation of the throat. Burn the drug into ash and blow this into the throat. It is an effective and easy treatment. Apply the ash of the drug onto the teat of the mother. When the child sucks the teat, it is good for stopping night crying.

Li Shizhen: It brings down the pathogenic Heat in the Heart. It stops bleeding, facilitates the flow of qi. It dissolves swelling and quenches thirst. Burn the drug and blend it with Qingfen/calomelas/calomel and Shexiang/moschus/musk. It is good for treating chancre.

【附方】

旧一，新九。（略）



[Prescriptions]

One prescription collected previously, and
nine prescriptions collected recently.



地黄（本经上品）

【释名】

苳音户。芑音起。地髓本经。

〔大明曰〕生者以水浸验之。浮者名天黄，半浮半沉者名人黄，沉者名地黄。入药沉者为佳，半沉者次之，浮者不堪。〔时珍曰〕尔雅云：苳，地黄。郭璞云，江东呼为苳。罗愿云：苳以沉下者为贵，故字从下。

【集解】

〔别录曰〕地黄生咸阳川泽黄土地者佳，二月、八月采根阴干。〔弘景曰〕咸阳即长安也。生渭城者乃有子实如小麦。今以彭城干地黄最好，次历阳，近用江宁板桥者为





DIHUANG

Rehmannia

Rehmannia glutinosa (Gaertn.) Libosch.

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

[Explanation of Names]

HU

QI

DISUI

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

Da Ming: Test the drug in the following way: Drop the crude drug into the water, and if it floats it is called Tianhuang (the heavenly drug). That which stays in the middle of the water is called Renhuang (the manly drug) and that which sinks to the bottom is called Dihuang (the earthly drug). The drug that sinks is the best for medical use. That staying in the middle is still good for medical use, but the one that floats is no good.

Li Shizhen: *Er Ya*: Hu is merely Dihuang/radix rehmanniae/rhizome of rehmannia. Guo Pu: People living in the Jiangdong area call it Hu. Luo Yuan: The Hu that sinks to the bottom of water is the best drug, so the character Hu is formed by the radicals of “grass” and “down.”

[Previous Explanations]

Dihuang produced in the Yellow Loess in the valleys and marshland of Xianyang is the best drug. Collect the root in the second and eighth months and dry it in the shade.

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

Tao Hongjing: Xianyang is just Chang'an. The drug produced in Weicheng has fruit and a seed similar to Xiaomai/semen tritici/wheat. People



胜。作干者有法，捣汁和蒸，殊用工意；而此云阴干，恐以蒸作为失乎？人亦以牛膝、萹蕪作之，人不能别。〔颂曰〕今处处有之，以同州者为上。二月生叶，布地便出似车前，叶上有皱纹而不光。高者及尺余，低者三四寸。其花似油麻花而红紫色，亦有黄花者。其实作房如连翘，中子甚细而沙褐色。根如人手指，通黄色，粗细长短不常。种之甚易，根入土即生。一说：古称种地黄宜黄土。今不然，大宜肥壤虚地，则根大而多汁。其法以苇席围编如车轮，径丈余，以壤土实苇席中为坛。坛上又以苇席实土为一级，比下坛径减一尺。如此数级，如浮屠。乃以地黄根节多者寸断之，蒔坛上，层层令满，逐日水灌，令茂盛。至春秋分时，自上层取之，根皆长大而不断折，不被斲伤故也。得根暴干。出同州者光润



generally take Dihuang produced in Pengcheng as the best drug. Liyang is the second place where a good quality drug is produced. Recently, however, people like to use the drug produced in Banqiao of Jiangning. The processing of the drug is not as easy as “drying the drug in the shade” as stated by *Mingyi Biehu (Records of Famous Doctors)*. It requires a lot of work, such as pounding and steaming. Sometimes, merchants process Niuxi/radix *achyranthis bidentatae*/root of twotooth *achyranthes* and Weisui/rhizoma *polygonati odorati*/rhizome of fragrant Solomon Seal and sell them as Dihuang. It is not easy to tell one from the other.

Su Song: Nowadays, the herb is found everywhere. That produced in Tongzhou is considered first class. The leaf grows in the second month. It spreads like Cheqian/*plantago asiatica*/plantain, but the surface of the leaf is creased and not lustrous. The height varies from one *chi* down to about three to four *cun*. Its flower is similar to Youmahua/*flos sesami*/sesame flower. It is red-purple, but some are yellow. Its fruit is in the form of capsule similar to Lianqiao/*fructus forsythia*/capsule of weeping forsythia. The seed inside is very fine, of light brown color. Its root looks like a finger. The whole thing is yellow. It may be thicker or thinner, longer or shorter. It is a herb that can be planted very easily. As soon as the root is planted in the earth, it begins to grow. According to ancient Bencao works, Dihuang should be planted only on the Yellow Loess, but this is no longer the case. It is advised to plant that drug on fertile and loose land, in which the root can develop much bigger and juicier. The way to plant the herb is as follows: First, make a circle in the shape of a wheel, with a diameter of 10 *chi*, using a reed mat. Fill the wheel with fertile earth to make an earth basin. Above that basin, make another circle with a reed mat, diameter one *chi* less. Fill in the earth. Then, make a few more circles and fill in the earth. Thus, a pagoda-shaped basin is made. Cut Dihuang with more nodes and fibrous roots into pieces one *cun* each. Plant the roots on the earth basin to its full capacity. Water the basin everyday. Then, the herb will flourish. Collect the root at around the Spring Equinox (March 20) and the Autumn Equinox (September 23). Begin the collection from the upper part. It is easier to get the roots without hurting them, so they are big and long. Dry the drug in the sun. That produced in Tongzhou looks moistened and lustrous



甘美。〔宗奭曰〕地黄叶如甘露子，花如脂麻花，但有细斑点，北人谓之牛奶子花，茎有微细短白毛。〔时珍曰〕今人惟以怀庆地黄为上，亦各处随时兴废不同尔。其苗初生塌地，叶如山白菜而毛涩，叶面深青色，又似小芥叶而颇厚，不叉丫。叶中擢茎，上有细毛。茎梢开小筒子花，红黄色。结实如小麦粒。根长四五寸，细如手指，皮赤黄色，如羊蹄根及胡萝卜根，晒干乃黑，生食作土气。俗呼其苗为婆婆奶。古人种子，今惟种根。王旻山居录云：地黄嫩苗，摘其旁叶作菜，甚益人。本草以二月、八月采根，殊未穷物性。八月残叶犹在，叶中精气，未尽归根。二月新苗已生，根中精气已滋于叶。不如正月、九月采者殊好，又与蒸曝相宜。礼记云：羊苳豕薇，则自古已食之矣。〔嘉谟曰〕江浙壤地种者，受南方阳气，质虽光润而力微；怀庆山产者，禀北方纯阴，皮有疙瘩而力大。



and tastes sweet and delicious.

Kou Zongshi: The leaf of Dihuang looks like Ganluzi. Its flower looks like Humahua, but there are small dots on it. People in the north call the flower Niunaizihua. The stem is covered with fine and short white hairs.

Li Shizhen: People now take Dihuang produced in Huaiqing as the best drug. This is due to the concrete development of production in various places and in different historical periods. At first, when the seedling of the drug grows, it spreads on the earth. Its leaf is similar to Shanbaici, but it is hairy and rough. The surface of the leaf is dark blue-green. It also looks like Jiecai/caulis et folium brassicae/stem and leaf of india mustard, but it is thicker and there is no fork or branch. A stem grows out of a leaf, which is covered with fine hair. On top of the stem, a red-yellow flower in the shape of a small bucket blooms. Its seed looks like grains of wheat. Its root is about four to five *cun* long and as thick as a finger. Its bark is yellow-red, similar to Yangti/radix rumicis japonici/root of Japanese dock or Huluobo/radix dauci sativae/carrot. When the root is dried in the sun, it turns black. When the crude drug is eaten, it has a smell of earth. The seedling of the herb is colloquially called Poponai. In ancient times, people planted the drug by sowing its seed. But, now, people plant the drug by using pieces of root. Wang Min in his work *Shanju Lu* said: Pick the tender leaves of Dihuang and eat it as a vegetable. It is beneficial to health. In *Mingyi Bielu*, it is said that the root should be collected in the second and eighth months. This is not based on the thorough understanding of the drug's characteristics. The leaves are still there in the eighth month, so the essence in the leaf has not yet descended to the root. In the second month, when the new seedling is growing, the essence has been transmitted from the root to it. So, the first and ninth months will be good times for collection. Such months are also good for steaming and drying the drug in the sun.

Li Ji (Book of Rites): Since ancient times, the Yanghu (Dihuang) and Shiwei (Baiwei/radix cynanchi atrati/root of blackend swallowwort) have been taken as food.

Chen Jiamo: Dihuang growing on cultivated land in the south, nourished by the Yang qi, is moist and lustrous. But it does not have a very strong therapeutic effect. That produced in the mountains of Huaiqing,



干地黄

〔修治〕〔藏器曰〕干地黄，本经不言生干及蒸干。方家所用二物各别，蒸干即温补，生干即平宣，当依此法用。

〔时珍曰〕本经所谓干地黄者，即生地黄之干者也。其法取地黄一百斤，择肥者六十斤洗净，晒令微皱。以拣下者洗净，木臼中捣绞汁尽，投酒更捣，取汁拌前地黄，日中晒干，或火焙干用。

〔气味〕甘，寒，无毒。〔别录曰〕苦。〔权曰〕甘，平。〔好古曰〕甘，苦，寒，气薄味厚，沉而降，阴



enriched by the Yin qi (vital Energy) in the north, is strong in its efficacy, although the surface of the root is not very even.

GANDIHUANG

Dried rhizome of rehmannia

[Preparation]

Chen Cangqi: In *Shen Nong Bencao Jing*, it is not recorded whether the drug is dried in the sun or by steaming and drying. Doctors use the drug in different ways according to the processing. When the drug is steamed and then dried, it is tonifying and warming. When the drug is dried in the sun, it becomes plain and dispersive. Differentiation should be made accordingly.

Li Shizhen: When Gandihuang/radix rehmanniae/rhizome of rehmannia is mentioned in *Shen Nong Bencao Jing*, it means the dried drug of Dihuang. Preparation: Select 60 *jin* of the fat, moist among 100 *jin* of Dihuang. Wash it clean and dry it in the sun until it becomes slightly creased. Wash the rest of the drug clean and pound it in a wooden mortar. Squeeze the drug to get juice. Add in wine and pound the drug again for more juice. Blend the juice with the dried Dihuang. Dry the drug in the sun again, or, bake it dry.

[Quality and Taste]

It is sweet, cold and nontoxic.

It is bitter.

— *Mingyi Bie Lu (Records of Famous Doctors)*.

Zhen Quan: It is sweet and plain.

Wang Haogu: It is sweet, bitter and cold. It is a drug with thin quality and thick taste, a drug with sinking and descending tendency, a drug of Yin. It functions on the following Channels:

- Heart Channel of Hand Lesser Yin,
- Kidney Channel of Foot Lesser Yin,
- Pericardium Channel of Hand Greater Yin,
- Liver Channel of Foot Greater Yin,



也。入手足少阴厥阴及手太阳之经。酒浸，上行外行。日干者平，火干者温，功用相同。〔元素曰〕生地黄大寒，胃弱者斟酌用之，恐损胃气。〔之才曰〕得清酒、麦门冬良。恶贝母，畏茺萸。〔权曰〕忌葱、蒜、萝卜、诸血，令人营卫涩，须发白。〔斆曰〕忌铜铁器，令人肾消并发白，男损营，女损卫。〔时珍曰〕姜汁浸则不泥膈，酒制则不妨胃。鲜用则寒，干用则凉。

〔主治〕伤中，逐血痹，填骨髓，长肌肉。作汤除寒热积聚，除痹，疗折跌绝筋。久服轻身不老，生者尤良本经。



— Small Intestine Channel of Hand Initial Yang.

If the drug is soaked in wine, it moves upward and to the exterior. When the drug is dried in the sun, it is plain in quality. And when the drug is baked dry, it becomes warm in quality. But the drug has the same therapeutic efficacy no matter how it has been processed.

Zhang Yuansu: Shengdihuang is very cold in quality. When it is used on a patient who has stomach cold, caution is required, lest it hurt the Stomach qi.

Xu Zhicai: When the drug is assisted by lucid wine and Maimendong/radix ophiopogonis/tuber of dwarf lilyturf, it has even better efficacy. It is mutually inhibiting to Beimu/bulbus fritillaria thunbergii/cirrhosa/bulb of thunberg/tendrilleat fritillary. It is incompatible to Wuyi/fructus ulmi macrocarpae preparatae/prepared fruit of big fruit elm.

Zhen Quan: Taboo: Cong/herba allii fistulosi/fistular onion, Suan/bulbus allii sativum/garlic, Luobo/radix raphani/radish root and blood of various animals. If the taboo is not observed, the patient will suffer from disharmony of Ying (nutrient essence in the blood) and Weiqi (body resistance) and his hair and beard will turn white.

Lei Xiao: In the processing of the drug, copper and iron containers or utensils should not be used, otherwise the patient will suffer from diabetes due to Kidney disorder and his hair will turn white. A man will suffer from damage to the Ying, and a woman will suffer from damage of Weiqi.

Li Shizhen: Soak the drug in Jiangzhi/succus zingiberis recens/juice of fresh ginger. In this way, it will not be retained in the diaphragm. When the drug is processed with wine, it will not hurt the Stomach. When the drug is fresh, it is cold in quality. When it is dried, it becomes cool.

[Indications]

It is good for treating a condition of interior damage. It treats arthralgia due to stagnation of blood. It fills the marrow and helps muscle growth. Simmer the drug to make a decoction to disperse the invading pathogenic Cold and Heat, dissolve accumulation and assemblage. It disperses an obstruction syndrome. It treats physical damage with broken tendons. Long-term use makes one feel happy and able to enjoy a long life. The crude



主男子五劳七伤，女子伤中胞漏下血，破恶血，溺血，利大小肠，去胃中宿食，饱力断绝，补五脏内伤不足，通血脉，益气力，利耳目别录。助心胆气，强筋骨长志，安魂定魄，治惊悸劳劣，心肺损，吐血鼻衄，妇人崩中血运大明。产后腹痛。久服变白延年甄权。凉血生血，补肾水真阴，除皮肤燥，去诸湿热元素。主心病掌中热痛，脾气痿蹶嗜卧，足下热而痛好古。治齿痛唾血。

生地黄

〔气味〕大寒。



drug is even better.

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

It is good for treating five overstrains and seven damages of man. It stops vaginal bleeding in a threatened abortion due to interior damage. It removes blood stasis and stops hematuria. It facilitates the functions of the Large and Small Intestines. It dissolves indigestion in the Stomach. It tonifies the debilitated condition of the Five Viscera with interior damage. It facilitates blood circulation, reinforces strength, brightens the eye and sharpens the ear.

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

Da Ming: It reinforces the Heart and Gall Bladder qi. It strengthens the tendons and bones. It reinforces the willpower, pacifies the soul and consolidates boldness. It is good for treating convulsion and palpitation with general debility. It heals the damaged Heart and Lung. It stops hematemesis and epistaxis. It treats metrorrhagia and vertigo due to blood disorder of woman.

Zhen Quan: It is good for relieving puerperal abdominal pain. Long-term use turns white hair black and enables the person to enjoy a long life.

Zhang Yuansu: It cools the blood and helps its production. It tonifies the genuine Yin in the Kidney. It moistens the skin. It disperses the invading pathogenic Humidity and Heat.

Wang Haogu: It is good for treating heart disease. It eliminates pain and hot feeling of the palm. It treats a patient who loves to lie in bed due to general debility of the Spleen. It relieves pain and hot feeling in the sole.

It relieves toothache and stops the spitting of blood.

SHENGDIHUANG

Root of rehmannia

Radix rehmanniae

[Quality and Taste]

It is very cold.

[Indications]

It is effective in stopping the incessant bleeding of metrorrhagia. It



〔主治〕 妇人崩中血不止，及产后血上薄心闷绝。伤身胎动下血，胎不落，堕坠踉折，瘀血留血，鼻衄吐血，皆捣饮之别录。解诸热，通月水，利水道。捣贴心腹，能消瘀血甄权。

〔发明〕 〔好古曰〕 生地黄入手少阴，又为手太阳之剂，故钱仲阳泻丙火与木通同用以导赤也。诸经之血热，与他药相随，亦能治之。溺血、便血皆同。〔权曰〕 病人虚而多热者，宜加用之。〔戴原礼曰〕 阴微阳盛，相火炽强，来乘阴位，日渐煎熬，为虚火之证者，宜地黄之属，以滋阴退阳。〔宗奭曰〕 本经只言干、生二种，不言熟者。如血虚劳热，产后虚热，老人中虚燥热者，若与生干，当虑太寒，故



treats adverse ascending of blood to the heart with suffocation in puerperium. It stops vaginal bleeding in a threatened abortion due to physical damage. It promotes the delivery of the fetus. It removes retained blood stasis in physical damage and fracture of the ankle. It stops epistaxis and hematemesis. Pound the drug to get juice.

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

Zhen Quan: It disperses pathogenic Heat of various kinds. It facilitates menstruation and Water circulation. Pound the drug and apply it to the epigastrium and abdomen to remove blood stasis.

[Explication]

Wang Haogu: Shengdihuang functions on the Lung Channel of Hand Initial Yin as well as Small Intestine Channel of Hand Initial Yang. Doctor Qian Zhongyang used Shengdihuang in his prescription Daochi San* together with Mutong/caulis akebiae/akebia stem to purge the pathogenic Fire in the Small Intestine. Shengdihuang is good for dispersing pathogenic Heat in all Channels. Use the drug together with drugs dealing with specific Channels. In the same way, it is also good for treating hematuria and hematochezia.

Zhen Quan: Dihuang is generally applicable to a debilitated condition with invasion of pathogenic Heat.

Dai Yuanli: When Yin is in a debilitated condition and Yang is becoming excessive, Xianghuo (the ministerial Fire) is encroaching the position of the Yin, thus scorching the Yin Jinye (body fluid). This is a syndrome characteristic of pathogenic Fire of deficient nature. Dihuang is the right drug to moisten the Yin and control the rampant Yang.

Kou Zongshi: In *Shen Nong Bencao Jing*, only Gandihuang and Shengdihuang are mentioned. Shudihuang/radix rehmanniae preparata/root of rehmannia prepared is not recorded. In treating such diseases as consumptive disease due to blood deficiency with fever, puerperal fever of deficient nature, fever and irritation of the aged due to interior deficiency, Shengdi-

*Daochi San: Shengdihuang, Mutong, and Gancao/radix glycyrrhizae/liquorice root (or, Huangqin/radix scutellariae/root of baikal skullcap).



后世改用蒸曝熟者。生熟之功殊别，不可不详。〔时珍曰〕本经所谓干地黄者，乃阴干、日干、火干者，故又云生者尤良。别录复云生地黄者，乃新掘鲜者，故其性大寒。其熟地黄乃后人复蒸晒者。诸家本草皆指干地黄为熟地黄，虽主治证同，而凉血补血之功稍异，故今别出熟地黄一条于下。

熟地黄

〔修治〕〔颂曰〕作熟地黄法：取肥地黄三二十斤洗净，别以拣下瘦短者三二十斤捣绞取汁，投石器中，浸漉令浹，甑上浸三四过，时时浸滤转蒸讫，又暴使汁尽。其地黄当光黑如漆，味甘如饴。须瓷器收之，以其脂柔喜润也。

〔斲曰〕采生地黄去皮，瓷锅上柳木甑蒸之，摊令气歇，拌酒再蒸，又出令干。勿犯铜铁器，令人肾消并发白，男损营，



huang is too cold. So, later doctors used Shudihuang, which is steamed and sun-dried and thus is no longer cold, so treat the aforementioned diseases. Doctors should know this in their selection of Dihuang.

Li Shizhen: Gandihuang recorded in *Shen Nong Bencao Jing* indicates the drug has been dried in the sun, in the shade or by the fire. It also says that the crude drug is even better. The Shengdihuang recorded in *Mingyi Bielu* indicates the just-collected, fresh drug. Such a drug is very cold in quality. Shudihuang is processed by steaming and sun drying, a method advocated by later doctors. All Bencao works record Gandihuang as Shudihuang. Although the two drugs have the same therapeutic functions, they are slightly different in their function of tonifying and cooling the blood.* Therefore, in this book, Shudihuang is given as a separate sub-entry.

SHUDIHUANG

Prepared root of rehmannia

Radix rehmannia preparata

[Preparation]

Su Song: Preparation of Shudihuang: Wash clean 20 to 30 *jin* of Shengdihuang of good quality. Pound another 20 to 30 *jin* of Shengdihuang that is small and thin and squeeze to get juice. Hold the drug in a stone container and pour in the juice until the drug is completely soaked. Steam the drug in a cooking pot until the juice is completely dried up. Then, the drug will be as black and lustrous as lacquer and taste as sweet as Yitang/saccharum granorum/malt extract. Keep the drug in a porcelain jar so as to keep it moistened.

Lei Xiao: Peel off the bark the Shengdihuang and steam it in a porcelain pot with a stand of willow wood. Spread the drug for a while and then blend it with wine. Steam it again. Spread it again until it dries up. Do not use copper or iron containers in the process, lest it damage the Kidney and turn the hair white. It will damage the Ying of a man and Weiqi of a woman.

*Shengdihuang is good for cooling the blood and Shudihuang is good for tonifying the blood.



女损卫也。〔时珍曰〕近时造法：拣取沉水肥大者，以好酒入缩砂仁末在内，拌匀，柳木甑于瓦锅内蒸令气透，晾干。再以砂仁酒拌蒸晾。如此九蒸九晾乃止。盖地黄性泥，得砂仁之香而窜，合和五脏冲和之气，归宿丹田故也。今市中惟以酒煮熟售者，不可用。

〔气味〕甘、微苦，微温，无毒。〔元素曰〕甘、微苦，寒。假酒力酒蒸，则微温而大补。味厚气薄，阴中之阳，沉也。入手足少阴厥阴之经。治外治上，须酒制。忌萝卜、葱、蒜、诸血。得牡丹皮、当归，和血生血凉血，滋阴补髓。



Li Shizhen: A recent way of preparation of the drug: Blend the following together:

Shengdihuang of good quality that sinks in water,
wine, and
powder of Sharen/fructus amomi/fruit of amomum.

Steam the drug in a pottery pot with a willow wood stand until it is completely done and dry it in the open. Blend the drug again with wine and Sharen and steam. Repeat that nine times. The reason why Sharen is added is that Dihuang is a drug of greasy quality. Assisted by Sharen, a drug with fast moving quality and fragrance, Dihuang will be good for harmonizing the qi in Five Viscera and leading it to Dantian (the elixir field in the pubic region). But, now, Shudihuang sold in pharmacies is processed only by stewing it with wine, which is no good for medical use.

[Quality and Taste]

It is sweet, slightly bitter, slightly warm and nontoxic.

Zhang Yuansu: It is sweet, slightly bitter and cold. As it is processed by steaming together with wine, it becomes slightly warm with strong toning efficacy. It is a drug with thick taste and thick quality. It is a drug of Yang in the Yin, a drug with a sinking tendency. It functions on the following 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.

When the drug is used to treat diseases on the skin and at the Shangjiao (the upper-jiao, the upper warmer), it should be processed with wine. Taboo: radish root, fistular onion, garlic and blood of various animals. Assisted by Mudanpi/cortex moutan radiceis/tree peony bark and Danggui/radix angelicae sinensis/root of Chinese angelica, the drug is good at harmonizing the blood, producing and cooling the blood. It tonifies the Yin and stuffs the marrow.



〔主治〕填骨髓，长肌肉，生精血，补五脏内伤不足，通血脉，利耳目，黑须发，男子五劳七伤，女子伤中胞漏，经候不调，胎产百病时珍。补血气，滋肾水，益真阴，去脐腹急痛，病后胫股酸痛元素。坐而欲起，目眈眈无所见好古。

〔发明〕〔元素曰〕地黄生则大寒而凉血，血热者须用之；熟则微温而补肾，血衰者须用之。又脐下痛属肾经，非熟地黄不能除，乃通肾之药也。〔好古曰〕生地黄治心热、手足心热，入手足少阴厥阴，能益肾水，凉心血，其脉洪实者宜之。若脉虚者，则宜熟地黄，假火力蒸九数，故能补肾中元气。仲景八味丸以之为诸药之首，天一所生之源也。汤

[Indications]

Li Shizhen: It stuffs the marrow, helps the growth of muscle and flesh, and promotes germination of Jing (vital essence) and blood. It tonifies interior damage and insufficiency of the Five Viscera. It facilitates blood circulation, brightens the eye and sharpens the ear, and turns white hair black. It is good for treating five overstrains and seven damages of man. It is also good for treating vaginal bleeding due to threatened abortion caused by interior damage. It regulates menstruation and treats various ante and post-partum diseases.

Zhang Yuansu: It tonifies blood and qi, moistens the Kidney Water, and reinforces the genuine Yin. It relieves acute pain in the abdomen and around the umbilicus, and sores of the tibia and thigh after the patient has just recovered from a disease.

Wang Haogu: It is good for treating a case when the patient wants to stand up while he is seated, and he suddenly feels he can see nothing.

[Explication]

Zhang Yuansu: When Dihuang is not prepared, it is very cold and cools the blood. It is a good drug for a patient with excessive Heat in the blood. When it is processed, it becomes slightly warm and tones the Kidney. Patients with an evanescent condition of the blood should use the drug. Pain under the umbilicus is a sign of Kidney disorder. Shudihuang is the only drug that can deal with it. It is a drug that can facilitate the Kidney function.

Wang Haogu: Shengdihuang is good for eliminating hot feeling in the Heart, hot palms and soles. It functions on the 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. It reinforces the Kidney Water, and cools the heat in the Heart. It is good for a patient with a grand and excessive pulse. If the pulse is deficient, Shudihuang should be given. As the drug has been steamed and sun-dried nine times, it is good for toning the Yuanqi (Primordial Vital Energy) in the Kidney. In Zhongjing





液四物汤治藏血之脏，以之为君者，癸乙同归一治也。〔时珍曰〕按王硕易简方云：男子多阴虚，宜用熟地黄；女子多血热，宜用生地黄。又云：生地黄能生精血，天门冬引入所生之处；熟地黄能补精血，用麦门冬引入所补之处。虞搏医学正传云：生地黄生血，而胃气弱者服之，恐妨食；熟地黄补血，而痰饮多者服之，恐泥膈。或云：生地黄酒炒则不妨胃，熟地黄姜汁炒则不泥膈。此皆得用地黄之精微者也。



Bawei Wan,* a prescription of Master Zhang Zhongjing, Shudihuang is used as the principal drug. It is reinforcing the germination of Water in the Heaven. Siwu Tang,** a prescription aimed at treating the Viscus that stores the blood, also has Shudihuang as its principal drug. It is the same drug that treats disorders of the Gui and Yi.

Li Shizhen: Wang Shuo in his book *Yijian Fang* said: Male patients are generally suffering from Yin deficiency. So Shudihuang should be used. Female patients generally suffer from Heat in the blood. So Shengdihuang is suitable for them. Also, Shengdihuang is a drug that can help the growth of Jing and blood. Tianmendong/radix aspagi/root of cochin Chinese asparagus is a drug that can lead Shengdihuang to function on the right place. Shoudihuang is a drug that can tonify the Jing and blood. Maimendong/radix ophiopogonis/tuber of dwarf lilyturf is a guiding drug that leads it to the right place. Yu Tuan in his book *Yixue Zhengchuan* said: Shengdihuang is a drug that helps produce the blood. But to a patient who has a weak stomach, Shengdihuang may hamper his appetite. Shudihuang is a drug that tonifies the blood. But to a patient who has excessive phlegm, the drug may bring about suffocation in the chest. The solution to the above problems: Stir-fry Shengdihuang with wine. In this way, it will not affect the appetite.

*Or Bawei Dihuang Wan (Jinkui Shenqi Wan):

Shudihuang,

Shanzhuyu/fructus corni/fruit of asiatic cornelian cherry,

Shanyao/rhizoma dioscoreae/rhizome of common yam,

Fuling/poria/indian bread,

Mudanpi/cortex moutan radices/tree peony bark,

Zexie/rhizoma alismatis/rhizome of oriental water plantain,

Rougui/cortex cinnamomi/cassia bark, and

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

**Siwu Tang:

Shaoyao/radix paeoniae/peony root,

Shudihuang,

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

Chuanxiong/rhizoma chuanxiong/rhizome of Szechwan lovage.



〔颂曰〕崔元亮海上方：治一切心痛，无问新久。以生地黄一味，随人所食多少，捣绞取汁，搜面作傅饎或冷淘食，良久当利出虫，长一尺许，头似壁宫，后不复患矣。昔有人患此病二年，深以为恨，临终戒其家人，吾死后当剖去病本。从其言果得虫，置于竹节中，每所食皆饲之。因食地黄傅饎亦与之，随即坏烂。由此得方。刘禹锡传信方亦纪其事云：贞元十年，通事舍人崔抗女，患心痛垂绝，遂作地黄冷淘食，便吐一物，可方寸匕，状如蛤蟆，无足目，似有口，遂愈。冷淘勿着盐。

【附方】

旧十二，新五十三。（略）

叶

〔主治〕恶疮似癩，十年者，捣烂日涂，盐汤先洗千金



Stir-fry Shudihuang with Jiangzhi/succus zingiberis recens/juice of fresh ginger. In this way, it will not bring chest suffocation. Such are examples showing the subtlety of application of the drug Dihuang.

Su Song: *Cui Yuanliang Haishang Fang* — Shengdihuang is good for treating all kinds of heart pain, no matter whether it is a chronic disease or newly contracted. Serve Shengdihuang as much as the patient can take. Preparation: Pound the drug and squeeze it to get juice. Blend the juice with wheat flour to make a kind of boiled food or cool it in water. After a while, there should be defecation of worms, which are about one *chi* long with heads similar to Bihu/gekko/house lizard. After that the patient will not have the trouble again. A legend tells of the origin of this prescription: Once, a gentleman was suffering from heart pain for two years. No treatment had been effective. Before he died, he told his family members to open up his body after his death. So, he was dissected and such worms were found. They raised the worms in a bamboo tube and fed them with whatever food they had. One day, when they had boiled food made of Dihuang, they fed the worms with it and these immediately decayed. So, this prescription was found. Liu Yuxi in his book *Chuanxin Fang* also recorded the following: On the 10th year of the reign of Zhenyuan, the daughter of Mr. Cui Kang was suffering from severe heart pain. Cold food made of Dihuang was prepared. After having this, she vomited out a strange thing as big as one *fangcunbi* in the shape of a toad. It had no feet or eyes, but there seemed to be a mouth. After that, the patient was alright. Do not add salt in the cold food.

[Prescriptions]

Twelve prescriptions collected previously, and
53 prescriptions collected recently.

DIHUANGYE

Leaf of rehmannia
Folium rehmanniae

[Indications]

Malignant sores similar to pertinacious skin disease that has lasted ten years. Pound the drug into paste and apply it to the affected part daily. First wash the affected part with salt water.



方。〔时珍曰〕按抱朴子云：韩子治用地黄苗喂五十岁老马，生三驹，又一百三十岁乃死也。张鷟朝野僉载云：雉被鹰伤，衔地黄叶点之；虎中药箭，食清泥解之。鸟兽犹知解毒，何况人乎？

实

〔主治〕四月采，阴干捣末，水服方寸匕，日三服，功与地黄等苏颂。〔弘景曰〕出渭城者有子，淮南七精散用之。

花

〔主治〕为末服食，功同地黄苏颂。肾虚腰脊痛，为末，酒服方寸匕，日三时珍。

〔附方〕新一。（略）



— *Qianjin Yaofang*.

Li Shizhen: The book *Baopuzi* recorded: Mr. Han fed his horse of fifty years old with leaves of rehmannia. The female horse then gave birth to three foals. She lived to 130 years old! Zhang Zhuo in his book *Zhaoye Jianzai* said: When a pheasant is hurt by an eagle, it will collect leaves of rehmannia and apply them to the affected part. When a tiger is shot by a poisonous arrow, it will eat clay to detoxify it. Animals and birds know about this; man must learn.

DIHUANG SHI

Fruit of rehmannia
Fructus rehmanniae

[Indications]

Su Song: Collect the fruit in the fourth month. Dry the drug in the shade and pound it into powder. Take one *fangcunbi* per dose with water, three times a day. It has the same therapeutic efficacy with Dihuang.

Tao Hongjing: Dihuang produced in Weicheng has fruit. It is used in the ancient prescription of Huainan Qijing San.

DIHUANG HUA

Flower of rehmannia
Flos rehmanniae

[Indications]

Su Song: Grind the drug into powder and serve. It has the same therapeutic function as Dihuang.

Li Shizhen: Grind the drug into powder. Take it to treat pain in the spinal cord due to deficient condition of the Kidney. Take one *fangcunbi* per dose with wine, three times a day.

[Prescriptions]

One prescription collected recently.

牛膝（本经上品）

【释名】

牛茎广雅。百倍本经。山苋菜救荒。对节菜

〔弘景曰〕其茎有节，似牛膝，故以为名。〔时珍曰〕本经又名百倍，隐语也，言其滋补之功，如牛之多力也。其叶似苋，其节对生，故俗有山苋、对节之称。

【集解】

〔别录曰〕牛膝生河内川谷及临朐，二月、八月、十月采根，阴干。〔普曰〕叶如夏蓝，茎本赤。〔弘景曰〕今出近道蔡州者，最长大柔润。其茎有节，茎紫节大者为雄，青





NIUXI

Two-tooth achyranthes

Achyranthes bidentata Bl.

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

[Explanation of Names]

NIUJING

— *Guang Ya*.

BAIBEI

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

SHANXIANCAI

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

DUIJIECAI

Tao Hongjing: Its stem has nodes. It is in the shape of the knee of an ox, hence its name. Niuxi = ox knee.

Li Shizhen: It is named Baibei in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). Baibei = 100 times. This is to indicate that the drug has tonifying power as mighty as an ox. As the leaf of the drug is similar to Xiancai/caulis et folium amaranthi tricoloris/stem and leaf of three-colored amaranth, so it is also named Shanxiancai (Xiancai in the mountain), or Duijiecai, as it has nodes.

[Previous Explanations]

Niuxi is produced in the mountain valleys in Henei and Linqu. Collect the root of the drug in the second, eighth and tenth months and dry it in the shade.

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

Wu Pu: Its leaf is similar to Lancao/herba eupatorii/herb of fortune eupatorium in summer. Its stem is red.



细者为雌，以雄为胜。〔大明曰〕怀州者长白，苏州者色紫。〔颂曰〕今江淮、闽粤、关中亦有之，然不及怀州者为真。春生苗，茎高二三尺，青紫色，有节如鹤膝及牛膝状。叶尖圆如匙，两两相对。于节上生花作穗，秋结实甚细。以根极大至三尺而柔润者为佳。茎叶亦可单用。〔时珍曰〕牛膝处处有之，谓之土牛膝，不堪服食。惟北土及川中人家栽蒔者为良。秋间收子，至春种之。其苗方茎暴节，叶皆对生，颇似苋叶而长且尖觚。秋月开花，作穗结子，状如小鼠负虫，有涩毛，皆贴茎倒生。九月采取根，水中浸两宿，掇去皮，裹扎暴干，虽白直可贵，而掇去白汁入药，不如留皮者力大也。嫩苗可作菜茹。

根

〔修治〕〔斲曰〕凡使去头芦，以黄精自然汁浸一宿，



Tao Hongjing: Drug produced nearby Caizhou is big and soft. There are nodes on the stem. That with a purple stem and big nodes is a male drug and that with a blue-green stem and thin nodes is a female drug. The male is the best.

Da Ming: That produced in Huaizhou is long and white. That produced in Suzhou is purple.

Su Song: Now, the drug is also produced in Jianghuai, Fujian, Guangdong and Guanzhong areas. But the drugs in these places are not as good as that produced in Huaizhou. The seedling grows in spring. Its stem is two to three *chi* tall, blue-green or purple in color. Its node is similar to the knee of a crane or ox. The leaf is round with a pointed tip in the shape of a spoon. Leaves grow in pairs in opposition. The flower grows from the node and forms a spike. In autumn, very fine fruits are formed. The drug that is soft and moistened with its root as long as two to three feet long is the best drug. The stem or leaf can be used separately as drugs.

Li Shizhen: The drug can be found everywhere. It is called Tunixi, which cannot be used medically. Only that cultivated in the north or in Sichuan is a good species. Collect the seed in autumn and sow it in spring. Its stem is square with protruding nodes and leaves growing in opposition. It looks like Xiancai, but it is longer and with a pointed tip. The flower blooms in autumn and forms a spike and fruit. The fruit looks like small Shufu/armadillidium vulgare/pill bug, covered with rough hair, and it sticks to the stem in an inverted position. Collect the root in the ninth month, then, soak it in water for two days. Peel off the bark and bind it in small bundles. Dry the drug in the sun. The drug is white and looks good. But when the white bark is peeled off, the drug is not as effective as that with its bark. The tender seedling can be eaten as a fresh vegetable.

NIUXIGEN

Root of two-tooth achyranthes

Radix achyranthis bidentatae

[Preparation]

Lei Xiao: First take off the root. Soak it in the natural juice of



漉出，锉，焙干用。〔时珍曰〕今惟以酒浸入药，欲下行则生用，滋补则焙用，或酒拌蒸过用。

〔气味〕苦、酸，平，无毒。〔普曰〕神农：甘。雷公：酸，无毒。〔李当之〕温。〔之才曰〕恶萤火、龟甲、陆英，畏白前，忌牛肉。

〔主治〕寒湿痿痹，四肢拘挛，膝痛不可屈伸，逐血气，伤热火烂，堕胎。久服轻身耐老本经。疗伤中少气，男子阴消，老人失溺，补中续绝，益精利阴气，填骨髓，止发白，除脑中痛及腰脊痛，妇人月水不通，血结别录。治阴痿，补肾，助十二经脉，逐恶血甄权。治腰膝软怯冷弱，破



Huangjing/rhizoma polygonati/rhizome of king Solomon Seal overnight. Take out the next day and file it into small pieces and bake dry.

Li Shizhen: Now, the drug is only processed by soaking it in wine. If it is wished to let the drug move downward, use the crude drug. If it is used as a tonic, bake it, or blend it with wine and steam it.

[Quality and Taste]

It is bitter, sour, plain and nontoxic.

Wu Pu: It is sweet, according to Shen Nong. It is sour and nontoxic, according to Lei Gong.

Li Dangzhi: It is warm.

Xu Zhicai: It is mutually inhibiting to Yinghuo/cicindela/firefly, Guijia/plastrum testudinis/tortoise plastron and Luying/flos sambuci chinensis/flower of Chinese elder. It is incompatible to Baiqian/radix et rhizoma cynachi stauntonii/root and rhizome of willow leaf swallowwort. Beef should be prohibited.

[Indications]

It is good for treating paralysis and arthralgia due to invading pathogenic Cold and Humidity with contraction and spasm of the extremities and pain in the knee that hampers movement. It disperses abdominal pain of woman due to disorder of blood and qi. It treats scalds and burns with ulceration. It disperses a dead fetus. 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 treating interior damage with shortness of breath, male impotence and incontinence of the aged. It tonifies the interior and rescues the evanescence of qi and blood. It fills the marrow and stops the whitening of hair. It relieves pain in the brain and spinal cord. It treats menopause and blood stagnation.

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

Zhen Quan: It is good for treating impotence and tonify the Kidney. It reinforces the twelve Channels. It removes blood stasis.

Da Ming: It treats soft and debilitated waist and knees with cold feeling.



癥结，排脓止痛，产后心腹痛并血运，落死胎大明。强筋，补肝脏风虚好古。同苳蓉浸酒服，益肾。竹木刺入肉，嚼烂罨之，即出宗爽。治久疟寒热，五淋尿血，茎中痛，下痢，喉痹口疮齿痛，痈肿恶疮伤折时珍。

〔发明〕〔权曰〕病人虚羸者，加而用之。〔震亨曰〕牛膝能引诸药下行，筋骨痛风在下者，宜加用之。凡用土牛膝，春夏用叶，秋冬用根，惟叶汁效尤速。〔时珍曰〕牛膝乃足厥阴、少阴之药。所主之病，大抵得酒则能补肝肾，生用则能去恶血，二者而已。其治腰膝骨痛、足痿阴消、失溺久疟、伤中少气诸病，非取其补肝肾之功欤？其癥瘕心腹诸痛、痈肿恶疮、金疮折伤喉齿、淋痛尿血、经候胎产诸病，



It removes blood stasis and resolves hard mass, dispels malignant blood and stops pain, eliminates epigastric and abdominal pain in puerperium. It treats vertigo due to blood disorder in puerperium. It disperses a dead fetus.

Wang Haogu: It reinforces the tendons, tones the Liver in a deficient condition with invasion of pathogenic Wind.

Kou Zongshi: Soak the drug together with Congrong/herba cistanches/desert living cistanche in wine. Take the wine to reinforce the Kidney. Chew the drug into paste and apply it to treat penetration of bamboo or wooden thorns into the flesh.

Li Shizhen: It is good for treating chronic malaria with fever and chill, stranguria of five types with hematuria and pain in the penis. It stops dysentery. It treats inflammation of throat, toothache and aphtha. It is also good for treating carbuncle, swelling, malignant sores and physical injury.

[Explication]

Zhen Quan: When the patient is in a debilitated condition, this drug can be added into the prescripiron.

Zhu Zhenheng: Niuxi is a drug that can lead all drugs to go downward. When there is pain and arthralgia at Xiajiao (Lower-Jiao, Lower Warmer), add this as a guiding drug. When the drug is used, use its leaf in spring and summer and its root in autumn and winter. The juice of leaf has the quickest efficacy.

Li Shizhen: Niuxi is a drug that functions on the Liver Channel of Foot Greater Yin and Kidney Channel of Foot Lesser Yin. Generally speaking, if the drug is processed with wine, it is good for tonifying the Liver and the Kidney and when it is the crude drug, it functions to disperse blood stasis. In its toning function, the following diseases can be treated: pain in the waist and knees and bone, paralysis and feet and impotence, incontinence and chronic malaria, interior damage with shortness of breath. The function of its elimination and dispersal of malignant blood is manifested in its treatment of epigastric and abdominal pain due to hard mass, carbuncle and swelling as well as malignant sores, incised wounds and physical injury, throat inflammation and toothache, stranguria with hematuria, menstrual and ante and postpartum diseases. Chen Rihua in his book *Jingyan Fang*



非取其去恶血之功欤？按陈日华经验方云：方夷吾所编集要方，予刻之临汀。后在鄂渚，得九江守王南强书云：老人久苦淋疾，百药不效。偶见临汀集要方中用牛膝者，服之而愈。又叶朝议亲人患血淋，流下小便在盆内凝如蒟蒻，久而有变如鼠形，但无足尔。百治不效。一村医用牛膝根煎脓汁，日饮五服，名地髓汤。虽未即愈，而血色渐淡，久乃复旧。后十年病又作，服之又瘥。因检本草，见肘后方治小便不利茎中痛欲死，用牛膝并叶，以酒煮服之。今再拈出，表其神功。又按杨士瀛直指方云：小便淋痛，或尿血，或沙石胀痛。用川牛膝一两，水二盏，煎一盏，温服。一妇患此十年，服之得效。杜牛膝亦可，或入麝香、乳香尤良。

〔附方〕旧十三，新七。（略）



said: I printed Fang Yiwu's book *Jiyao Fang* in Linding. Later, when I was in Ezhu, I got a letter from Mr. Wang Nanqiang, governor of Jiujiang, talking about a case as follows: An old man was suffering from stranguria and could not get a relief, although various treatments had been tried. One day, when I read the book *Jiyao Fang*, I found the drug Niuxi and its various efficacies. I gave the prescription to the old man and he got well after taking the drug. Another case: a relative of Mr. Ye, official title Chaoyi, was suffering from stranguria with hematuria. The bloody urine congealed in a basin was similar to gel. After a long time, the gel turned into the shape of a rat, but without legs. All methods had been tried and the patient got no better. A doctor in the village treated him with Niuxi. The drug was simmered into a dense decoction and taken five times in a day. This prescription was called Disui Tang. Although the patient did not recover immediately, he got much better. The urine became much paler in color and after a long time, it turned normal. After ten years, the disease attacked again. The same prescription was given and it worked once again. When I examined the Bencao works, I found a prescription in *Zhouhou Fang* good for treating dysuria with terrible pain in the penis. The treatment was to simmer Niuxi and its leaf in wine. It was effective. So I record this here to tell of its miraculous efficacy. Yang Shiyong in his book *Zhizhi Fang* said: To treat stranguria with urodynia, or with hematuria, or with urinary stone and pain, use the following drug: Simmer one *liang* of Niuxi in two cups of water until one cup is left. Take the decoction warm. A woman had suffered from this disease for more than 10 years. She got well after taking the drug. Dun-iuxi (Tianmingjing/radix carpesii/root of common carpesium) is also good. Or add in Shexiang/moschus/musk and Ruxiang/olibanum/frankincense. It is even better.

[Prescriptions]

Thirteen prescriptions collected previously, and seven prescriptions collected recently.

NIUXIJING and NIUXIYE

Stem and leaf of two-tooth achyranthes

茎叶

〔主治〕寒湿痿痹，老疝淋秘，诸疮。功同根，春夏宜用之时珍。

〔附方〕旧三，新一。（略）



Caulis et folium achyranthis bedentatae

[Indications]

Li Shizhen: It is good for treating paralysis and arthralgia due to invading pathogenic Cold and Humidity, chronic malaria, stranguria and dysuria, and various sores. Its therapeutic efficacy is the same as the root of the drug. It is suitable for use in spring and summer.

[Prescriptions]

Three prescriptions collected previously, and one prescription collected recently.





紫菀（本经中品）

【释名】

青菀别录。紫菀别录。返魂草纲目。夜牵牛

〔时珍曰〕其根色紫而柔宛，故名。许慎说文作茈菀。斗门方谓之返魂草。

【集解】

〔别录曰〕紫菀生汉中、房陵山谷及真定、邯郸。二月、三月采根，阴干。〔弘景曰〕近道处处有之。其生布地，花紫色，本有白毛，根甚柔细。有白者名白菀，不复用。〔大明曰〕形似重台，根作节，紫色润软者佳。〔颂曰〕今耀、



ZIWAN

Tartarian aster

Aster tataricus L.f.

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

[Explanation of Names]

QINGWAN

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

ZIQIAN

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

FANHUNCAO

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

YEQIANNIU

Li Shizhen: The root of the drug is purple and soft, so it is called Ziwan. Zi = purple. Wan = soft. In *Shuowen Jiezi* (*Book of Philology* by Xu Shen), it is recorded Ciwan. In the book *Doumen Fang*, it is recorded as Fanhuncao.

[Previous Explanations]

Ziwan is produced in Hanzhong, mountain valleys in Fangling, Zhen-ding and Handan. Collect the root in the second and third months and dry it in the shade.

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

Tao Hongjing: The drug is now found everywhere. The herb spreads all over the ground with a purple flower. The stem is covered with white hair. Its root is fine and soft. The white drug is called Baiwan (the white drug). It is no longer used medically.

Da Ming: The herb is similar to Chongtai (*Xuanshen/radix scrophulariae/*



成、泗、寿、台、孟诸州、兴国军皆有之。三月内布地生苗，其叶二四相连，五月、六月内开黄白紫花，结黑子。余如陶说。〔恭曰〕白菀，即女菀也。疗体与紫菀相同，无紫菀时亦用之。〔颖曰〕紫菀连根叶采之，醋浸，入少盐收藏，作菜辛香，号名仙菜。盐不宜多，多则腐也。〔时珍曰〕按陈自明云：紫菀以牢山所出根如北细辛者为良，沂兖以东皆有之。今人多以车前、旋复根赤土染过伪之。紫菀肺病要药，肺本自亡津液，又服走津液药，为害滋甚，不可不慎。

根【修治】

〔斆曰〕凡使先去须。有白如练色者，号曰羊须草，自然不同。去头及土，用东流水洗净，以蜜浸一宿，至明于火上焙干用。一两用蜜二分。



figwort root). The root that has nodes and is purple and soft is the best drug.

Su Song: Now, the drug is produced in Yaozhou, Chengzhou, Sizhou, Shouzhou, Taizhou, Mengzhou and Xingguojun. In the third month, the herb spreads all over with two to four leaves growing together. In the fifth and sixth months, a flower of yellow-white-purple color blooms. It bears a black seed. The rest is the same as what Tao Hongjing had described.

Su Gong: Baiwan is just Nüwan/herba turczaniowiae fastigiatae/herb of common turczaniowia. It is a drug with similar shape and therapeutic effects as Ziwan. When Ziwan is not available, Baiwan can be used as a substitute.

Wang Ying: Collect the root and leaf of the drug and soak them in vinegar. Preserve it with a little salt and keep it for future use. When this is eaten as a vegetable, it tastes hot and delicious. It is called Xiancai. Salt should not be used too much, lest it cause the drug to rot.

Li Shizhen: Chen Ziming said that Ziwan produced in Laoshan was the best drug, which has similar root to Xixingen/radix asari/root of manchurian wild ginger produced in the north. It is produced in areas east of Yizhou and Yanzhou. But, now, merchants dye Xuanfugen/radix inulae/inula root and Cheqiangen/radix plantaginis/plantain root with red earth and sell them as Ziwan. This is a dangerous thing, as, if the Lung is suffering from loss of body fluid, Ziwan is a drug that treats Lung diseases. But, if other drugs (like Xuanfugen and Cheqiangen) are used to further exhaust the body fluid in the Lung, it will only aggravate the case. Doctors should be cautious.

ZIWANGEN

Root of Tartarian aster

Radix asteris

[Preparation]

Lei Xiao: First take off the fibrous roots. There is a kind of drug with white root as refined silk. It is called Yangxucao, which is a different drug. Take off the root base and soil. Wash it clean with east-running water. Soak the drug in honey overnight and then bake it over a fire the next morning. For each one *liang* of drug, use two *fen* of honey.



【气味】

苦，温，无毒。

〔别录曰〕辛。〔权曰〕苦，平。〔之才曰〕款冬为之使。恶天雄、瞿麦、藁本、雷丸、远志，畏茵陈。

【主治】

咳逆上气，胸中寒热结气，去蛊毒痿蹶，安五脏本经。疗咳唾脓血，止喘悸，五劳体虚，补不足，小儿惊痫别录。治尸疰，补虚下气，劳气虚热，百邪鬼魅甄权。调中，消痰止渴，润肌肤，添骨髓大明。益肺气，主息贲好古。

【附方】

旧三，新四。（略）



[Quality and Taste]

It is bitter, warm and nontoxic.

It is pungent.

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

Zhen Quan: It is bitter and plain.

Xu Zhicai: Kuandong/tussilago farfara/common coltsfoot can be used as its guiding drug. It is mutually inhibiting to Tianxiong/radix aconiti/common monkshood, Qumai/herba dianthi/herb of lilac pink, Gaoben/rhizoma ligustici/rhizome of Chinese ligusticum, Leiwan/omphalia/stone-like omphalia and Yuzhi/radix polygalae/root of thinleaf milkwort. It is incompatible to Yinchenhao/herba artemisiae scopariae/herb of virgate capillary wormwood.

[Indications]

It is good for treating coughing with adverse ascending of gas, accumulation of gas of cold and hot quality in the chest. It disperses Gudu (disease due to noxious agents produced by various parasites). It treats paralysis with a tendency of falling down. It pacifies the Five Viscera.

— *Shennong Bencao Jing*.

It is good for treating coughing with spitting of bloody pus. It stops asthma and palpitation. It improves the debilitated condition with five overstrains. It tonifies a general insufficient condition. It relieves infantile convulsion and epilepsy.

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

Zhen Quan: It treats Shizhu (consumptive and infectious disease). It tonifies deficiency and brings down the adverse ascending of gas. It eliminates pathogenic Heat of deficient and consumptive nature. It disperses attacks of various vicious agents and evils.

Da Ming: It regulates the interior, eliminates phlegm and quenches thirst, moistens the skin and muscle and fills the marrow.

Wang Haogu: It reinforces the Lung qi and stops dyspnoea.

[Prescriptions]

Three prescriptions collected previously, and four prescriptions collected recently.

女菀 (本经中品)

【释名】

白菀别录。织女菀别录。女复广雅。茆音柳。

〔时珍曰〕其根似女体柔婉，故名。

【集解】

〔别录曰〕女菀生汉中山谷或山阳。正月、二月采，阴干。〔弘景曰〕比来医方无复用之。复有白菀似紫菀，恐非此也。〔恭曰〕白菀即女菀，有名未用重出一条，故陶说疑之。功与紫菀相似。〔宗爽曰〕女菀即白菀，非二物也。唐





NÜWAN

Common turczaniowia

Aster fastigiatus Fisch.

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

[Explanation of Names]

BAIWAN

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

ZHINÜWAN

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

NÜFU

— *Guang Ya*.

LIU

Li Shizhen: The root of the drug is as soft and elegant as a female body, hence its name. Nü = female.

[Previous Explanations]

Nüwan is produced in the mountain valleys of Hanzhong and in Shanyang. Collect the drug in the first and second months and dry it in the shade.

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

Tao Hongjing: It does not seem that the drug is still in use. There is Baiwan, which is similar to Ziwan. It is not known whether this is the drug in this clause.

Su Gong: Baiwan is simply Nüwan. As the drug is recorded in the category of drug with its name recorded but not yet in use in *Mingyi Bielu*, so Tao Hongjing doubted its authenticity. It is a drug with similar therapeutic functions with Ziwan.

Kou Zongshi: Nüwan is merely Baiwan. They are the same thing. In



修本草删去白菀，甚合宜。〔时珍曰〕白菀，即紫菀之色白者也。雷斅言，紫菀白如练色者，名羊须草，恐即此物也。

根【气味】

辛，温，无毒。

〔之才曰〕畏卤碱。

【主治】

风寒洗洗，霍乱泄痢，肠鸣上下无常处，惊痫寒热百疾本经。疗肺伤咳逆出汗，久寒在膀胱支满，饮酒夜食发病别录。

【发明】

〔时珍曰〕按葛洪肘后方载治人面黑令白方：用真女菀三分，铅丹一分，为末。醋浆服一刀圭，日三服。十日大便黑，十八日如漆，二十一日全白便止，过此太白矣。年三十



Tang Bencao, Baiwan was deleted. It is correct to do so.

Li Shizhen: Baiwan is the white Ziwan. As Lei Xiao put it: The drug that is as white as refined silk is another drug called Yangxucao. It is most likely indicating this drug.

NÜWANGEN

Root of common turczaniowia
 Radix turczaniowiae fastigiatae

[Quality and Taste]

It is pungent, warm and nontoxic.

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

[Indications]

It is good for dispersing aversion to cold and wind. It treats cholera with diarrhea and dysentery and with intestinal booming sound that moves up and down. It treats convulsion and epilepsy with fever and chill and 100 diseases,

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

It is good for treating coughing with dyspnoea and perspiration due to damage to the Lung, It treats fluid-retention and fullness in the chest and hypochondrium due to chronic cold in the Urinary Bladder. It also treats onset of disease due to overdrinking of wine at night.

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

[Explication]

Li Shizhen: Ge Hong in his *Zhouhou Fang* recorded a prescription that enables one to turn his (her) face fair: Grind three *fen* of Nüwan together with one *fen* of Qiandan/minium/lead oxide into powder. Take one Daogui of the powder with vinegar and Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet, three times a day. On the tenth day, the stool will turn black. On the 18th day, the stool is as black as lacquer. But, on the 21st day, the stool becomes all white. Stop taking the drug. If not, the face will become too white. People over 30 years of age should not



后不可服。忌五辛。孙思邈千金方用酒服，男十日，女二十日，黑色皆从大便出也。又名医录云：宋兴国时，有女任氏色美，聘进士王公辅，不遂意，郁久面色渐黑。母家求医。一道人用女真散，酒下二钱，一日二服。数日面貌微白，一月如故。恳求其方，则用黄丹、女菀二物等分尔。据此，则葛氏之方，已试有验者矣。然则紫菀治手太阴血分，白菀手太阴气分药也。肺热则面紫黑，肺清则面白。三十岁以后则肺气渐减，不可复泄，故云不可服之也。



take the drug. Taboo: five pungent foods.* In Sun Simiao's *Qianjin Yao-fang*, it is recorded that the drug should be washed down with wine. Men should take the drug for 10 days and women 20 days. The black thing will be defecated from the stool. The book *Mingyi Lu* recorded the following case: In the years of the reign of Xingguo in the Song Dynasty (960-1279), a girl from the Ren family was pretty and married to a Wang Gongfu, official title Jinshi. Husband and wife were not on very good terms. So, the girl's face was becoming darker and darker after a period of time. Her mother tried to find a doctor for her. A Taoist was sent for. He prescribed Nüzhen San and instructed her to take two *qian* with wine of twice per day. After several days of such treatment, the patient's face turned slightly fair and after one month, she resumed her original look. When the patient requested earnestly the prescription, the Taoist told her: the prescription involved blending equal amounts of Huangdan/minium/lead oxide and Nüwan. From this, we know that the prescription in *Zhouhou Fang* had been tried and proven effective. Ziwan is a drug that treats blood disorders of the Lung Channel of Hand Initial Yin and Nüwan treats qi disorders of the Lung Channel of Hand Initial Yin. When pathogenic Heat invades the Lung, the patient will have a purple and black complexion. When the Lung is clear, the complexion will be fair. People over 30 years of age have reduced Lung qi, and it should no longer be eliminated. So, that is why this prescription is no good for people over 30.

*Five pungent foods: Jiucail/folium allii tuberosi/
leaf of tuber onion, Xiebai/bulbus allii macrostemi/
bulb of longstamen onion, Suah/bulbus allii sativum/
garlic, Yuntai/herba brassieae campestris/herb of bird
rape, Husiu/herba coriandri/coriander herb.

麦门冬（本经上品）

【释名】

蔓冬音门秦名羊韭，齐名爱韭，楚名马韭，越名羊膏。
并别录。禹韭吴普。禹余粮别录。忍冬吴普。忍凌吴普。不
死药吴普。阶前草





MAIMENDONG

Dwarf lilyturf

Ophiopogon japonicus Ker-Gawl.

[Explanation of Names]

MENDONG

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

YANGJIU (a name in Qin*)

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

AIJIU (a name in Qi*)

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

MAJIU (a name in Chu*)

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

YANGQI (a name in Yue*)

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

YUJIU

— *Wu Pu Bencao (Wu Pu's Herbal)*.

YUYULIANG

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

RENDONG

— *Wu Pu Bencao (Wu Pu's Herbal)*.

RENLING

— *Wu Pu Bencao (Wu Pu's Herbal)*.

BUSIYAO

— *Wu Pu Bencao (Wu Pu's Herbal)*.

JIEQIANCAO

*These are the names of states in the Spring and Autumn Period (770-476 BC) and the Warring States Period (475-221 BC).



〔弘景曰〕根似秬麦，故谓之麦门冬。〔时珍曰〕麦须曰蘘，此草根似麦而有须，其叶如韭，凌冬不凋，故谓之麦蘘冬，及有诸韭、忍冬诸名。俗作门冬，便于字也。可以服食断谷，故又有余粮、不死之称。吴普本草：一名仆垒，一名随脂。

【集解】

〔别录曰〕麦门冬叶如韭，冬夏长生。生函谷川谷及堤坂肥土石间久废处。二月、三月、八月、十月采根，阴干。〔普曰〕生山谷肥地，丛生，叶如韭，实青黄。采无时。〔弘景曰〕函谷即秦关。处处有之，冬月作实如青珠，以四月采根，肥大者为好。〔藏器曰〕出江宁者小润，出新安者大白。其苗大者如鹿葱，小者如韭叶，大小有三四种，功用相似，其子圆碧。〔颂曰〕所在有之。叶青似莎草，长及尺



Tao Hongjing: It looks like Kuangmai/fructus hordei nudi/highland barley. So it is called Maimendong. Mai = barley.

Li Shizhen: Fibrous roots of wheat are called Men. This herb has fibrous roots similar to those of Xiaomai/semen tritici/wheat. Its leaf is similar to Jiucail/folium allii tuberosi/leaf of tuber onion. It will not wither even in severe winter. Therefore it has the name Maimendong, various Jiu (tuber onion) and Rendong (stand the cold). It is colloquially written as Mendong, a simplified version. This drug can prolong life even though no food is taken. So, it is called Yuyuliang or Busiyao (drug preventing one from dying). In *Wu Pu Bencao*, it is also called Pulei, or Suizhi.

[Previous Explanations]

The leaf of Maimendong is similar to Jiucail. It is green in summer and in winter. It grows in the mountain valleys in Hangu and in deserted places of dams and rocks with fertile land. Collect the root in the second, third, eighth and tenth months and dry it in the shade.

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

Wu Pu: It grows on the fertile land in mountain valleys. It grows in tussock. Its leaf is similar to Jiucail. Its fruit is blue-green and yellow. There is no definite time for collection.

Tao Hongjing: Hangu is now called Qinguan. Now, the drug is found everywhere. Fruit like a blue-green pearl forms in winter. Collect the root in the fourth month. The root that is big and plump is the best drug.

Chen Cangqi: The drug produced in Jiangning is small and moistened. That produced in Xin'an is big and white. The seedling can be as big as that of Lucong* or as small as Jiucail. There are three to four species, all with similar therapeutic effects. Its fruit is round and green.

Su Song: The drug is found everywhere. Its leaf is green, similar to Shacao/herba cyperi/herb of nutgrass galingale. It can be as long as one *chi* or more. It keeps green in all seasons. Its root is yellow-white with fibrous

*Lucong may indicate either of Xuancao/herba hemerocallis/daylily or Lilu/rhizoma et radix veratri/rhizome and root of false hellebore.



余，四季不凋。根黄白色有须，根如连珠形。四月开淡红花，如红蓼花。实碧而圆如珠。江南出者叶大，或云吴地者尤胜。〔时珍曰〕古人惟用野生者。后世所用多是种蒔而成。其法：四月初采根，于黑壤肥沙地栽之。每年六月、九月、十一月三次上粪及耘灌。夏至前一日取根，洗晒收之。其子亦可种，但成迟尔。浙中来者甚良，其叶似韭而多纵文且坚韧为异。

根【修治】

〔弘景曰〕凡用取肥大者，汤泽，抽去心，不尔令人烦。大抵一斤须减去四五两也。〔时珍曰〕凡入汤液，以滚水润湿，少顷抽去心，或以瓦焙软，乘热去心。若入丸散，须瓦焙热，即于风中吹冷，如此三四次，即易燥，且不损药力。或以汤浸捣膏和药，亦可。滋补药，则以酒浸播之。

【气味】

甘，平，无毒。



roots. The roots connect with each other like pearls. In the fourth month, a light red flower blooms, like Liaohua/flos polygona hydropiperis/flower of red-knees. Its fruit is green and round like a pearl. That produced in the area south of the Yangtze River has a bigger leaf. Some say that produced in the Wu area is the best drug.

Li Shizhen: Ancient people only used the wild Maimendong. But later people used the cultivated herb. Collect the root early the fourth month and plant it in sandy and black fertile land. Add manure to the plant in the sixth, ninth and 11th months every year, cut off the weeds and water the plant. Collect the root one day before the Summer Solstice (June 21). Wash the drug and dry it in the sun. Its seed can also be planted. But in this way, it grows much slower. The drug produced in Zhejiang is of the best quality. The leaf of the herb is similar to Jiucui, but it is covered with vertical texture and it is more elastic and stronger.

MAIMENDONGGEN

Tuber of dwarf lilyturf

Radix ophiopogonis

[Preparation]

Tao Hongjing: Use the big and plump tubers. Soak the drug in hot water and take off the heart. Otherwise it will cause restlessness. In this way, four to five *liang* out of one *jin* (16 *liang*) will be reduced.

Li Shizhen: If the drug is to be used in a decoction, first soak the drug in boiling water. Then, after a while, take off the heart. Or, bake the drug on a piece of tile and take off the heart while the drug is still hot. If the drug is used in making medicinal powder or pills, bake the drug on a piece of tile and cool it in wind. Repeat that three to four times. In this way, the drug is easy to dry and its therapeutic effect will be maintained. Or, soak the drug first and pound it into paste. If it is intended to make a tonic, soak the drug in wine and then pound it.

[Quality and Taste]

It is sweet, plain and nontoxic.



〔别录曰〕微寒。〔普曰〕神农、岐伯；甘，平。黄帝、桐君、雷公：甘，无毒。李当之：甘、小温。〔杲曰〕甘、微苦，微寒，阳中微阴，降也。入手太阴经气分。〔之才曰〕地黄、车前为之使。恶款冬、苦瓠、苦芙。畏苦参、青蘘、木耳。伏石钟乳。

【主治】

心腹结气，伤中伤饱，胃络脉绝，羸瘦短气。久服轻身不老不饥本经。疗身重目黄，心下支满，虚劳客热，口干燥渴，止呕吐，愈痿蹶，强阴益精，消谷调中保神，定肺气，安五脏，令人肥健，美颜色，有子别录。去心热，止烦热，



It is slightly cold.

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

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

Li Dangzhi: It is sweet and slightly warm.

Li Gao: It is sweet, slightly bitter and slightly cold. It is Yang with slight Yin, a drug with a descending tendency. It functions on the qi system of Lung Channel of Hand Initial Yin.

Xu Zhicai: Dihuang and Cheqianzi/semen plantaginis/plantain seed can be used as its guiding drugs. It is mutually inhibiting to Kuandong/tussilago farfara/common coltsfoot, Kuhu/fructus lagenariae makinois/fruit of makino bottle and Ku'ao/herba cirsii linearis/herb of linear leaf thistle. It is incompatible to Kushen/radix sophorae flavescens/root of light yellow sophora, Qingxiang (Humaye/foolium sesami/sesame leaf) and Mu'er/auricularia/jew's ear. It oppresses Shizhongru/stalactium/stalactite.

[Indications]

It disperses accumulation of qi in the epigastrium and abdomen. It treats indigestion due to overeating and internal damage. It improves the exhausting condition of the Stomach bringing emaciation and shortness of breath. Long-term use makes one feel happy, never hungry and able to enjoy a long life.

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

It is good for treating a pathological condition with yellow eyeballs and heaviness in moving the body. It relieves fluid-retention and fullness in the chest and hypochondrium, consumptive disease with general debility and guest heat, parched mouth and thirst. It stops nausea and vomiting. It also treats paralysis and inability to walk. It enhances the Yin and reinforces the Jing. It helps digest food, harmonizes the interior and keeps the person in high spirits. It stabilizes the Lung qi, pacifies the Five Viscera. It helps one put on weight, keep young looking and become more productive.

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

Chen Cangqi: It eliminates Heat in the Heart, stops restlessness, and



寒热体劳，下痰饮藏器。治五劳七伤，安魂定魄，止嗽，治肺痿吐脓，时疾热狂头痛大明。治热毒大水，面目肢节浮肿，下水，主泄精甄叔。治肺中伏火，补心气不足，主血妄行，及经水枯，乳汁不下元素。久服轻身明目。和车前、地黄丸服，去温瘴，变白，夜视有光藏器。断谷为要药弘景。

【发明】

〔宗奭曰〕麦门冬治肺热之功为多，其味苦，但专泄而不专收，寒多人禁服。治心肺虚热及虚劳。与地黄、阿胶、麻仁，同为润经益血、复脉通心之剂；与五味子、枸杞子，同为生脉之剂。〔元素曰〕麦门冬治肺中伏火、脉气欲绝者，加五味子、人参二味为生脉散，补肺中元气不足。〔杲



relieves general fatigue with chills and fever. It disperses Tanyin fluid-retention.

Da Ming: It is good for treating five overstrains and seven damages. It pacifies the soul and stabilizes the boldness, stops coughing. It treats pulmonary flaccidity with the spitting of bloody pus. It relieves headaches with fever and mania in an epidemic disease.

Zhen Quan: It treats invasion of toxic heat and fluid retention with puffy face, eye and extremities. It disperses fluid retention. It stops seminal emission.

Zhang Yuansu: It is good for eliminating the hidden Fire in the Lung, and tonifying the deficient and debilitated condition of the Heart. It restrains the rampant circulation of blood. It treats menopenia and promotes lactation.

Chen Cangqi: Long-term use makes one happy and brightens the eye. Make pills together with Cheqian and Dihuang. Take it to disperse invading miasma in acute febrile disease. It turns white hair black and enables one to see things at night.

Tao Hongjing: It is a principal drug in practicing long fasting (living without eating food).

[Explication]

Kou Zongshi: Maimendong is a drug that eliminates the invading pathogenic Heat in the Lung. It is a drug of cold quality, working to purge but not to astringe. So, it is not suitable for a person with prevalence of Cold. It is good for eliminating Heat in deficient nature and treating consumptive disease with general debility. In moistening the Channels and reinforcing the blood, in restoring the pulsation and facilitating the Hear function, it is the same as Dihuang, Ejiao/colla corii asini/ass-hide glue and Maren/semem cannabis/hemp seed. Together with Wuweizi and Gouqizi/fructus lycii/ripe fruit of barbary wolfberry, they are considered drugs that can restore a normal pulse.

Zhang Yuansu: Maimendong is good for eliminating the hidden Fire in the Lung with evanescent pulsation. Used together with Renshen and Wuweizi, it forms a prescription named Shengmai San (Powder to restore the



曰]六七月间湿热方旺，人病骨乏无力，身重气短，头旋眼黑，甚则痿软。故孙真人以生脉散补其天元真气。脉者，人之元气也。人参之甘寒，泻热火而益元气。麦门冬之苦寒，滋燥金而清水源。五味子之酸温，泻丙火而补庚金，兼益五脏之气也。〔时珍曰〕按赵继宗儒医精要云：麦门冬以地黄为使，服之令人头不白，补髓，通肾气，定喘促，令人肌体滑泽，除身上一切恶气不洁之疾，盖有君而有使也。若有君无使，是独行无功矣。此方惟火盛气壮之人服之相宜。若气弱胃寒者，必不可饵也。

【附方】

旧三，新九。（略）



pulse). It is a prescription good for tonifying the insufficient condition of Yuanqi in the Lung.

Li Gao: In the sixth and seventh months, when pathogenic Humidity and Heat are rampant, people suffer from general fatigue with shortness of breath and heaviness in moving the body, vertigo and dim vision, or even paralysis. In treating such disease, Sun Simiao used Shengmai San to tonify the Yuanqi. Pulsation is a reflection of the condition of Yuanqi. In this prescription, Renshen, sweet and cold, is used to purge the Heat and Fire and reinforce the Yuanqi. Wuweizi, sour and warm, purges the Fire in the Liver and tonifies the Lung. It also reinforces the qi of the Five Viscera.

Li Shizhen: Zhao Jizong in his book *Ruyi Jingyao* said: Using Dihuang as its guiding drug, Maimendong is good for keeping the hair from turning white. It fills the marrow, regulates the Kidney qi, and relieves asthma with dyspnoea. It makes one's skin lustrous and slippery. It disperses all invading vicious agents to the body. It is effective only when assisted by the guiding drug. If there is no guiding drug, it does not work effectively. This prescription is only good for those who have excessive Fire and have strong build. If it is given to a person with debilitated condition of qi and prevalence of cold in the Stomach, it will cause anorexia.

[Prescriptions]

Three prescriptions collected previously, and
nine prescriptions collected recently.

萱草 (宋嘉祐)

【释名】

忘忧说文。疗愁纲目。丹棘古今注。鹿葱嘉祐。鹿剑土宿。妓女吴普。宜男

〔时珍曰〕萱本作媛。媛，忘也。诗云：焉得媛草？言树之背。谓忧思不能自遣，故欲树此草，玩味以忘忧也。吴人谓之疗愁。董子云：欲忘人之忧，则赠之丹棘，一名忘忧故也。其苗烹食，气味如葱，而鹿食九种解毒之草，萱乃其





XUANCAO

Daylily

Hemerocallis fulva L.,

Hemerocallis flava L.,

Hemerocallis minor Mill.

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

[Explanation of Names]

WANGYOU

— *Shuowen Jiezi*.

LIAOCHOU

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

DANJI

— *Gujin Zhu*.

LUCONG

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

LUJIAN

— *Tu Su*.

JINÜ

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

YINAN

Li Shizhen: Xuan was originally written as Xuan. The meaning of this character is “forget.” A poem goes: How to get rid of melancholy? Play with Xuancao. This is to say that when one is bewildered by troubles and sorrows, one cannot get rid of the condition. The way out is to play with this Xuancao, or the “forget herb.” So people in the Wu area call it Liaochou “treating melancholy.” Dong Zhongshu said: If you wish someone to forget his melancholy, give him Danji (another name of the drug). So, this herb is also named Wangyou (forget melancholy). When its seedling is cooked as



一，故又名鹿葱。周处风土记云：怀妊妇人佩其花，则生男。故名宜男。李九华延寿书云：嫩苗为蔬，食之动风，令人昏然如醉，因名忘忧。此亦一说也。嵇康养生论：神农经言中药养性，故合欢蠲忿，萱草忘忧。亦谓食之也。郑樵通志乃言萱草一名合欢者，误矣。合欢见木部。

【集解】

〔颂曰〕萱草处处田野有之，俗名鹿葱。五月采花，八月采根。今人多采其嫩苗及花跗作菹食。〔时珍曰〕萱宜下湿地，冬月丛生。叶如蒲、蒜辈而柔弱，新旧相代，四时青翠。五月抽茎开花，六出四垂，朝开暮焉，至秋深乃尽，其花有红黄紫三色。结实三角，内有子大如梧子，黑而光泽。其根与麦门冬相似，最易繁衍。南方草木状言，广中一种水葱，状如鹿葱，其花或紫或黄，盖亦此类也。或言鹿葱花有

food, it smells like fistular onion. Deer can find nine herbs for detoxification purposes, and this is one of them. So, it is also called Lucong (deer's fistular onion). Zhou Chu in his book *Fengtu Ji* said: When a pregnant woman wears the flower of this herb, she is likely to get a baby boy. So, it is called Yinan (suitable to a boy). Li Jiuhua in his book *Yanshou Shu* said: When the tender seedling of the herb is eaten as a vegetable, it will arouse the pathogenic Wind, which will cause the patient to become lethargic as if intoxicated. So, it is also called Wangyou (forget melancholy). Ji Kang in his *Yangsheng Lun* said: *Shen Nong Bencao Jing* said that a drug of medium class can harmonize the temper of the person. Hehuanpi/cortex albizziae/bark of silk tree albizzia is a drug that can ease one's anger and Xuancao is a drug to let one to forget melancholy. *Shen Nong Bencao Jing* said that the herb can be eaten as food. Zheng Qiao in his book *Tong Zhi* said: Xuancao has another name as Hehuan (Hehuanpi/cortex albizziae/bark of silk tree albizzia). This is not correct. See the "Category of Wood" for Hehuan.

[Previous Explanations]

Su Song: Xuancao is found in the field everywhere. It is colloquially called Lucong. Collect the flower in the fifth month and the root in the eighth month. Now, people like to collect its flower and tender seedling and to eat them as a preserved vegetable.

Li Shizhen: Xuancao grows on low and damp land. It grows in tussock in winter. Its leaf is similar to cattail or Suan/folium allii sativum/garlic leaf, but it is softer and weaker. New leaves grow and old ones die out consecutively, keeping the plant evergreen. In the fifth month, a stem will grow out with a flower on its top. It has six petals and four stamens or pistils. The flower blooms in the morning and withers in the evening. In late autumn, there is no longer any flower. The flower is in red, yellow and purple colors. It bears fruit in a triangular shape and has seed similar to parasol seed, black and lustrous. Its root is similar to Maimendong. It is easy to develop the plant. According to the book *Nanfang Caomu Zhuang*, there is a kind of plant similar to the fistular onion in Guangdong and Guangxi. It looks like Lucong. Its flower is yellow or purple. This must be a kind of plant of the same category. Some say that the flower of Lucong has colored dots on it,





斑文，与萱花不同时者，谬也。肥土所生，则花厚色深，有斑文，起重台，开有数月；瘠土所生，则花薄而色淡，开亦不久。嵇含宜男花序亦云，荆楚之土号为鹿葱，可以荐菹，尤可凭据。今东人采其花跗干而货之，名为黄花菜。

苗花

〔气味〕甘，凉，无毒。

〔主治〕煮食，治小便赤涩，身体烦热，除酒疸大明。消食，利湿热时珍。作菹，利胸膈，安五脏，令人好欢乐，无忧，轻身明目苏颂。

根

〔主治〕沙淋，下水气。酒疸黄色遍身者，捣汁服藏



which is different from that of Xuancao. This is not correct. The difference lies in the land where the plant grows. If it grows on fertile land, its flower is thick and dark in color with dots and many layers of petals. It keeps blooming for several months. Plants growing on a barren land will only have flowers with thin petals and of pale colors and its blossoming period is much shorter. Ji Han in his preface to the flower of Yinan said: The plant is called Lucong in the Jing and Chu areas. It can be made in to a preserved vegetable. This is a reliable support to the fact that Lucong is simply Xuancao. Now, people in the east collect its flowers and dry them for sale. It is then called Huanghuacai (yellow-flower vegetable).

XUANCAOMIAO and XUANCAOHUA

Seedling and flower of daylily
Gemma et flos hemerocallis

[Quality and Taste]

It is sweet, cool and nontoxic.

[Indications]

Da Ming: Simmer the drug and eat it. It is good for treating restlessness and fever of body with brown urine and dysuria. It treats Jiudan (jaundice due to alcoholism).

Li Shizhen: It helps digestion and disperses pathogenic Humidity and Heat.

Su Song: Make the herb into a preserved vegetable. Serve the vegetable to smooth the chest and diaphragm, and pacify the Five Viscera. It makes one happy and gay without melancholy. It brightens the eye.

XUANCAOGEN

Root of daylily
Radix hemerocallis

[Indications]

Chen Cangqi: It treats stranguria caused by urinary stone. It disperses

器。大热衄血，研汁一大盏，和生姜汁半盏，细呷之宗爽。
吹乳、乳痛肿痛，搗酒服，以滓封之时珍。

〔发明〕〔震亨曰〕萱属木，性下走阴分，一名宜男，
宁无微意存焉？

〔附方〕新四。（略）



fluid-retention. Pound the drug to get juice. Take the juice to treat Jiudan with sallow complexion all over the body.

Kou Zongshi: To treat epistaxis due to excessive Heat, grind the drug to get a big cup of juice. Blend it with 0.5 cup of Jiangzhi/succus zingiberis recens/juice of fresh ginger. Sip the juice.

Li Shizhen: Pound the drug together with wine to make juice. Drink the juice to treat mammary abscess, acute mastitis with swelling and pain. Apply the dregs onto the affected part.

[Explication]

Zhu Zhenheng: Xuancao pertains to the Wood element. It has the quality of descending to the Yin system. It is also called Yinan (suitable to the male). Doesn't that mean something subtle?*

[Prescriptions]

Four prescriptions collected recently.

*This seems to indicate that the drug is suitable to enhance male sexuality.





淡竹叶 (纲目)

【释名】

根名碎骨子

〔时珍曰〕竹叶象形。碎骨言其下胎也。

【集解】

〔时珍曰〕处处原野有之。春生苗，高数寸，细茎绿叶，俨如竹米落地所生细竹之茎叶。其根一窠数十须，须上结子，与麦门冬一样，但坚硬尔，随时采之。八九月抽茎，结小长穗。俚人采其根苗，捣汁和米作酒曲，甚芳烈。

【气味】

甘，寒，无毒。

【主治】

叶：去烦热，利小便，清心。根：能堕胎催生时珍。



DANZHUYE

Common lophantherum

Lophatherum gracile Brongn.

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

[Explanation of Names]

SUIGUZI (the root).

Li Shizhen: Its leaf is similar to Zhuye/*folium bambusae*/bamboo leaf. So it is called Danzhuye. Dan = light, Zhuye = Zhuye/*folium bambusae*/bamboo leaf. Suiguizi: “to break the bones.” This indicates its function of dispersing the fetus.

[Previous Explanations]

Li Shizhen: It is found in the field everywhere. The seedling grows in spring, several *cun* long. It has a thin stem and green leaf, very similar to a seedling grown from the falling seed of bamboo. There are several dozen stems in one tussock from the same root. The seed is formed on top of the stem, which is the same as Maimendong, but it is harder. Collect the drug at any time. In the eighth and ninth months, the stem grows out and a small spike appears on the top. Local people collect the root and seedling and pound them to get juice. They blend the juice with rice to make Jiuqu/distiller’s yeast. It is very fragrant.

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

Li Shizhen: The leaf eliminates restlessness and fever, facilitates urination and clears away Heat from the Heart. The root disperses the fetus and promotes delivery of a baby.



鸭跖草_{跖音只}。(宋嘉祐补)

【释名】

鸡舌草拾遗。碧竹子同上。竹鸡草纲目。竹叶菜同上。
淡竹叶同上。耳环草同上。碧蝉花同上。蓝姑草

〔藏器曰〕鸭跖生江东、淮南平地。叶如竹，高一二尺，花深碧，好为色，有角如鸟嘴。〔时珍曰〕竹叶菜处处平地有之。三四月生苗，紫茎竹叶，嫩时可食。四五月开花，如蛾形，两叶如翅，碧色可爱。结角尖曲如鸟喙，实在



YAZHICAO

Common dayflower
Commelina communig L.

[Explanation of Names]

JISHECAO

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

BIZHUZI

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

ZHUJICAO

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

ZHUYECAI

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

DANZHUYE

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

ERHUANCAO

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

BICHANHUA

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

LANGUCAO

Chen Cangqi: Yazhicao grows on the plain of Jiangdong and Huainan area. Its leaf is similar to bamboo of one or two *chi* tall. Its flower is dark green, which can be used as dyestuff. There is a tip, which looks like a bird's beak.

Li Shizhen: Zhuyecai is found everywhere on the plain. The seedling begins to germinate in the third and fourth months. It has a purple stem and bamboo-like leaves, which can be eaten while they are tender. In the fourth and fifth months, the flower blooms. With two leaves flanking it, it looks like a moth with two wings. It is green and lovely. A pea in the form of a

角中，大如小豆。豆中有细子，灰黑而皱，状如蚕屎。巧匠采其花，取汁作画色及彩羊皮灯，青碧如黛也。

苗【气味】

苦，大寒，无毒。

【主治】

寒热瘴疟，痰饮丁肿，肉癥涩滞，小儿丹毒，发热狂痢，大腹痞满，身面气肿，热痢，蛇犬咬、痈疽等毒藏器。和赤小豆煮食，下水气湿痹，利小便大明。消喉痹时珍。





bird's beak is formed, with the fruit inside. It is as big as Chixiaodou/semen phaseoli/rice bean. In the fruit, there are fine seeds, black and creased in the shape of the dung of silkworm. Workers collect the flower and get the juice form it to use as coloring or to paint the lantern make of sheepskin. It is blue-green, similar to Qingdai/indigo naturalis/natural indigo.

YAZHICAO MIAO

Herb of common dayflower

Herba commelinae

[Quality and Taste]

It is bitter, very cold and nontoxic.

[Indications]

Chen Cangqi: It is good for treating miasma and malaria with chills and fever. It eliminates Tanyin (phlegm and fluid retention) and treats furuncle and polyp. It also treats erysipelas, fever, mania and epilepsy, stagnancy of qi in the abdomen with distention, puffy edema on the face and body due to stagnation of qi. It treats the toxin in hot dysentery, in the bites of a snake and dog, in carbuncle and phlegmon, etc.

Da Ming: Simmer the drug together with Chixiaodou and eat it as food. It is good for eliminating fluid-retention and arthralgia due to attack of pathogenic Humidity, and facilitating urination.

Li Shizhen: It eliminates throat inflammation.

葵（本经上品）

【释名】

露葵纲目。滑菜

〔时珍曰〕按尔雅翼云：葵者，揆也。葵叶倾日，不使照其根，乃智以揆之也。古人采葵必待露解，故曰露葵。今人呼为滑菜，言其性也。古者葵为五菜之主，今不复食之，故移入此。

【集解】

〔别录曰〕冬葵子生少室山。〔弘景曰〕以秋种葵，覆养经冬，至春作子者，谓之冬葵，入药性至滑利。春葵子亦滑，不堪药用，故是常葵耳。术家取葵子微炒，令燂炆（音





KUI

Cluster mallow

Malva verticillata L.

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

[Rectification]

This drug is removed from the “Category of Vegetables” into this clause.

[Explanation of Names]

LUKUI

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

HUACAI

Li Shizhen: The book *Er Ya Yi* — The name of the drug Kui means the sheltering of the root by shifting the position of the leaf against the sun. In ancient times, people collected the drug only when the morning dew dried up. So, it is also called Lukui. Lu = dew. Today, the drug is also called Huacai, a name given after its quality. Hua = slippery. Cai = vegetable. In ancient times, Kui was one of the principal ones among the five vegetables, but no longer. So, the drug is removed from the “Category of Vegetables” to join the “Category of Herbs.”

[Previous Explanations]

Dongkuizi/semen malvae/seed of cluster mallow is produced in the Shaoshi Mountain.

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

Tao Hongjing: The herb is planted in autumn. It grows all through the winter and bears seeds in spring. So, it is called Dongkui (Dong = winter). When it is used as a drug, it functions in a very slippery way. Chunkuizi is



毕乍)散着湿地,遍踏之,朝种暮生,远不过宿。〔恭曰〕此即常食之葵也。有数种,多不入药用。〔颂曰〕葵处处有之。苗叶作菜茹,更甘美。冬葵子古方入药最多。葵有蜀葵、锦葵、黄葵、终葵、菟葵,皆有功用。〔时珍曰〕葵菜古人种为常食,今之种者颇鲜。有紫茎、白茎二种,以白茎为胜。大叶小花,花紫黄色,其最小者名鸭脚葵。其实大如指顶,皮薄而扁,实内子轻虚如榆荚仁。四五月种者可留子。六七月种者为秋葵,八九月种者为冬葵,经年收采。正月复种者为春葵。然宿根至春亦生。按王桢农书云:葵,阳草也。其菜易生,郊野甚多,不拘肥瘠地皆有之。为百菜之主,备四时之馔。本丰而耐旱,味甘而无毒。可防荒俭,可以菹腊,其枯柢可为榜簇,根子又能疗疾,咸无遗弃。诚蔬茹之要品,民生之资益者也。而今人不复食之,亦无种者。



also slippery, but it is no good for medical use. As it is just a herb of common use. Taoist alchemists stir-fry the seed slightly until it cracks. Then, they spread it on damp land and stamp on it. In this way they herb will germinate in the evening if it is planted in the morning. Even it is slow in growing, it will not exceed the same night.

Su Gong: This herb is a commonly consumed vegetable. There are several species, but most are not used in medicine.

Su Song: Kui is found everywhere. Its seedling can be eaten as a vegetable. It is very delicious. In ancient prescriptions, Dongkuizi was very commonly used. Kui has different species like Shukui, Jinkui, Huangkui, Zhongkui and Tukai. Each has its specific therapeutic effect.

Li Shizhen: In ancient times, Kui was cultivated by farmers as a vegetable of common consumption. But, now, it is seldom planted for such use. There are two species: one with a purple stem and the other with a white stem. The white one is of better quality. The herb has a big leaf and small flower of purple-yellow color. Among them, the smallest one is called Yajiaokui. Its fruit is as big as the tip of a finger. It has a thin peel and is flat in shape. The seed inside the fruit is as light as Yujiaren/semen ulmi pumilae/seed of siberian elm. The seed from a herb that is planted in the fourth and fifth months can be used for cultivation. The herb that is planted in the sixth and seventh months is called Qiukui (Qiu = autumn). That planted in the eighth and ninth months is called Dongkui. It can be collected the following year. That planted in the first month is called Chunkui (Chun = spring). But the perennial root will germinate in spring. Wang Zhen in his *Nong Shu (Book of Agriculture)* recorded: Kui is a vegetable of Yang nature. It grows in bulk in the wild, on fertile or even barren land. It is a principal species of 100 vegetables, available in all seasons. It is a herb with a strong stem and is drought-resistant. It is sweet and nontoxic, a good vegetable during famine years. The herb can be made into preserved food. The dry herb can be used as a substance of daily use. Its root can be used as a drug. So, the whole herb is useful in different ways. This is something that can be taken as a vegetable as well as for other purposes. But, now, people no more plant it or eat it as the ancient people did.



叶

〔气味〕甘，寒，滑，无毒。为百菜主，其心伤人。别录〔弘景曰〕葵叶尤冷利，不可多食。〔颂曰〕苗叶作菜茹甚甘美，但性滑利，不益人。〔诜曰〕其性虽冷，若热食之，令人热闷动风气。四季月食之，发宿疾。天行病后食之，令人失明。霜葵生食，动五种留饮，吐水。凡服百药，忌食其心，心有毒也。黄背紫茎者，勿食之。不可合鲤鱼黍米鲜食，害人。〔时珍曰〕凡被狂犬咬者，永不可食，食之即发。食葵须用蒜，无蒜勿食之。又伏硫黄。

〔主治〕脾之菜也。宜脾，利胃气，滑大肠思邈。宜导积滞，妊妇食之，胎滑易生苏颂。煮汁服，利小肠，治时行黄病。干叶为末及烧灰服，治金疮出血甄权。除客热，治恶



KUIYE

Leaf of cluster mallow

Folium malvae

[Quality and Taste]

It is sweet, cold, slippery and nontoxic. It is a principal vegetable of common use. Its heart is harmful to the health.

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

Tao Hongjing: Kuiye is cold and slippery and can be served in big dosage.

Su Song: Kuiye is sweet and delicious. But it is slippery in quality, which is not good for the health.

Meng Xian: Although it is cold and slippery, if it is eaten hot, it may cause a feeling of heat and suffocation and may arouse the rampage of pathogenic Wind. At the last month of each season, eating it will induce the recurrence of an inveterate disease. When the patient has just recovered from an epidemic disease, if this herb is eaten, it may cause the loss of sight. When Kui exposed to frost is eaten, it will induce relapse of remaining fluid retention of five kinds. The patient will vomit fluid. In any case, do not eat the heart of a herb, as it is always poisonous. Kui with a yellow back and purple stem is a species with toxic quality, which should not be taken. Kui can not be preserved together with Liyu/cyprinus/carp or Shumi/semien setariae/glutinous millet. It is a food harmful to the health.

Li Shizhen: A patient that has been attacked by a rabid dog should never have Kui. If it is taken, there is sure to be a relapse. Whenever Kui is eaten, always eat it together with garlic. Kui oppresses Liuhuang/sulfur.

[Indications]

Sun Simiao: It is a vegetable beneficial to the Spleen. It reinforces the Stomach qi and facilitates the Large Intestine.

Su Song: It is effective to dredge through the accumulation and stagnation. It is good for a pregnant woman to ensure an easy delivery.

Zhen Quan: Simmer the drug to make a decoction to facilitate the normal movement of the Small Intestine. It treats epidemic jaundice. Burn the dry leaf



疮，散脓血，女人带下，小儿热毒下痢丹毒，并宜食之汪颖。服丹石人宜食孟洗。润燥利窍，功与子同。同上

〔发明〕〔张从正曰〕凡久病大便涩滞者，宜食葵菜，自然通利，乃滑以养窍也。〔时珍曰〕按唐王焘外台秘要云：天行斑疮，须臾遍身，皆戴白浆，此恶毒气也。高宗永徽四年，此疮自西域东流于海内。但煮葵菜叶以蒜齏啖之，则止。又圣惠方亦云：小儿发斑，用生葵菜叶绞汁，少少与服，散恶毒气。按此即今痘疮也。今之治者，惟恐其大小二便频数，泄其元气，痘不起发。葵菜滑窍，能利二便，似不相宜，而昔人赖之。岂古今运气不同，故治法亦随时变易欤？

〔附方〕旧三，新四。（略）



of the drug into ash and take it to stop the bleeding in an incised wound.

Wang Ying: It disperses guest heat, treats malignant sores and disperses bloody pus. It is also good for treating leukorrhea, infantile erysipelas, and dysentery due to attack of heat and toxin. Eat the drug.

Meng Xian: It is good for people who take alchemical and stone drugs. It moistens the dryness and facilitates the function of the orifices. It has the same therapeutic functions with Kuizi.

[Explication]

Zhang Congzheng: After the patient has just recovered from a chronic or serious disease, he might have difficulty in stool. Then serve him Kui to facilitate the stool. This is due to the slippery quality of the drug, which is good for smoothing the function of the orifice.

Li Shizhen: Wang Tao in his *Waitai Miyao* recorded: When vicious agents attack, people will suffer from epidemic skin eruptions with white secretion in the eruption. In the fourth year of the reign of emperor Gaozong, such an eruption started from the Western Regions and spread to the hinterland. The treatment was to simmer Kuicaiye and take it together with paste of garlic. This stopped the spread of the epidemic. The book *Taiping Shenghui Fang* recorded: To treat infantile skin eruption, squeeze fresh Kuicai to get juice. Take the juice little by little. This will disperse the attacking pathogenic vicious factors. This actually is the smallpox of today, but the treatments are not the same. Today, it is feared that the smallpox will not vesticulate if the stool and urination are too loose to purge the Yuanqi. Kuicai, slippery and effective to smooth the stool and urination, is not the right drug to be used. But it seems that ancient people relied on it in the treatment of such disease. This might be due to the difference of climatic factors of the ancient and present time. The corresponding treatment should also be regulated accordingly. It might be the answer.

[Prescriptions]

Three prescriptions collected previously, and four prescriptions collected recently.



根

〔气味〕甘，寒，无毒。

〔主治〕恶疮，疗淋，利小便，解蜀椒毒别录。小儿吞钱不出，煮汁饮之，神妙甄权。治疔疮出黄汁孟诜。利窍滑胎，止消渴，散恶毒气时珍。

〔附方〕旧五，新七。（略）

冬葵子

〔别录曰〕十二月采之。〔机曰〕子乃春生，不应十二月可采也。

〔气味〕甘，寒，滑，无毒。黄芩为之使。



KUIGEN

Root of cluster mallow

Radix malvae

[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

It is good for treating malignant sores and stranguria. It facilitates urination and detoxifies toxin of Shujiao/pericarpium zanthoxyli/Chinese pricklash from Sichuan.

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

Zhen Quan: When an infant swallows a copper coin by accident, serve him a decoction of Kuigen. It works miraculously.

Meng Xian: It is effective in treating chancre with secretion of yellow fluid.

Li Shizhen: It facilitates the function of the orifices and promotes the delivery of the fetus. It stops thirst in diabetes and disperses vicious and toxic agents.

[Prescriptions]

Five prescriptions collected previously and seven prescriptions collected recently.

DONGKUIZI

Seed of cluster mallow

Semen malvae

Collect the drug in the twelfth month.

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

Wang Ji: It grows in spring. How can it be collected in the twelfth month?

[Quality and Taste]

It is sweet, cold and nontoxic. Huangqin/radix scutellariae/root of baikal skullcap can be used as its guiding drug.



〔主治〕五脏六腑，寒热羸瘦，五癰，利小便。久服坚骨长肌肉，轻身延年本经。疗妇人乳难内闭，肿痛别录。出痈疽头孟洗。下丹石毒弘景。通大便，消水气，滑胎治痢时珍。

〔发明〕〔时珍曰〕葵气味俱薄，淡滑为阳，故能利窍通乳，消肿滑胎也。其根叶与子功用相同。按陈自明妇人良方云：乳妇气脉壅塞，乳汁不行，及经络凝滞，奶房胀痛，留蓄作痈毒者。用葵菜子炒香、缩砂仁等分，为末，热酒服二钱。此药益气脉，通营卫，行津液，极验。乃上蔡张不愚方也。

〔附方〕旧九，新一十四。（略）



[Indications]

It is good for dispersing the invading pathogenic Cold and Heat in the Five Viscera and Six Bowels and improve the condition of general emaciation. It treats uroschesis of five kinds and facilitates urination. Long-term use of the drug stabilizes the bone and promotes the growth of muscle, and makes the patient to be happy and enjoy a long life.

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

It is good for promoting lactation of menstruation. It eliminates swelling and pain.

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

Meng Xian: It helps the ulceration process in carbuncle and phlegmon.

Tao Hongjing: It neutralizes the toxin of alchemical stone drugs by moving the bowels.

Li Shizhen: It facilitates stool, eliminates fluid-retention, promotes baby delivery and stops dysentery.

[Explication]

Li Shizhen: Kuizi is a drug with a thin quality and taste. It is plain and slippery, a drug of Yang. It is therefore good for facilitating the function of the orifice and promoting lactation, eliminating swelling and dispersing a dead fetus. Its root and leaf have the same function as the seed. Chen Ziming in his *Furen Daquan Liangfang* said: When a nursing mother has suffocation and stagnation in her qi and Channels that has brought difficulty in lactation with distention and pain in the breast, and carbuncle due to accumulation, serve her the following drug: Stir-fry Kuizi until it emits fragrance. Grind it together with an equal amount of Sharen/fructus amomi/fruit of amomum into powder. Take two *qian* per dose with hot wine. This is a prescription good for nourishing the qi and Channels, dredging through the Ying (nutrient essence) and Weiqi (body resistance), and promoting circulation of body fluid. It is proven very effective. This is a prescription provided by doctor Zhang Buyu, a native of Shangcai.

[Prescriptions]

Nine prescriptions collected previously, and
14 prescriptions collected recently.

蜀葵 (宋嘉祐)

【释名】

戎葵尔雅。吴葵

〔藏器曰〕尔雅云：蒨（音坚），戎葵也。郭璞注云：今蜀葵也。叶似葵，花如木槿花。戎蜀其所自来，因以名之。〔时珍曰〕罗愿尔雅翼吴葵作胡葵，云胡，戎也。夏小正云，四月小满后五日，吴葵华，别录吴葵，即此也。而唐人不知，退入有名未用。嘉祐本草重于菜部出蜀葵条。盖未读尔雅注及千金方吴葵一名蜀葵之文故也。今并为一。





SHUKUI

Hollyhock

Althaea rosea (L.) Cav.

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

[Explanation of Names]

RONGKUI

— *Er Ya*.

WUKUI

Chen Cangqi: The book *Er Ya* — Jian is Rongkui. Guo Pu annotated: This is just the Shukui of today. Its leaf is similar to Kui. Its flower is similar to Mujinhua/flos hibisci/flower of shrubalthea. It is produced in Rongshu, so it is called Rongkui.

Li Shizhen: Luo Yuan in his book *Er Ya Yi* recorded Wukui as Hukui. He thought the character Hu had the same idea to the character Rong.

The book *Xia Xiaozheng*: (Collect the drug) Wukuihua five days after the day of the solar term the Grain Full (May 21) in the fourth month. In *Mingyi Bielu*, the drug is recorded as Wukui. Both of the above books refer to Shukui in this clause. But people in the Tang* did not know this and returned this drug to the category of drug with its named recorded but not yet in use. So, *Jiayou Bencao* had Shukui recorded in the “Category of Vegetables.” This is because the compilers did not read the book of annotation to the *Er Ya* and the *Qianjin Yaofang* in which it annotated that Wukui had another name as Shukui. So, all the records of the drug are now included in this clause.

*This may refer to compilers of *Jiayou Bencao*.



【集解】

〔颂曰〕蜀葵似葵，花如木槿花，有五色。小花者名锦葵，功用更强。〔时珍曰〕蜀葵处处人家植之。春初种子，冬月宿根亦自生苗，嫩时亦可茹食。叶似葵菜而大，亦似丝瓜叶，有歧叉。过小满后长茎，高五六尺。花似木槿而大，有深红浅红紫黑白色、单叶千叶之异。昔人谓其疏茎密叶、翠萼艳花、金粉檀心者，颇善状之。惟红白二色入药。其实大如指头，皮薄而扁，内仁如马兜铃仁及芫荽仁，轻虚易种。其秸剥皮，可缉布作绳。一种小者名锦葵，即荆葵也。尔雅谓之葭（音乔）。其花大如五铢钱，粉红色，有紫缕文。掌禹锡补注本草，谓此即戎葵，非矣。然功用亦相似。

苗

〔气味〕甘，微寒，滑，无毒。〔思邈曰〕不可久食，钝人志性。若被狗啮者食之，永不瘥也。〔李廷飞曰〕合猪



[Previous Explanations]

Su Song: Shukui looks like Kui. Its flower is similar to Mujinhua. It comes in five colors. The drug with smaller flowers is called Jinkui, which has even stronger therapeutic effects.

Li Shizhen: Shukui is planted by farmers everywhere. Sow the seed in early spring. Or, its perennial root may also develop into seedlings. When the seedling is tender, it can be eaten as a vegetable. Its leaf is similar to Kui but it is bigger. It also looks like Siguaye/foolium luffae/luffa leaf. It has forks on the leaf. After the day of the solar term the Grain Full (May 21), the stem begins to grow up to five or six *chi* tall. Its flower is similar to Mujinhua, but it is bigger. It can be dark red, light red, purplish black or white; or, it can be with single petals or multiple petals. People in the past depicted the herb as “with fewer stems but with thick leaves, with green calyx and beautiful flowers, with golden powder and a light crimson heart.” It is a good description of the herb. Now, only herb with red and white flowers is used medically. Its fruit is as big as fingertip. It has a thick peel and a flat shape. Its seed looks like Madoulingren/semen aristolochiae/Dutchman’s pipe seed or Yujiaren/fructus seu semen ulmi pumilae/fruit or seed of Siberian elm. The seed is light and it is easy to plant it. Peel of the herb can be used to weave cloth or make strings. A smaller species is called Jinkui, or Jinkui. In the book *Er Ya*, it is called Qiao. Its flower is as big as a coin of five *zhu*. It is pink with purple lines on it. Zhang Yuxi in his *Jiayou Bencao* said that this is merely Rongkui. Zhang is not right to say so. But anyway, it is a drug with similar functions to Shukui.

SHUKUIMIAO

Seedling of hollyhock

Gemma althaeae roseae

[Quality and Taste]

It is sweet, slightly cold, slippery and nontoxic.

Sun Simiao: This is a drug that should not be taken over a long period of time. It will dull one’s wisdom and weaken one’s willpower. If one has taken the drug that has been polluted by eating a dog, it will cause a disease

肉食，人无颜色。

〔主治〕除客热，利肠胃思邈。煮食，治丹石发，热结，大人小儿热毒下痢藏器。作蔬食，滑窍治淋，润燥易产时珍。捣烂涂火疮，烧研傅金疮大明。

根茎

〔主治〕客热，利小便，散脓血恶汁藏器。

〔发明〕〔宗奭曰〕蜀葵，四时取红色、单叶者根，阴干，治带下，排脓血恶物，极验也。





that can never be cured.

Li Tingfei: If the drug is taken together with pork, one will have a sal-
low and pale complexion.

[Indications]

Sun Simiao: It disperses the guest heat and facilitates function of the
Intestine and Stomach.

Chen Cangqi: Simmer the drug to make a decoction. Take the decoc-
tion to treat side effects of alchemical stone drugs. It disperses accumula-
tion of heat, treats dysentery due to pathogenic Heat and toxin of adult and
infant.

Li Shizhen: Eat the herb as a vegetable. This will be good for loosening
the orifices and treat stranguria. It moistens the dryness and facilitates
baby delivery.

Da Ming: Pound the drug into paste and apply it to scald sores. Burn
the drug and grind it into powder. Apply it to treat an incised wound.

SHUKUIGEN and SHUKUIJING

Root and stem of hollyhock

Radix et caulis althaeae roseae

[Indications]

Chen Cangqi: It disperses guest heat and facilitates urination. It also
eliminates bloody pus and secretion of malignant fluid.

[Explication]

Kou Zongshi: Collect the root of Shukui with red flower and single
leaf and dry it in the shade. It is good for treating leukorrhea. Bloody pus
and malignant substances will be defecated. It is a very effective treatment.

龙葵（唐本草）

【释名】

苦葵图经。苦菜唐本。天茄子图经。水茄纲目。天泡草纲目。老鸦酸浆草纲目。老鸦眼睛草图经。

〔时珍曰〕龙葵，言其性滑如葵也。苦以菜味名，茄以叶形名，天泡、老鸦眼睛皆以子形名也。与酸浆相类，故加老鸦以别之。五爪龙亦名老鸦眼睛草，败酱、苦苣并名苦菜，名同物异也。





LONGKUI

Black nightshade

Solanum nigrum L.

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

[Explanation of Names]

KUKUI

— *Tujing Bencao (Illustrated Materia Medica)*.

KUCAI

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

TIANQIEZI

— *Tujing Bencao (Illustrated Materia Medica)*.

SHUIQIE

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

TIANPAOCAO

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

LAOYASUANJIANGCAO

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

LAOYAYANJINGCAO

— *Tujing Bencao (Illustrated Materia Medica)*.

Li Shizhen: Longkui is a name indicating that the drug is as slippery as Kui. Kukui is a name given by its taste. Ku = bitter. Tianqiezi and Shuiqie are names given to depict the shape of the leaf, which is similar to *Qieye/ folium solani nelongenae/eggplant leaf*. Qie = eggplant. The names Tianpao and Laoyayanjingcao are related to the shape of its seed. As it is similar to *Suanjiang/herba physalis/herb of franchet ground cherry*, it has the name *Laoyasuanjiangcao*. But other drugs also have the same names as this drug, which should be noted: *Wuzhaolong* is also called *Laoyasuanjiangcao*. *Baijiang* and *Kuju* also have the name of *Kucai*.



【集解】

〔弘景曰〕益州有苦菜，乃是苦蕒。〔恭曰〕苦蕒即龙葵也，俗亦名苦菜，非茶也。龙葵所在有之，关河间谓之苦菜，叶圆花白，子若牛李子，生青熟黑，但堪煮食，不任生啖。〔颂曰〕龙葵近处亦稀，惟北方有之，北人谓之苦葵。叶圆似排风而无毛，花白色，子亦似排风子，生青熟黑，其赤者名赤珠，亦可入药。又曰：老鸦眼睛草，生江湖间。叶如茄子叶，故名天茄子。或云，即漆姑草也。漆姑即蜀羊泉，已见本经草部。人亦不能决识之。〔时珍曰〕龙葵、龙珠，一类二种也，皆处处有之。四月生苗，嫩时可食，柔滑。渐高二三尺，茎大如箸，似灯笼草而无毛。叶似茄叶而小。五月以后，开小白花，五出黄蕊。结子正圆，大如五味子，上有小蒂，数颗同缀，其味酸。中有细子，亦如茄子之子。但生青熟黑者为龙葵，生青熟赤者为龙珠，功用亦相仿佛，不甚辽远。苏颂图经菜部既注龙葵，复于外类重出老



[Previous Explanations]

Tao Hongjing: In Yizhou, there is a kind of Kucai called Kuzhi.

Su Gong: Kuzhi is merely Longkui. It is colloquially called Kucai. It is not Tu. Longkui is found everywhere. It is called Kucai in the areas of Guan and He. It has a round leaf and white flower. Its fruit is similar to Niulizi (a kind of apricot). It is green when it is not ripe and turns black when it ripens. When it is stewed, it is good to eat. But it is not that good if it is eaten raw.

Su Song: Longkui can seldom be found in nearby places. It is produced in the north of the country. Local people call it Kukui. Its leaf is similar to Paifeng (Baiying/herba solani lyrati/herb of bittersweet), but there is no hair. Its flower is white. Its seed is similar to Paifengzi (Baiyingzi/fructus solani lyrati/bittersweet fruit). It is green when it is not ripe and turns black when it ripens. The red fruit is called Chizhu, which can also be used medically. According to another source, Laoyyanjingcao grows on land among rivers and lakes. Its leaf is similar to Qieziye, so it is called Tianqiezi. Some say this is just Qigucao. Qigucao is merely shuyangquan, a drug in the "Category of Herbs." It is not easy for common people to tell one from the other.

Li Shizhen: Longkui and Longzhu are two species of the same herb. Both of them are found everywhere. The seedling germinates in the fourth month. It can be eaten as vegetable when it is tender. It is soft and slippery. It grows gradually to two to three *chi* tall, with a stem as thick as a chopstick. It looks like Denglongcao (Suanjiang), but it is not hairy. Its leaf is similar to Qieye, but it is smaller. After the fifth month, a small flower with five petals and yellow stamen and pistil blooms. Its fruit is round, as big as Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine. Several fruits with bases are attached to each other. It is sour in taste. Inside the fruit, there are fine seeds, which are similar to that of Qiezi. But the difference is as follows: That with fruit that is green before it is ripe and turns black is Longkui and that with fruit that is green before it is ripe and turns red is Longzhu. Both drugs have similar therapeutic effects. In Su Song's *Tujing Bencao*, Longkui is recorded in the "Category of Vegetables." But in the "Category of Other Drugs," Laoyyanjingcao is recorded. Su Song did not



鸦眼睛草，盖不知其即一物也。又谓老鸦眼睛是蜀羊泉，误矣。蜀羊泉叶似菊，开紫花，子类枸杞，详见草部本条。杨慎丹铅录，谓龙葵即吴葵，反指本草为误，引素问、千金四月吴葵华为证。盖不知千金方言吴葵即蜀葵，已自明白矣。今并正之。

苗

〔气味〕苦、微甘，滑，寒，无毒。

〔主治〕食之解劳少睡，去虚热肿唐本。治风，补益男子元气，妇人败血苏颂。消热散血，压丹石毒宜食之时珍。

茎、叶、根

〔气味〕同苗。



know that Longkui and Laoyayanjingcao are actually the same drug. Some say that Laoyayanjingcao is merely Shuyangquan, but this is not right. This is because the leaf of Shuyangquan is similar to Juye/*folium chrysanthemi/chrysanthemum* leaf with a purple flower. Its fruit is similar to Gouqizi/*frustus lycii*/ripe fruit of barberry wolfberry. Yang Shen in his book *Danqian Lu* said that Longkui was really Wukui, and that what *Bencao* recorded was wrong. He quoted examples in *Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor: Plain Questions)* and *Qianjin Yaofang* about the fact that Wukuihua had been quoted in both books. But Yang Shen did not notice that in *Qianjin Yaofang*, it says clearly that Wukui is really Shukui. So, it is rectified here.

LONGKUIMIAO

Herb of black nightshade
Herba solani nigri

[Quality and Taste]

It is bitter, slightly sweet, slippery, cold and nontoxic.

[Indications]

It is good for relieving general fatigue and drowsiness. It is also good for eliminating swelling and Heat of deficient nature.

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

Su Song: It is good for dispersing the invading pathogenic Wind. It tonifies the Yuanqi of man and removes blood stasis of woman.

Li Shizhen: It eliminates Heat and disperses blood stasis. It is also good for detoxifying the toxin of alchemical stone drugs.

LONGKUIJING, LONGKUIYE and LONGKUIGEN

Stem, leaf and root of black nightshade
Caulis, folium and radix solani nigri

[Quality and Taste]

The same as the herb.

〔主治〕捣烂和土，傅丁肿火丹疮，良孟洗。疗痈疽肿毒，跌扑伤损，消肿散血时珍。根与木通、胡荽煎汤服，通利小便苏颂。





[Indications]

Meng Xian: Pound the drug into paste. Blend it with soil and apply it to treat furuncle, sore and erysipelas.

Li Shizhen: It is good for treating carbuncle, phlegmon and pyogenic infection, physical injury and wound. It eliminates swelling and disperses blood stasis.

Su Song: Simmer Longkuigen together with Mutong/caulis akebiae/akebia stem and Husui/herba coriandri/coriander herb. Take the decoction to facilitate urination.

酸浆（本经中品）

【释名】

醋浆本经。苦葳音针。苦耽嘉祐。灯笼草唐本。皮弁草食疗。天泡草纲目。王母珠嘉祐。洛神珠同上。小者名苦菼

〔藏器曰〕尔雅云：葳，寒浆也。郭璞注云：即今酸浆，江东人呼为苦葳。小者为苦菼，亦呼为小苦耽。崔豹古今注云：菼，一名菼子，实形如皮弁，其子圆如珠。〔时珍曰〕酸浆，以子之味名也。苦葳、苦耽，以苗之味名也。





SUANJIANG

Franchet ground cherry

Physalis alkekengi L. Var. *franchetii* (Mast.) Mak.

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

[Explanation of Names]

CUJIANG

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

KUZHEN

KUDAN

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

DENGLONGCAO

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

PIBIANCAO

— *Shiliao Bencao* (*Meng Xian's Dietetic Materia Medica*).

TIANPAOCAO

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

WANGMUZHU

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

LUOSHENZHU

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

KUZHI (the small one).

Chen Cangqi: The book *Er Ya* — Zhen is merely Hanjiang. Guo Pu annotated: This is just the Suanjiang of today. People in the Jiangdong area call it Kuzhen. The small one is called Kuzhi, or Xiaokudan. Cui Bao in his book *Gujin Zhu* said: Zhi is also called Zhizi. Its shape is similar to a leather hat. Its fruit is round like a pearl.

Li Shizhen: Suanjiang is a name given to depict the taste of the fruit.



灯笼、皮弁，以角之形名也。王母、洛神珠，以子之形名也。按杨慎卮言云：本草灯笼草、苦耽、酸浆，皆一物也。修本草者非一时一人，故重复耳。燕京野果名红姑娘，外垂绛囊，中含赤子如珠，酸甘可食，盈盈绕砌，与翠草同芳，亦自可爱。盖姑娘乃瓜囊之讹，古者瓜姑同音，娘囊之音亦相近耳。此说得之，故今以本经酸浆，唐本草灯笼草，宋嘉祐本草苦耽，俱并为一焉。

【集解】

〔别录曰〕酸浆生荆楚川泽及人家田园中，五月采，阴干。〔弘景曰〕酸浆处处多有，苗似水茄而小，叶亦可食。子作房，房中有子如梅李大，皆黄赤色，小儿食之。〔保昇曰〕酸浆即苦葳也，根如菹芹，白色绝苦。〔禹锡曰〕苦耽生故墟垣堦间，高二三尺，子作角，如撮口袋，中有子如珠，熟则赤色。关中人谓之洛神珠，一名王母珠，一名皮弁



Suan = sour, Jiang = syrup. Kuzhen and Kudan are names telling of the bitter taste of the seedling. Ku = bitter. Denglong (lantern) and Pibian (leather hat) are given to depict the shape of the fruit. Wangmuzhu and Luoshenzhu depict the shape of the seed. Yang Shen in his book *Zhi Yan* said: Denglongcao, Kudan and Suanjiang as included in *Shen Nong Bencao Jing* actually indicate the same herb. Such redundancy is due to the fact that the Bencao works were not written by one compiler at one time. In Yanjing (ancient Beijing) there is a kind of wild fruit called Hongguniang. It has a crimson capsule and there is a red pearl inside. It is sour and sweet and can be eaten. It is a lovely thing, with fruit hanging over the plant, which is as fragrant as Cuicao. Hongguniang is actually a colloquial name for Guarang. Therefore, the Suanjiang in *Shen Nong Bencao Jing*, the Denglongcao in *Tang Bencao* and the Kudan in *Jiayou Bencao* are all included as the same drug and put in this clause.

[Previous Explanations]

Suanjiang grows in the valleys and marshland of the Jing and Chu area. It is also planted in the farmer's garden. Collect the drug in the fifth month and dry it in the shade.

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

Tao Hongjing: Suanjiang is found everywhere. Its seedling is similar to that of Shuiqie (Longkui), but it is smaller. Its leaf is also edible. Inside the capsule, there is a seed as big as Mei/ fructus mume/plum or Li/fructus pruni salicinae/ Japanese plum. It is yellow-red. Children like to eat the seed.

Han Baosheng: Suanjiang is merely Kuzhen. Its root is similar to that of Juqin.* It is white and terribly bitter.

Zhang Yuxi: Kudan grows in the ruins of old buildings. It is two to three *chi* tall. Its fruit is in the shape of a pea with one open end. There is a seed inside, which will turn red when ripe. People living in the Guanzhong

*Juqin could be Jucai, or commonly called Yuxingcao/herba houttuyniae/herb of heartleaf houttuynia.



草。一种小者名苦蕒。尔雅谓之黄蔕。〔恭曰〕灯笼草所在有之，枝干高三四尺，有红花状若灯笼，内有红子可爱，根、茎、花、实并入药用。〔宗奭曰〕酸浆即苦耽也，嘉祐重出苦耽条。天下有之，苗如天茄子，开小白花，结青壳，熟则深红，壳中子大如樱，亦红色，樱中复有细子，如落苏之子，食之有青草气也。〔时珍曰〕龙葵、酸浆，一类二种也。酸浆、苦蕒，一种二物也。但大者为酸浆，小者为苦蕒，以此为别。败酱亦名苦蕒，与此不同。其龙葵、酸浆苗叶一样。但龙葵茎光无毛，五月入秋开小白花，五出黄蕊，结子无壳，累累数颗同枝，子有蒂盖，生青熟紫黑。其酸浆同时开小花黄白色，紫心白蕊，其花如杯状，无瓣，但有五尖，结一铃壳，凡五棱，一枝一颗，下悬如灯笼之状，壳中一子，状如龙葵子，生青熟赤。以此分别，便自明白。按庚辛玉册云：灯笼草四方皆有，惟川陕者最大。叶似龙葵，嫩时可食。四五月开花结实，有四叶盛之如灯笼，河北呼为酸浆。据此及杨慎之说，则灯笼、酸浆之为一物，尤可证矣。



area call it Luoshenzhu, or Wangmuzhu, or Pibiancao. There is a smaller species called Kuzhi. In the book *Er Ya*, it is called Huangchu.

Su Gong: Denglongcao is found everywhere. The herb is as tall as three to four *chi*. Its red flower in the shape of a lantern is filled with red seeds, which are very lovely. Its root, stem, flower and fruit can all be used as medicine.

Kou Zongshi: Suanjiang is merely Kudan. In *Jiayou Bencao*, Kudan is recorded as an independent drug, but it is a redundancy. The drug is found everywhere. Its seedling is similar to that of Tianqiezi (Longkui). A small, white flower blooms and a blue-green capsule is formed. When it is ripe, it becomes dark red. Inside, there is a fruit as big as a cherry. And inside the cherry there are seeds in the shape of Luosu. When the fruit is eaten, there is the smell of green grass.

Li Shizhen: Longkui and Suanjiang are two species of the same category. Suanjiang and Kuzhi are two species of the same herb. The bigger one is Suanjiang and the smaller one Kuzhi. Baijiang/herba patriniae/herb of dahurian patrinia also has the name Kuzhi. It is different from this drug. The seeding and leaf of Suanjiang and Longkui are similar. But the stem of Longkui is flat without hair. In the fifth month, and at the beginning of autumn, a small white flower blooms. It has five petals with a yellow stamen and pistil. Several fruits flock together. There is no capsule. The fruit has a base and cover. It is blue-green, when it is raw and turns purple-black when it ripens. But Suanjiang is different: Its flower of yellow-white color also blooms at the same time as Longkui. But it has a purple heart and white stamen and pistil. Its flowers form a ring with no petals. But there are five tips. A bell-like capsule is formed with five angles. There is one fruit in one herb. It hangs like a lantern. Inside the capsule, there is one fruit in the shape of Longkuizi. It is blue-green when it is raw and turns red when it ripens. From the above description, one can see the difference of the two drugs clearly.

The book *Gengxin Yuce*: Denglongcao is found everywhere. The biggest are produced in Sichuan and Shaanxi. Its leaf is similar to Longkui and can be eaten when it is tender. In the fourth and fifth months, the flower blooms and fruit forms. Flanked by four leaves, the fruit looks like a lan-

唐慎微以三叶酸草附于酸浆之后，盖不知其名同物异也。

苗、叶、茎、根

〔气味〕苦，寒；无毒。〔禹锡曰〕有小毒。〔恭曰〕苦，大寒，无毒。〔时珍曰〕方士取汁煮丹砂，伏白矾，煮三黄，炼消、硫。

〔主治〕酸浆：治热烦满，定志益气，利水道本经。捣汁服，治黄病，多效弘景。灯笼草：治上气咳嗽风热，明目，根茎花实并宜唐本。苦耽苗子：治传尸伏连，鬼气疰忤邪气，腹内热结，目黄不下食，大小便涩，骨热咳嗽，多睡劳乏，呕逆痰壅，痲癖痞满，小儿无辜痲子，寒热大腹，杀





tern. In the Hebei area, it is called Suanjiang. According to what this book said and what Yang Shen said, it seems quite clear that Denglongcao and Suanjiang are the same herb. Tang Shenwei recorded Sanyesuancao as an appendix to Suanjiang. He did not know that what he appended there is the same herb, but only with different name.

**SUANJIANGMIAO, SUANJIANGYE,
SUANJIANGJING and SUANJIANGGEN**

Seedling, leaf, stem and root of franchet ground cherry
Gemma, folium, caulis et radix physalis

[Quality and Taste]

It is bitter, cold and nontoxic.

Zhang Yuxi: It is slightly toxic.

Su Gong: It is bitter, very cold and nontoxic.

Li Shizhen: Taoist alchemists use the juice of the drug to simmer Dansha/cinnabaris/cinnabar, oppress Baifan/alumen/alum, simmer Xionghuang/realgar/red orpiment and Cihuang/ orpimentum/orpiment, and refine Poxiao/natrii sulfas/mirabilite and Liuhuang/sulfur.

[Indications]

Suanjiang is good for dispersing invading pathogenic Heat with restlessness and fullness. It reinforces the qi, pacifies the willpower and facilitates the Water circulation.

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

Tao Hongjing: Pound the drug to get juice. Take the juice to treat jaundice. It is effective.

Denglongcao is good for treating coughing with dyspnoea due to attack of pathogenic Wind and Heat. It brightens the eye. Its root, stem, flower and fruit are all good to be used.

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

The seedling and fruit of Kudan are good for treating Chuanshilao (consumptive and infectious disease), Guiqi (illusion due to mental disorder), Guizhu (consumptive disease of unknown reason) and Kewu (infantile



虫落胎，去蛊毒，并煮汁饮，亦生捣汁服。研膏，傅小儿闪癖嘉祐。

〔发明〕〔震亨曰〕灯笼草，苦能除湿热，轻能治上焦，故主热咳咽痛。此草治热痰咳嗽，佛耳草治寒痰咳嗽也。与片苓清金丸同用，更效。〔时珍曰〕酸浆利湿除热。除热故清肺治咳，利湿故能化痰治疽。一人病虚乏咳嗽有痰，愚以此加入汤中用之，有效。

〔附方〕新三。（略）



convulsive seizure due to fright). It disperses accumulation of pathogenic Heat in the abdomen with yellowish eye-balls and anorexia. It treats dysuria, coughing and hectic fever due to Yin deficiency, drowsiness and general fatigue, nausea with adverse ascending of gas and excessive phlegm, hard mass in the shape of hanging noose and stagnancy of qi, infantile malnutrition of unknown cause with chills and fever and distended abdomen. It kills parasites and promotes baby delivery. It treats Gudu (disease due to noxious agents produced by various parasites). The drug can be simmered to get a decoction. Or, pound the crude drug to get juice. Or, grind it to get ointment to treat infantile sprains.

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

[Explication]

Zhu Zhenheng: Denglongcao (Suanjiang) can eliminate pathogenic Humidity and Heat as it is bitter and can function on the Shangjiao as it is light in quality. So, it is a drug that can treat coughing and sore throat due to attack of pathogenic Heat. It is good for treating coughing with phlegm due to invading pathogenic Heat. And, Fo'ercao/herba gnaphalii affinis/herb of cudweed is good for treating coughing with phlegm due to invading pathogenic Cold. When it is used together with Pianqin Qingjin Wan,* it is even more effective.

Li Shizhen: Suanjiang is a drug that facilitates the circulation of Humidity and eliminates Heat. Hence, it is good for treating coughing by clearing the Heat in the Lung. When it facilitates the circulation of Humidity, it dissolves phlegm and phlegmon. Once a patient suffered from coughing with phlegm under a condition of general debility and fatigue, I added this drug into the decoction, making it more effective. It worked.

[Prescriptions]

Three prescriptions collected recently.

*Pill with Huangqin/radix scutellariae/root of baikal skullcap to clear the Heat from the Lung. Prescription is unknown.



子【气味】

酸，平，无毒。（别录曰）寒。

〔主治〕热烦满，定志益气，利水道，产难吞之立产本经。食之，除热，治黄病，尤益小儿苏颂。治骨蒸劳热，尸疰疔瘦，痰癖热结，与苗茎同功嘉祐。

〔附方〕新二。（略）



SUANJIANG ZI

Seed of franchet ground cherry
Semen physalis

[Quality and Taste]

It is sour, plain and nontoxic.

It is cold.

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

[Indications]

It is good for eliminating hot feeling with restlessness and fullness. It pacifies the willpower and reinforces the qi and facilitates Water circulation. Swallow the drug when there is a difficulty in baby delivery.

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

Su Song: It is good for eliminating pathogenic I Heat and treating jaundice. It is a drug especially good for infants.

It is good for treating hectic fever due to Yin deficiency and fever in consumptive disease, Shizhu (consumptive and infectious disease) and malnutrition with emaciation, hard mass due to accumulation of phlegm and Heat. It has the same therapeutic function as the seedling and stem.

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

[Prescriptions]

Two prescriptions collected recently.

败酱（本经中品）

【释名】

苦菜纲目。苦蕒纲目。泽败别录。鹿肠本经。鹿首别录。马草别录。

〔弘景曰〕根作陈败豆酱气，故以为名。〔时珍曰〕南人采嫩者，暴蒸作菜食，味微苦而有陈酱气，故又名苦菜，与苦荚、龙葵同名。亦名苦蕒，与酸浆同名，苗形则不同也。





BAIJIANG

Dahurian patrinia

Patrinia villosa Juss.,

Patrinia scabiosaefolia Fisch.

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

[Explanation of Names]

KUCAI

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

KUZHI

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

ZEBAI

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

LUCHANG

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

LUSHOU

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

MACAO

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

Tao Hongjing: The name Baijiang is given after the fact that the root of the drug has a kind of smell similar to the decayed Jiang/miscellus amyllum preparatum/paste. Bai = decayed.

Li Shizhen: People in the south collect the tender leaf of the herb and steam it to serve as vegetable. It is slightly bitter and with a smell of Jiang. As it is bitter, it is also called Kucui (bitter vegetable), the same name as Kumai/herba ixeritis denticulatae/herb of denticulate ixeris and Longkui. It is also called Kuzhi, which is the same name as Suanjiang/herba physalis/herb of franchet ground cherry. But their seedlings and shapes are not the same.



【集解】

〔别录曰〕败酱生江夏川谷，八月采根，暴干。〔弘景曰〕出近道。叶似豨荑，根形如柴胡。〔恭曰〕此药不出近道，多生冈岭间。叶似水蓼及薇衔，丛生，花黄根紫，作陈酱色，其叶殊不似豨荑也。〔颂曰〕江东亦有之，状如苏恭所说。〔时珍曰〕处处原野有之，俗名苦菜，野人食之，江东人每采收储焉。春初生苗，深冬始凋。初时叶布地生，似菘菜叶而狭长，有锯齿，绿色，面深背浅。夏秋茎高二三尺而柔弱，数寸一节。节间生叶，四散如伞。颠顶开白花成簇，如芹花、蛇床子花状。结小实成簇。其根白紫，颇似柴胡。吴普言其根似桔梗，陈自明言其根似蛇莓根者，皆不然。



[Previous Explanations]

Baijiang grows in the valleys in the Jiangxia area. Collect the root in the eighth month and dry it in the sun.

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

Tao Hongjing: It is found in nearby places. Its leaf is similar to Xixian/herba siegesbekiae/herb of glandular stalk st. paulswort and its root is similar to Chaihu/radix bupleuri/root of Chinese thorowax.

Su Gong: The drug is not found in the nearby places. It grows on hills and in mountains. Its leaf is similar to Shuilang (Maogen/herba ranunculi japonici/herb of Japanese buttercup) or Meixian/herba pyrolae/pyrola herb. It grows in tussock. It has a yellow flower and purple root, a kind of color similar to long-stored Jiang. Its smell is quite different from Xixian.

Su Song: The herb is also found in the Jiangdong area. It is merely like Su Gong has described.

Li Shizhen: The herb is found on plains everywhere. It is colloquially called Kucai. Local people eat it. People in the Jiangdong area collect the drug and store it for future use. The seedling begins to germinate in early spring and it withers in the depth of winter. At first, its leaves spread on the ground. Its leaf is similar to Songcai/plantula brassicae chinensis/seedling of parkchoi, but it is narrow and long, covered with teeth. It is green on the front and lighter green on the back. In summer and autumn, it is two to three *chi* tall. The stem is soft and weak with one node every few *cun*. Around the node, leaves disperse in the form of an umbrella. On top of the stem, white flowers flock together, similar to Qinhua or Shechuangzihua/flos cnidii/flower of common cnidium. Small fruits form together. Its root is white-purple in the shape of Chaihu/radix bupleuri/root of Chinese thorowax. *Wu Pu Bencao* recorded that its root was similar to Jiegeng/radix platycodi/platycodon root and Chen Ziming said that its root was similar to Shemeigen/radix duchesneae indicae/root of indian mock strawberry, but both are wrong.

BAIJIANGGEN (seedling is the same)

Root (and seedling) of dahurian patrinia



根苗同。【修治】

〔敷曰〕凡收得便粗杵，入甘草叶相拌对蒸，从巳至未，去甘草叶，焙干用。

【气味】

苦，平，无毒。

〔别录曰〕咸，微寒。〔权曰〕辛、苦，微寒。〔大明曰〕酸。〔时珍曰〕微苦带甘。

【主治】

暴热火疮赤气，疥瘙疽痔，马鞍热气本经。除痈肿浮肿结热，风痹不足，产后腹痛别录。治毒风痲痹，破多年凝血，能化脓为水，产后诸病，止腹痛，余疹烦渴甄权。治血



Radix patriniae
Gemma patriniae

[Preparation]

Lei Xiao: After collection of the drug, pound it roughly and blend it with Gancaoye/fohium glycyrrhizae/liquorice leaf. Steam the drugs from Sishi (9-11 hours) to Weishi (13-15 hours). Take off the Gancaoye and bake the drug.

[Quality and Taste]

It is bitter, plain and nontoxic.

It is salty and slightly cold.

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

Zhen Quan: It is pungent, bitter and slightly cold.

Da Ming: It is sour.

Li Shizhen: It is slightly bitter and sweet.

[Indications]

It is good for treating sores due to invasion of pathogenic Heat, scabies, itching, phlegmon and hemorrhoid due to accumulation of heat from a horse saddle.

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

It is good for eliminating accumulation of pathogenic Heat in carbuncle, swelling and puffy edema. It treats arthralgia due to invasion of pathogenic Wind when there is an overall deficiency. It relieves puerperal abdominal pain.

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

Zhen Quan: It is good for treating numbness and arthralgia due to attack of toxin and pathogenic Wind. It removes blood stasis of many years. It dissolves pus into fluid. It is also good for treating postpartum diseases, stopping abdominal pain, and eliminating remaining skin rash with restlessness and thirst.

Da Ming: It is good for treating epigastric and abdominal pain of a woman due to disorder of blood and qi. It removes hard mass and accumu-



气心腹痛，破癥结，催生落胞，血运鼻衄吐血，赤白带下，赤眼障膜努肉，聃耳，疮疖疥癬丹毒，排脓补痿大明。

【发明】

〔时珍曰〕败酱乃手足阳明厥阴药也。善排脓破血，故仲景治痈及古方妇人科皆用之。乃易得之物，而后人不知用，盖未遇识者耳。

【附方】

旧二，新三。（略）



lation. It promotes baby delivery and disperses placenta. It is also good for treating vertigo due to blood disorder, stopping epistaxis and hematemesis, and treating leukorrhea with bloody and whitish discharge, inflammation of eye with nebula and opacity and polyp. It is also good for treating otitis media suppurativa, sores, furuncle, scabies, tinea and erysipelas. It expels pus and heals fistula.

[Explication]

Li Shizhen: Baijiang is a drug that functions on the following Channels:

- Large Intestine Channel of Hand Greater Yang,
- Stomach Channel of Foot Greater Yang,
- Pericardium Channel of Hand Greater Yin, and
- Liver Channel of Foot Greater Yin.

It is a drug good for expelling pus and removing blood stasis. Therefore, Master Zhang Zhongjing used it to treat carbuncle. It was also often used in ancient prescriptions treating gynecological diseases. It is a drug that can be obtained very easily. It is a pity that people neglect it.

[Prescriptions]

Two prescriptions collected previously, and three prescriptions collected recently.



款冬花（本经中品）

【释名】

款冻郭璞。颗冻尔雅。氏冬别录。钻冻衍义。菟奚尔雅。橐吾本经。虎须本经。

〔时珍曰〕按述征记云：洛水至岁末凝厉时，款冬生于草冰之中，则颗冻之，名以此而得。后人讹为款冬，乃款冻尔。款者至也，至冬而花也。〔宗奭曰〕百草中，惟此不顾冰雪，最先春也，故世谓之钻冻。虽在冰雪之下，至时亦生



KUANDONGHUA

Common coltsfoot

Tussilago farfara L.

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

[Explanation of Names]

KUANDONG

— *Guo Pu*.

KEDONG

— *Er Ya*.

DIDONG

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

ZUANDONG

— *Bencao Yanyi* (*Materia Medica Annotated by Kou Zongshi*).

TUXI

— *Er Ya*.

TUOWU

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

HUXU

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

Li Shizhen: The book *Shuzheng Ji*: When the Luo river freezes in winter, Kuandong grows among the grass and ice. The herb has grains of ice, so it is also called Kedong. But later people merely called it Kuandong instead. Kuan = arrive. So, the term Kuandong means “arrive in winter” indicating that the flower arrives in the wintertime.

Kou Zongshi: Among all the herbs, this is a herb that defies the ice and snow. It foretells the coming of spring. So, people also call it Zuandong, meaning “coming out from the frozen land.” Although the herb is under



芽，春时人采以代蔬。入药须微见花者良。如已芬芳，则都无气力。今人多使如箸头者，恐未有花也。

【集解】

〔别录曰〕款冬生常山山谷及上党水旁，十一月采花阴干。〔弘景曰〕第一出河北，其形如宿萼未舒者佳，其腹里有丝。次出高丽百济，其花乃似大菊花。次亦出蜀北部宕昌，而并不如。其冬月在冰下生，十二月、正月旦取之。〔恭曰〕今出雍州南山溪水，及华州山谷涧间。叶似葵而大，丛生，花出根下。〔颂曰〕今关中亦有之。根紫色，叶似葶藶，十二月开黄花，青紫萼，去土一二寸，初出如菊花萼，通直而肥实无子。则陶氏所谓出高丽百济者，近此类也。又有红花者，叶如荷而斗直，大者容一升，小者容数合，俗呼为蜂斗叶，又名水斗叶。则苏氏所谓大如葵而丛生者，是也。傅



the ice and snow, it will sprout at the right time. People collect the drug in early spring and eat it as a vegetable. When this is used as a drug, it should have a flower bud. If the flower is in full blossom, it is no longer effective medically. But, now, people use the herb with a head similar to the tip of a chopstick. There might not be a flower in it.

[Previous Explanations]

Kuandong grows in the mountain valleys of Changshan and on lowlands close to water in Shangdang. Collect the flower in the eleventh month and dry it in the shade.

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

Tao Hongjing: The herb of first class is produced in Hebei. That with a flower bud is the best. Inside the drug there is fiber. The drug of secondary class is produced in Baiji of Gaoli. Its flower looks like big Juhua/flos chrysanthemi/chrysanthemum. The next category is produced in Dangchang, a place in northern Sichuan. It is not as good as the previous ones. The herb grows under the ice in winter. Collect the drug at noon in the 12th and first months.

Su Gong: Now, the drug is produced in Nanshan Xishui of Yongzhou Prefecture. It is also found in the valleys and streams of Huazhou. Its leaf is similar to Kui/malva verticillata/cluster mallow but it is bigger. It grows in tussock. A flower grows under the root.

Su Song: Now, the drug is also found in the Guanzhong area. Its root is purple and its leaf is similar to Bixie/folium dioscoreae hypoglaucae/leaf of hypoglaucaous collett yam. Its yellow flower blooms in the 12th month. The calyx of the flower is bluish purple. The flower is merely one or two *cun* above the ground. At the beginning it looks like the calyx of chrysanthemum. The petal is straight and fat. There is fruit. This is a species similar to what Tao Hongjing had described in Baiji of Gaoli. There is another kind with a red flower. Its leaf is similar to Heye/folium nelumbinis/lotus leaf and it is upright. The leaf can hold as much as one *sheng* for the big one and the smaller one can still hold several *ge*. It is colloquially called Fengdouye or Shuidouye. This is similar to what Su Gong described, that the herb was as big as Kui and grew in tussock. In his preface to "Praise to Kuandong," Fu Xian wrote:



咸款冬赋序云：予曾逐禽，登于北山，于时仲冬之月，冰凌盈谷，积雪被崖，顾见款冬崖然，始敷华艳，是也。

【修治】

〔斆曰〕凡采得，须去向里裹花蕊壳，并向里实如栗零壳者。并枝叶，以甘草水浸一宿，却取款冬叶相拌裹一夜，晒干去叶用。

【气味】

辛，温，无毒。

〔别录曰〕甘。〔好古曰〕纯阳，入手太阴经。〔之才曰〕杏仁为之使，得紫菀良，恶皂荚、消石、玄参，畏贝母、辛夷、麻黄、黄芪、黄芩、黄连、青葙。

【主治】

咳逆上气善喘，喉痹，诸惊痫寒热邪气本经。消渴，喘息呼吸别录。疗肺气心促急，热乏劳咳，连连不绝，涕唾稠



*While I was hunting wild fowls, I climbed up the northern mountain.
This was in the depths of winter.
The mountain was covered with ice and snow.
But, suddenly, among the white world I saw the protruding color of
Kuandonghua, outstanding and very impressive in the snow.*

[Preparation]

Lei Xiao: Take off the capsule covering the pistil that grows towards the inside of the flower and the solid capsule in the shape of capsule of Liling. Also, take off the twigs and leaves. Then, soak the drug in a decoction of liquorice root overnight. Blend the drug with Kuandongye/*folium farfarae*/leaf of common coltsfoot and leave it for one night. Dry the drug and take off the leaf.

[Quality and Taste]

It is pungent, warm and nontoxic.

It is sweet.

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

Wang Haogu: It is a drug of pure Yang. It functions on the Lung Channel of Hand Initial Yin.

Xu Zhicai: Xingren/*semen armenicae amarum*/bitter apricot seed can be used as its guiding drug. It is reinforced if it is used together with Ziwan/*radix asteris*/root of tartarian aster. It is mutually inhibiting to Zaojia/*fructus gleditsiae*/fruit of Chinese honey locust, Xiaoshi/*sal nitri/niter*, Xuanshen/*radix scrophulariae*/figwort root. It is incompatible to tendrill leaf friuntilary, magnolia flower bud, ephedra, root of membranous milkvetch, and root of Baikal skullcap, coptis rhizome and seed of feather cockscomb.

[Indications]

It is good for treating coughing and asthma with dyspnoea, throat inflammation, convulsions and epilepsy with chills and fever due to attack of vicious agents.

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

It is good for treating great thirst in diabetes and asthma with dyspnoea.



粘，肺痿肺痛，吐脓血甄叔。润心肺，益五脏，除烦消痰，洗肝明目，及中风等疾大明。

【发明】

〔颂曰〕本经主咳逆，古今方用为温肺治嗽之最。崔知悌疗久咳熏法：每日取款冬花如鸡子许，少蜜拌花使润，纳一升铁铛中。又用一瓦碗钻一孔，孔内安一小笔管，以面泥缝，勿令漏气。铛下着炭火，少时烟从筒出，以口含吸，咽之。如胸中少闷，须举头，即将指头按住筒口，勿使漏。至烟尽乃止。如是五日一为之。待至六日，饱食羊肉傅饪一顿，永瘥。〔宗奭曰〕有人病嗽多日，或教然款冬花三两，于无风处以笔管吸其烟，满口则咽之，数日果效。

【附方】

新二。（略）



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

Zhen Quan: It is good for treating exuberance of the Heart qi due to disorder of the Lung qi with symptoms and signs of fever, general fatigue and incessant coughing, with sticky and greasy snot and saliva. It is also good for treating pulmonary flaccidity and abscess with the spitting of bloody pus.

Da Ming: It is good for moistening the Heart and the Lung, reinforcing the Five Viscera, relieving restlessness and eliminating phlegm. It clears the Liver and brightens the eye. It treats apoplexy and other diseases.

[Explication]

Su Song: *Shen Nong Bencao Jing* records that the drug is good for treating coughing with dyspnoea. Ancient and present doctors have used it as a principal drug to warm the Lung to treat coughing. Cui Zhiti had a fumigation therapy to treat coughing: Get a piece of Kuandonghua the size of an egg in the morning. Blend it with a little honey until the flower is moistened. Put the drug into a iron container with a capacity of one *sheng*. Cover the container with a pottery bowl. In the center of the bowl, make a hole and fasten a piece of bamboo tube (shaft of a brush-pen). Seal the bowl and the container tightly with dough. Burn the container with carbon fire. After a while smoke comes out from the tube. Breathe in the smoke through the mouth and swallow it. If there is a suffocating feeling in the chest, the patient should raise his head and have a break (the patient should press the hole with his finger to stop the smoke). Then, he should continue the treatment until the smoke is totally finished. Do it again on the fifth day. On the sixth day, let the patient have meatballs of mutton to his full. The syndrome will be gone forever.

Kou Zongshi: Here is a case: A patient had been suffering from coughing for a long time. Someone told him to burn three *liang* of Kuandonghua in a place where there was no wind and breathe in the smoke with a tube (shaft of a brush-pen). When the smoke accumulated in the mouth, swallow it in. After a few days of such treatment, it worked.

[Prescriptions]

Two prescriptions collected recently.



决明 (本经上品)

【释名】

〔时珍曰〕此马蹄决明也，以明目之功而名。又有草决明、石决明，皆同功者。草决明即青箱子，陶氏所谓萋蒿是也。

【集解】

〔别录曰〕决明子生龙门川泽，十月十日采，阴干百日。〔弘景曰〕龙门在长安北。今处处有之。叶如苙芒。子形似马蹄，呼为马蹄决明，用之当捣碎。又别有草决明。是萋蒿子，在下品中。〔颂曰〕今处处人家园圃所蒔。夏初生苗，高三四尺许。根带紫色。叶似苜蓿而大。七月开黄花，结角。其子如青绿豆而锐，十月采之。按尔雅：薺，



JUEMING

Cassia

Cassia tora L.

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

[Explanation of Names]

Li Shizhen: This is Matijueming. The name is given after its effects of brightening the eye. There are also drugs with similar names such as Caojueming and Shijueming, which all have similar therapeutic effects. Caojueming is actually Qingxiangzi/semen celosiae/seed of feather cockscomb, a drug Tao Hongjing called Qihao.

[Previous Explanations]

Jueming grows in the valleys and marshland of Longmen. Collect it on the 10th day of the 10th month and dry it in the shade for 100 days.

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

Tao Hongjing: Longmen is situated to the north of Chang'an. Now, the drug is found everywhere. Its leaf is similar to Jiangmang (*cassia sophera* L.). Its fruit looks like a horse trotter, so it is called Matijueming. Mati = horse trotter. When it is used, it should be pounded into pieces. There is also Caojueming, also called Qihaozi. It is a drug of the inferior class.

Su Song: Now, the herb is planted by farmers in their gardens everywhere. In early summer, the seedling begins to germinate and it will grow three to four *chi* tall. The root is purple. Its leaf is similar to Muxu/herba medicaginis/alfalfa herb, but it is bigger. A yellow flower blooms in the seventh month, then a pea will be formed, in which there are seeds similar to Lüdou/semen phaseoli radiati/green gram. But it has a sharp end. Collect the drug in the 10th month.



决光。郭璞释云：药草决明也。叶黄锐，赤华，实如山茱萸。或曰陵也。关西谓之藓苳（音皆苟）。其说与此种颇不类。又有一种马蹄决明，叶如江豆，子形似马蹄。〔宗奭曰〕决明，苗高四五尺，春亦为蔬。秋深结角，其子生角中如羊肾。今湖南北人家所种甚多，或在村野成段。蜀本图经言叶似苜蓿而阔大者，甚为允当。〔时珍曰〕决明有二种：一种马蹄决明，茎高三四尺，叶大于苜蓿，而本小末大，昼开夜合，两两相帖。秋开淡黄花五出，结角如初生细豇豆，长五六寸。角中子数十粒，参差相连，状如马蹄，青绿色，入眼目药最良。一种苳苳决明，救荒本草所谓山扁豆是也。苗茎似马蹄决明，但叶之本小末尖，正似槐叶，夜亦不合。秋开深黄花五出，结角大如小指，长二寸许。角中子成数列，状如黄葵子而扁，其色褐，味甘滑。二种苗叶皆可作酒曲，俗呼为独占缸。但苳苳嫩苗及花与角子，皆可瀹茹及点茶食；而马蹄决明苗角皆韧苦，不可食也。苏颂言藓苳即决明，殊不类，恐别一物也。



The book *Er Ya*: Jiegou is Jueguang. Guo Pu annotated: This is Yao-caojueming (Jueming for medical use). It has a yellow and pointed leaf and red flower. Its fruit looks like Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry. Some people say this is Ling. People in the Guanxi area call it Jiegou. But, what it is described above is not in conformity with Jueming/ semen cassiae/cassia seed. It could be something else. There is another species called Matijueming. Its leaf is similar to that of Jiangdou/cowpea. Its fruit is in the shape of a horse trotter.

Kou Zongshi: Jueming can grow as tall as four to five *chi*. In spring, its seedling can be eaten as a vegetable. In late autumn, a pea is formed, with seeds in the shape of a sheep's kidney. Now, the herb is planted everywhere by farmers in Hubei. Or, it grows in the wild and covers a big area. *Shu Bencao* says its leaf is similar to Muxu/herba medicaginis/alfalfa herb, but it is bigger. This is a correct description.

Li Shizhen: There are two species of Jueming: One is Matijueming, three to four *chi* tall. Its leaf is bigger than Muxu. It has a smaller stem but big crown. Its leaf opens up in the daytime and closes at night with the two sides stuck together. In autumn, a pale yellow flower with five petals blooms. It forms a pea in the same shape of cowpea at its early stage. It is five to six *cun* long. There are several dozen seeds in the pea, deployed irregularly and linked to each other in the shape of a horse trotter. It is blue-green. It is a very good drug to be used in a prescription to treat eye disease. Another species is called Jiangmangjueming (cassia sophera L.). In *Jiuhuang Bencao*, it is named Shanbiandou. Its seedling and stem are similar to Matijueming (Jueming). The leaf is similar in size and has a pointed tip. It looks like Huaiye/folium sophorae/leaf of Japanese pagoda tree. It does not close at night. In autumn, a dark yellow flower with five petals blooms. It bears a pea the size of the small finger two *cun* long. Seeds in the pea deploy in several lines. They look like Huangshukuizi/semen abelmoschi manihot/seed of sunset abelmoschus. The seed is brown and flat and tastes sweet and slippery. Leaves of both species can be made into Jiuqu/distiller's yeast. It is locally called Duzhangang. The tender leaf, flower and pea of Jiangmang can be eaten as a vegetable or added into other food, but the seedling and pea of Matijueming (Jueming) is bitter and



子【气味】

咸，平，无毒。

〔别录曰〕苦，甘，微寒。〔之才曰〕著实为之使，恶大麻子。

【主治】

青盲，目淫肤，赤白膜，眼赤痛泪出。久服益精光，轻身本经。疗唇口青别录。助肝气，益精。以水调末涂，消肿毒。熨太阳穴，治头痛。又贴脑心，止鼻洪。作枕，治头风明目，胜于黑豆日华。治肝热风眼赤泪。每旦取一匙掇净，空心吞之，百日后夜见物光甄权。益肾，解蛇毒震亨。叶作菜食，利五脏明目，甚良甄权。



fibrous, and cannot be eaten in the same way. Su Song said that Jiegou is really Jueming, which is groundless. It may be something else.

JUEMINGZI

Cassia seed
Semen cassiae

[Quality and Taste]

It is salty, plain and nontoxic.

It is bitter, sweet and slightly cold.

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

Xu Zhicai: Shishi/fructus achilleae/fruit of alpine yarrow can be used as its guiding drug. It is mutually inhibiting to Damazi/semem cannabis/hemp seed.

[Indications]

It is good for treating optic atrophy with slight nebula, red and white opacity, and eye inflammation with pain and the shedding of tears. Long-term use brightens the eye and makes one feel happy and gay.

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

It is good for treating bluish lips and mouth.

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

It reinforces the Liver qi and the Jing. Blend the drug with water and apply it to treat pyogenic infection. Practice moxibustion on the temple with the drug. It is effective in relieving headache. Apply the drug to the top of head to stop epistaxis. Pack the drug into a pillowcase to relieve severe intermittent headache and brighten the eye. It is even better than Heidou/semem sojae nigra/seed of black soybean.

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

Zhen Quan: It is good for treating eye inflammation with tears due to invading pathogenic Heat and Wind to the Liver. Rub a spoon of the drug clean in the morning and swallow it before meal. After 100 days of such treatment, one can see things clearly at night.

Zhu Zhenheng: It reinforces the Kidney. It detoxifies toxin of snake.



【发明】

〔时珍曰〕相感志言：圃中种决明，蛇不敢入。丹溪朱氏言决明解蛇毒，本于此也。王旻山居录言：春月种决明，叶生采食，其花阴干亦可食。切忌泡茶，多食无不患风。按马蹄决明苗角皆韧而苦，不宜于食。纵食之，有利五脏明目之功，何遂至于患风耶？又刘绩霏雪录言：人家不可种决明，生子多跛。此迂儒误听之说也，不可信。

【附方】

旧一，新七。（略）

Zhen Quan: Its leaf can be eaten as a vegetable. It is something beneficial to the Five Viscera and it brightens the eye.

[Explication]

Li Shizhen: The book *Xianggan Zhi*: Plant Jueming in the garden so as to keep away snakes. That is the basis upon which Zhu Danxi said that Jueming could detoxify snake toxin. Wang Min in his book *Shanju Lu* said: Plant Jueming in spring. Collect the tender leaf and eat it as a vegetable. The flower, after being dried in the shade, can also be eaten. Do not prepare tea together with the drug. Overdose of such tea will induce an attack of pathogenic Wind. Li Shizhen's comment: The seedling and pea of Jueming are bitter and fibrous and not good for eating. It is beneficial to the Five Viscera and brightens the eye. How could it induce an attack of pathogenic Wind? Liu Ji in his book *Feixue Lu* said: People should not plant Jueming in their garden; otherwise, children born in this family will become lame. Li Shizhen's comment: This is what a decadent scholar had overheard and should not be taken seriously.

[Prescriptions]

One prescription collected previously, and seven prescriptions collected recently.



地肤（本经上品）

【释名】

地葵本经。地麦别录。落帚日华。独帚图经。王夔尔雅。王帚郭璞。扫帚弘景。益明药性。涎衣草唐本。白地草纲目。鸭舌草图经。千心妓女土宿本草。





DIFU

Belvedere

Kochia scoparia (L.) Schrad.

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

[Explanation of Names]

DIKUI

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

DIMAI

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

LUOZHOU

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

DUZHOU

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

WANGHUI

— *Er Ya*.

WANGZHOU

— *Guo Pu*.

SAOZHOU

— Tao Hongjing.

YIMING

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

XIANYICAO

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

BAIDICAO

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

YASHECAO

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



〔时珍曰〕地肤、地麦，因其子形似也。地葵，因其苗味似也。鸭舌，因其形似也。妓女，因其枝繁而头多也。益明，因其子功能明目也。子落则老，茎可为帚，故有帚、蓍诸名。

【集解】

〔别录曰〕地肤子生荆州平泽及田野，八月、十月采实，阴干。〔弘景曰〕今田野间亦多，皆取茎苗为扫帚。其子微细，入补药丸散用，仙经不甚用。〔恭曰〕田野人名为地麦草，北人名涎衣草。叶细茎赤，出熟田中。苗极弱，不能胜举。今云堪为扫帚，恐未之识也。〔大明日〕地肤即落帚子也。子色青，似一眠起蚕沙之状。〔颂曰〕今蜀川、关中近地皆有之。初生薄地，五六寸，根形如蒿，茎赤叶青，大似荆芥。三月开黄白花，结子青白色，八月、九月采实。神仙七精散云：地肤子，星之精也。或曰其苗即独帚也，一名鸭舌草。陶弘景所谓茎苗可为扫帚者，苏恭言其苗弱不胜



QIANXINJINÜ

— *Tusu Bencao*.

Li Shizhen: Difu and Dimai are names given after the shape of its seed. Dikui is given in accordance with the similarity of its herb to Kui. Yashe (duck's tongue) is a name depicting the shape of the herb. Jinü (prostitute) is a name given in accordance with its numerous twigs and heads. Yiming (benefit the sight) is a name given to tell of its efficacy. When the fruit falls off, the herb withers and can be made into a broom. So, names with Zhou and Hui (meaning broom) are given.

[Previous Explanations]

Difu grows on the plains and marshland in Jingzhou. Collect the fruit in the eighth and 10th months and dry it in the shade.

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

Tao Hongjing: Now, the herb is found in the fields in large quantity. People use the herb to make brooms. Its seed is fine and can be used in making pill or medicinal powder with tonic functions. Taoist alchemists do not use the drug very often.

Su Gong: Farmers call the herb Dimaicao. People in the north call it Xianyicao. It is a herb with a thin leaf and red stem. It grows on cultivated land. The herb is very weak as a whole and cannot stand upright when it is taken out. It is doubted that this herb is good to make a broom.

Da Ming: Difuzi/fructus kochiae/belvedere fruit is the fruit of Dizhou. Its seed is green, which is in the shape of Cansha/faeces bombycis/silk-worm feces.

Su Song: Now, the herb is found in Sichuan and nearby places in the Guanzhong area. It grows on barren land as tall as five to six *cun*. Its root is similar to that of Qinghao/herba artemisiae annuae/herb of sweet wormwood. It has a red stem and blue-green leaf. It looks very much like Jingjie/herba schizonepetae/herb of fineleaf schizonepeta. A yellow-white flower blooms in the third month. Collect its green-white fruit in the eighth and ninth months. Prescription of Shenxian Qijing San: Difu is a herb of the essence of the stars. Some say that its seedling is called Duzhou. Another name is Yashecao. Tao Hongjing said that its herb could be used to make



举，二说不同，而今医家皆以为独帚。密州图上者，云根作丛生，每窠有二三十茎，茎有赤有黄，七月开黄花，其实地肤也。至八月而藟干成，可采。此正与独帚相合。恐西北出者短弱，故苏说云耳。〔时珍曰〕地肤嫩苗，可作蔬茹，一科数十枝，攒簇团团直上，性最柔弱，故将老时可为帚，耐用。苏恭云不可帚，止言其嫩苗而已。其子最繁。尔雅云：箭王萐。郭璞注云：王帚也。似藜，可以为扫帚，江东呼为落帚。此说得之。

子

〔气味〕苦，寒，无毒。〔时珍曰〕甘，寒。

〔主治〕膀胱热，利小便，补中益精气。久服耳目聪明，轻身耐老本经。去皮肤中热气，使人润泽，散恶疮疔



a broom, but Su Gong said it was weak and could not stand upright. Now, scholars all think that this is really Dushou. In the illustration from the book *Mizhou Tu*, it can be seen that the herb grows in tussock with 20 to 30 stalks growing together. The stems can be red or yellow. A yellow flower blooms in the seventh month. This is actually Difu. In the eighth month, the herb withers and can be collected. This is in conformity with the description of Duzhou. Maybe that produced in the northwest is a soft and short herb. So, Su Gong said the herb was weak.

Li Shizhen: The tender seedling of Difu can be eaten as a vegetable. Several dozen stems grow in a tussock to form a flourishing crown. They are soft and weak, but when they grow old, they can be used to make a broom that is very good and lasts a long time. Su Gong said that this herb could not be used in making brooms. Maybe he was merely talking about the tender herb. There are plenty of fruits.

The book *Er Ya: Qiangwanghui*. Guo Pu annotated: This is Wangzhou. It looks like Li/herba chenopodii/herb of lambsquarters. It can be used to make brooms. People in Jiangdong call it Luozhou. This should be the correct description of the herb.

DIFUZI

Belvedere fruit

Fructus kochiae

[Quality and Taste]

It is bitter, cold and nontoxic.

Li Shizhen: It is sweet and cold.

[Indications]

It clears the invading pathogenic Heat in the Urinary Bladder, facilitates urination, tonifies the interior and reinforces the Jing and qi. Long-term use brightens the eye and sharpens the hearing, and makes one happy and able to enjoy a long life.

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

It disperses the invading pathogenic Heat resting in the skin and moist-



瘕，强阴别录。治阴卵癩疾，去热风，可作汤沐浴。与阳起石同服，主丈夫阴痿不起，补气益力甄权。治客热丹肿日华。

〔发明〕〔藏器曰〕众病皆起于虚。虚而多热者，加地肤子、甘草。

〔附方〕旧三，新七。（略）

苗叶

〔气味〕苦，寒，无毒。〔时珍曰〕甘、苦。烧灰煎霜，制砒石、粉霜、水银、硫黄、雄黄、硃砂。

〔主治〕捣汁服，主赤白痢，烧灰亦善。煎水洗目，去



ens the skin. It dissolves malignant sores and hard mass. It treats hernia and enhances male sexuality.

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

Zhen Quan: It is good for treating swelling of the testes. It disperses the invading pathogenic Heat and Wind. It can be stewed to make bathing water. Take the drug together with Yangqishi/actinolite to treat male impotence. It tonifies the qi and reinforces the strength.

It is good for treating erysipelas due to invading pathogenic Heat.

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

[Explication]

Chen Cangqi: Deficiency is a condition that easily leads to disease. When there is an overall deficient condition with invasion of pathogenic Heat, Difuzi and Gancao/radix glycyrrhizae/liquorice root should be used.

[Prescriptions]

Three prescriptions collected previously, and seven prescriptions collected recently.

DIFUMIAO and DIFUYE

Seedling and leaf of belvedere

Gemma et folium kochiae

[Quality and Taste]

It is bitter, cold and nontoxic.

Li Shizhen: It is sweet and bitter. Burn the drug into ash. Soak the ash in water and simmer it to get frost. It is used in the processing of alchemical drugs. It controls arsenic, calomel, mercury, sulfur, red orpiment and halitum purpureum.

[Indications]

Pound the drug to get juice to treat dysentery with whitish and bloody discharge. It is also good to burn the drug into ash. Simmer the drug in water to get a decoction and wash the eyes to treat inflammation, pain and



热暗雀盲涩痛别录。主大肠泄泻，和气，涩肠胃，解恶疮毒
苏颂。煎水日服，治手足烦疼，利小便诸淋时珍。

【发明】

〔时珍曰〕按虞抟医学正传云：抟兄年七十，秋间患
淋，二十余日，百方不效。后得一方，取地肤草捣自然汁，
服之遂通。至贱之物，有回生之功如此。时珍按：圣惠方治
小便不通，用地麦草一大把，水煎服。古方亦常用之。此物
能益阴气，通小肠。无阴则阳无以化，亦东垣治小便不通，
用黄檗、知母滋肾之意。

uncomfortable feeling and night blindness.

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

Su Song: It is good for stopping dysentery due to disorder of the Large Intestine. It harmonizes the qi, astringes the intestine and stomach, and detoxifies toxin of malignant sore.

Li Shizhen: Simmer the drug in water to get a decoction. It is effective in treating restlessness and pain in the extremities. It smoothes urination and treats stranguria.

[Explication]

Li Shizhen: Yu Tuan in his book *Yixue Zhengchuan* recorded: My brother, 70, began to suffer from stranguria last autumn. It lasted more than twenty days. A hundred prescriptions had been tried and none of them worked. Later, he got a prescription: Pound Difucao to get juice. The juice was served and he recovered. Such a common herb really has miraculous effect. Li Shizhen's comment: In the book *Taiping Shenghui Fang*, there is a prescription treating dysuria: Simmer one big handful of Difucao in water to make a decoction. Difu is a drug that has been used since ancient times. It reinforces the Yin qi and facilitates the function of the Small Intestine. With the support of Yin, Yang cannot exercise its function of transformation. This is similar to the idea when Li Dongyuan used Huangbai/cortex phellodendri/bark of Chinese cork tree and Zhimu/rhizoma anemarrhenae/rhizome of common anemarrhena to moisten the Kidney so as to facilitate urination.





瞿麦瞿音劬。（本经中品）

【释名】

蘧麦尔雅。巨句麦本经。大菊尔雅。大兰别录。石竹日华。南天竺草纲目。

〔弘景曰〕子颇似麦，故名瞿麦。〔时珍曰〕按陆佃解韩诗外传云：生于两旁谓之瞿。此麦之穗旁生故也。尔雅作蘧。有渠、衢二音。日华本草云，一名燕麦，一名杜姥草者，误矣。燕麦即雀麦，雀瞿二字相近，传写之讹尔。



QUMAI

Lilac pink

Dianthus superbus L.,

Dianthus chinensis L.

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

[Explanation of Names]

QUMAI (蘧麦)

— *Er Ya*.

JUJUMAI

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

DAJU

— *Er Ya*.

DALAN

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

SHIZHU

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

NANTIANZHUCAO

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

Tao Hongjing: Its seed is quite similar to that of Xiaomai/semens tritici/wheat. So it is called Qumai. Mai = wheat.

Li Shizhen: Lu Dian in his explanation to the book *Hanshi Waizhuan* said: the character 瞿 (Qu) means “to grow on both sides.” The fruit of this herb grows on both sides. So it is called Qumai. In the book *Er Ya*, it is written as 蘧 (Qu). *Da Ming Rihua Bencao* recorded that the herb had another name, Yanmai or Dulaocao. This is not correct, as Yanmai is simply Quemai/herba bromi japonici/herb of Japanese brome grass. This must be due to a copying mistake as the characters 瞿 (Qu) and 雀 (Que) are so



【集解】

〔别录曰〕瞿麦生太山山谷，立秋采实阴干。〔弘景曰〕今出近道。一茎生细叶，花红紫赤色可爱，合子叶刈取之，子颇似麦子。有两种，一种微大，花边有叉丫，未知何者是也？今市人皆用小者。复一种，叶广相似而有毛，花晚而甚赤。按经云采实，其中子细，燥热便脱尽矣。〔颂曰〕今处处有之。苗高一尺以来，叶尖小青色，根紫黑色，形如细蔓菁。花红紫赤色，亦似映山红，二月至五月开。七月结实作穗，子颇似麦。河阳河中府出者，苗可用。淮甸出者根细，村民取作刷帚。尔雅谓之大菊，广雅谓之茈萋是也。〔时珍曰〕石竹叶似地肤叶而尖小，又似初生小竹叶而细窄，其茎纤细有节，高尺余，梢间开花。田野生者，花大如钱，红紫色。人家栽者，花稍小而妩媚，有红白粉红紫赤斑烂数色，俗呼为洛阳花。结实如燕麦，内有小黑子。其嫩苗炸熟水淘过，可食。



similar to each other in pronunciation.

[Previous Explanations]

Qumai grows in the valleys of Taishan Mountain. Collect the seed on the day of the Beginning of Autumn (August 7) and dry it in the shade.

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

Tao Hongjing: Now the herb is found in nearby places. One stem has fine leaves. The flower is red and purple and lovely. Collect the herb with leaf and seed. The seed is similar to that of Xiaomai. Another kind is a bit bigger than the former with its forks on the edge of the flower. It is not known which is the authentic herb. Merchants take the smaller herb as the authentic one. There is still another species, which also has a similar leaf of the same width. But it is covered with hair. The flower blooms much later and it is pure red. *Shen Nong Bencao Jing* said that the seed should be collected. When the weather gets dry and hot, the seed will fall off automatically. (Collect it before it is gone.)

Su Song: Nowadays, the herb is found everywhere. It is as tall as one *chi*. Its blue-green leaf is small and with a pointed tip. Its root is purple-black and looks like a thin Wujing/radix brassicae rapae/turnip root. The flower is red and purple. It looks like Yingshanhong. The flower blooms in the second and fifth months. In the seventh month, the fruit forms on a spike. Its seed is similar to Xiaomai. That produced in Heyang and Hezhongfu can be used medically. That produced in Huaidian has a fine root. Villagers use the herb to make brushes and brooms. In *Er Ya*, the herb is called Daju and in *Guang Ya*, the herb is called Ciwei.

Li Shizhen: Leaf of Shizhu (Qumai) is similar to Difuye, but it is smaller and with pointed tip. It is also similar to the small bamboo leaf that has merely grown. But it is narrower and finer. Its stem is thin, with nodes. It is about one *chi* tall. The flower blooms around the top of the stem. The herb growing in the wild has flowers as big as a coin of red-purple color. That planted by farmers has smaller, more delicate flowers and different colors, such as red, white, pink, purple or multi-colored. It is colloquially called Luoyanghua. It bears fruit in the shape of Quemai. Inside, there are small black seeds. The tender seedling can be processed by soaking in boil-



穗

〔修治〕〔斲曰〕凡使只用蕊壳，不用茎叶。若一时同使，即空心令人气噎，小便不禁也。用时以篦竹沥浸一伏时，漉晒。

〔气味〕苦，寒，无毒。〔别录曰〕辛。〔叔曰〕甘。〔之才曰〕萇草、牡丹为之使，恶蝶蛸，伏丹砂。

〔主治〕关格诸癥结，小便不通，出刺，决痈肿，明目去翳，破胎堕子，下闭血本经。养肾气，逐膀胱邪逆，止霍乱，长毛发别录。主五淋甄叔。月经不通，破血块排脓大明。



ing water and be eaten as a vegetable.

QUMAISUI

Spike of lilac pink

Spika dianthi

[Preparation]

Lei Xiao: Only the seed and capsule can be used. The stem and leaf should not be used at the same time. If used, it causes an empty and suffocating feeling in the epigastrium and incontinence. Soak the drug in Zhuli/succus bambusae/juice in a bamboo stem for a full day. Take out the drug and dry it in the sun.

[Quality and Taste]

It is bitter, cold and nontoxic.

It is pungent.

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

Zhen Quan: It is sweet.

Xu Zhicai: Rangcao/herba zingiberis miogae/herb of mioga ginger and Mudan/paeonia suffruticosa/tree peony can be used as its guiding drugs. It is mutually inhibiting to Sangpiaoxiao/Ootheca mantidis/mantis eggcase. It oppresses Dansha/cinnabaris/cinnabar.

[Indications]

It is good for treating constipation and dysuria with fluid-retention. It helps the removal of thorns in the flesh and the ulceration of carbuncle and swelling. It brightens the eye and eliminates nebula. It promotes an abortion and removes blood stasis.

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

It nourishes the Kidney qi, disperses invading pathogenic factors in the Urinary Bladder, and stops cholera. It helps hair growth.

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

Zhen Quan: It is good for treating stranguria of five types.

Da Ming: It facilitates menstruation, removes blood clots and dispels pus.



叶

〔主治〕痔瘻并泻血，作汤粥食。又治小儿蛔虫，及丹石药发。并眼目肿痛及肿毒，捣傅。治浸淫疮并妇人阴疮大明。

【发明】

〔杲曰〕瞿麦利小便为君主之用。〔颂曰〕古今方通心经、利小肠为最要。〔宗奭曰〕八正散用瞿麦，今人为至要药。若心经虽有热，而小肠虚者服之，则心热未退，而小肠别作病矣。盖小肠与心为传送，故用此入小肠。本草并不治心热。若心无大热，止治其心，或制之不尽，当求其属以衰



QUMAIYE

Leaf of lilac pink
Folium dianthi

[Indications]

Da Ming: It is good for treating hemorrhoid and fistula. It treats diarrhea with bloody discharge. Simmer the drug to make a decoction or porridge. It is good for dispersing roundworms in an infant. It detoxifies toxin due to intake of alchemical stone drugs. It is also good for treating pain and swelling in the eye and pyogenic infection. Pound the drug and apply it to the affected part. It treats acute eczema and sore in the female external genitalia.

[Explication]

Li Gao: Qumai can be used as a principal drug in a prescription designed to facilitate urination.

Su Song: In ancient and present prescriptions, Qumai is used as a principal drug in dredging through the Heart Channel and facilitating the function of the Small Intestine.

Kou Zongshi: In the prescription Bazheng San,* Qumai is used as a principal drug. Now, people take this drug as a very important ingredient. If there is an invading pathogenic Heat in the Heart Channel, but the Small

*Bazheng San:

Qumai/herba dianthi/herb of lilac pink,
Cheqianzi/semen plantaginis/plantain seed,
Bianxu/herba polygami avicularis/herb of common knotgrass,
Huashi/talcum/talc,
Zhizi/fructus gardeniae/fruit of cape jasmine,
Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,
Mutong/caulis akebiae/akebia stem, and
Dahuang/radix et rhizoma rhei/rhubarb.

之可也。〔时珍曰〕近古方家治产难，有石竹花汤，治九孔出血，有南天竺饮，皆取其破血利窍也。

【附方】

旧六，新五。（略）



Intestine is under a deficient condition, this drug should not be given. This is because, before the invading Heat in the Heart is eliminated, the Small Intestine will be damaged. As the Heart and the Small Intestine are mutually connected, so the drug can function on the Small Intestine. In *Shen Nong Bencao Jing* it did not record that the drug was good for eliminating Heat in the Heart. If there is no excessive Heat in the Heart, the drug is good for improving the overall condition of the Heart. If it is not effective, use other drugs to reduce the rampant condition and bring it into a balanced state.

Li Shizhen: Some time ago, doctors invented a prescription called Shizhuhua Tang, which was designed to treat dystocia. Another prescription, called Nantianzhu Yin, was good for stopping the bleeding from the nine orifices. Both prescriptions are made in accordance with the effect of removing blood stasis and facilitating the function of the orifices. Shizhuhua and Nantianzhu are other names of Qumai.

[Prescriptions]

Six prescriptions collected previously, and
five prescriptions collected recently.





王不留行（本经上品）

【释名】

禁宫花日华。剪金花日华。金盏银台

〔时珍曰〕此物性走而不住，虽有王命不能留其行，故名。吴普本草作一名王不流行，盖误也。

【集解】

〔别录曰〕王不留行生太山山谷，二月、八月采。〔弘景曰〕今处处有之。叶似酸浆，子似菘子。人言是蓼子，不尔。多入痲痿方用。〔保昇曰〕所在有之。叶似菘蓝。其花红白色。子壳似酸浆，其中实圆黑似菘子，大如黍粟。三月



WANGBULIUXING

Cowherb

Vaccaria segetalis (Neck.) Garcke

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

[Explanation of Names]

JINGONGHUA

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

JIANJINHUA

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

JINZHANYINTAI

Li Shizhen: This is a drug with fast moving quality. Even if there is an order from the king, it still goes its own way. So, it is called Wangbuliuxing (王不留行“the king cannot restrain its movement”). In *Wu Pu Bencao*, it is written as 王不流行 (Wangbuliuxing), which is not right.

[Previous Explanations]

Wangbuliuxing grows in the valleys of Taishan Mountain. Collect the drug in the second and eighth months.

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

Tao Hongjing: Now, the herb is found everywhere. Its leaf is similar to Suanjiang. Its seed is similar to Songzi. People mistake it as Liaozi/semen polygони hydroperis/seed of redknees. The drug is often used in prescriptions dealing with carbuncle and fistula.

Han Baosheng: The herb is found everywhere. Its leaf is similar to Songcai and cabbage. Its flower is red-white. Its seed capsule looks like Suanjiang. The seed inside looks like Songzi. It is round and black, as big as Shumi/semen setariae/glutinous millet and Sumi/semen setariae/millet.



收苗，五月收子。根苗花子并通用。〔颂曰〕今江浙及并河近处皆有之。苗茎俱青，高七八寸已来。根黄色如茅根。叶尖如小匙头，亦有似槐叶者。四月开花，黄紫色，随茎而生，如菘子状，又似猪蓝花。五月采苗茎，晒干用。俗谓之剪金草。河北生者，叶圆花红，与此小别。〔时珍曰〕多生麦地中。苗高者一二尺。三四月开小花，如铎铃状，红白色。结实如灯笼草子，壳有五棱，壳内包一实，大如豆。实内细子，大如菘子，生白熟黑，正圆如细珠可爱。陶氏言叶似酸浆，苏氏言花如菘子状者，皆欠详审，以子为花叶状也。灯笼草即酸浆也。苗、子皆入药。

苗、子【修治】

〔斆曰〕凡采得拌湿蒸之，从巳至未。以浆水浸一宿，焙干用。



Collect the seedling in the third month and the seed in the fifth month. Its root, seedling, flower and seed can be used in the same way.

Su Song: Now, the drug is produced in Jiangsu and Zhejiang provinces and areas close to the Yellow River. Its seedling and stem are all blue-green. It is seven to eight *cun* tall. Its root is yellow, similar to Jigen/radix capsellae/root of shepherdspure. Its leaf has a pointed tip in the shape of tip of a small spoon. Some look like a piece of Huaiye/foolium sophorae/leaf of Japanese pagoda tree. A yellow-purple flower blooms in the fourth month, growing together with the stem. It looks like Songzi and Zhulanhua. Collect the seedling and stem in the fifth month and dry it in the sun. it is colloquially called Jianjincao. The drug produced in Hebei has a round leaf and red flower, which is slightly different from this.

Li Shizhen: The herb is often found in wheat fields. The herb is about one to two *chi* tall. In the third and fourth months, a small, red-white flower in the shape of a bell blooms. Its fruit is similar to Denglongcaozi (Suanjiangzi). The capsule, in the shape of a pentagon, contains fruit as big as a soya bean. Inside the fruit, there are fine seeds like Songzi, white at first and turning black when ripe. They are round like small pearls and lovely. Tao Hongjing said that the leaf of the herb was similar to Suanjiang and Su Song said that its flower was similar to Songzi. Both of them were not very careful in their description of the herb. Su Song mixed the seed with the flower. Denglongcao is merely Suanjiang. Both seedling and seed can be used as drugs.

WANGBULIUXINGMIAO and WANGBULIUXINGZI

Seedling and seed of cowherb

Gemma et semen vacariae

[Preparation]

Lei Xiao: After collection of the drug, blend it with water and steam it from Sishi (9-11 hours) to Weishi (13-15 hours). Then, soak it in Jiangshui/aqua setariae germinatus fermentata/fermented water of foxtail millet overnight and bake.



【气味】

苦，平，无毒。

〔普曰〕神农：苦，平。歧伯、雷公：甘。〔元素曰〕甘、苦，平。阳中之阴。

【主治】

金疮止血，逐痛出刺，除风痹内寒。久服轻身耐老增寿本经。止心烦鼻衄，痈疽恶疮痿乳，妇人难产别录。治风毒，通血脉甄权。游风风疹，妇人血经不匀，发背日华。下乳汁元素。利小便，出竹木刺时珍。

【发明】

〔元素曰〕王不留行，下乳引导用之，取其利血脉也。〔时珍曰〕王不留行能走血分，乃阳明冲任之药。俗有“穿山甲、王不留，妇人服了乳长流”之语，可见其性行而不住也。按王执中资生经云，一妇人患淋卧久，诸药不效。其夫



[Quality and Taste]

It is bitter, plain and nontoxic.

Wu Pu: It is bitter and plain, according to Shen Nong. It is sweet, according to Qi Bo and Lei Gong.

Zhang Yuansu: It is sweet, bitter and plain. It is a drug of Yin in the Yang.

[Indications]

It is good for stopping bleeding in an incised wound, relieve the pain and push out the thorn. It disperses arthralgia due to attack of pathogenic Wind and Cold. Long-term use makes one happy and able to enjoy a long life.

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

It stops epistaxis and relieves restlessness. It is good for treating carbuncle and phlegmon, malignant sores, fistula and mastitis. It also treats dystocia.

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

Zhen Quan: It is good for treating invasion of pathogenic Wind and toxin. It facilitates blood circulation.

It treats wandering erysipelas and rubella. It regulates menstruation. It also treats lumbar dorsal carbuncle.

— *Da Ming Rihua Bencao*.

Zhang Yuansu: It promotes lactation.

Li Shizhen: It facilitates urination. It helps eliminate wooden and bamboo thorns from the skin.

[Explication]

Zhang Yuansu: Wangbuliuxing can be used to promote lactation as it facilitates blood circulation.

Li Shizhen: Wangbuliuxing functions on the blood system. It is a drug functioning on the Greater Yang and Chong Channel (Penetrating Vessel) and Ren Channel (Controlling Vessel). As a saying goes, intake of Chuanshan-jia/squama mantis/pangolin scales and Wangbuliuxing makes the mother's milk run like a spring. From this, it can be seen that the drug has the equal-

夜告予。予按既效方治诸淋，用剪金花十余叶煎汤，遂令服之。明早来云：病减八分矣。再服而愈。剪金花一名禁宫花，一名金盏银台，一名王不留行是也。〔颂曰〕张仲景治金疮，有王不留行散，贞元广利方治诸风疮，有王不留行汤，皆最效。

【附方】

旧一，新八。（略）



ity of running. Wang Zhizhong in his book *Zisheng Jing* recorded a case: A woman had been suffering from stranguria for a long time. Her husband told me the case. I told him that there was a prescription that was very effective: Simmer some 10 leaves of Jianjinhua (Wangbuliuxing) to make a decoction. So, the man prepared the drug for his wife. The next morning, he came to tell me that his wife's syndrome was reduced by 80 percent. Another dose was given. After that the patient got well. Jianjinhua (other names, Jingonghua and Jinzhanyintai) is merely Wangbuliuxing.

Su Song: Master Zhang Zhongjing had a prescription Wangbuliuxing San (Power of Wangbuliuxing) to treat an incised wound. In the book *Zhenyuan Guangli Fang*, a prescription Wangbuliuxing Tang (decoction of Wangbuliuxing) is said to be good for treating wind-type convulsion. Both are very effective.

[Prescriptions]

One prescription collected previously, and
eight prescriptions collected recently.





葶苈（本经下品）

【释名】

丁历别录。葶蒿草音典。大室本经。大适本经。狗芥郭璞。

〔时珍曰〕名义不可强解。

【集解】

〔别录曰〕葶苈生藁城平泽及田野，立夏后采实，阴干。〔弘景曰〕出彭城者最胜，今近道亦有。母即公芥也。子细黄至苦，用之当熬。〔颂曰〕今汴东、陕西、河北州郡皆有之，曹州者尤佳。初春生苗叶，高六七寸，似芥。根白



TINGLI

Pepperweed

Lepidium apetalum Willd.,

Lepidium virginicum L.,

Descuratinia Sophia (L.) Schur

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

[Explanation of Names]

DINGLI

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

DIANHAO

DASHI (大室)

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

DASHI (大适)

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

GOUJI

— Guo Pu.

Li Shizhen: The above names do not have reasonable explanations.

[Previous Explanations]

Tingli grows in the plains and marshland of Gaocheng. Collect the fruit after the Beginning of Summer (May 5) and dry it in the shade.

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

Tao Hongjing: The drug produced in Pencheng is the best. It is also found in nearby places. The herb is also called Gongji. Its seed is find and yellow and very bitter. Before it is used, it should be stewed in water.

Su Song: Now, the drug is also found east of Bianliang, in Shaanxi and Hebei. That produced in Caozhou is especially good. In early spring, the



色，枝茎俱青。三月开花，微黄。结角，子扁小如黍粒微长，黄色。月令：孟夏之月，靡草死。许慎、郑玄注皆云靡草，芥、葶苈之属是也。一说葶苈单茎向上，叶端出角，粗且短。又有一种狗芥草，叶近根下作歧，生角细长。取时必须分别此二种也。〔斆曰〕凡使勿用赤须子，真相似，只是味微甘苦耳。葶苈子之苦，入顶也。〔时珍曰〕按尔雅云：葶，葶苈也。郭璞注云：实叶皆似芥，一名狗芥。然则狗芥即是葶苈矣。盖葶苈有甜苦二种。狗芥味微甘，即甜葶苈也。或云甜葶苈是菥蓂子，考其功用亦似不然。

子【修治】

〔斆曰〕凡使葶苈，以糯米相合，置于爇上，微焙，待米熟，去米，捣用。

【气味】

辛，寒，无毒。

〔别录曰〕苦，大寒。得酒良。〔权曰〕酸，有小毒。



seedling begins to germinate and grows up to six to seven *cun*. It looks like Jicai/herba capsellae/herb of shepherdspure. Its root is white. The stem and twig are blue-green. A light yellow flower blooms in the third month. A pea forms with flat and fine seeds similar to Shumi, but a bit longer.

The book *Yue Ling*: In the first month of summer, Micao dies. Both Xu Shen and Zheng Xuan annotated that Micao and Ji are drugs of the same category of Tingli. According to another record, Tingli has only one upright stem. A pea appears on the end of the leaf, which is coarse and short. There is another kind of herb called Goujiecao. Its leaf appears close to the root with forks. A long and fine pea appears there. When the drug is collected, the above species should be differentiated from the authentic drug.

Lei Xiao: When the drug is to be collected, be careful not to get Chixuzi, a herb very similar to Tingli. The only difference is that it is slightly sweet and bitter in taste. But Tingli/semen lepidi/seed of pepperweed is very bitter, with a strong stimulus rushing up when one tastes it.

Li Shizhen: The book *Er Ya* — Dian is merely Tingli. Guo Pu annotated: The leaf and fruit are all similar to Jiecai/India mustard. There is another name, Gouji. There are two species, one sweet and the other bitter. Gouji is the sweet Tingli. Some say that the sweet Tingli is merely Ximizi/semen thlaspi/seed of boor's mustard. But after studying the efficacy of both drugs, it does not seem to be correct.

TINGLI ZI

Seed of pepperweed

Semen lepidi

[Preparation]

Lei Xiao: First blend Tinglizi with Nuomi/oryza glutinosae/polished glutinous rice and place them on a container over a fire. Flightly bake the drug until the rice is well done. Take off the rice and pound the drug.

[Quality and Taste]

It is pungent, cold and nontoxic.

It is bitter and very cold. It functions better if it is processed with wine.



入药炒用。〔杲曰〕沉也，阴中阳也。〔张仲景曰〕葶苈傅头疮，药气入脑，杀人。〔之才曰〕榆皮为之使，得酒良，恶白僵蚕、石龙芮。〔时珍曰〕宜大枣。

【主治】

癥瘕积聚结气，饮食寒热，破坚逐邪，通利水道本经。下膀胱水，伏留热气，皮间邪水上出，面目浮肿，身暴中风热痒，利小腹。久服令人虚别录。疗肺壅上气咳嗽，止喘促，除胸中痰饮开宝。通月经时珍。

【发明】

〔杲曰〕葶苈大降气，与辛酸同用，以导肿气。本草十



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

Zhen Quan: It is sour and slightly toxic. Stir-fry the drug before it is used.

Li Gao: It is a drug with sinking tendency, a drug of Yang in the Yin.

Zhang Zhongjing: When Tinglizi is used to treat sores on the head, the toxin of the drug may penetrate into the brain and kill the patient.

Xu Zhicai: Yupi/cortex ulmi pumoilae/bark of siberian elm can be used as its guiding drug. It functions better if it is processed with wine. It is mutually inhibiting to Baijiangcan/bombyx batryticatus/larva of a silkworm with botrytis and Shilongrui/herba ranunculi scelerati/herb of poisonous buttercup.

Li Shizhen: It works harmoniously with Dazao/fructus jujubae/Chinese date.

[Indications]

It is good for dispersing hard mass, accumulation of assemblage and stagnation of qi. It is good for treating indigestion with chills and fever. It dissolves harness and disperses pathogenic factors, and facilitates Water circulation.

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

It disperses stagnation of Water in the Urinary Bladder and hidden pathogenic Heat. It disperses fluid-retention in the skin with puffy face and body. It treats sudden onset of prickly heat with itching due to attack of pathogenic Wind and Heat. It facilitates the normal function of the lower abdomen. Long-term use makes one debilitated.

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

It treats pulmonary abscess with dyspnoea and coughing. It stops asthma with dyspnoea, eliminates Tanyin fluid-retention resting in the chest.

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

Li Shizhen: It facilitates circulation of menstruation.

[Explication]

Li Gao: Tinglizi is a drug that brings down the qi. Used together with drugs of pungent and sour taste, it can disperse stagnation of qi with swelling.



剂云：泄可去闭，葶苈、大黄之属。此二味皆大苦寒，一泄血闭，一泄气闭。盖葶苈之苦寒，气味俱厚，不减大黄，又性过于诸药，以泄阳分肺中之闭，亦能泄大便，为体轻象阳故也。〔宗奭曰〕葶苈有甜、苦二种，其形则一也。经既言味辛苦，即甜者不复更入药也。大概治体皆以行水走泄为用，故曰久服令人虚，盖取苦泄之义，药性论不当言味酸。〔震亨曰〕葶苈属火性急，善逐水。病人稍涉虚者，宜远之。且杀人甚捷，何必久服而后致虚也。〔好古曰〕苦甜二味，主治不同。仲景泻肺汤用苦，余方或有用甜者，或有不苦者。大抵苦则下泄，甜则少缓，量病人虚实用之，不可不审。本草虽云治同，而甜苦之味安得不异？〔时珍曰〕甘苦二种，正如牵牛，黑白二色，急缓不同；又如壶卢，甘



The book *Bencao Shiji*: Purging drugs can dredge through a pent-up condition. Tinglizi and Dahuang/radix et rhizoma rhei/rhubarb are such drugs. Both drugs are very bitter and cold. One is good for purging the pent-up condition of blood (Dahuang) and the other is good for purging the pent-up condition of the qi (Tinglizi). Tinglizi, bitter and cold, is thick in both quality and taste. It is a drug no less powerful than Dahuang. It is good for purging the pent-up condition in the Lung by reducing the rampant Yang. It is also effective in purging constipation. It is a drug with light quality and active function like the Yang (so it can function mightily).

Kou Zongshi: There are two species of Tingli, one bitter and the other sweet. They look alike. Since the drug is used only because it is bitter and pungent, the sweet one cannot be used as a drug. As a whole, Tingli is a drug that motivates the Water circulation and moves everything downward. So, an overdose will be consumptive and debilitate the patient. It is a drug of bitter taste with a purging function. But Zhen Quan in his *Yaoxing Lun* said the drug was sour. He is incorrect.

Zhu Zhenheng: Tingli is a drug that pertains to the Fire and functions drastically in dispersing Water retention. A debilitated patient should keep away from the drug. It is a drug with a strong function that may kill a patient very fast, so how can overdosing merely debilitate the patient?

Wang Haogu: Therapeutic functions of the bitter Tingli and sweet Tingli are not the same. In Master Zhang Zhongjing's prescription of Tingli Dazao Xiefei Tang (Decoction of Tinglizi and Dazao to Purge Lung Excess), bitter Tinglizi is used. Other prescriptions may use the sweet drug or may not mention whether the bitter or sweet drug should be used. Generally speaking, bitter Tinglizi has a stronger function of purgation and the sweet one is not so drastic. This is based on the health condition (whether the patient is in a debilitated condition). Doctors should be cautious. Although *Shen Nong Bencao Jing* said that both bitter and sweet drugs have the same therapeutic effect, it must not be taken as such, as the bitter or sweet taste makes the difference.

Li Shizhen: The bitter and sweet Tinglizi, just like the Heichou/semen pharbitidis nigra/black pharbitis seed and Baichou/semen pharbitidis alba/white pharbitis seed, have differences in therapeutic functions. One may

苦二味，良毒亦异。大抵甜者下泄之性缓，虽泄肺而不伤胃；苦者下泄之性急，既泄肺而易伤胃，故以大枣辅之。然肺中水气臃满急者，非此不能除。但水去则止，不可过剂尔。既不久服，何至杀人？淮南子云：大戟去水，葶苈愈胀，用之不节，乃反成病。亦在用之有节。

【附方】

旧十，新十。（略）



be drastic and the other may be a little milder. Hulu/fructus largenariae/depressae/fruit of depressed bottle gourd, is another drug with two species, one bitter and the other sweet. But one is toxic and the other not. Generally speaking, the sweet drug has a milder purging function. Although it purges the excess in the Lung, it does not damage the Stomach. But the bitter drug is more dtastic and harmful to the Stomach. So, in the application of the bitter Tinglizi, Dazao should be used to slow down its function. When the Lung is overwhelmed by distended fluid-retention, the bitter drug is required. Once the pathological condition is removed, no more should be given. Be careful not to overdose. How could it kill the patient?

The book *Huainanzi*: Jingdaji/radix euphorbiae pekinensis/root of peking euphorbia is a drug that dispels Water retention and Tingli is a drug that treats distention. If both drugs are not used in a controlled way, they may cause trouble. So, well-measured use of the drug is of vital importance.

[Prescriptions]

Ten prescriptions collected previously, and
10 prescriptions collected recently.



车前 (本经上品)

【释名】

当道本经。茺苳音浮以。马舄音昔。牛遗并别录。牛舌草诗疏。车轮菜救荒。地衣纲目。蛤蟆衣别录。

〔时珍曰〕按尔雅云：茺苳，马舄。马舄，车前。陆玑诗疏云：此草好生道边及牛马迹中，故有车前、当道、马舄、牛遗之名。舄，足履也。幽州人谓之牛舌草。蛤蟆喜藏伏于下，





CHEQIAN

Plantain

Plantago asiatica L.

Plantago depressa Willd.

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

[Explanation of Names]

DANGDAO

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

FUYI

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

MAXI

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

NIUYI

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

NIUSHECAO

— *Shi Shu*.

CHELUNCAI

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

DIYI

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

HAMOYI

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

Li Shizhen: The book *Er Ya* — Fuyi is Maxi and Maxi is Cheqian/*plantago asiatica*/plantain. Lu Ji in his book *Shi Shu* said: This drug grows along the road and in the hoof prints of cattle and horses. Therefore, it has the following names: Cheqian (in front of a cart), Dangdao (merely in the road), Maxi (horse's hoof print) and Niuyi (cattle dung). People in You-



故江东称为蛤蟆衣。又韩诗外传言，直曰车前，瞿曰茺苳，恐亦强说也。瞿乃生于两旁者。

【集解】

〔别录曰〕车前生真定平泽丘陵阪道中，五月五日采，阴干。〔弘景曰〕人家及路边甚多。韩诗言茺苳是木似李，食其实宜子孙者，谬矣。〔恭曰〕今出开州者胜。〔颂曰〕今江湖、淮甸、近汴、北地处处有之。春初生苗，叶布地如匙面，累年者长及尺余。中抽数茎，作长穗如鼠尾。花甚细密，青色微赤。结实如葶苈，赤黑色。今人五月采苗，七月、八月采实。人家园圃或种之，蜀中尤尚。北人取根日干，作紫菀卖之，甚误所用。陆玑言嫩苗作茹大滑，今人不复啖之。〔时珍曰〕王旻山居录，有种车前剪苗食法，则昔人常以为蔬矣。今野人犹采食之。



zhou call it Niushecao (herb of ox tongue). As a toad likes to hide under the herb, so it is also called Hamoyi (coat of toad).

The book *Hanshi Waizhuan*: Zhi is called Cheqian and Qu is called Fuyi. This might not be correct, as the character Qu means things (the fruit or seed) growing on both sides.

[Previous Explanations]

Cheqian grows in the plains and up on the hills and along the roads in Zhending. Collect the drug on the fifth day of the fifth month and dry it in the shade.

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

Tao Hongjing: The drug is found in gardens or on the roadside. The book *Han Shi* said that Fuyi is a herb similar to wood or plum, and eating its fruit one can produce more children, but this is wrong.

Su Gong: Now, the drug produced in Kaizhou is the best.

Su Song: Now, the drug is produced in the Jiang and Hu areas, in Huaidian, close to Bianliang and in the north. In early spring, the seedling begins to germinate. Its leaf spreads on the ground in the shape of a spoon. After more than one year, it may grow up to more than one foot. In the middle, several stems emerge in the shape of a mouse's tail, covered with fine and numerous seeds of blue-green and slightly red color. Its seed is reddish black, similar to Tinglizi. People collect the leaf in the fifth month and the seed in the seventh and eighth months. They also plant the herb in their garden, especially in Sichuan. People in the north collect the root of the drug and dry it in the sun. They sell it as Ziwan/radix asteris/root of tartarian aster. This always leads to malpractice. Lu Ji said that the tender leaf could be eaten as a vegetable, which is very slippery. But, now, people do not eat it any more.

Li Shizhen: Wang Min in his book *Shanju Lu* recorded that people planted Cheqian and cut the leaf to eat as a vegetable. So this tells us that people in ancient times ate the herb as a vegetable. Even now people living in remote places still do so.



子

〔修治〕〔时珍曰〕凡用须以水淘洗去泥沙，晒干。入汤液，炒过用；入丸散，则以酒浸一夜，蒸熟研烂，作饼晒干，焙研。

〔气味〕甘，寒，无毒。〔别录曰〕咸。〔权曰〕甘，平。〔大明曰〕常山为之使。

〔主治〕气癰止痛，利水道小便，除湿痹。久服轻身耐老本经。男子伤中，女子淋漓不欲食，养肺强阴益精，令人有子，明目疗赤痛别录。去风毒，肝中风热，毒风冲眼，赤痛障翳，脑痛泪出，压丹石毒，去心胸烦热甄权。养肝萧



CHEQIAN ZI

Plantain seed

Semen plantaginis

[Preparation]

Li Shizhen: First, wash clean the herb and dry it in the sun. If it is to be used in a decoction, it should be stir-fried. If it is going to be used in making pills or powder, it should be processed in the following way: First, soak the drug in wine overnight. Steam it and then grind it into paste. Make cakes and dry them in the sun. bake it and grind it into powder.

[Quality and Taste]

It is sweet, cold and nontoxic.

It is salty.

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

Zhen Quan: It is sweet and plain.

Da Ming: Changshan/radix dichroae febrifugae/root of anti-febrile dichroa can be used as its guiding drug.

[Indications]

It is good for treating retention of urine due to disorder of qi. It stops pain, facilitates Water circulation and smoothes urine. It disperses arthralgia due to invading pathogenic Humidity. Long-term use makes one happy and able to enjoy a long life.

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

It is good for improving a condition of interior damage of man and chronic vaginal bleeding with anorexia of a woman. It nourishes the Lung, strengthens the Yin and reinforces the Jing. It makes one more fertile. It brightens the eye and treats eye inflammation with pain.

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

Zhen Quan: It disperses invading pathogenic Wind and toxin. It relives the Liver invaded by pathogenic Wind and Heat. It treats eye inflammation due to attack of pathogenic Wind and toxin, with pain, nebula and opacity, and pain in the brain with the shedding of tears. It detoxifies toxin of



炳。治妇人难产陆玑。导小肠热，止暑湿泻痢时珍。

〔发明〕〔弘景曰〕车前子性冷利，仙经亦服饵之，云令人身轻，能跳越岸谷，不老长生也。〔颂曰〕车前子入药最多。驻景丸用车前、菟丝二物，蜜丸食下服，古今以为奇方也。〔好古曰〕车前子，能利小便而不走气，与茯苓同功。〔时珍曰〕按神仙服食经云：车前一名地衣，雷之精也，服之形化，八月采之。今车前五月子已老，而云七八月者，地气有不同尔。唐张籍诗云：开州五月车前子，作药人皆道有神。惭愧文君怜病眼，三千里外寄闲人。观此亦以五月采开州者为良，又可见其治目之功。大抵入服食，须佐他药，如六味地黄丸之用泽泻可也。若单用则泄太过，恐非久



alchemical stone drugs. It eliminates restlessness and fever in chest and the epigastrium.

Xiao Bing: It nourishes the Liver.

Lu Ji: It is good for treating difficult labor.

Li Shizhen: It leads the invading pathogenic Heat in the Small Intestine out. It stops diarrhea and dysentery due to attack of pathogenic Humidity and Summer-heat.

[Explication]

Tao Hongjing: Cheqianzi is a drug with cold quality and laxative function. Taoist alchemists also use it as a drug that achieves longevity and agility in a person.

Su Song: Cheqianzi is a very commonly used drug. Zhujing Wan, made by processing both Cheqianzi and Tusizi/semens cuscudae/dodder seed with honey, should be taken after meal. It is a drug working wonders. It was cherished by ancient people, and this remains today.

Wang Haogu: Cheqianzi can facilitate urination. But it does not consume the qi. It is a drug similar to Fuling in function.

Li Shizhen: The book *Shenxian Fushi Jing* — Cheqian (also known as Diyi) is the essence of thunder, with good effect on the human body. It should be collected in the eighth month. But, now, we find that the seed is already ripe in the fifth month. How can it be collected in the seventh or eighth month? This might be due to different locations of production. Zhang Ji, a poet of the Tang Dynasty (618-907), once wrote:

*The Cheqianzi of the fifth month in Kaizhou,
Is the best drug that works wonders.
Wen Jun, with a mercy mind,
Sent the drug to the patient suffering from eye disease,
At a place three thousand miles away.*

From this, it is clear that people take the drug collected in Kaizhou in the fifth month as the best drug. It also shows that the drug is good for treating eye disease. When the herb is used as a health drug, it should be assisted by others. This is like the case when Zexie/rhizoma alismatis/rhi-

服之物。欧阳公常得暴下病，国医不能治。夫人买市人药一帖，进之而愈。力叩其方，则车前子一味为末，米饮服二钱匕。云此药利水道而不动气，水道利则清浊分，而谷藏自止矣。

〔附方〕旧六，新六。（略）



zome of oriental water plantain is used in Liuwei Dihuang Wan.* If it is used alone, it could be too drastic as a purgative and so cannot be taken as a regular drug. Duke Ouyang always suffered from sudden onset of diarrhea. Doctors of the Imperial Hospital could not treat him with satisfactory effect. Once, his wife got a dose of drug from a market. After taking this, he got well. When they tried very hard to get the prescription from the merchant, they were told: Grind Cheqianzi into powder. Wash down two *qian* of the powder with rice soup. This is a prescription that functions on the Water circulation, but does no function on the qi system. When the Water circulation returns normal, the defecation of urine and stool resumes its specific function. And this is the end of diarrhea.**

[Prescriptions]

Six prescriptions collected previously, and
six prescriptions collected recently.

*Liuwei Dihuang Wan:

Shudihuang/radix rehmanniae preparata/root of rehmannia prepared,

Shanzhuyu/fructus corni/fruit of asiatic cornelian cherry,

Shanyao/rhizoma dioscoreae/rhizome of common yam,

Fuling/poria/indian bread,

Mudanpi/cortex moutan radices/tree peony bark, and

Zexie/rhizoma alismatis/rhizome of oriental water plantain.

**When Water and Cereal are mixed together, the stool becomes loose, as the Water (in the form of urine) is mixed with the cereal substance. So, one way to treat diarrhea and dysentery is to facilitate the Water circulation.





马鞭草 (别录下品)

【释名】

龙牙草图经。凤颈草

〔恭曰〕穗类鞭鞘，故名马鞭。〔藏器曰〕此说未近，乃其节生紫花如马鞭节耳。〔时珍曰〕龙牙凤颈，皆因穗取名。苏颂图经外类重出龙牙，今并为一。又今方士谬立诸草为各色龙牙之名，甚为淆乱，不足凭信。

【集解】

〔弘景曰〕村墟陌甚多。茎似细辛，花紫色，叶微似蓬蒿也。〔恭曰〕苗似狼牙及芫蔚，抽三四穗，紫花，似车



MABIANCAO

European verbena

Verbena officinalis L.

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

[Explanation of Names]

LONGYACAO

— *Tujing Bencao (Illustrated Materia Medica)*.

FENGJINGCAO

Su Gong: The spike of the herb looks like a whip, so it is named Mabiancao. Mabian = horsewhip.

Chen Cangqi: What Su Gong said may not be correct. The purple flower appearing on the nodes looks like the node on a horsewhip. That might explain the origin of the name.

Li Shizhen: Longya (dragon teeth) and Fengjing (phoenix neck) are names given to depict the shape of the spike. In the “Category of Other Herbs” in *Tujing Bencao*, Longyacao is a redundancy, so it is now included in this clause. Now, alchemists name quite a number of herbs as Longya of different colors, causing confusion.

[Previous Explanations]

Tao Hongjing: The herb is found in the ruins of a village. Its stem is similar to Xixin/herba asari/herb of Manchurian wild ginger. Its flower is purple. Its leaf is slightly similar to that of Tonghao/chrysanthemum coronarium.

Su Gong: Its seeding is similar to Langya or Chongwei/herba leonuri/motherwort herb. Three to four spikes in the shape of that of Cheqian appear. The spike is similar to a whip, which does not look like that of Tonghao.



前，穗类鞭鞘，都不似蓬蒿也。〔保昇曰〕花白色，七月、八月采苗叶，日干用。〔颂曰〕今衡山、庐山、江淮州郡皆有之。苗类益母而茎圆，高二三尺。又曰：龙牙草生施州，高二尺以来。春夏有苗叶，至秋冬而枯。采根洗净用。〔时珍曰〕马鞭下地甚多。春月生苗，方茎，叶似益母，对生，夏秋开细紫花，作穗如车前穗，其子如蓬蒿子而细，根白而小。陶言叶似蓬蒿，韩言花色白，苏言茎圆，皆误矣。

苗叶

〔气味〕苦，微寒，无毒保昇。〔大明曰〕辛，凉，无毒。〔权曰〕苦，有毒。伏丹砂、硫黄。

〔主治〕下部皷疮别录。癥癖血瘕，久疟，破血杀虫。捣烂煎取汁，熬如饴，每空心酒服一匕藏器。治妇人血气肚



Han Baosheng: Its flower is white. Collect the leaf in the seventh and eighth months and dry it in the sun.

Su Song: Now, the herb is found in the Hengshan Mountain, Lushan Mountain and in the prefectures in the Jiang and Huai areas. Its seedling looks like Yimucao/herba leonuri/motherwort herb. But its stem is round, and two to three *chi* tall. There is another record about the drug: Longyacao is found in Shizhou. It is more than two *chi* tall. In spring and summer, the seedling and leaf flourish, but it withers in autumn and winter. Collect the root and wash it clean before use.

Li Shizhen: Mabiancao grows in the low land in bulk quantity. The seedling begins to germinate in spring. The stem is square. Its leaf is similar to that of Yimucao and grows in opposition. Fine, purple flowers bloom in summer and autumn and form a spike similar to that of Cheqian. Its seed looks like that of Tonghao but it is smaller. Its root is white and small. Tao Hongjing said that its leaf was similar to that of Tonghao. Han Baosheng said that its flower was white. Su Song said its stem was round. All of them are wrong.

MABIANCAO MIAO

Herb of European verbena

Herba verbenae

[Quality and Taste]

Han Baosheng: It is bitter, slightly cold and nontoxic.

Da Ming: It is pungent, cool and nontoxic.

Zhen Quan: It is bitter and toxic. It oppresses cinnabar and sulfur.

[Indications]

It is good for treating ulcer of the external genitalia.

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

Chen Cangqi: It is good for dissolving hard mass and blood stasis. It treats chronic malaria, removes blood stasis and kills worms. Pound the drug into paste and simmer it to get juice. Simmer it again until it condenses into an extract. Take one *qianbi* of the extract per dose before meal.

胀，月候不匀，通月经大明。治金疮，行血活血震亨。捣涂
痈肿及蠹螬尿疮，男子阴肿时珍。

〔附方〕旧六，新九。（略）

根

〔气味〕辛，涩，温，无毒。

〔主治〕赤白下痢初起，焙捣罗末，每米饮服一钱匕，
无所忌苏颂。





Da Ming: It is good for treating abdominal pain and distention in a woman due to disorder of blood and qi, and to regulate menstruation.

Zhu Zhenheng: It is good for treating an incised wound. It facilitates and activates blood circulation.

Li Shizhen: Pound the drug and apply it to treat carbuncle and swelling and sores caused by earwig urine. It eliminates swelling in the male genitalia.

[Prescriptions]

Six prescriptions collected previously, and
nine prescriptions collected recently.

MABIANCAOGEN

Root of European verbena

Radix herba verbenae

[Quality and Taste]

It is pungent, astringent, warm and nontoxic.

[Indications]

Su Song: It is good for treating onset of dysentery with bloody and whitish discharge. Bake the drug and then grind it into powder. Screen it to get fine powder. Take one *qianbi* of the powder with rice soup. No food taboo.

蛇含（本经下品）

【释名】

蛇衔本经。威蛇大明。小龙牙纲目。紫背龙牙

〔恭曰〕陶氏本草作蛇合，合乃含字之误也。含衔义同。见古本草。〔时珍曰〕按刘敬叔异苑云：有田父见一蛇被伤，一蛇衔一草着疮上，经日伤蛇乃去。田父因取草治蛇疮皆验，遂名曰蛇衔草也。其叶似龙牙而小，背紫色，故俗名小龙牙，又名紫背龙牙。苏颂图经重出紫背龙牙，今并为一。





SHEHAN

Klein cinquefoil

Potenuntila kleiniana Wight et Arn.

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

[Explanation of Names]

SHEXIAN

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

WEISHE

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

XIAOLONGYA

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

ZIBEILONGYA

Su Gong: In Tao Hongjing's *Bencao* works, the name of the herb is Shehe, but this is a miscopying of the second character, as He and Han are very similar to each other in Chinese writing. Shexian has the same idea of the name Shehan. This appears in ancient *Bencao* works.

Li Shizhen: Liu Jingshu in his book *Yi Yuan* recorded: Once a farmer saw a snake was wounded and another snake held a herb in its mouth and applied it onto the wound. After one day, the wounded snake got well and went away. So, the farmer got the herb and used to apply it to snakebites. It was effective. So, the herb was named Shexian (cao), meaning herb held in mouth of a snake. Its leaf is similar to that of Longya (*Mabiancao*), but it is smaller. The back of the leaf is purple. So, the drug is colloquially called Xiaolongya, the small Longya, or Zibeilongya, meaning Longya with a purple back. In *Tujing Bencao*, Zibeilongya is recorded as an independent drug, which is a redundancy. So, it is removed to join this clause.



【集解】

〔别录曰〕蛇含出益州山谷，八月采，阴干。〔弘景曰〕蛇衔处处有之。有两种，并生石上，亦生黄土地。当用细叶有黄花者。〔颂曰〕出益州，今近处亦有。生土石上，或下湿地。蜀中人家亦种之，辟蛇。一茎五叶或七叶。有两种。八月采根阴干。日华子云，茎叶俱用。五月采之。又曰：紫背龙牙，生蜀中，春夏生叶，采无时。〔时珍曰〕此二种：细叶者名蛇衔，大叶者名龙衔。龙衔亦入疮膏用。〔斆曰〕蛇衔只用叶晒干，勿犯火。根茎不用。勿误用有蕞尖叶者，号竟命草，其味酸涩。误服令人吐血不止，速服知时子解。

【气味】

苦，微寒，无毒。

〔权曰〕有毒。〔颂曰〕紫背龙牙，辛，寒，无毒。

【主治】

惊痫。寒热邪气，除热，金疮疽痔，鼠瘻恶疮头疡本



[Previous Explanations]

Shehan grows in the mountain valleys of Yizhou. Collect the drug in the eighth month and dry it in the shade.

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

Tao Hongjing: Shexian is found everywhere. There are two species, both growing on rocky land. It is also found in loess soil. When it is used medically, that with a fine leaf and yellow flower is best.

Su Song: It is produced in Yizhou. Now, it is also found in nearby places. It grows on rocky land or in low and damp land. Farmers in Sichuan also plant the herb in the garden. It prevents invasion of snakes. On one stem there are five to seven leaves. There are two species. Collect the root in the eighth month. *Da Ming Rihua Bencao* said that both stem and leaf could be used as a drug and the drug should be collected in the fifth month. It was also recorded that Zibeilongya, found in Sichuan, had leaf in spring and summer. There was no definite time for collection.

Li Shizhen: There are two species. One has a fine leaf and is called Shexian. That with a bigger leaf is called Longxian, which can also be used in making medicinal ointment treating sores.

Lei Xiao: Only the leaf of the herb is used. Dry it in the sun. Do not expose it to fire. The root and stem are not used. There is another herb called Jingmingcao, similar to Shehan, but with a leaf that has a pointed tip. It is sour and astringent. If it is taken by mistake, it will cause incessant hematemesis. Take Zhishizi (origin unknown) to detoxify toxins.

[Quality and Taste]

It is bitter, slightly cold and nontoxic.

Zhen Quan: It is toxic.

Su Song: Zibeilongya is pungent, cold and nontoxic.

[Indications]

It is good for treating convulsion and epilepsy with chills and fever. It disperses invasion of pathogenic factors and eliminates heat. It treats an incised wound, phlegmon and hemorrhoid, fistula, malignant sores and ulcer.

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

It disperses invading pathogenic factors in the epigastrium and abdo-



经。疗心腹邪气，腹痛湿痹，养胎，利小儿别录。治小儿寒热丹疹甄权。止血协风毒，痈肿赤眼。汁傅蛇虺蜂毒大明。紫背龙牙：解一切蛇毒。治咽喉中痛，含咽之便效苏颂。

【发明】

〔藏器曰〕蛇含治蛇咬。今以草纳蛇口中，纵伤人亦不能有毒也。种之，亦令无蛇。〔颂曰〕古今治丹毒疮肿方通用之。古今录验治赤疹，用蛇衔草，捣极烂傅之即瘥。赤疹由冷湿搏于肌中，甚即为热，乃成赤疹。天热则剧，冷则减是也。〔时珍曰〕按葛洪抱朴子云：蛇衔膏连已断之指。今考葛洪肘后方载蛇衔膏云：治痈肿瘀血，产后积血，耳目诸病，牛领马鞍疮。用蛇衔、大黄、附子、芍药、大戟、细



men, relieves abdominal pain and treats arthralgia due to invading pathogenic Humidity. It nourishes the fetus and is good for an infant.

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

Zhen Quan: It is good for treating infant erysipelas and skin rash with chills and fever.

Da Ming: It stops bleeding and disperses invading pathogenic Wind and toxin. It eliminates carbuncle and swelling as well as eye inflammation. Apply the juice to detoxify toxins of snake and wasp.

Su Song: Zibeilongya is good for detoxifying all sorts of snake poison. It treats throat pain. Hold the drug in the mouth and swallow the juice. It is effective.

[Explication]

Chen Cangqi: Shehan is good for neutralizing snakebite toxin. When the herb is inserted into the mouth of the snake, it removes the toxin. Even if the snake bites a person, it is no longer poisonous. When the drug is planted, it prevents intrusion of snakes.

Su Song: It is a drug that has been used widely in drugs designed to treat erysipelas, sores and swellings. A prescription good for treating red papule as recorded in the book *Gujin Luyan*: Pound Shexian into paste. Apply it to the affected part. When pathogenic Cold and Humidity intermingle in the muscle and gradually evolve into excessive Heat, this will erupt as red papule. When the weather is hot, it becomes rampant and when it cools down, it is greatly reduced.

Li Shizhen: Ge Hong in his book *Baopuzi* said that paste of Shexian could knit a broken finger. In Ge Hong's *Zhouhou Fang*, it is recorded in the prescription of Shexian Gao (Ointment of Shexian): It is good for treating carbuncle and swelling and blood stasis, accumulation of blood after child birth, diseases of the ear and eye and sores of cattle neck and horse saddle.

Prescription:

One *liang* of Shexian,

one *liang* of Dahuang/radix et rhizoma rhei/rhubarb,

one *liang* of Fuzi/radix aconiti lateralis preparata/prepared daughter

辛、独活、黄芩、当归、莽草、蜀椒各一两，薤白十四枚。右为末，以苦酒淹一宿，以猪膏二斤，七星火上煎沸，成膏收之。每温酒服一弹丸，日再服。病在外，摩之傅之，在耳，绵裹塞之；在目，点之。若入龙衔藤一两，则名龙衔膏也。所谓连断指者，不知即此膏否？





root of common monkshood,

one *liang* of Shaoyao/radix paeoniae/peony root,

one *liang* of Jingdaji/radix euphorbiae pekinensis/root of Peking euphorbia,

one *liang* of Xixin/herba asari/herb of manchurian wild ginger,

one *liang* of Duhuo/radix et rhizoma angelicae pubescentis/root and rhizome of double-teeth pubescent angelica,

one *liang* of Huangqin/radix scutellariae/root of baikal skullcap,

one *liang* of Danggui/radix angelicae sinensis/root of Chinese angelica,

one *liang* of Mangcao/folium illicii lanceolati/leaf of lance-leaf anise tree,

one *liang* of Shujiao/pericarpium zanthoxyli/Chinese prickly ash from Sichuan, and

14 Xiebai/bulbus allii macrostemi/bulbs of longstamen onion.

Grind the above drugs into powder and soak in vinegar overnight. Add in two *jin* of pig lard and simmer it until an ointment is obtained. Take a piece the size of a bullet with warm wine, twice a day. If the pathological condition is on the skin, rub the affected part and apply the ointment onto it. If the disease is in the ear, absorb the ointment with cotton and insert it into the ear. If the trouble lies in the eye, drop it into the eye. If one *liang* of Longxianteng* is added into the drug, it becomes Longxiangao. It is not known whether this is the drug that can knit the broken finger.

*Longxianteng, vine of Longxian (the big-leafed Shexian).

连翘（本经下品）

【释名】

连尔雅。异翘尔雅。旱莲子药性。兰华本经。三廉本经。
根名连翘仲景。折根本经。

〔恭曰〕其实似莲作房，翘出众草，故名。〔宗奭曰〕连翘亦不翘出众草。太山山谷间甚多。其子折之，片片相比如翘，应以此得名耳。〔时珍曰〕按尔雅云：连，异翘。则是本名连，又名异翘，人因合称为连翘矣。连翘亦作连苕，即





LIANQIAO

Weeping forsythia

Forsythia suspensa (Thunb.) Vahl.

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

[Explanation of Names]

LIAN

— *Er Ya*.

YIQIAO

— *Er Ya*.

HANLIANZI

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

LANHUA

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

SANLIAN

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

LIANZHAO (the root)

— Zhang Zhongjing.

ZHEGEN

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

Su Gong: Its fruit is similar to Lianzi/semen nelumbinis/lotus seed. It is an outstanding herb, different from others. So it is called Lianqiao.

Kou Zongshi: Lianqiao is not outstanding compared with other herbs. It is found in bulk in the valleys of Taishan Mountain. When the fruit is broken, its capsule is scattered into small pieces of wonderful shape. The name should be given after the pieces of the capsule.

Li Shizhen: The book *Er Ya* — Lian, also called Yiqiao. When the two names are put together, the name becomes Lianqiao. 连轺 (Lianzhao),



本经下品翘根是也。唐苏恭修本草退入有名未用中，今并为一。旱莲乃小翘，人以为鳢肠者，故同名。

【集解】

〔别录曰〕连翘生太山山谷，八月采，阴干。〔弘景曰〕处处有之。今用茎连花实。〔恭曰〕此物有两种：大翘，小翘。大翘生下湿地，叶狭长如水苏，花黄可爱，着子似椿实之未开者，作房翘出众草。其小翘生冈原之上，叶花实皆似大翘而小细。山南人并用之，今长安惟用大翘子，不用茎花也。〔颂曰〕今近汴京及河中、江宁、润、淄、泽、兗、鼎、岳、利诸州，南康军皆有之。有大小二种：大翘生下湿地或山冈上，青叶狭长，如榆叶、水苏辈，茎赤色，高三四尺，独茎，梢间开花黄色，秋结实似莲，内作房瓣，根黄如蒿根，八月采房。其小翘生冈原之上，花叶实皆似大翘而细。南方生者，叶狭而小，茎短，才高一二尺，花亦黄，



also written as 连苕 (Liantiao), is the root of the drug, the Lianzhao/radix forsythiae/root of weeping forsythia, a drug of inferior class in *Shen Nong Bencao Jing (Shen Nong's Great Herbal)*. In *Tang Bencao* Lianzhao is included as a drug with its name recorded but not yet in use. Now, it is removed to join this clause. Hanlian is a kind of small Lianqiao. People think this also refers to Lichang. The two drugs have the same name.

[Previous Explanations]

Lianqiao grows in the valleys of Taishan Mountain. Collect the drug in the eighth month and dry it in the shade.

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

Tao Hongjing: Now, the drug is found everywhere. The stem, flower and fruits are all used medicinally.

Su Gong: There are two species: big Lianqiao and small Lianqiao. The big herb grows on low and damp land. Its leaf is narrow and long, similar to Shuisu/herba stachydis japonicae/herb of Japanese betony. Its flower is yellow and lovely. Its fruit looks like Chunshi/fructus toonae sinensis/fruit of Chinese toona before it is open. It forms a seed pot, which is different from other herbs. The small herb grows on hills and high land. Its leaf, flower and fruit are all similar to that of the big herb, but they are all smaller. People in the Shannan area use both, but only the fruit of the big herb is now used as drug in Chang'an. The stem and flower are no longer used.

Su Song: Now, the drug is produced in places close to Bianjing and also in Hezhong, Jiangning, Runzhou, Zizhou, Zezhou, Yanzhou, Dingzhou, Yuezhou, Lizhou and Nankangjun. There are two species: The big Lianqiao grows on low and damp land or on hills. Its leaf is bluish green, narrow and long, which is similar to Yuye/folium ulmi pumilae/leaf of siberian elm or Shuisu/herba stachydis japonicae/herb of Japanese betony. Its stem is red, three to four *chi* tall. There is only one stem with a herb. A yellow flower blooms on top of the stem. In autumn, fruit similar to Lianzi/semen nelumbinis/lotus seed is formed, with cloves in a seed pot. Its root is yellow, similar to wormwood. Collect the seed pot in the eighth month. The small Lianqiao grows on hills and high land. The flower, leaf and fruit are all similar to those of the big Lianqiao, but smaller. That growing in



实房黄黑，内含黑子如粟粒，亦名旱莲，南人用花叶。今南方医家说云：连翘有两种：一种似椿实之未开者，壳小坚而外完，无跗萼，剖之则中解，气甚芳馥，其实才干，振之皆落，不着茎也；一种乃如菡萏，壳柔，外有跗萼抱之，而无解脉，亦无香气，干之虽久，着茎不脱，此甚相异，此种江南下泽间极多。如椿实者，乃自蜀中来，入用胜似江南者。据本草则亦当蜀中者为胜，然未见其茎叶也。

【气味】

苦，平，无毒。

〔元素曰〕性凉味苦，气味俱薄，轻清而浮，升也阳也。手搓用之。〔好古曰〕阴中阳也。入手足少阳手阳明经，又入手少阴经。〔时珍曰〕微苦、辛。

【主治】

寒热鼠瘻癰疔，痈肿恶疮瘰疬，结热蛊毒本经。去白虫



the south has a narrow and small leaf and short stem of one or two *chi*. The flower is also yellow. The seed pot is yellow and black. Black seeds similar to Shumi are found in the seed pot. The herb is also called Hanlian. In the south, people use the flower and leaf of the herb as a drug. Doctors in the south say that there are two species of the herb: One is similar to Chunshi before it opens. Its capsule is small, hard and intact and has a calyx. When it is broken, it dissolves into small pieces and emits a fragrant odor. When the fruits are dry, they will fall off the stem when it is shaken. The other species has a fruit in the shape of Hehua/flos nelumbinis/lotus flower. Its capsule is soft and covered with calyxes. Its capsule will not dissolve into regular pieces as the other drug does. It is not fragrant. Even when it is dry, it will not fall off the stem. The two drugs are very different from each other. The small Lianqiao is found in bulk south of the Yangtze River. It grows in the low and damp land. The big Lianqiao, which is similar to Chunshi, is produced in Sichuan. It is a much better drug than that produced south of the Yangtze River. It is so recorded in Bencao works, but the stem and leaf are not used.

[Quality and Taste]

It is bitter, plain and nontoxic.

Zhang Yuansu: It is cool in quality and bitter in taste. It is a drug with both thin quality and taste, a drug that is light and lucid with a floating tendency. It is a drug of Yang. Rub the drug with the hands before use.

Wang Haogu: It is a drug of Yang in the Yin. It functions on the Sanjiao Channel of Hand Lesser Yang, Gall Bladder Channel of Foot Lesser Yang and Large Intestine Channel of Hand Greater Yang. It also functions on the Heart Channel of Hand Lesser Yin.

Li Shizhen: It is slightly bitter and pungent.

[Indication]

It is good for treating fistula and scrofula with chill and fever, carbuncle and swelling, malignant sores, goiter and tumor. It disperses accumulation of pathogenic Heat and treats Gudu.

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



别录。通利五淋，小便不通，除心家客热甄权。通小肠，排脓，治疮疖，止痛，通月经大明。散诸经血结气聚，消肿李杲。泻心火，除脾胃湿热，治中部血证，以为使震亨。治耳聋浑浑焯焯好古。

【发明】

〔元素曰〕连翘之用有三：泻心经客热，一也；去上焦诸热，二也；为疮家圣药，三也。〔杲曰〕十二经疮药中不可无此，乃结者散之之义。〔好古曰〕手足少阳之药，治疮疡瘤癭结核有神，与柴胡同功，但分气血之异尔。与鼠粘子同用治疮疡，别有神功。〔时珍曰〕连翘状似人心，两片合成，其中有仁甚香，乃少阴心经、厥阴包络气分主药也。诸痛痒疮疡皆属心火，故为十二经疮家圣药，而兼治手足少阳手阳明三经气分之热也。



It kills tapeworm.

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

Zhen Quan: It treats stranguria of five types, smoothes urination and disperses invading guest Heat in the Heart.

Da Ming: It facilitates the function of the Small Intestine, dispels pus, treats sores and furuncle, relieves pain and regulates menstruation.

Li Gao: It disperses accumulation of blood and stagnation of qi of all Channels and eliminates swelling.

Zhu Zhenheng: It purges Fire in the Heart, eliminates pathogenic Humidity and Heat in the Spleen and Stomach. When blood disorder resting in Zhongjiao (the middle-jiao, the middle warmer) is to be treated, this herb can be used as the guiding drug.

Wang Haogu: It is good for treating deaf ear with murmuring sound.

[Explication]

Zhang Yuansu: There are three therapeutic functions of Lianqiao:

- purge the guest Heat resting with the Heart Channel;
- disperse the Heat at the Shangjiao; and
- a drug working wonders in the treatment of sores.

Li Gao: It is a must drug in treating sores of the 12 Channels. This is a drug that disperses accumulation, a general pathological condition of sores.

Wang Haogu: It is a drug that functions on the Sanjiao Channel of Hand Lesser Yang and Gall Bladder Channel of Foot Lesser Yang. It is a drug that work wonders in treating sore, ulcer, tumor, goiter and subcutaneous node. It is similar to Chaihu/radix bupleuri/root of Chinese thorowax in function. One works on the qi system and the other on the blood system. When the drug is used together with Shunianzi/fructus arctii/achene of great burdock, it has a special therapeutic function in treating sore and ulcer.

Li Shizhen: Lianqiao looks like the human heart. The capsule has two pieces and the kernel is very fragrant. It is a principal drug functioning on the qi system of the Heart Channel of Hand Lesser Yin and Pericardium Channel of Hand Greater Yin. As sores, carbuncle, and itching all originate from the Heart Fire, Lianqiao is the right drug to disperse the Heat. It also



【附方】

旧一，新二。（略）

茎叶

〔主治〕心肺积热时珍。

翘根

〔气味〕甘，寒、平，有小毒。〔普曰〕神农，雷公：甘，有毒。李当之：苦。〔好古曰〕苦，寒。

〔主治〕下热气，益阴精，令人面悦好，明目。久服轻身耐老本经。以作蒸饮酒病人别录。治伤寒瘀热欲发黄时珍。



clears the Heat of the qi system in the Sanjiao Channel of Hand Lesser Yang, Gall Bladder Channel of Foot Lesser Yang and Large Intestine Channel of Hand Greater Yang.

[Prescriptions]

One prescription collected previously, and two prescriptions collected recently.

LIANQIAOJING and LIANQIAOYE

Stem and leaf of weeping forsythia

Caulis et folium forsythiae

[Indications]

Li Shizhen: It is good for dispersing the accumulated pathogenic Heat in the Heart and Lung.

LIANQIAOGEN

Root of weeping forsythia

Radix forsythiae

[Quality and Taste]

It is sweet, cold, plain and slightly toxic.

Wu Pu: It is sweet and toxic, according to Shen Nong and Lei Gong. It is bitter, according to Li Dangzhi.

Wang Haogu: It is bitter and cold.

[Indications]

It brings down pathogenic Heat and reinforces the Yin Jing (vital essence). It keeps one looking young and brightens the eye. Long-term use makes one happy and able to enjoy a long life.

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

Simmer the drug to make a decoction to detoxify alcoholism.

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

Li Shizhen: It is good for treating onset of jaundice due to accumula-

〔发明〕〔本经曰〕翘根生蒿高平泽，二月、八月采。
〔弘景曰〕方药不用，人无识者。〔好古曰〕此即连翘根也。能下热气，故张仲景治伤寒瘀热在里，麻黄连轺赤小豆汤用之。注云：即连翘根也。



tion of pathogenic Heat in febrile disease caused by Cold.

[Explication]

Lianqiao grows on high land and plain. Collect the root in the second and eighth months.

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

Tao Hongjing: The herb is not used as drug and nobody knows it.

Wang Haogu: This is Lianzhao/radix forsythiae/root of weeping forsythia. It is good for bringing down the pathogenic Heat. Therefore Master Zhang Zhongjing used the drug to treat febrile disease caused by Cold with condensed Heat at the interior in his prescription Mahuang Lianzhao Chixiaodou Tang (Decoction of Mahuang/herba ephedrae/ephedra, Lianzhao and Chixiaodou/semem phaseoli/rice bean). In the annotation of Lianzhao, it says: This is the root of Lianqiao.





蓝（本经上品）

【释名】

〔时珍曰〕按陆佃埤雅云：月令：仲夏令民无刈蓝以染。郑玄言恐仿长养之气也。然则刈蓝先王有禁，制字从监，以此故也。

【集解】

〔别录曰〕蓝实生河内平泽，其茎叶可以染青。〔弘景曰〕此即今染纛碧所用者，以尖叶者为胜。〔恭曰〕蓝有三种：一种叶围径二寸许，厚三四分者，堪染青，出岭南，太常名为木蓝子；陶氏所说乃是菘蓝，其汁抨为淀甚青者；本经所用乃是蓼蓝实也，其苗似蓼而味不辛，不堪为淀，



LAN

Indigo plant

Polygonum tinctorum Ait.

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

[Explanation of Names]

Li Shizhen: The Chapter of Yueling in the book *Bei Ya* written by Lu Dian recorded: In the mid-summer, an order is given to prohibit the cutting of Lan for the purpose of making dyestuff. Zheng Xuan annotated that this is to protect the growing herb. Since the previous kings prohibited the harvesting of Lan at certain times, the character was composed of a “grass” radical at the upper part and a character meaning “supervision” at the lower part.

[Previous Explanations]

Lan grows in the plains and marshland of Henei. Its stem and leaf can be used to make blue dyestuff.

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

Tao Hongjing: This is something used to make dark red and green dyestuff. The herb with a pointed tip on the leaf is the best.

Su Gong: There are three species of the herb: One has leaf of two *cun* in perimeter and three to four *fen* thick. It can be made into dyestuff of blue (or black) color. It is produced in the area south of the Five Ridges. It is generally called Mulanzi. What Tao Hongjing discussed is Songlan. When the juice of the drug is processed into dyestuff, it is in dark blue or black. What *Shen Nong Bencao Jing* discussed is a Liaolanshi. Its seedling is similar to *Liaoye/folium polygoni hydropiperis/leaf of red-knees*, but it is not pungent in taste. It cannot be processed into blue (black) dyestuff. It can only be processed into green dyestuff.



惟作碧色尔。〔颂曰〕蓝处处有之，人家蔬圃作畦种。至三月、四月生苗，高三二尺许，叶似水蓼，花红白色，实亦若蓼子而大，黑色，五月、六月采实。但可染碧，不堪作淀，此名蓼蓝，即医方所用者也。别有木蓝，出岭南，不入药。有菘蓝，可为淀，亦名马蓝，尔雅所谓“葳马蓝”是也。又福州一种马蓝，四时俱有，叶类苦荚菜，土人连根采服，治败血。江宁一种吴蓝，二月内生，如蒿，叶青花白，亦解热毒。此二种虽不类，而俱有蓝名，且古方多用吴蓝，或恐是此，故并附之。〔宗奭曰〕蓝实即大蓝实也。谓之蓼蓝者，非是。乃尔雅所谓马蓝者。解诸药毒不可阙也。实与叶两用。注不解实，只解叶，为未尽。〔时珍曰〕蓝凡五种，各有主治，惟蓝实专取蓼蓝者。蓼蓝：叶如蓼，五六月开花，成穗细小，浅红色，子亦如蓼，岁可三刈，故先王禁之。菘蓝：叶如白菘。马蓝：叶如苦荚，即郭璞所谓大叶冬



Su Song: Lan is found everywhere. Farmers plant it in an embanked field. The seedling begins to grow in the third and fourth months and rises to two to three *chi* tall. Its leaf is similar to Shuiliao/herba polygoni hydropiperis/herb of red-knees. The flower is red and white. Its fruit is also similar to Liaozi/fructus polygoni hydropiperis/fruit of red-knees, but it is bigger and black. Collect the fruit in the fifth and sixth months. But it can only be used to make green dyestuff, not the blue (black) dyestuff. This is Liaolan. It is something doctors use as a drug. There is another species called Mulan, which is produced in the area south of the Five Ridges. It is not used as a drug. Songlan can be made into dyestuff of blue and black color. It is also called Malan.

The book *Er Ya*: Xian is Malan. And that is the drug. There is another kind of Malan produced in Fuzhou, which can be collected in all seasons. Its leaf is similar to Kumai/herba ixeritis denticulatae/herb of denticulate ixeris. Local people collect the white herb with the root and take it to eliminate deteriorated blood. In Jiangning, there is a kind of Wulan. It begins to grow in the second month. It looks like wormwood with blue-green leaf and white flower. It is also good for detoxifying the Heat toxin. Although the latter two species are not the real drug as discussed in this clause, they are included here as they all have the name of Lan. Also in ancient prescriptions, Wulan had been used quite often, which could be this drug. So, they are recorded here for reference.

Kou Zongshi: The fruit and leaf are used separately. The annotation to the book *Er Ya* only mentioned the leaf without discussing the fruit.

Li Shizhen: There are five species of Lan, and each has its specific therapeutic functions. Lanshi (fruit) is taken only from the herb Liaolan. The five species are discussed as follows:

— Liaolan: Its leaf is similar to Liaoye. The flower blooms in the fifth and sixth months. It forms a fine, small spike of light red color. Its fruit is also similar to Liao/fructus polygoni hydropiperis/fruit of red-knees. The herb can be collected three times a year, so kings in ancient times gave orders to prohibit the harvesting of the herb at certain times.

— Songlan: Its leaf is similar to Baicai.

— Malan: Its leaf is similar to Kumai/herba ixeritis denticulatae/herb



蓝，俗中所谓板蓝者。二蓝花子并如蓼蓝。吴蓝：长茎如蒿而花白，吴人种之。木蓝：长茎如决明，高者三四尺，分枝布叶，叶如槐叶，七月开淡红花，结角长寸许，累累如小豆角，其子亦如马蹄决明子而微小，迥与诸蓝不同，而作淀则一也。别有甘蓝，可食，见本条。苏恭以马蓝为木蓝，苏颂以菘蓝为马蓝，宗奭以蓝实为大叶蓝之实，皆非矣。今并开列于下。

蓝实

〔气味〕苦，寒，无毒。〔权曰〕甘。

〔主治〕解诸毒，杀蛊蚊疰鬼螫毒。久服头不白，轻身本经。蚊音其，小儿鬼也。填骨髓，明耳目，利五脏，调六腑，通关节，治经络中结气，使人健少睡，益心力甄权。疗毒肿苏恭。



of denticulate ixeris. This is what Guo Pu recorded as Dayedonglan, or it is colloquially called Banlan. The flower and fruit of both Songlan and Malan are similar to those of Liaolan.

— Wulan: It has a long stem and looks like wormwood with a white flower. It is planted by people in the Wu area.

— Mulan: It has a long stem and looks like Jueming/cassia. The herb can be as tall as three to four *chi* with twigs and leaves. Its leaf looks like Huaiye/foolium sophorae/leaf of Japanese pagoda tree. A light red flower blooms in the seventh month. It has many peas of one *cun* long like the pea of Chixiaodou/semen phaseoli/rice bean. Its seed is similar to Juemingzi, but it is smaller. This Mulan is completely different from the previous Lan's. But it is the same as other drugs when dyestuff is to be processed.

There is also Ganlan, which is a kind of vegetable. See the details for GANLAN. Su Gong took Malan as Mulan. Su Song took Songlan as Malan. Kou Zongshi took Lanshi as Dayelanshi. All of them are wrong. To clarify such discrepancies, the drugs are listed as below.

LANSHI

Fruit of indigo plant

Fructus polygoni

[Quality and Taste]

It is bitter, cold and nontoxic.

Zhen Quan: It is sweet.

[Indications]

It detoxifies toxin of various kinds, kills Gudu, Guizhu and toxin of fish and crab. Long-term use keeps one's hair black and makes one happy and vigorous.

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

Zhen Quan: It stuffs the bone marrow and brightens the eye, facilitates the Five Viscera and regulates the Six Bowels and smoothes the joints. It disperses the accumulation of qi in the Channels and Collaterals. It keeps one energetic and able to sleep less. It tonifies the Heart.



蓝叶汁此蓼蓝也。

〔气味〕苦、甘，寒，无毒。

〔主治〕杀百药毒，解狼毒、射罔毒别录。〔弘景曰〕解毒不得生蓝汗，以青縑布渍汁亦善。汁涂五心，止烦闷，疗蜂螫毒弘景。斑螫、芫青、樗鸡毒。朱砂、砒石毒时珍。

马蓝

〔主治〕妇人败血。连根焙捣下筛，酒服一钱匕苏颂。

吴蓝

〔气味〕苦、甘，冷，无毒。



Su Gong: It is good for treating pyogenic infection.

LANYEZHI

Juice of indigo plant

Succus polygoni tinctorii

[Quality and Taste]

It is bitter, sweet, cold and nontoxic.

[Indications]

It detoxifies toxin of a hundred drugs. It detoxifies toxin of Langdu/radix euphorbiae et stellarae/root of fischer euphorbia and Shewang/extractum aconiti/medicinal extract of common monkshood.

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

Tao Hongjing: When detoxification is necessary, but the juice of Lanye is not available, soak an indigo-dyed cloth in water to get juice.

Apply juice of Lanye onto the epigastrium, palms of the hands and the soles to eliminate restlessness and feeling of suffocation. It is also good for treating the sting of bees and wasps.

Li Shizhen: It is good for detoxifying toxin of Banmao/mylabris/blister beetle/telini fly, Yuanqing/lytta caraganae/lytta caraganae and Chuji/hucechys canguinea/hucechys sanguinea. It also detoxifies toxin of Zhusha/cinnabaris/cinnabar and Pishi/arsenicum/arsenic.

MALAN

[Quality and Taste]

Su Song: It is good for clearing away the deteriorated blood of women. Bake the drug (with root) and then grind it into powder. Screen it. Take one *qianbi* with wine per dose.

WULAN

[Quality and Taste]

It is bitter, sweet, cold and nontoxic.



〔主治〕寒热头痛，赤眼，天行热狂，丁疮，游风热毒，肿毒风疹，除烦止渴，杀疖，解毒药毒箭，金疮血闷，毒刺虫蛇伤，鼻衄吐血，排脓，产后血运，小儿壮热，解金石药毒、狼毒、射罔毒大明。

【发明】

〔震亨曰〕蓝属水，能使败血分归经络。〔时珍曰〕诸蓝形虽不同、而性味不远，故能解毒除热。惟木蓝叶力似少劣，蓝子则专用蓼蓝者也。至于用淀与青布，则是刈蓝浸水入石灰澄成者，性味不能不少异，不可与蓝汁一概论也。有人病呕吐，服玉壶诸丸不效，用蓝汁入口即定，盖亦取其杀虫降火尔。如此之类，不可不知。〔颂曰〕蓝汁治虫豸伤。刘禹锡传信方著其法云；取大蓝汁一碗，入雄黄、麝香二物



[Indications]

Da Ming: It is good for treating headache with chills and fever and eye inflammation, mania and fever due to attack of epidemic disease, furuncle, wandering erysipelas with pyogenic infection, rubella and fever. It eliminates restlessness and quenches thirst, treats infantile malnutrition. It detoxifies toxin of poisonous drugs, toxin on an arrowhead, and an incised wound with a suffocated feeling due to blood disorder. It detoxifies toxic thorns, stings of insects and bites of snakes. It stops epistaxis and hematemesis. It dispels pus, relieves puerperal vertigo due to blood disorder, and high fever of an infant. It reduces side effect of alchemical stone drugs and detoxifies toxin of Langdu/radix euphorbiae et stellarae/root of fischer euphorbia and Shewang/extractum aconiti/medicinal extract of common monkshood.

[Explication]

Zhu Zhenheng: Lan is a drug pertaining to the Water. It is good for eliminating the deteriorated blood and stop the deteriorating process so that blood will return to its original Channels and Collaterals.

Li Shizhen: All the Lan's, different in shapes as they are, are similar in quality and taste. All are good for detoxification and eliminating Heat. The leaf of Mulan is a little less powerful than the rest. When the fruit is to be used, use that of Liaolan. As to the dyestuff made of Lan and the indigo-dyed cloth, it is processed by soaking the drug in water together with Shihui/calx/lime. It is something different from the Lanzhi and cannot be used the same way, as its quality and taste are not the same as those of the previous one. Once there was a patient suffering from incessant vomiting who could not be cured by Yuhu Wan and other drugs. When Lanzhi was taken, the vomiting stopped immediately. It is effective as it is good for killing worms and bringing down the rampant Fire.

Su Song: Lanzhi is good for treating the bites and stings of worms and insects. Liu Yuxi in his book *Chuanxin Fang* recorded: Blend a little of Xionghuang/realgar/red orpiment and Shexiang/moschus/musk in one bowl



少许，以点咬处，仍细服其汁，神异之极也。张荐员外在剑南为张延赏判官，忽被斑蜘蛛咬项上。一宿，咬处有二道赤色，细如箸，绕项上，从胸前下至心。经两宿，头面肿痛，大如数升碗，肚渐肿，几至不救。张公出钱五百千，并荐家财又数百千，募能疗者。忽一人应召，云可治。张公甚不信之，欲验其方。其人云：不惜方，但疗人性命尔。遂取大蓝汁一碗，以蜘蛛投之，至汁而死。又取蓝汁加麝香、雄黄，更以一蛛投入，随化为水。张公因甚异之，遂令点于咬处。两日悉平，作小疮而愈。

【附方】

旧十，新七。（略）



of Lanzhi and apply it to the affected part. Also sip the Lanzhi. It is a prescription that works wonders. Mr. Zhang Jian, serving as the judge of Mr. Zhang Yanshang in Jiannan, was once stung by a multicolored spider. After one night, two red lines the width of chopstick appeared in the affected area. They circled the neck and developed into the chest and the epigastrium. After two nights, the patient had a swollen and distended face and head, which grew to the size of several *sheng* measure. His abdomen began to distend, too. It was a dangerous case. Mr. Zhang put up a notice saying that anyone who could treat this case would get a prize of 500,000 coins. He added about the same amount of money to the grand prize. Then, a doctor showed up, saying that he could cure the disease. Mr. Zhang was not prepared to believe him until the doctor could prove himself. The doctor said: I would not cherish my secret prescription and show how it works, as the rescue of the patient's life is vital. He ordered a bowl of Lanzhi and put one spider into it. Once the spider was thrown in, it died. Then, some musk and red orpiment were added into the juice. This time when another spider was thrown in, it dissolved into fluid. Mr. Zhang consented to let the doctor treat the patient. The drug was applied to the affected part and it worked. Within two days, the syndrome was totally gone. Only a small cicatrix was found at the locus.

[Prescriptions]

Ten prescriptions collected previously, and seven prescriptions collected recently.



青黛（宋开宝）

【释名】

靛花纲目。青蛤粉

〔时珍曰〕黛，眉色也。刘熙释名云：灭去眉毛，以此代之，故谓之黛。

【集解】

〔志曰〕青黛从波斯国来。今以太原并庐陵、南康等处，染淀瓮上沫紫碧色者用之，与青黛同功。〔时珍曰〕波斯青黛，亦是外国蓝靛花，既不可得，则中国靛花亦可用。或不得已，用青布浸汁代之。货者复以干淀充之，然有石灰，入服饵药中当详之。

【气味】

咸，寒，无毒。

〔权曰〕甘，平。

【主治】

解诸药毒，小儿诸热，惊痫发热，天行头痛寒热，并水



QINGDAI

Natural indigo

Baphicacanthus cusia (Nees) Brem.

[Explanation of Names]

DIANHUA

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

QINGGEFEN

Li Shizhen: Dai is the eyebrow. Liu Xi in his book *Shi Ming* said: (Women) take off their eyebrows and use this drug to paint them on. So, the name of the drug is Qingdai. Qing = blue (black), Dai = eyebrow.

[Previous Explanations]

Ma Zhi: Qingdai is imported from Persia. Now, people use the crystals on the inner side of the jars of dyestuff in places like Taiyuan, Luling and Nankang, which has the same function.

Li Shizhen: Qingdai produced in Persia is the crystal of Landian. Since it is not something that can be easily obtained here, produce of China can also be used. Or, in time of urgent need, soak indigo-dyed cloth in water to get a solution and administer it as the drug. Merchants use dry Landian as a substitute. But since Landian has Shihui/calx/lime in it, one should be cautious in using it as a drug.

[Quality and Taste]

It is salty, cold and nontoxic.

Zhen Quan: It is sweet and plain.

[Indications]

It is good for detoxifying toxin of various drugs. It treats infantile fever



研服之。亦磨傅热疮恶肿，金疮下血，蛇犬等毒开宝。解小儿疳热，杀虫甄权。小儿丹热，和水服之。同鸡子白、大黄末，傅疮痛蛇虺螫毒藏器。泻肝，散五脏郁火，解热，消食积震亨。去热烦，吐血咯血，斑疮阴疮，杀恶虫时珍。

【发明】

〔宗奭曰〕青黛乃蓝为之者。有一妇人患脐下腹上，下连二阴，遍生湿疮，状如马爪疮，他处并无，热痒而痛，大小便涩，出黄汁，食亦减，身面微肿。医作恶疮治，用鳗鲡鱼、松脂、黄丹之药涂之，热痛甚。问其人嗜酒食，喜鱼蟹发风等物。急令洗其膏药。以马齿苋四两，杵烂，入青黛一两，再研匀涂之。即时热减，痛痒皆去。仍以八正散，日三



with convulsions and epilepsy of various kinds, and epidemic disease with headache, chills and fever. Grind the drug with water and administer the thing. Also grind the drug and apply it to treat sores due to excessive heat and pyogenic infection, bleeding in incised wound and bite of snake and dog.

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

Zhen Quan: It is good for treating infantile malnutrition with fever and kills worms.

Chen Cangqi: It treats infantile erysipelas with fever. Blend the drug with water and administer it. Grind it together with Jizibai (egg white) and rhubarb, and apply it to treat sores, carbuncle, snakebites and scorpion stings.

Zhu Zhenheng: It is good for purging the excessive qi of the Liver, and dispersing the pent-up Fire in the Five Viscera. It eliminates Heat and helps dissolve indigestion.

Li Shizhen: It treats vexation and fever, stops hematemesis and hemoptysis, eliminates skin rash and sores of the external genitalia and kills malignant worms.

[Explication]

Kou Zongshi: Qingdai is produced from Lan. Here is a case: A woman was suffering from humid sores in the area under the umbilicus and the lower abdomen extending to the external genitals. The sores did not appear in other areas. It was hot, itchy and painful with secretion of yellow fluid. There was also constipation and dysuria, anorexia, and a slightly puffy face and body. A doctor treated the case as malignant sores and used an ointment made of Manli/*Anguilla japonicae*/Japanese eel, Songzhi/colophonium/colophony and Huangdan/minium/lead oxide. But it only caused severe heat and pain in the sores. The doctor learned that the patient was addicted to alcohol and loved to eat fish and crabs. So the doctor had the ointment washed away. Then, he pounded four *liang* of Machixian/*herba portulacae*/herb of purslane into paste and added in one *liang* of Qingdai and ground it again. After the application, the hot feeling, pain and itching all

服之，分败客热。药干即上。如此二日，减三分之一，五日减三分之二，二十日愈。此盖中下焦蓄风热毒气也。若不出，当作肠痈内痔。仍须禁酒色发风物。然不能禁，后果患内痔。

【附方】

旧三，新十。（略）



subsided. Also Bazheng San* was prescribed. The drug was administered three times a day to eliminate the guest heat. When the paste dried up, a new application was given. After two days of such treatment, the syndrome was reduced by one third. On the fifth day, it was reduced by two thirds and the syndrome was totally gone within 20 days. Pathological analysis: The syndrome is caused by the accumulation of pathogenic Wind, Heat and toxin at the Zhongjiao (the middle-jiao, the middle warmer) and Xiajiao (the lower-jiao, the lower warmer). If it is not cleared away, it will develop into abscess or hemorrhoid. But the doctor told the patient that she should not indulge in alcohol and sex and should not eat stimulating food (such as fish, shrimp, crab and mutton). As a matter of fact the patient failed to do what the doctor instructed and hemorrhoid ensued later.

[Prescriptions]

Three prescriptions collected previously, and
10 prescriptions collected recently.

*Bazheng San:

Qumai/herba dianthi/herb of lilac pink,
Cheqianzi/semen plantaginis/plantain seed,
Bianxu/herba polygoni avicularis/herb of common knotgrass,
Huashi/talcum/talc,
Zhizi/fructus gardeniae/fruit of cape jasmine,
Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,
Mutong/caulis akebiae/akebia stem, and
Dahuang/radix et rhizoma rhei/rhubarb.





蓼 (本经中品)

【释名】

〔时珍曰〕蓼类皆高扬，故字从蓼，音料，高飞貌。

【集解】

〔别录曰〕蓼实生雷泽川泽。〔弘景曰〕此类多人所食。有三种：一是青蓼，人家常用，其叶有圆有尖，以圆者为胜，所用即此也；一是紫蓼，相似而紫色；一是香蓼，相似而香，并不甚辛，好食。〔保昇曰〕蓼类甚多，有青蓼、香蓼、水蓼、马蓼、紫蓼、赤蓼、木蓼七种：紫、赤二蓼，叶小狭而厚；青、香二蓼，叶亦相似而俱薄；马、水二蓼，叶俱阔大，上有黑点；木蓼一名天蓼，蔓生，叶似柘叶。六蓼花皆红白，子皆大如胡麻，赤黑而尖扁；惟木蓼花黄白，子皮青滑。诸蓼并冬死，惟香蓼宿根重生，可为生菜。〔颂曰〕



LIAO

Red-knees

Polygonum hydropiper L.

[Explanation of Names]

Li Shizhen: Red-knees are all tall. So, its name is written as 蓼 (Liao), a character meaning “flying tall.”

[Previous Explanations]

Liao grows in the valleys and marshland in Leize.

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

Tao Hongjing: There are three species of the herb that people eat: One is Qingliao, which is often used by farmers. Its leaf is round or has a pointed tip. The one with a round leaf is better in quality and more frequently used. Another one is Ziliao, which is similar to the previous one but it is purple. Still another species is Xiangliao, which is similar to the previous one but it is fragrant. It is not very pungent and is good as food.

Han Baosheng: There are seven species of the herb: Qingliao, Xiangliao, Shuiliao, Maliao, Ziliao, Chiliao and Muliao. Ziliao and Chiliao have a small, narrow and thick leaf. Qingliao and Xiangliao have a similar leaf to the previous one, but it is thinner. Maliao and Shuiliao have a broad and big leaf with black dots on it. Muliao (also known as Tianliao) is a creeping herb with a leaf similar to *Zheye/folium cudrania tricuspidatae*/leaf of *tricuspid cudrania*. All the six species have similar flowers that are red and white in color, with a seed similar to *Huma/semem sesami/sesame seed*, but red-black, flat and with a tip. Only the flower of Muliao is an exception. It is yellow and white in color and with green and slippery peas. All the species wither in winter except for Xiangliao, which has a perennial root and continuous growth of its leaf. It serves as a fresh vegetable.



木蓼亦有大小二种，皆蔓生。陶氏以青蓼入药，余亦无用。三茅君传有作白蓼酱方，药谱无白蓼，疑即青蓼也。〔宗奭曰〕蓼实即草部下品水蓼之子也。彼言水蓼是用茎，此言蓼实是用子也。春初以壶卢盛水浸湿，高挂火上，日夜使暖，遂生红芽，取为蔬，以备五辛盘。〔时珍曰〕韩保升所说甚明。古人种蓼为蔬，收子入药。故礼记烹鸡豚鱼鳖，皆实蓼于其腹中，而和羹脍亦须切蓼也。后世饮食不用，人亦不复栽，惟造酒曲者用其汁耳。今但以平泽所生香蓼、青蓼、紫蓼为良。

实

〔气味〕辛，温，无毒。〔洗曰〕多食吐水，壅气损阳。

〔主治〕明目温中，耐风寒，下水气，面目浮肿痲痹本经。归鼻，除肾气，去痲痹，止霍乱，治小儿头疮甄权。

〔附方〕旧二，新二。（略）



Su Song: There are two species of Muliao, one is big and the other small. Both are creeping herbs. Tao Hongjing only used Qingliao as a drug. In the book *San Mao Jun Zhuan*, there is a prescription called Bailiao Jiang (paste of Bailiao). As there is no record of Bailiao in *Bencao* works, it is understood that Bailiao is really Qingliao.

Kou Zongshi: Liaoshi/fructus polygoni hydropiperis/fruit of red-knees is the seed of Shuiliao, a drug of inferior class in the "Category of Herbs." It is recorded that the stem of the herb is used as a drug, but, here, it is recorded that the seed of the herb is used as a drug. In early spring, soak the seed in a Hulu/frucus largenariae depressae/fruit of depressed bottle gourd and hang it high above a stove to keep warm. Then, a new bud will germinate, which can be eaten as a vegetable.

Li Shizhen: What Han Baosheng described is quite clear. In ancient times, people planted Liao and ate it as a vegetable and kept the seed as a drug. According to the book *Li Ji (Book of Rites)*, Liao was used in cooking chicken, pork, fish and turtle. Stuff Liao into the belly of the above animals and cook them. When meat gruel is prepared, pieces of Liao can be added. As people of later times have different foods than their ancestors and no longer use Liao in cooking, they do not plant the herb any more. Only the juice of the herb is used in the brewing of Jiuqu/distiller's yeast. Xiangliao, Qingliao and Ziliao produced in Pingze are considered of good quality now.

LIAOSHI

Fruit of red-knees

Fructus polygoni hydropiperis

[Quality and Taste]

It is pungent, warm and nontoxic.

Meng Xian: Over dose of the herb makes one vomit saliva. It stagnates the qi and damages the Yang.

[Indications]

It brightens the eye and warms the interior. It enables the patient to



苗叶

〔气味〕辛，温，无毒。〔思邈曰〕黄帝云：食蓼过多，有毒，发心痛。和生鱼食，令人脱气，阴核痛求死。二月食蓼，伤人肾。扁鹊云：久食令人寒热，损髓减气少精。妇人月事来时食蓼、蒜，喜为淋。与大麦面相宜。

〔主治〕归舌，除大小肠邪气，利中益志别录。干之酿



be more resistant to cold and wind. It disperses fluid-retention, eliminates puffy eye and face. It treats carbuncle and ulcer.

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

Zhen Quan: It functions on the nose. It disperses the excessive qi of the Kidney. It treats leprosy, stops cholera, and is good for treating infantile tinea capitis.

[Prescriptions]

Two prescriptions collected previously, and two prescriptions collected recently.

LIAOMIAO and LIAOYE

Herb of red-knees

Herba polygoni hydropiperis

[Quality and Taste]

It is pungent, warm and nontoxic.

Sun Simiao: The Yellow Emperor said: Eating too much Liao will cause intoxication and arouse heart pain. If it is eaten together with raw fish, it will drive away the qi and cause pain in the testes, which is so severe that the patient even wants to die. If Liao is eaten in the second month, it will damage the Kidney. Bian Que said: Long-term use of the herb will cause chills and fever, and consume greatly one's marrow, qi and Jing (vital essence). When a woman in her menstrual period eats Liao and Suan/bulbus allii sativum/garlic, it will induce stranguria. It is a herb that should be eaten together with flour of Damai/semem hordei/barley.

[Indications]

It functions on the tongue. It disperses the invading pathogenic factors resting with the Large and Small Intestines. It is good for the interior and invigorates wisdom.

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

Tao Hongjing: Dry the drug and add it into the brewing of wine. It is good for dispersing the invading pathogenic Wind and Cold.

酒，主风冷，大良弘景。作生菜食，能入腰脚。煮汤捋脚，治霍乱转筋。煮汁日饮，治痲癖。捣烂，傅狐尿疮藏器。脚暴软，赤蓼烧灰淋汁浸之，以桑叶蒸罾，立愈大明。杀虫伏砒时珍。

〔附方〕旧四，新三。（略）



Chen Cangqi: Eat the herb as a vegetable. It functions on the waist and feet. Simmer the drug to make a decoction and wash the feet to treat spasms in cholera. Simmer the drug to make a decoction and take it daily to treat hard mass in the shape of a hanging noose in the abdomen. Pound the herb into paste and apply it to treat contact dermatitis.

Da Ming: Burn Chiliao (red Liao) into ash and soak it in water. Filter the solution. Soak the feet in it to treat sudden paralysis. Also steam Sangye/folium mori/mulberry leaf and apply it to the affected part. This will cure the disease right away.

Li Shizhen: It kills worms and detoxifies arsenic.

[Prescriptions]

Four prescriptions collected previously, and three prescriptions collected recently.





三白草（唐本草）

【释名】

〔弘景曰〕叶上有三白点，俗因以名。又见下。

【集解】

〔恭曰〕三白草生池泽畔，高尺许。叶似水荳，亦似蕺，又似菝葜。叶上有三黑点，非白也。古人秘之，隐黑为白尔。根如芹根，黄白色而粗大。〔藏器曰〕此草初生无白，入夏叶端半白如粉。农人候之蒔田，三叶白则草便秀，故谓之三白。若云三黑点，苏未识矣。其叶如薯蕷，亦不似水荳。〔保昇曰〕今出襄州，二月、八月采根用。〔时珍曰〕三白草生田泽畔，三月生苗，高二三尺。茎如蓼，叶如



SANBAICAO

Chinese lizard tail

Saururus chinensis (Lour.) Baill

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

[Explanation of Names]

Tao Hongjing: There are three white dots on the leaf. So, it is named Sanbaicao. San = three, Bai = white. Cao = herb, hence “herb with three white (dots).” For further details, see the PREVIOUS EXPLANATIONS below.

[Previous Explanations]

Su Gong: Sanbaicao grows close to ponds and swamps. It is about one *chi* tall. Its leaf is similar to Hongcao. It is also similar to that of Yuxingcao/herba houttuyniae/herb of heartleaf houttuynia or Baqi. There are three black dots on the leaf, not white dots. Ancient people called black as white because they wanted to make it a secret. Its root is similar to that of Qincai/herba oenanthes javanicae/herb of Java water dropwort. It is yellow-white and thick.

Chen Cangqi: There is nothing white on the leaf when it first grows. In the beginning of summer, the tip of leaf begins to turn white, like white powder. Farmers wait until three leaves of this herb turn white, which is the time for weeding. Su Gong said that there were three black dots, but this shows that he did not know the drug at all. Its leaf is similar to Shuyu/herba dioscoreae/herb of common yam. It does not look like Hongcao.

Han Baosheng: Now, the drug is produced in Xiangzhou. Collect the root in the second and eighth months.

Li Shizhen: Sanbaicao grows in the fields and close to swamps. The seedling begins to grow in the third month. The herb is two to three *chi* tall.



章陆及青箱。四月其颠三叶面上，三次变作白色，余叶仍青不变。俗云：一叶白，食小麦；二叶白，食梅杏；三叶白，食黍子。五月开花成穗，如蓼花状，而色白微香。结细实。根长白虚软，有节须，状如泥菖蒲根。造化指南云：五月采花及根，可制雄黄。苏恭言似水荳，有三黑点者，乃马蓼，非三白也。藏器所说虽是，但叶亦不似薯蓣。

【气味】

甘、辛，寒，有小毒。

【主治】

水肿脚气，利大小便，消痰破癖，除积聚，消丁肿唐本。捣绞汁服，令人吐逆，除疟及胸膈热痰，小儿痞满藏器。根：疗脚气风毒胫肿，捣酒服，亦甚有验。又煎汤，洗癖疮时珍。



Its stem is similar to Liao. Its leaf is similar to Shanglu/herba phytolaccae/pokeberry herb or Qingxiang/caulis et folium celosiae/stem and leaf of feather cockscomb. In the fourth month, the three top leaves turn their faces up and change to white one by one. But, the other leaves remain green and do not change. As an idiom goes, when one leaf of this herb turns white, it is time to eat Xiaomai/semen tritici/wheat. When the second leaf turns white, it is time to eat plum and apricot and when the third leaf is white, it is time to eat Shumi/semen setariae/glutinous millet. In the fifth month, flowers bloom and form a spike in the shape of Liaohua/flos polygoni hydropiperis/flower of red-knees. The flowers are white and emit a slight fragrance. A fine fruit is formed. Its root is long, soft and white with nodes and fibrous roots similar to the root of Shichangpu/grassleaf sweet flag.

The book *Zaohua Zhinan*: Collect the root and flower in the fifth month. The drug can be used to process Xionghuang/realgar/red orpiment. What Su Gong described as a herb with three black dots and similar to Hongcao is actually not Sanbaicao, but Maliao. What Chen Cangqi described is more or less correct. But the herb does not look like Shuyu/common yam.

[Quality and Taste]

It is sweet, pungent, cold and slightly toxic.

[Indications]

It is good for treating edema and beriberi. It facilitates stool and urination. It eliminates phlegm and dissolves hard mass, accumulation and assemblage, and furuncle.

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

Chen Cangqi: Pound the herb and squeeze it to get juice to induce vomiting to remove excessive Heat and phlegm resting in the chest and diaphragm and to stop malaria. It is also good for treating stagnation of qi and a full sensation in an infant.

Li Shizhen: The root of the drug is good for treating beriberi with swelling of the tibia due to attack of pathogenic Wind toxin. Pound the drug and take it with wine. It is proven effective. Also, simmer the drug to make a decoction and wash the affected part to treat tinea and sores.

虎杖（别录中品）

【释名】

苦杖拾遗。大虫杖药性。斑杖日华。酸杖

〔时珍曰〕杖言其茎，虎言其斑也。或云一名杜牛膝者，非也。一种斑杖似蒟头者，与此同名异物。

【集解】

〔弘景曰〕田野甚多，状如大马蓼，茎斑而叶圆。〔保升曰〕所在有之。生下湿地，作树高丈余，其茎赤根黄。二月、八月采根，日干。〔颂曰〕今出汾州、越州、滁州，处处有之。三月生苗，茎如竹笋状，上有赤斑点，初生便分枝





HUZHANG

Giant knotweed

Polygonum cuspidatum Sieb. et Zucc.

[Explanation of Names]

KUZHANG

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

DACHONGZHANG

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

BANZHANG

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

SUANZHANG

Li Shizhen: Huzhang: Hu = tiger, Zhang = stick. “Zhang” depicts the stem of the herb and “Hu” describes the colored dots (which resemble a tiger skin). Some say the herb also has the name Duniuxi. This is not correct. Another herb with a dotted stem in the shape of *Ruoye/fohium indocalami tessellati*/leaf of chequer-shaped *indocalamus* also has the same name. They are different herbs with the same name.

[Previous Explanations]

Tao Hongjing: The herb is found in large quantity in the fields. It looks like big Maliao, with a dotted stem and round leaf.

Han Baosheng: The herb is found everywhere. It grows on low and damp land. It is more than 10 *chi* tall, like a tree. It has a red stem and yellow root. Collect the root in the second the eighth months and dry it in the sun.

Su Song: Now, the herb is found everywhere in Fenzhou, Yuezhou and Chuzhou. The seedling begins to germinate in the third month. Its stem looks like *Zhusun/gemma bambusae*/bamboo shoot but with red dots on it.



丫。叶似小杏叶。七月开花，九月结实。南中出者，无花。根皮黑色，破开即黄，似柳根。亦有高丈余者。尔雅云：蓀，虎杖。郭璞注云：似苕草而粗大，有细刺，可以染赤。是也。〔宗奭曰〕此草药也。蜀本言作木高丈余者，非矣。大率皆似寒菊，然花叶茎蕊差大为异。仍茎叶有淡黑斑。六七月旋旋开花，至九月中方已，花片四出，其色如桃花，差大而外微深。陕西山麓水次甚多。〔斆曰〕凡使勿误用天蓝及斑袖根，二味根形味皆相似也。〔机曰〕诸注或云似苕、似杏、似寒菊，各不相侔，岂所产有不同耶？〔时珍曰〕其茎似苕蓼，其叶圆似杏，其枝黄似柳，其花状似菊，色似桃花。合而观之，未尝不同也。

根

【修治】

〔斆曰〕采得细锉，却用叶包一夜，晒干用。



Before long, forks grow with leaves similar to small Xingye/*folium armenicae amarum*/bitter apricot seed. The flower blooms in the seventh month and the fruit appears in the ninth month. The herb growing in the south does not have a flower. Its root bark is black and when it is broken, a yellow heart appear, which is similar to Liugen/*radix salicis babylonicae*/root of babylon weeping willow. Some herbs may grow more than 10 *chi* tall.

The book *Er Ya*: Tu is Huzhang. Guo Pu annotated: It looks like Hongcao, but it is thick and large, with fine thorns. It can be used as a red dye-stuff. This is Huzhang.

Kou Zongshi: This is a herbaceous plant. But *Shu Bencao* said that it is as tall as 10 *chi*, like a tree. This is not right. Actually, the herb looks like Hanju (a kind of chrysanthemum), but its flower, leaf, stem and pistil and stamen are much bigger. Also, there are light black dots on the stem and leaf. Starting from the sixth and seventh months, flowers begin to bloom, extending into the middle of the ninth month. It has four petals of pink color similar to peach flower, but bigger in size and slightly darker in color. It is found in bulk in mountain valleys and close to water.

Lei Xiao: When the drug is to be used, be careful not to use Tianlan or Banxiugen, as the latter two are very similar in shape and taste.

Wang Ji: In the above annotations, the herb is described as being similar to Hongcao, Xingye/*folium armenicae amarum*/bitter apricot leaf, or Hanju. Is it different places of origin causing such big differences?

Li Shizhen: The stem of the herb is similar to Hongcao. Its leaf is round and looks like Xingye. Its root is yellow and looks like Liugen. Its flower is similar to chrysanthemum, with a pink color similar to that of peach flower. In this way we have the description of the same herb.

HUZHANGGEN

Root of giant knotweed
Radix polygoni cuspidati

[Preparation]

Lei Xiao: File the drug just collected into small pieces. Wrap it with leaves overnight. Dry the drug in the sun the next day.



【气味】

微温。

〔叔曰〕甘，平，无毒。〔宗爽曰〕味微苦。今天下暑月多煎根汁为饮。不得甘草，则不堪饮。本文不言味。药性论云：甘。是甘草之味，非虎杖味也。

【主治】

通利月水，破留血癥结别录。渍酒服，主暴瘕弘景。风在骨节间，及血瘀，煮汁作酒服之藏器。治大热烦躁，止渴利小便，压一切热毒甄权。治产后血运，恶血不下，心腹胀满，排脓，主疮疖痛毒，扑损瘀血，破风毒结气大明。烧灰，贴诸恶疮。焙研炼蜜为丸，陈米饮服，治肠痔下血苏颂。研末酒服，治产后瘀血血痛，及坠扑昏闷有效时珍。



[Quality and Taste]

It is slightly warm.

Zhen Quan: It is sweet, plain and nontoxic.

Kou Zongshi: It is slightly bitter. Now, the root is simmered to make a decoction to be taken in hot summer. Gancào/radix glycyrrhizae/liquorice root should be added, otherwise the decoction is no good for drinking. In *Mingyi Bielu*, the taste of the drug was not mentioned.

The book *Yaoxing Lun*: It is sweet. Actually, it is the taste of Gancào/radix glycyrrhizae/liquorice root, but not the taste of Huzhang/rhizoma polygoni cuspidati/rhizome of giant knotweed.

[Indications]

It facilitates the menstruation. It removes blood stasis and hard mass.

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

Tao Hongjing: Soak the drug in wine and drink the wine to treat sudden onset of hard mass.

Chen Cangqi: It disperses invading pathogenic Wind among the joints and removes blood stasis. Simmer the drug to get a decoction and then make wine. Drink the wine.

Zhen Quan: It is good for treating great fever with restlessness and thirst. It quenches thirst and facilitates urination. It oppresses all kinds of Heat and toxin.

Da Ming: It is good for treating puerperal vertigo due to blood disorder, removes blood stasis with epigastric and abdominal distention. It dispels pus, treats sores, furuncle, carbuncle and toxin, and removes toxin due to invasion of pathogenic Wind. It eliminates accumulation of qi.

Su Song: Burn the drug and apply the ash onto malignant sores. Bake the drug and then grind it into powder. Make pills with honey. Take the pills with Chenmiyin (water in which long-stored rice has been cooked) to treat hemorrhoid with hematochezia.

Li Shizhen: Grind the drug into powder and take it with wine to treat puerperal abdominal pain due to blood stasis. It is also good for rescuing a person who has lost consciousness due to physical injury.



【发明】

〔叔曰〕暑月以根和甘草同煎为饮，色如琥珀可爱，甚甘美。瓶置井中，令冷澈如冰，时人呼为冷饮子，啜之且尊于茗，极解暑毒。其汁染米作糜糕益美。捣末浸酒常服，破女子经脉不通。有孕人勿服。〔时珍曰〕孙真人千金方：治女人月经不通，腹内积聚，虚胀雷鸣，四肢沉重，亦治丈夫积聚，有虎杖煎：取高地虎杖根，锉二斛，水二石五斗，煮取一斗半，去滓，入醇酒五升，煎如饴。每服一合，以知为度。又许学士本事方：治男妇诸般淋疾。用苦杖根洗净，锉一合，以水五盏，煎一盏，去滓，入乳香、麝香少许服之。鄞县尉耿梦得，内人患沙石淋，已十三年。每漩痛楚不可忍，溺器中小便下沙石剥剥有声。百方不效，偶得此方服之，一夕而愈。乃予目击者。

【附方】

旧三，新四。（略）



[Explication]

Zhen Quan: In summer, simmer Huzhang together with Gancao to make a decoction of amber color, tasting wonderful and looking lovely. Keep the decoction in a bottle and keep the bottle in a drinking well until it turns as cold as ice. It is colloquially called Lengyinzi (cold drink). It is even better than tea, especially when it is taken on hot summer days. It detoxifies toxin of summer-heat effectively. Blend the decoction with rice powder to make cakes. It will be a delicious food. Also, the drug can be pounded into powder and soaked in wine. Drink the wine regularly to maintain regular menstruation. Pregnant women should not take the wine.

Li Shizhen: In *Qianjin Yaofang* of Sun Simiao, there is a prescription called Huzhang Jian (Decoction of Huzhang), which is good for treating irregular menstruation with accumulation and assemblage in the abdomen, and distention and intestinal booming sound, and heaviness in moving the extremities. It is also good for treating accumulation and assemblage of man. Preparation: File two *hu* of Huzhang from the highlands. Simmer it in two *dan* five *dou* of water until 1.5 *dou* is left. Filter the decoction and add in five *sheng* of long-stored wine and simmer it again until it becomes as dense as Yitang/saccharum granorum/malt extract. Take one *ge* per dose until it works. Another prescription kept in *Benshi Fang* is good for treating various stranguria of man and woman: File one *ge* of Huzhang and simmer it in five cups of water until one cup is left. Filter the decoction and add in a little of frankincense and must. Take the decoction. Here is a case: The wife of Mr. Geng Mengde, governor of Yinxian, had been suffering from stranguria caused by a urinary stone for 13 years. Whenever the syndrome attacked, the patient had terrible pain and a sound of stone and sand could be heard in urination. Numerous treatments had been given, but to no avail. Once the patient took this prescription, she recovered the same night. This is a case I personally witnessed.

[Prescriptions]

Three prescriptions collected previously and
four prescriptions collected recently.



篇蓄 音篇畜。（本经下品）

【释名】

扁竹弘景。扁辨吴普。扁蔓吴普。粉节草纲目。道生草

〔时珍曰〕许慎说文作扁筑，与竹同音。节间有粉，多生道旁，故方士呼为粉节草、道生草。

【集解】

〔别录曰〕篇蓄生东莱山谷，五月采，阴干。〔弘景曰〕处处有之，布地而生，花节间白，叶细绿，人呼为扁竹。〔颂曰〕春中布地生道旁，苗似瞿麦，叶细绿如竹，赤



BIANXU

Common knotgrass

Polygonum aviculare L.

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

[Explanation of Names]

BIANZHU (扁竹)

— Tao Hongjing.

BIANBIAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

BIANMAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

FENJIECAO

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

DAOSHENGCAO

Li Shizhen: In *Shuowen Jiezi*, the herb is recorded as Bianzhu (扁筑). Zhu (筑) is a character with the same pronunciation as “bamboo.” There is powder among the nodes. The herb grows along side the road. Taoists call the drug Fenjiecao and Daoshengcao.

[Previous Explanations]

Bianxu grows in the mountain valleys in Donglai. Collect the drug in the fifth month and dry it in the shade.

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

Tao Hongjing: The herb is found everywhere. It spreads all over the ground. It is white among the nodes. Its leaf is fine and green. It is locally called Bianzhu.

Su Song: The herb spreads all over the ground along the road in spring. Its seeling is similar to Qumai/herba dianthi/herb of lilac pink. Its leaf is



茎如钗股，节间花出甚细，微青黄色，根如蒿根，四五月采苗阴干。蜀图经云：二月、八月采苗日干。郭璞注尔雅云，似小藜赤茎节，好生道旁，可食又杀虫，是也。或云：尔雅王刍即此也。〔时珍曰〕其叶似落帚叶而不尖，弱茎引蔓，促节。三月开细红花，如蓼蓝花，结细子，炉火家烧灰炼霜用。一种水扁筑，名薄〔音督〕，出说文。

【气味】

苦，平，无毒。

〔权曰〕甘、涩。

【主治】

浸淫疥瘙疽痔，杀三虫本经。疗女子阴蚀别录。煮汁饮小儿，疗蛔虫有验甄权。治霍乱黄疸，利小便，小儿魃病时珍。

【附方】

旧七，新二。（略）



fine and green, similar to bamboo leaf. Its stem is red, in the shape of a hairpin. Among the nodes there is a very small flower of light bluish yellow color. Its root is similar to wormwood root. Collect the leaf in the fourth or fifth month. Dry the drug in the shade.

The book *Shu Bencao*: Collect the seedling in the second and eighth months and dry it in the sun. In his annotation to the book *Er Ya*, Guo Pu recorded: The herb looks like small Li/herba chenopodii/herb of lambsquarters. It has a red stem with nodes. It grows along the road. It is edible and it is effective in killing worms. Some say this is just the herb Wangchu in *Er Ya*.

Li Shizhen: Its leaf is similar to Luozhouye (Difuye/folium kochiae/belvedere leaf), but it is not pointed. It has a weak stem and the vine grows out of it with nodes on it. In the third month, a small red flower blooms, which is similar to Liao/flos polygoni hydropiperis/flower of red-knees and bears fine fruit. Taoist alchemists use it to burn the ash and refine the frost. There is another species called Shuibianzhu or Du, according to *Shuowen Jiezi*.

[Quality and Taste]

It is bitter, plain and nontoxic.

Zhen Quan: It is sweet and astringent.

[Indications]

It is good for treating acute eczema, tinea with itching, phlegmon and hemorrhoid. It kills three worms.

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

It is good for treating erosion of the vulva.

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

Zhen Quan: Simmer the drug to make a decoction to treat ascariasis in an infant. It is proven effective.

Li Shizhen: It is good for treating cholera and jaundice. It facilitates urination and is good for treating infantile emaciation with a sallow face, distended abdomen and weakness of the feet, frequently caused by indigestion.

[Prescriptions]

Seven prescriptions collected previously, and two prescriptions collected recently.

蒺藜（本经上品）

【释名】

茨尔雅。旁通本经。屈人本经。止行本经。豺羽本经。

升推

〔弘景曰〕多生道上及墙上，叶布地，子有刺，状如菱而小。长安最饶，人行多着木履。今军家乃铸铁作之，以布敌路，名铁蒺藜。易云，据于蒺藜，言其凶伤。诗云，墙有茨，不可扫也，以刺梗秽。方用甚稀。〔时珍曰〕蒺，疾





JILI

Puncture vine caltrop

Tribulus terrestris L.

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

[Explanation of Names]

CI

— *Er Ya*.

PANGTONG

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

QUREN

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

ZHIXING

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

CHAIYU

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

SHENGTUI

Tao Hongjing: The herb grows along the road or on the wall. Leaves spread all over the ground. The fruit is covered with thorns. It is in the shape of Lingjiao/fructus trapae/water caltrop, but it is smaller. The herb is found in bulk close to Chang'an. People have to wear wooden sandals (to avoid the sting of its thorns). Now, the military makes iron barbs* and spread them on the road in front of the enemy.

Yi Jing (*The Book of Changes*): Jili is something foretelling injury or disaster.

*Something made of iron to simulate the Jili. It is called Tiejili (iron Jili).



也；藜，利也；茨，刺也。其刺伤人，甚疾而利也。屈人、止行，皆因其伤人也。

【集解】

〔别录曰〕蒺藜子生冯翊平泽或道旁，七月、八月采实，暴干。〔颂曰〕冬月亦采之，黄白色。郭璞注尔雅云，布地蔓生，细叶，子有三角，刺人，是也。又一种白蒺藜，今生同州沙苑，牧马草地最多，而近道亦有之。绿叶细蔓，绵布沙上。七月开花黄紫色，如豌豆花而小。九月结实作荚，子便可采。其实味甘而微腥，褐绿色，与蚕种子相类而差大。又与马藻子酷相类，但马藻子微大，不堪入药，须细辨之。〔宗奭曰〕蒺藜有二等：一等杜蒺藜，即今之道旁布地而生者。开小黄花，结芒刺。一种白蒺藜，出同州沙苑牧马处。子如羊内肾，大如黍粒，补肾药，今人多用。风家惟用刺蒺藜也。〔时珍曰〕蒺藜叶如初生皂荚叶，整齐可爱。刺蒺藜状如赤根菜子及细菱，三角四刺，实有仁。其白蒺藜结荚长寸许，内子大如脂麻，状如羊肾而带绿色，今人谓之沙苑蒺藜。以此分别。



Shi Jing: There is Jili on the wall. It cannot be swept away. This herb is not very often used in medicine.

Li Shizhen: The characters Ji, Li, and Ci all indicate “thorny object that hurts people sharply.” In the same way, the name Quren (“to insult people”) and Zhixing (“to stop walking”) are given as the herb just hurts people.

[Previous Explanations]

Jili grows on the plains and marshland and along the road in Fengyi. Collect the fruit in the seventh and eighth months; dry it in the sun.

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

Su Song: It can also be collected in winter months. It is yellow-white. In his annotation to *Er Ya*, Guo Pu described the herb as spreading all over the ground with vine and small leaf. Its fruit is triangular and may hurt people. And this is the herb. There is another species called Baijili (white Jili) growing on sandy land in Tongzhou. It is found in bulk on land where horses are herded. The herb has a green leaf and thin vine. A yellow-purple flower blooms in the seventh month. It looks like Wandouhua/flos pisi sativi/flower of garden pea, but is smaller. A pea forms in the ninth month containing seeds. The taste of the brown-green fruit is sweet with a slight fishy smell. It looks like Canzi/ovum bombycis/silkworm egg, but it is bigger. It is also similar to Mapiaozi, but this is a bit bigger and cannot be used as a drug. Differentiation should be made carefully to ensure the authentic drug is used.

Kou Zongshi: There are two species of Jili. One is Dujili. This is just the herb spreading alongside the road. It has a small yellow flower with thorny fruit. Another species is Baijili, a herb produced in the herding ground of sandy land in Tongzhou. Its seed is as small as Shumi in the shape of a sheep kidney. It is a drug that tonifies the Kidney. It is a commonly used drug today. People suffering from a disease due to attack of pathogenic Wind should use Cijili (thorny Jili).

Li Shizhen: The leaf of Jili looks like the new seedling of Zaojia/Chinese honey locust. It is in good shape and lovely. Cijili looks like the seed of Chigencai or the seed of Ling/water caltrop. It is triangular with four thorns. There is seed in the fruit. The herb Baijili has a pea one *cun*



子

〔修治〕〔斆曰〕凡使拣净蒸之，从午至酉，日干，木白春令刺尽，用酒拌再蒸，从午至酉，日干用。〔大明曰〕入药不计丸散，并炒去刺用。

〔气味〕苦，温，无毒。〔别录曰〕辛，微寒。〔权曰〕甘，有小毒。〔志曰〕其性宣通，久服不冷而无壅热，当以性温为是。〔之才曰〕乌头为之使。

〔主治〕恶血，破癥结积聚，喉痹乳难。久服长肌肉，明目轻身本经。身体风痒，头痛，咳逆伤肺肺痿，止烦下气。



long. The green seed inside is as big as a sesame seed, in the shape of a sheep kidney. Now, the herb is called Shayuanjili. Differentiation should be made among the species.

JILIZI

Fruit of puncture vine caltrop

Fructus tribuli

[Preparation]

Lei Xiao: Take off the impurities first. Steam the fruit from Wushi (11-13 hours) to Youshi (17-19 hours) and dry it in the sun. Pound the drug in a wooden mortar. Skim off the thorns and blend it with wine and steam it again from Wushi (11-13 hours) to Youshi (17-19 hours). Dry it in the sun again.

Da Ming: Stir-fry the drug and skim off the thorns. Then it is good to be used either to make pill or powder.

[Quality and Taste]

It is bitter, warm and nontoxic.

It is pungent and slightly cold.

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

Zhen Quan: It is sweet and slightly toxic.

Ma Zhi: The herb is dispersive. Even after long-term use, there will be no cold feeling or accumulation of heat. So, the quality of the drug should be warm.

Xu Zhicai: Wutou/radix aconiti/Sichuan aconite root can be used as its guiding drug.

[Indications]

It is good for removing blood stasis, dissolving hard mass, accumulation and assemblage, treating throat inflammation and promoting lactation. Long-term use helps the muscle growth, brightens the eye and makes the patient happy and vigorous.

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

小儿头疮，痈肿阴瘕，可作摩粉别录。治诸风痲疡，疗吐脓，去燥热甄叔。治奔豚肾气，肺气胸膈满，催生堕胎，益精，疗水藏冷，小便多，止遗沥泄精溺血肿痛大明。痔漏阴汗，妇人发乳带下苏颂。治风秘，及蛔虫心腹痛时珍。

【附方】

旧九，新八。（略）





It is good for treating itching in body due to attack of pathogenic Wind, headache, coughing with dyspnoea and pulmonary flaccidity. It stops vexation and brings down the adverse ascending of gas. It also treats tinea capitis, carbuncle and swelling of testis. It can be made into powder for rubbing therapy.

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

Zhen Quan: It is good for treating tinea versicolor due to attack of pathogenic Wind. It treats the spitting of pus and eliminates Dryness and Heat.

Da Ming: It is good for treating Bentun (upward ascending of gas like a running piglet) due to Kidney disorder, and distended Lung with fullness in the chest the diaphragm. It accelerates baby delivery and promotes abortion. It reinforces the Jing and disperses invading Cold to the Kidney with frequent urination. It stops seminal emission, and treats hematuria with swelling and pain.

Su Song: It is good for treating hemorrhoid and fistula and sweating in the scrotum and leukorrhea of a woman. It promotes lactation.

Li Shizhen: It is good for treating constipation due to invading pathogenic Wind and relieving epigastric and abdominal pain due to ascariasis.

[Prescriptions]

Nine prescriptions collected previously, and eight prescriptions collected recently.



谷精草（宋开宝）

【释名】

戴星草开宝。文星草纲目。流星草

〔时珍曰〕谷田余气所生，故曰谷精。〔志曰〕白花似星，故有戴星诸名。

【集解】

〔颂曰〕处处有之。春生于谷田中，叶茎俱青，根花并白色。二月、三月采花用，花白小圆似星。可喂马令肥，主虫颡毛焦病。又有一种，茎梗长有节，根微赤，出秦陇间。

〔时珍曰〕此草收谷后，荒田中生之，江湖南北多有。一科丛生，叶似嫩谷秧。抽细茎，高四五寸。茎头有小白花，点点如乱星。九月采花，阴干。云二三月采者，误也。



GUJINGCAO

Buerger pipewort

Eriocaulon buergerianum Koern.

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

[Explanation of Names]

DAIXINGCAO

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

WENXINGCAO

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

LIUXINGCAO

Li Shizhen: The herb is produced by the remaining essence of the cereal field. So it is called Gujingcao. Gujing = essence of cereal.

Ma Zhi: As its flower looks like white stars, it bears such names as Daixingcao, Wenxingcao and Liuxingcao. All have the character Xing (“star”).

[Explanation of Names]

Su Song: The herb is found everywhere. In spring, it grows in the millet field. Its stem and leaf are all blue-green. Its root and flower are all white. Collect the flower in the second and third months. The flower is small and round, resembling stars. It can be used as horse fodder. It helps the stock to put on weight. It is also good for treating withered hair due to invasion of moth. There is another kind of the herb with nodes on a longer stem and the root is slightly red. It is produced in the Qin and Long areas.

Li Shizhen: After harvesting millet, the herb is found in the field. It is common in the Yangtze River area and in Hunan and Hubei. The herb grows in tussock. Its leaf is similar to the tender leaf of millet. A thin stem of four to five *cun* comes out from the center of the herb. On top of the



花【气味】

辛，温，无毒。

〔藏器曰〕甘、平。〔大明曰〕可结水银成砂子。

【主治】

喉痹，齿风痛，诸疮疥开宝。头风痛，目盲翳膜，痘后生翳，止血时珍。

【发明】

〔时珍曰〕谷精体轻性浮，能上行阳明分野。凡治目中诸病，加而用之，甚良。明目退翳之功，似在菊花之上也。

【附方】

旧一，新九。（略）



stem there are small white flowers like sparkling stars. Collect these in the ninth month and dry it in the shade. It is not right to say that the flower can be collected in the second and third months.

GUJINGCAO HUA

Flower of buerger pipewort
Flos eriocauli

[Quality and Taste]

It is pungent, warm and nontoxic.

Chen Cangqi: It is sweet and plain.

Da Ming: The herb can be used to help the crystallization of Shuiyin/hydrargyrum/mercury.

[Indications]

It is good for treating inflammation of throat, toothache due to invading pathogenic Wind, sores and scabies.

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

Li Shizhen: It is good for treating severe intermittent headache, nebula, opacity, loss of vision and nebula due to smallpox involving the eye. It stops bleeding.

[Explication]

Li Shizhen: Gujingcao is a drug of light quality and floating tendency and can move upward to function on the Greater Yang Channel. It is good to be used in prescriptions treating eye diseases. Its function of brightening the eye and eliminating the nebula is stronger than that of chrysanthemum.

[Prescriptions]

One prescription collected previously, and nine prescriptions collected recently.



海金沙 (宋嘉祐)

【释名】

竹园萋

〔时珍曰〕其色黄如细沙也。谓之海者，神异之也。俗名竹园萋，象叶形也。

【集解】

〔禹锡曰〕出黔中郡，湖南亦有。生作小株，高一二尺。七月收其全科，于日中暴之，小干，以纸衬承，以杖击之，有细沙落纸上，且暴且击，以尽为度。〔时珍曰〕江浙、湖湘、川陕皆有之，生山林下。茎细如线，引于竹木上，高尺许。其叶细如园萋叶而甚薄，背面皆青，上多皱纹。皱处有沙子，状如蒲黄粉，黄赤色。不开花，细根坚强。其沙及草皆可入药。方士采其草取汁，煮砂、缩贺。

HAIJINSHA

Japanese climbing fern

Lygodium japonicum (Thunb) SW.

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

[Explanation of Names]

ZHUYUANSUI

Li Shizhen: It is something like the yellow fine sand, so it is called Haijinsha. Hai = sea, Jin = golden, Sha = sand. It is colloquially called Zhuyuansui. Zhu = bamboo. Yuansui (*Yuansui/herba coriandri/coriander herb*). This is a name depicting its leaf.

[Previous Explanations]

Zhang Yuxi: The herb is produced in Qianzhong prefecture. It is also produced in Hunan. The herb is a small plant one or two *chi* tall. In the seventh month, collect the whole herb and expose it in the sun until it is somewhat dry. Spread a big piece of paper on the ground and beat the herb with a stick repeatedly. There will be fine sand falling off the herb. Dry the drug again and beat it until it is completely free from sand. Collect the sand on the paper.

Li Shizhen: The herb is found in Jiangsu, Zhejiang, Hubei, Hunan, Sichuan and Shaanxi. It grows under the trees in the mountain. Its stem is as thin as a thread and climbs along the tree or bamboo. It is only about one *chi* tall. Its leaf is similar to that of Yuansui, but it is very thin. It is blue-green on both sides with a creased surface. In the creased part, there is sand similar to Puhuang/pollen typhae/cattail pollen, of yellow and red color. The herb does not have a flower. Its root is fine, but solid. The sand (spores) and herb can all be used as a drug. Taoist alchemists collect the herb and get the juice to simmer Dansha/cinnabaris/cinnabar and shrink Xi/stannum/tin.





【气味】

甘，寒，无毒。

【主治】

通利小肠。得卮子、马牙消、蓬沙，疗伤寒热狂。或丸或散嘉祐。治湿热肿满，小便热淋、膏淋、血淋、石淋茎痛，解热毒气时珍。

【发明】

〔时珍曰〕海金沙，小肠、膀胱血分药也。热在二经血分者宜之。

【附方】

旧一，新五。（略）



[Quality and Taste]

It is sweet, cold and nontoxic.

[Indications]

It facilitates the function of the Small Intestine. Use the drug together with Zhizi/fructus gardenia/fruit of cape jasmine, Mayaxiao/natrii sulfas/mirabilite and Pengsha/borax/borax to treat febrile disease caused by Cold with fever and mania. Process the drugs into pill or powder.

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

Li Shizhen: It is good for treating puffy edema due to invasion of pathogenic Humidity and Heat, stranguria due to invasion of Heat, stranguria marked by chyluria, stranguria with hematuria or with urinary stone and pain in the penis. It is a drug that detoxifies toxin and eliminates Heat.

[Explication]

Li Shizhen: Haijinsha is a drug functioning on the blood system of Small Intestine Channel of Hand Initial Yang and Urinary Bladder of Foot Initial Yang. When the blood systems of the two Channels are invaded by pathogenic Heat, this drug is effective.

[Prescriptions]

One prescription collected previously, and five prescriptions collected recently.



紫花地丁 (纲目)

【释名】

箭头草纲目。独行虎纲目。羊角子秘韞。米布袋

【集解】

〔时珍曰〕处处有之。其叶似柳而微细，夏开紫花结角。平地生者起茎，沟壑边生者起蔓。普济方云：乡村篱落生者，夏秋开小白花，如铃儿倒垂，叶微似木香花之叶。此与紫花者相戾，恐别一种也。

【气味】

苦、辛，寒，无毒。



ZIHUADIDING

Tokyo violet

Viola yedoensis Makino.

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

[Explanation of Names]

JIANTOUCAO

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

DUXINGHU

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

YANGJIAOZI

— *Qiankun Miyun*.

MIBUDAI

[Previous Explanations]

Li Shizhen: The herb is found everywhere. Its leaf is similar to *Liuye/ folium salicis baryloniae/leaf of babylon weeping willow*, but it is a bit thinner. In summer, a purple flower blooms and a pea is formed. That growing on level land will have a stem and that growing on the slope of a ditch will have a vine.

The book *Puji Fang*: The herb growing against the fence in the village will have a small white flower in summer and autumn, which is in the shape of a revered little bell. Its leaf is slightly similar to *Muxiangye/ folium aucklandiae/costus leaf*. But the herb with a white flower is another kind, which is different from the *Zihuadiding* recorded in this clause.

[Quality and Taste]

It is bitter, pungent, cold and nontoxic.

【主治】

一切痈疽发背，疗肿癰疔，无名肿毒恶疮时珍。

【附方】

新九。（略）





[Indications]

Li Shizhen: It is good for treating all kinds of carbuncle, phlegmon and lumbar dorsal carbuncle, furuncle and scrofula, malignant sores and pyogenic infection with unknown pathological conditions.

[Prescriptions]

Nine prescriptions collected recently.



大黄（本经下品）

【释名】

黄良本经。将军当之。火参吴普。肤如吴普。

〔弘景曰〕大黄，其色也。将军之号，当取共骏快也。

〔杲曰〕推陈致新，如戡定祸乱，以致太平，所以有将军之号。

【集解】

〔别录曰〕大黄生河西山谷及陇西。二月、八月采根，火干。〔普曰〕生蜀郡北部或陇西。二月卷生黄赤，其叶四四相当，茎高三尺许。三月花黄，五月实黑，八月采根。



DAHUANG (DAIHUANG)

Rhubarb

Rheum palmatum L.

Rheum tanguticum Maxim. ex Reg.

Rheum officinale Baill.

[Explanation of Names]

HUANGLIANG

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

JIANGJUN

— *Li Dangzhi Yaolu* (*Li Dangzhi Herbal*).

HUOSHEN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

FURU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Tao Hongjing: The name Dahuang depicts the color of the drug. Huang = yellow. The name Jiangjun (a military general) is given to depict its fast moving function.

Li Gao: This drug pushes away the old and brings in the new. This is like a military general putting down a riot and bringing peace, hence its name.

[Previous Explanations]

Dahuang is produced in the mountain valleys of Hexi and Longxi. Collect the root in the second and eighth months and dry with fire.

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

Wu Pu: It is produced in the north of Sichuan and Longxi. In the second month, a curled leaf begins to grow. It is yellow and red. Four leaves grow in opposition. Its stem is about three *chi* tall. In the third month, a



根有黄汁，切片阴干。〔弘景曰〕今采益州北部汶山及西山者，虽非河西、陇西，好者犹作紫地锦色，味甚苦涩，色至浓黑。西川阴干者胜。北部日干，亦有火干者，皮小焦不如，而耐蛀堪久。此药至劲利，粗者便不中服。〔恭曰〕叶、子、茎并似羊蹄，但茎高六七尺而脆，味酸堪生啖，叶粗长而厚。根细者亦似宿羊蹄，大者乃如碗，长二尺。其性湿润而易蛀坏，火干乃佳。作时烧石使热，横寸截着石上焙之，一日微燥，以绳穿晾干。今出宕州、凉州、西羌、蜀地者皆佳。幽并以北者渐细，气力不及蜀中者。陶言蜀地不及陇西，误矣。〔藏器曰〕凡用当分别之。若取和厚深沉、能攻病者，可用蜀中似牛舌片坚硬者；若取泻泄骏快、推陈去热者，当取河西锦文者。〔颂曰〕今蜀川、河东、陕西州郡皆有之，以蜀川锦文者佳。其次秦陇来者，谓之土番大黄。正月内生青叶，似蓖麻，大者如扇。根如芋，大者如碗，长



yellow flower blooms and in the fifth month, the fruit turns black. Collect the root in the eighth month. There is secretion of yellow fluid in the root just collected. Slice the root and dry it in the shade.

Tao Hongjing: Nowadays, the drug produced in Wenshan and Xishan in the north of Sichuan is good, although it is no longer produced in Hexi and Longxi. The good drug is purple with satin designs. It is very bitter and astringent. The dark ones can be very black. The drug produced in Xichuan and dried in shade is the best quality drug. In the north of Sichuan, people dry it in the sun or by fire. Its bark is scorched and it is small in size. Such drug is resistant to moths and is very strong in function. The one that is big in size and coarse in quality is not as good.

Su Gong: Its leaf, fruit and stem are all similar to Yangti/Japanese dock. But the stem is six to seven *chi* tall. It is easy to break. It is sour, but can be eaten directly. Its leaf is long, rough and thick. The drug with a fine root is similar to Yangti. The big root can be as thick as a bowl and as long as two feet. The drug is moisturized and is apt to be eaten by moths. It is better to process the drug in fire so it will keep longer. The way is as follows: Cut the drug into small pieces and put it on hot, burned stones. After one day, the drug becomes roughly dry. Then, fasten the pieces of the drug with a string and hang it in the shade. Now, the drug produced in Dangzhou, Liangzhou, Xiqiang and Sichuan are good. That produced in Youzhou, Bingzhou and areas north of them only has thin roots. It is not as effective as that produced in Sichuan. Tao Hongjing said the drug produced in Sichuan was not as good as that produced in Longxi, but he was wrong.

Chen Cangqi: When the drug is to be used, differentiation should be made carefully: That which is thick, with dark color and in the shape of an ox tongue, is a kind that can attack the disease swiftly. It is produced in Sichuan. If it is wished to have the drug to cause a fast stool and eliminate Heat, the drug produced in Hexi with brocade-like veins is the best drug.

Su Song: Now, the drug is produced in prefectures in Sichuan, Hedong and Shaanxi. That with brocade-like texture produced in Sichuan is the best. The next is the drug from Qinlong. The drug is also called Tubodahuang. A green leaf similar to Bimaye/folium ricini/leaf of castor grows in the first month. The big leaf can be as big as a fan. Its root looks like



一二尺。其细根如牛蒡，小者亦如芋。四月开黄花，亦有青红似荞麦花者。茎青紫色，形如竹。二、八月采根，去黑皮，切作横片，火干。蜀大黄乃作竖片如牛舌形，谓之牛舌大黄。二者功用相等。江淮出者曰土大黄，二月开花，结细实。〔时珍曰〕宋祁益州方物图言蜀大山中多有之，赤茎大叶，根巨若碗，药市以大者为枕，紫地锦文也。今人以庄浪出者为最，庄浪即古泾原陇西地，与别录相合。

【正误】

〔颂曰〕鼎州出一种羊蹄大黄，治疥瘙甚效。初生苗叶如羊蹄，累年长大，即叶似商陆而狭尖。四月内抽条出穗，五七茎相合，花叶同色。结实如荞麦而轻小，五月熟即黄色，呼为金荞麦。三月采苗，五月采实，阴干。九月采根，



Yutou/rhizoma colocasiae esculentae/tuber of dasheen and the big one can be as big as a bowl and can be one or two *chi* long. The thin root is similar to Niubanggan/radix arctii/root of great burdock, while some are similar to Yutou/rhizoma colocasiae esculentae/tuber of dasheen. A yellow flower blooms in the fourth month. The flower can be blue-green and red, similar to Qiaomaihua/flos fagopyri esculenti/buckwheat flower. Its stem is blue-green and purple in the shape of bamboo. Collect the root in the second and eighth months. Take off the black bark and crosscut it into slices and dry it with fire. Dahuang produced in Sichuan is cut vertically to make slices in the shape of an ox tongue. It is called Niushedahuang (ox tongue Dahuang). The above two drugs have the same therapeutic functions. Dahuang produced in the Jianghuai area is called Tudahuang. In the second month, a flower blooms and thin fruit is formed.

Li Shizhen: Song Qi in his book *Yizhou Fangwu Tu* said that the drug was found in the big mountains in Sichuan. It has a red stem and big leaf. Its root is as thick as a bowl. In the drug market, the big ones are sold as pillows. It is purple with satin-like veins. Now, people take drug produced in Langzhuang as the best one. Langzhuang is a place in Longxi, which was called Jingyuan in ancient times. This is in conformity with the record in *Mingyi Bielu (Records of Famous Doctors)*.

[Rectification]

Su Song: In Dingzhou, there is a kind of Yangtidahuang. It is a drug very effective in eliminating the itching in scabies. At first, when the seedling and leaf have just grown, they look like Yangti. After years, it grows bigger and its leaf looks like Shangluye/foolium phytolaccae/pokeberry leaf. But it is narrow and with pointed tip. In the fourth month, the stem grows out of the herb and forms a spike. Five to seven stems grow together. The flower is in the same color of the leaf. Its fruit is similar to Qiaomai/semen fagopyri esculenti/buckwheat but it is lighter and smaller. In the fifth month, it gets ripe and turns yellow. It is colloquially called Jinqiaomai (golden *Qiaomai*). Collect the leaf in the third month and the fruit in the fifth month. Dry the drug in the shade. Collect the root in the ninth month. When it is broken open, it also has satin-like veins. It is also called Tudahuang.



破之亦有锦文。亦呼为土大黄。〔时珍曰〕苏说即老羊蹄根也。因其似大黄，故谓之羊蹄大黄，实非一类。又一种酸模，乃山大黄也。状似羊蹄而生山上，所谓土大黄或指此，非羊蹄也。俱见本条。

根

〔修治〕〔雷曰〕凡使细切，以文如水旋斑紧重者，锉片蒸之，从巳至未，晒干，又洒腊水蒸之，从未至亥，如此凡七次。晒干，却洒淡蜜水再蒸一伏时，其大黄必如乌膏样，乃晒干用。〔藏器曰〕凡用有蒸、有生、有熟，不得一概用之。〔承曰〕大黄采时，皆以火石焙干货卖，更无生者，用之亦不须更多炮炙蒸煮。

〔气味〕苦，寒，无毒。〔别录曰〕大寒。〔普曰〕神



Li Shizhen: What Su Song described is actually old Yangti. As it looks like Dahuang, so it is called Yangtidahuang. But they are not the same drug. There is a drug called Suanmo/radix rumicis acetosae/root of garden sorrel\green-sauce dock\sharp dock\sour leek. It is also called Shandahuang. The herb looks like Yangti and grows in the mountain. The Tudahuang mentioned above may just indicate this herb. It is not Yangti. See the relevant clauses of the drugs.

DAHUANG GEN

Rhubarb root

Radix et rhizoma rhei

[Preparation]

Lei Xiao: Select the drug with narrow winding veins and dark color. Cut it into slices. Steam it from Sishi (9-11 hours) to Weishi (13-15 hours). Then, dry the drug in the sun. Spray water collected from winter snow onto the drug and steam it again from Weishi (13-15 hours) until Haishi (21-23 hours). Repeat that process seven times and then dry it in the sun. Spray light honey water on the drug and steam it for a full day. Now, the drug becomes black and oily. Dry it again and this is ready for use.

Chen Cangqi: Whenever the drug is going to be used, differentiation should be made as to whether it is the crude drug, steamed drug or the prepared drug.

Chen Cheng: In the drug market, Dahuang is sold in its prepared form. The drug is normally dried on hot stones. There is no crude drug available. When the drug is to be used, there is no need to further process it.

[Quality and Taste]

It is bitter, cold and nontoxic.

It is very cold.

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

Wu Pu: It is bitter and toxic, according to Shen Nong and Lei Gong. It is bitter and nontoxic, according to Bian Que. It is slightly cold, according to Li Dangzhi.

Zhang Yuansu: It is bitter in taste and cold in quality. It is a drug with



农、雷公：苦，有毒。扁鹊：苦，无毒。李当之：小寒。

〔元素曰〕味苦气寒，气味俱厚，沉而降，阴也。用之须酒浸煨熟者，寒因热用。酒浸入太阳经，酒洗入阳明经，余经不用酒。〔杲曰〕大黄苦峻下走，用之于下必生用。若邪气在上，非酒不至，必用酒浸引上至高之分，驱热而下。如物在高巅，必射以取之也。若用生者，则遗至高之邪热，是以愈后或目赤，或喉痹，或头肿，或膈上热疾生也。〔时珍曰〕凡病在气分，及胃寒血虚，并妊娠产后，并勿轻用。其性苦寒，能伤元气、耗阴血故也。〔之才曰〕黄芩为之使，无所畏。〔权曰〕忌冷水，恶干漆。

〔主治〕下瘀血血闭，寒热，破癥瘕积聚，留饮宿食，



both thick quality and taste. It is a drug with sinking and descending tendency, a drug of Yin. When the drug is to be used, it should be soaked in wine and then baked dry first. This is to adjust its cold quality by heat. When the drug is soaked in wine, it is good to function on the Initial Yang Channel. When it is washed with wine, it will function on the Greater Yang Channel. If it is intended to treat diseases of other Channels, it does not need to be processed with wine.

Li Gao: Dahuang is a drug of bitter taste with descending tendency. If it is wished to purge the pathological condition, the crude drug should be used. But if the pathogenic factors are invading the upper part of the body, the drug should be processed with wine. Soak the drug in wine so as to enable it to penetrate the topmost position of the body. Then, the drug will disperse the invading pathogenic Heat from the top and lead it downwards. This is like the case when something is high up and the only way to get it down is to shoot it with an arrow. If the crude drug is used in this condition, it will leave the pathogenic Heat at the top position untouched. Consequently, after the patient has recovered from the disease, the remaining heat will lead to inflammation of the eye, or throat inflammation and swelling of the head, or syndrome of heat nature occurring in the area above the diaphragm.

Li Shizhen: Dahuang should not be given to treat a patient under the following conditions: When the disease rests with the qi system, or when pathogenic Cold prevails in the Stomach with deficient condition of the blood, or when a woman is in pregnancy or after childbirth. This is because the drug is bitter and cold that may damage the Yuanqi and consume the Yin blood.

Xu Zhicai: Huangqin/radix scutellariae/root of baikal skullcap can be used as its guiding drug. It is not incompatible to any drug.

Zhen Quan: Cold water is prohibited. It is mutually inhibiting to Ganqi/lacca sinica exsiccatae/dried lacquer.

[Indications]

It disperses blood stasis and dredges through amenorrhea with chill and fever. It dissolves hard mass, accumulation and assemblage, remaining fluid-retention and indigestion. It purges the Stomach and Intestine, pushes

荡涤肠胃，推陈致新，通利水谷，调中化食，安和五脏本经。平胃下气，除痰实，肠间结热，心腹胀满，女子寒血闭胀，小腹痛，诸老血留结别录。通女子经候，利水肿，利大小肠，贴热肿毒，小儿寒热时疾，烦热蚀脓甄叔。通宣一切气，调血脉，利关节，泄壅滞水气，温瘴热疟大明。泻诸实热不通，除下焦湿热，消宿食，泻心下痞满元素。下痢赤白，里急腹痛，小便淋沥，实热燥结，潮热谵语，黄疸诸火疮时珍。

〔发明〕〔之才曰〕得芍药、黄芩、牡蛎。细辛、茯苓，疗惊恚怒，心下悸气。得消石、紫石英、桃仁，疗女子





away the old and brings in the new. It facilitates digestion of cereals, regulates the interior and pacifies the Five Viscera.

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

It harmonizes the Stomach and brings down the adverse ascending gas. It eliminates excessive phlegm and accumulation of heat in the intestine, and reduces epigastric and abdominal distention. It treats amenorrhea with distention due to invasion of pathogenic Cold and lower abdominal pain. It removes protracted blood stasis.

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

Zhen Quan: It dredges through menstruation, eliminates edema, and facilitates the functions of the Large and Small Intestines. It can be applied to treat pyogenic infection. It is also good for treating infantile epidemic diseases with chill and fever, restlessness, erosion and pus.

Da Ming: It facilitates the movement of all kinds of qi, regulates blood circulation, and facilitates the movement of joints. It disperses accumulation of fluid-retention. It treats pyrexial malaria and miasma.

Zhang Yuansu: It purges obstruction of excessive Heat, eliminate pathogenic Humidity and Heat resting at the Xiajiao. It helps deal with indigestion and dissolves stagnation of qi and fullness in the epigastrium.

Li Shizhen: It stops dysentery with bloody and whitish discharge with abdominal colic and tenesmus. It is also good for treating urinary dripping, treating constipation with excess and Heat, tidal fever and delirium, jaundice and burns.

[Explication]

Xu Zhicai: To treat convulsion and excessive anger with palpitation, the following drugs should be used together with Dahuang:

Shaoyao/radix paeoniae/peony root,
Huangqin/radix scutellariae/root of baikal skullcap,
Muli/concha ostreae/oyster shell,
Xixin/herba asari/herb of manchurian wild ginger,
Fuling/poria/indian bread.

To treat amenorrhea, use the drug together with the following drugs:

Xiaoshi/sal nitri/niter,
Zishiying/fluoritum/fluorite,



血闭。〔宗奭曰〕张仲景治心气不足，吐血衄血，泻心汤，用大黄、黄芩、黄连。或曰心气既不足，而不用补心汤，更用泻心何也？答曰：若心气独不足，则当不吐衄也。此乃邪热因不足而客之，故令吐衄。以苦泄其热，以苦补其心，盖一举而两得之。有是证者，用之无不效，惟在量其虚实而已。〔震亨曰〕大黄苦寒善泄，仲景用之泻心汤者，正因少阴经不足，本经之阳亢甚无辅，以致阴血妄行飞越。故用大黄泻去亢甚之火，使之平和，则血归经而自安。夫心之阴气不足，非一日矣，肺与肝俱各受火而病作。故黄芩救肺，黄连救肝。肺者阴之主，肝者心之母、血之合也。肝肺之火



Taoren/semen persicae/peach seed.

Kou Zongshi: Master Zhang Zhongjing treated insufficient condition of the Heart with hematemesis and epistaxis with Xiexin Tang (Decoction of Xiexin) in which Dahuang, Huanglian/rhizoma coptidis/coptis rhizome and Huangqin/radix scutellariae/root of baikal skullcap were used. Someone may ask: Since there is insufficient condition of the Heart, decoction to tonify the Heart should be used. But, here, it is Xiexin Tang (Decoction Purging the Heart) that is used. Why? The answer: If there is a real insufficient condition of the Heart, there should not be any hematemesis and epistaxis. This is a case when the pathogenic Wind is invading the Heart under insufficient condition. That will bring hematemesis and epistaxis. The bitter taste of Dahuang is good at purging the Heat and tonifying the Heart. It is a treatment with one stone killing two birds. When such a syndrome is diagnosed, the decoction just works effectively. The only technique lies in the correct measurement of dosage of drugs vs. the level of insufficiency or excess.

Zhu Zhenheng: Dahuang is a drug of bitter taste and cold quality. It is a strong purgative. Master Zhang Zhongjing used it in Xiexin Tang. This is because there is insufficiency in the Lesser Yin Channel. When the Yang is rampant, there is nothing to balance it. This leads to the leaking out of Yin blood, resulting in hematemesis and epistaxis. So, Dahuang is used to purge the rampant Fire so as to bring about a harmonious condition, returning wild-running blood to its original condition. As the Yin insufficient condition of the Heart has lasted a long time, the Lung and the Liver are all affected by the rampant Fire. Therefore Huangqin/radix scutellariae/root of baikal skullcap is added to purge the Fire in the Lung and Huanglian/rhizoma coptidis/coptis rhizome is given to eliminate the Heat in the Liver. The Lung is the dominating factor of the Yin and the Liver the mother Viscus* of the Heart and the harmonizing factor of blood. Once the Fire in

*The mother-son relationship in the Five Evolutionary Phases:

LIVER	HEART	SPLEEN
mother	son mother	son mother
LUNG	KIDNEY	LIVER
son mother	son mother	son



既退，则阴血复其旧矣。寇氏不明说而云邪热客之，何以明仲景之意而开悟后人也？〔时珍曰〕大黄乃足太阴、手足阳明、手足厥阴五经血分之药。凡病在五经血分者，宜用之。若在气分用之，是谓诛伐无过矣。泻心汤治心气不足吐血衄血者，乃真心之气不足，而手厥阴心包络、足厥阴肝、足太阴脾、足阳明胃之邪火有余也。虽曰泻心，实泻四经血中之伏火也。又仲景治心下痞满、按之软者，用大黄黄连泻心汤主之。此亦泻脾胃之湿热，非泻心也。病发于阴而反下之，



the Liver and the Lung is retreated, the Yin blood will resume its normal condition. Kou Zongshi failed to explain all the pathology clearly and only mentioned that this was a case with invasion of pathogenic Heat. In this way, how could he succeed in exploring Master Zhang Zhongjing's theory and in enlightening learners of medicine?

Li Shizhen: Dahuang is a drug functioning on the blood system of the following five Channels:

- Spleen Channel of Foot Initial Yin,
- Large Intestine Channel of Hand Greater Yang,
- Stomach Channel of Foot Greater Yang,
- Pericardium Channel of Hand Greater Yin,
- Liver Channel of Foot Greater Yin.

When the pathological condition rests with the blood system of the above Channels, Dahuang is the right drug to be used. If the syndrome is resting with the qi system, Dahuang should not be used, as this constitutes a malpractice punishing the innocent only. Analysis of Xiexin Tang (Decoction of Xiexin, with Dahuang, Huangqin and Huanglian): This prescription is good for treating insufficient condition of the Heart with hematemesis and epistaxis. In this case, the Heart qi is really insufficient. But it is accompanied by the excessive pathogenic Fire in the following four Channels: Pericardium Channel of Hand Greater Yin, Liver Channel of Foot Greater Yin, Spleen Channel of Foot Initial Yin and Stomach Channel of Foot Greater Yang. Although the name of the prescription indicates the "purging of the Heart," actually it purges the hidden Fire resting with the aforementioned four Channels. In treating a syndrome with epigastric stagnation of qi, but becoming soft when pressed, Master Zhang Zhongjing used Dahuang Huanglian Xiexin Tang (Decoction of Xiexin with Dahuang and Huanglian). This prescription is actually not designed to purge the Fire in the Heart, but to purge the pathological condition resting with the Spleen and Stomach. Pathological analysis: When the syndrome originates from the Yin, a purgative is given, a malpractice bringing about stagnation of qi and fullness. This leads to the damage of pathogenic Cold to the Ying and Weiqi, thus forming an accumulation at the Shangjiao. As the upper part of Stomach is close to the Heart, so the prescription is named Xiexin (purging the Heart). Actually it purges the Fire in the Spleen.

Huangdi Neijing: Suwen (Canon of Medicine of the Yellow Emperor:



则作痞满，乃寒伤营血，邪气乘虚结于上焦。胃之上脘在于心，故曰泻心，实泻脾也。素问云，太阴所至为痞满，又云浊气在上，则生腹胀，是矣。病发于阳而反下之，则成结胸，乃热邪陷入血分，亦在上脘分野。仲景大陷胸汤丸皆用大黄，亦泻脾胃血分之邪，而降其浊气也。若结胸在气分，则只用小陷胸汤；痞满在气分，则用半夏泻心汤矣。成无己注释伤寒论，亦不知分别此义。〔成无己曰〕热淫所胜，以



Plain Questions): When excessiveness of Initial Yin arrives, stagnation of qi and fullness will take shape. The classic also says: When the turbid condition is resting with the upper part of body, distention will take shape. That explains the pathology of the above syndrome. Normally, when a pathological condition arises from the Yang, it should not be treated by a purgative. If a purgative is given, Jiexiong (blocked-up chest) will develop. This is a syndrome caused by the invading of pathogenic Heat into the blood at the Shangjiao. In Master Zhang's prescriptions Daxianxiong Tang* and Daxianxiong Wan** (Decoction of Greater Xianxiong and Pills of Greater Xianxiong), Dahuang is used in both prescriptions. This is a treatment to purge the pathogenic Heat from the blood in the Spleen and Stomach and to bring down the turbidity. If Jiexiong is caused by disorders of the qi, only Xiaoxianxiong Tang*** is needed. If it is stagnation of qi and fullness resting with the qi, Banxia Xiexin Tang+ should be given. But, even in Cheng

*Da Xianxiong Tang:

Dahuang,
Mangxiao/natrii sulfas/mirabilite,
Gansui/radix kansui/Gansui root.

**Da Xianxiong Wan:

Dahuang,
Mangxiao/natrii sulfas/mirabilite,
Gansui/radix kansui/gansui root,
Tinglizi/semen lepidi/seed of pepperweed,
Xingren/semen armeniaca amarum/bitter apricot seed.

***Xiao Xianxiong Tang:

Huanglian/rhizoma coptidis/coptis root,
Banxia/rhizoma pinelliae/pinellia tuber,
Gualou/fructus trichosanthis/snake gourd fruit.

+Banxia Xiexin Tang:

Banxia/rhizoma pinelliae/pinellia tuber,
Huangqin/radix scutellariae/root of baikal skullcap,
Ganjiang/rhizoma zingiberis/dried ginger,
Renshen/radix ginseng/ginseng root,
Zhigancao/radix glycyrrhizae preparata/licuorice root prepared,
Huanglian/rhizoma coptidis/coptis root,
Dazao/fructus jujubae/Chinese date.



苦泄之。大黄之苦，以汤涤瘀热，下燥结而泄胃强。〔颂曰〕本草称大黄推陈致新，其效最神，故古方下积滞多用之，张仲景治伤寒用处尤多。古人用毒药攻病，必随人之虚实寒热而处置，非一切轻用也。梁武帝因发热欲服大黄。姚僧坦曰：大黄乃是快药，至尊年高。不可轻用。帝弗从，几至委顿。梁元帝常有心腹疾。诸医咸谓宜用平药，可渐宣



Wuji's *Zhujie Shanghan Lun*, such analysis cannot be found.

Cheng Wuji: When pathogenic Heat is rampant, a drug of bitter taste should be given to purge it. Dahuang, bitter in taste, is a drug that purges the accumulation of Heat, disperses constipation with dry feces and thus strengthens the Stomach function.

Su Song: *Shen Nong Bencao Jing* recorded that Dahuang is a drug that works in a mighty way to push away the old and bring in the new. Therefore, in ancient prescriptions, the drug was used to disperse the accumulation and stagnation. Master Zhang Zhongjing used this drug in many of his prescriptions in treating febrile disease caused by Cold. When treating diseases with drug of toxic quality, ancient doctors were very careful to measure the deficient or excessive, cold or hot condition of the patient to decide whether the drug should be used. It was recorded that Emperor Wudi of Liang once had a fever and wanted to get Dahuang. But Doctor Yao Sengtan said: Dahuang is a drug with drastic function. Your excellency is aged and therefore the drug should not be taken. But the emperor did not want to listen to the doctor and took the drug. As a result, the emperor developed a very critical condition. Emperor Yuandi of Liang had been suffering from epigastric and abdominal discomfort for a long time. His imperial doctors all advised the emperor to take drugs of mild function so that the obstruction could be dredged through gradually. Yao Sengtan, the same doctor who had treated Emperor Wudi said: Your excellency's pulse is grand and excessive, serving as an indication of excessive accumulation within. The only choice is to use Dahuang. The emperor listened to what the doctor said and took Dahuang, and soon recovered. But, now, when a doctor sometimes succeeds in treating a serious disease by using toxic drugs, he feels the prescription he uses is miraculous. If the toxic drug brings trouble to the patient, he would not blame it on his skill but blame on other things. Doctors should guard themselves against such negligence.

通。僧坦曰：脉洪而实，此有宿妨，非用大黄无瘥理。帝从之，遂愈。以此言之，今医用一毒药而攻众病，其偶中，便谓此方神奇；其差误，则不言用药之失，可不戒哉？

〔附方〕旧十三，新四十二。（略）





[Prescriptions]

13 prescriptions collected previously, and
42 prescriptions collected recently.



商陆（本经下品）

【释名】

遂芴音遂汤。当陆开宝。章柳图经。白昌开宝。马尾广雅。夜呼本经。

〔时珍曰〕此物能逐荡水气，故曰遂荡。讹为商陆，又讹为当陆，北音讹为章柳。或云枝枝相值，叶叶相当，故曰当陆。或云多当陆路而生也。

【集解】

〔别录曰〕商陆生咸阳川谷。如人形者有神。〔恭曰〕



SHANGLU

Pokeberry

Phytolacca acinosa Roxb.,

Phytolacca Americana L.

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

[Explanation of Names]

ZHUTANG

DANGLU

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

ZHANGLIU

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

BAICHANG

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

MAWEI

— *Guang Ya*.

YEHU

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

Li Shizhen: As the drug is good at dispersing fluid-retention, so it is called Zhutang. This term had been wrongly called Shanglu or Danglu, and in the north, it was wrongly called Zhangliu. Some say the name Danglu comes from the fact the herb has its twigs connected with each other and with shared leaves, while others say the name derives from the drug growing close to the road.

[Previous Explanations]

Shanglu grows in the mountain valleys of Xianyang. The herb in the shape of human being is a drug that works wonders.



此有赤白二种：白者入药用，赤者见鬼神，甚有毒。〔保升曰〕所在有之。叶大如牛舌而厚脆，赤花者根赤，白花者根白。二月、八月采根，日干。〔颂曰〕俗名章柳根，多生于人家园圃中。春生苗，高三四尺，青叶如牛舌而长。茎青赤，至柔脆。夏秋开红紫花，作朵。根如萝卜而长，八九月采之。尔雅谓之蓬莩，广雅谓之马尾，易经谓之菟陆。〔斆曰〕一种赤昌，苗叶绝相类，不可服之，有伤筋骨消肾之毒。惟章陆花白年多者，仙人采之作脯，可下酒也。〔时珍曰〕商陆昔人亦种之为蔬，取白根及紫色者擘破，作畦栽之，亦可种子。根苗茎并可洗蒸食，或用灰汁煮过亦良，服丹砂、乳石人食之尤利。其赤与黄色者有毒，不可食。按周定王救荒本草云：章柳干粗似鸡冠花干，微有线楞，色微紫赤，极易生植。



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

Su Gong: There are two species, one red and the other white. The white one is used as drug and the red one is used by ghosts and monster, and is very toxic.

Han Baosheng: The herb is found everywhere. Its leaf is as big as an ox tongue. It is thick and crispy. That with a red flower also has red roots and that with white flower has white roots. Collect the root in the second and eighth months and dry it in the sun.

Su Song: The herb is colloquially called Zhangliugen. It is commonly planted in the family garden. The seedling germinates in spring and grows three to four *chi* tall. Its green leaf looks like ox tongue, but is longer. The stem is blue-green and red. It is very soft and crispy. In summer and autumn, a red and purple flower blooms separately. Its root looks like Luobo/radix raphani/radish root, but it is longer. Collect the drug in the eighth and ninth months. In the book *Er Ya*, it is called Zhutang and in *Guang Ya* it is called Mawei. In the book *Yi Jing*, it is called Xianlu.

Lei Xiao: There is a kind of drug called Chichang, which looks very similar to the drug Shanglu judging from its seedling and leaf. Do not take the drug. If such drug is taken as Shanglu, it is toxic, damaging the tendons and bones and Kidney. Immortals collect the white flower of Zhanglu and make preserved food. It is something good to go with wine.

Li Shizhen: In the past, people planted Shanglu as a vegetable. Break open the white or purple root and plant it in a cultivated land. The seed can also be sowed. The root, seedling and stem of the herb can be washed and steamed. It can be served as food. Or, the drug can be stewed in solution of ash. It is especially good for those who have alchemical stone drugs such as Dansha/cinnabaris/cinnabar and Zhongrushishi/stalactium/stalactite. The red and yellow ones are toxic and cannot be taken. According to *Jiuhuang Bencao (Herbal for Relief of Famines)* written by Prince of Dingwang of Zhou (of the Ming Dynasty), the stem of Zhangliu is as thick as that of Jiguanhua/flos celosiae cristatae/cockscorn flower. It has a slight thread and corner on the stem. It is slightly purple and red. It is a herb that develops very easily.



根

〔修治〕〔斲曰〕取花白者根，铜刀刮去皮，薄切，以东流水浸两宿，漉出，架甑蒸，以黑豆叶一重，商陆一重，如此蒸之，从午至亥，取出去豆叶，暴干锉用。无豆叶，以豆代之。

〔气味〕辛，平，有毒。〔别录曰〕酸。〔叔曰〕甘，有大毒。忌犬肉。〔大明曰〕白者苦冷，得大蒜良。赤者有毒，能伏硃砂、砒石、雌黄，拔锡。〔恭曰〕赤者但可贴肿，服之伤人，痢血不已杀人，令人见鬼神。〔张仲景曰〕商陆以水服，杀人。〔杲曰〕商陆有毒，阳中之阴。其味酸辛，其形类人。其用疗水，其效如神。

〔主治〕水肿疝瘕痹，熨除痈肿，杀鬼精物本经。疗胸



SHANGLUGEN

Pokeberry root

Radix phytolaccae

[Preparation]

Lei Xiao: Collect the root of the herb with a white flower. Peel off the bark with a copper knife and cut it into thin slices. Soak the drug with east running water for two nights. Take out the drug and steam it in a steaming pot. Place one layer of Heidouye/folium sojæ nigra/leaf of black soybean and one layer of Shanglu/radix phytolaccae/pokeberry root. Steam the drug from Wushi (11-13 hours) until Haishi (21-23 hours). Take off the leaf of black soybean and file the drug into small pieces. If the leaf is not available, use the seed as a substitute.

[Quality and Taste]

It is pungent, plain and toxic.

It is sour.

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

Zhen Quan: It is sweet and very toxic. Contra-indication: dog meat.

Da Ming: The drug with a white flower is bitter and cold. It functions better if it is used together with Dasuan/bulbus allii sativum/garlic. The drug with a red flower is toxic. It oppresses halitum purpureum, arsenic, orpiment and tin.

Su Gong: The drug with red flower can only be used externally to apply onto swellings. If it is taken orally, it will include bloody dysentery. This may even end fatally if the dysentery is not halted. It also makes one see ghosts and immortals.

Zhang Zhongjing: If Shanglu is taken with water, it will kill a person.

Li Gao: Shanglu is toxic, a drug of Yin in the Yang. It is sour and pungent. The herb looks like the image of a human being. It is a drug good for treating edema with miraculous effect.

[Indications]

It is good for treating edema, hernia, hard mass and arthralgia. Heat the



中邪气，水肿痿痹，腹满洪直，疏五脏，散水气别录。泻十种水病。喉痹不通，薄切醋炒，涂喉外，良甄叔。通大小肠，泻蛊毒，堕胎，熿肿毒，傅恶疮大明。

〔发明〕〔弘景曰〕方家不甚于用，惟疗水肿，切生根，杂生鲤鱼煮作汤服。道家乃散用之，及煎酿服，皆能去尸虫，见鬼神。其实子亦入神药。花名芎花，尤良。〔颂曰〕古方术家多用之，亦可单服。五月五日采根，竹箬盛，挂屋东北角阴干百日捣筛，井华水调服，云神仙所秘法也。〔时珍曰〕商陆苦寒，沉也，降也，阴也。其性下行，专于行水，与大戟、甘遂，盖异性而同功，胃气虚弱者不可用。



drug and apply it to treat carbuncle and swelling. It kills evils and devils.

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

It is good for dispersing the invading pathogenic factors in the chest, treating edema, paralysis and arthralgia, eliminating abdominal distention, facilitating the function of the Five Viscera and dispersing fluid-retention.

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

Zhen Quan: It purges edema of ten types. It treats throat inflammation with obstruction. Cut the drug into thin slices and stir-fry the drug with vinegar. Apply the drug to the outside of the throat.

Da Ming: It facilitates the function of the Large and Small Intestines. It purges Gudu (disease due to noxious agents produced by various parasites). It promotes abortion, treats pyogenic infection and can be applied to treat malignant sores.

[Explication]

Tao Hongjing: Taoist alchemists do not use the dry drug very often. It is good for treating edema. Cut the fresh root into slices and stew the drug together with Liyu/cyprinus/carp to make a soup. Administer the soup. Taoist alchemists use the powder of the drug or stew it. It is effective to kill vicious worms. It enables one to see the ghosts and immortals. Its fruit and seed are also used in making alchemical drugs. It is called Tanghua. It works effectively.

Su Song: In ancient prescriptions, the drug was often used by Taoist alchemists. It could also be taken independently. Collect the root on the fifth day of the fifth month. Hold it in a bamboo basket and hang it under the roof of the northeast corner for one hundred days. Pound the drug and screen it to get powder. Administer the powder with Jinghuashui (first fetched well water). It is said this is a secret prescription preserved by the immortals.

Li Shizhen: Shanglu, bitter and cold, is a drug with the sinking and descending tendency, a drug of Yin. It functions on fluid-retention so it flows downward. It is different in quality with Gansui/radix kansui/gansui root and Jingdaji/radix euphorbiae pekinensis/root of peking euphorbia, but it has similar functions than the latter ones in the dispersion of fluid-retention.



方家治肿满、小便不利者，以赤根捣烂，入麝香三分，贴于脐心，以帛束之，得小便利即肿消。又治湿水，以指画肉上，随散不成文者。用白商陆、香附子炒干，出火毒，以酒浸一夜，日干为末。每服二钱，米饮下。或以大蒜同商陆煮汁服亦可。其茎叶作蔬食，亦治肿疾。〔嘉谟曰〕古赞云：其味酸辛，其形类人。疗水贴肿，其效如神。斯言尽之矣。

〔附方〕旧九，新六。（略）



The drug is prohibited to a patient with a weak and debilitated stomach condition. Taoist alchemists use the drug to treat abdominal distention and dysuria in the following way: Pound the dried root of the drug into paste and add in three *fen* of Shexiang/moschus/musk. Apply the drug onto the umbilicus and fasten it with silk fabric. When urination returns to normal, the distention and edema will disappear. The drug is also used to treat edema due to excessive Humidity. When the skin of the patient is drawn by a finger, there is no sign left on the skin, showing the serious condition of edema. Administer the following: Stir-fry white Shanglu and Xiangfu/rhizoma cyperi/rhizome of nutgrass galingale and leave the drugs for a time to eliminate their fire toxin, and then soak the drugs in wine overnight. Then, dry the drugs in the sun and grind into powder. Serve two *qian* of the powder with Miyin. Or stew the drug with Dasuan/bulbus allii sativum/garlic to make juice. The stem and leaf of the drug can be served as a vegetable. This is also good for treating edema with swelling.

Chen Jiamo: An old verse goes: The taste of the drug is sour and pungent and the shape looks like a human being. It works miraculously in treating edema and in eliminating swelling by applying it to the affected part. This is really a well-put description of the drug.

[Prescriptions]

Nine prescriptions collected previously, and six prescriptions collected recently.



苘茹（本经下品）

【释名】

离娄别录。掘据音结居。白者名草苘茹

〔时珍曰〕苘茹本作蒺藜，其根牵引之貌。掘据，当作拮据，诗云，予手拮据，手口共作之状也。

【集解】

〔别录曰〕苘茹生代郡川谷。五月采根阴干。黑头者良。〔普曰〕草高四五尺，叶圆黄，四四相当。四月华黄，五月实黑。根黄，有汁亦黄色。三月采叶，四月、五月采根。〔弘景曰〕今第一出高丽，色黄。初断时汁出凝黑如漆，故云漆头。次出近道，名草苘茹，色白，皆烧铁烁头令黑，以当漆头，非真也。〔颂曰〕今河阳、淄、齐州亦有之。二月生苗，叶似大戟而花黄色。根如萝卜，皮赤黄，肉



LÜRU

LÜRU

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

[Explanation of Names]

LILOU

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

JIEJU

CAOLÜRU (The white one)

Li Shizhen: Lüru (茺苧) was originally written as 薏蓰 (Lüru). It is a term depicting the winding root of the drug. 掘据 (Jieju) should be written as 拮据 (Jieju).

[Previous Explanations]

Lüru grows in the mountain valleys of Daijun. Collect the root in the fifth month and dry in the shade. That with a black head is the best drug.

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

Wu Pu: The herb is four to five *chi* tall. Its leaf is round and yellow, and four of them grow in opposition. In the fourth month, the flower is yellow and in the fifth month the fruit is black. Its root is yellow. There is juice in the root, which is also yellow. Collect the leaf in the third month and collect the root in the fourth and fifth months.

Tao Hongjing: Now, the drug of first class is produced in Gaoli (Korea). It is yellow. When the root is broken open, there is secretion of black juice like lacquer. A drug of the secondary class is produced in nearby places. It is called Caolüru. Merchants burn the head of the root with a hot iron to make it black so that the drug looks like those coming from Korea. It is not the right thing.

Su Song: Nowadays, the drug is produced in Heyang, Zizhou and Qi-



白。初断时，汁出凝黑如漆。三月开浅红花，亦淡黄色，不着子。陶隐居谓出高丽者，此近之。又有一种草蔺茹，色白。古方两用之。故姚僧垣治痈疽生恶肉，有白蔺茹散，傅之看肉尽便停止，但傅诸膏药。若不生肉，又傅黄芪散。恶肉仍不尽者，可以漆头赤皮蔺茹为散半钱，和白蔺茹散三钱合傅之。观此，则赤白皆可用也。〔时珍曰〕范子计然云：蔺茹出武都，黄色者善。草蔺茹出建康，白色。今亦处处有之，生山原中。春初生苗，高二三尺。根长大如萝卜、蔓菁状，或有歧出者，皮黄赤，肉白色，破之有黄浆汁。茎叶如大戟，而叶长微阔，不甚尖，折之有白汁。抱茎有短叶相对，团而出尖。叶中出茎，茎中分二三小枝。二三月开细紫花，结实如豆大，一颗三粒相合，生青熟黑，中有白仁如续随子之状。今人往往皆呼其根为狼毒，误矣。狼毒叶似商陆、大黄辈，根无浆汁。

zhou. The seedling begins to grow in the second month. Its leaf is similar to Jingdaji/radix euphorbiae pekinensis/root of peking euphorbia, but its flower is yellow. The root looks like a radish root, with yellow and red bark and white heart. When it is broken, juice as black as lacquer is secreted. In the third month, a light red or light yellow flower blooms. There is no seed. This is something similar to that produced in Korea as described by Tao Hongjing. There is another kind called Caolüru, which is white. Both drugs were used in ancient prescriptions. Doctor Yao Sengtan had the prescription of Bailüru San (Powder of Lüru), which is good for treating carbuncle and phlegmon with malignant ulceration. Apply the powder to the affected part. When ulceration is eliminated, stop applying the powder. Apply other ointments to the affected part. If new flesh does not grow, apply Huangqi San (Powder of Huangqi/radix astragali/root of membranous milkvetch). If malignant ulceration continues, apply the following to the affected part:

0.5 *qian* of powder of Lüru with black head and red bark,
three *qian* of powder of white Lüru.

Blend the two drugs.

From this it can be seen that both the red drug and white drug can be used in medicine.

Li Shizhen: The book *Fanzi Jiran* — Lüru is produced in Wudu. The yellow drug is the best. Caolüru is produced in Jiankang. It is white. Now, the drug can be found everywhere on the plateau. The seedling begins to germinate in early spring. The herb is two to three *chi* tall. The root is big and long, looking like a radish or turnip root. Some of the root has branches. The root bark is yellow and red and the heart is white. When it is broken, there is secretion of yellow juice. Its stem and leaf are similar to Jingdaji. Its leaf is slightly longer and the tip is not very pointed. When it is broken open, there is secretion of white juice. Short, round leaves with pointed tips grow in opposition. The leaf grows out of the stem, which has two or three branches. In the second the third months, a fine and purple flower blooms. Its fruit is big as soybean. In one bean, there are three seeds, which are blue-green at first and turn black when ripe. Inside there is a white kernel in the shape of Xusuizi/semen euphorbiae lathyridis/seed of euphorbia lathyris. Now people call the root of this drug as Langdu. It





根【气味】

辛，寒，有小毒。

〔别录曰〕酸。〔普曰〕神农：辛。岐伯：酸、咸，有毒。李当之：大寒。〔之才曰〕甘草为之使，恶麦门冬。

【主治】

蚀恶肉败疮死肌，杀疥虫，排脓恶血，除大风热气，善忘不乐本经。去热痹，破癥瘕，除瘰肉别录。

【发明】

〔宗奭曰〕治马疥尤善，服食方用至少。〔时珍曰〕素问治妇人血枯痛，用乌鲂骨、苘茹二物丸服，方见乌鲂鱼下。王冰言苘茹取其散恶血。又齐书云：郡王子隆年二十，身体



is, of course, wrong. The leaf of Langdu is similar to that of Shanglu and Dahuang, and there is no secretion of juice in the root.

LÜRU GEN

Root of LÜRU

[Quality and Taste]

It is pungent, cold and slightly toxic.

It is sour.

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

Wu Pu: It is pungent, according to Shen Nong.

Qi Bo: It is sour, salty and toxic.

Li Dangzhi: It is very cold.

Xu Zhicai: Gancao/radix glycyrrhizae/licuorice root can be used as its guiding drug. It is mutually inhibiting to Maimendong/radix ophiopogonis/tuber of dwarf lilyturf.

[Indications]

It eats away malignant flesh and dead muscle in a sore. It kills worms in scabies. It dispels pus and malignant blood. It disperses invasion of pathogenic Wind and Heat. It drives away melancholy and treats amnesia.

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

It treats arthralgia due to invasion of pathogenic Heat, dissolves hard mass in the abdomen and eliminates polyp.

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

[Explication]

Kou Zongshi: It is very effective to treat scabies with profuse itching. It is not very often used in internal medicine.

Li Shizhen: In the book *Huangdi Neijing: Suwen*, there is a prescription treating blood depletion in which there are two drugs: Lüru and Wuzeigu/os sepiellae seu sepieae/cuttlefish bone. Prescription, see Wuzeigu. Wang Bing said that Lüru is a drug that is good to disperse the malignant blood. *Qishu, the Book of Qi*, recorded the following: Prince Zilong was

过充。徐嗣伯合茵苕丸服之自消。则茵苕亦可服食，但要斟酌尔。孟诜必效方：治甲疽生于脚趾边肿烂。用茵苕三两，黄芪二两，苦酒浸一宿，以猪脂五合合煎，取膏三合。日三涂之，即消。又圣惠方，治头风眩晕，鸱头丸中亦用之。



of plump build when he was only 20 years old. Doctor Xu Sibō prescribed and prepared Lüru Wan (Pill of Lüru) for him. After taking the pills, the prince was no longer plump. It shows that Lüru can be taken orally. But caution should be taken.

The book *Meng Xian Bixiao Fang*: The following prescription is good for treating paronychia with swollen and ulcerated toes:

Three *liang* of Lüru,

Two *liang* of Huangqi.

Soak the above drugs in vinegar overnight and then stew together with five *ge* of pig lard until three *ge* is left. Apply it to the affected part, three times a day. In the book *Taiping Shenghui Fang*, there is a prescription called Chitou Wan, which is good for treating vertigo with severe intermittent headache. Lüru is used in this prescription.



大戟（本经下品）

【释名】

邛巨尔雅。下马仙纲目。

〔时珍曰〕其根辛苦，戟人咽喉，故名。今俚人呼为下马仙，言利人甚速也。郭璞注尔雅云，莽，邛巨，即大戟也。

【集解】

〔别录曰〕大戟生常山。十二月采根，阴干。〔保昇曰〕苗似甘遂而高大，叶有白汁，花黄。根似细苦参，皮黄黑，肉黄白。五月采苗，二月、八月采根用。〔颂曰〕近道多有之。春生红芽，渐长作丛，高一尺以来。叶似初生杨柳





DAJI

Peking euphorbia

Euphorbia pekinensis Rupr.

Knoxia valerianoides Thorel

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

[Explanation of Names]

QIONGJU

— *Er Ya*.

XIAMAXIAN

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

Li Shizhen: The root of the drug is pungent and bitter and is stimulating to one's throat. So, it is called Daji. Ji = spear, a kind of weapon. Now, local people call it Xiamaxian, indicating that the drug is a fast purgative. Guo Pu in his annotation of *Er Ya* said: Qiao is Qiongju, which is really Daji.

[Previous Explanations]

Daji grows in the Changshan mountain. Collect the root in the twelfth month and dry it in the shade.

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

Han Baosheng: Its seedling is similar to that of Gansui, but the herb is bigger and taller. When the leaf is broken open, there is secretion of white juice. The flower is yellow. Its root looks like fine Kushen/*radix sophorae flavescentis*/root of light yellow sophora. Its bark is yellow-black and its heart is yellow-white. Collect the seedling in the fifth month. Collect the root in the second and eighth months.

Su Song: The herb is found in nearby places. In spring, a red bud



小团。三月、四月开黄紫花，团圆似杏花，又似茺藟。根似细苦参，秋冬采根阴干。淮南出者茎圆，高三四尺，花黄，叶至心亦如百合苗。江南生者叶似芍药。〔时珍曰〕大戟生平泽甚多。直茎高二三尺，中空，折之有白浆。叶长狭如柳叶而不团，其梢叶密攒而上。杭州紫大戟为上，江南土大戟次之。北方绵大戟色白，其根皮柔韧如绵，甚峻利，能伤人。弱者服之，或至吐血，不可不知。

根【修治】

〔斲曰〕凡使勿用附生者，误服令人泄气不禁，即煎茅茷汤解之。采得后，于槐砧上细锉，与海芋叶拌蒸，从巳至申，去芋叶，晒干用。〔时珍曰〕凡采得以浆水煮软，去骨，晒干用。海芋叶麻而有毒，恐不可用也。



grows and it develops into a tussock one *chi* tall. Its leaf looks like the new bud of a poplar or willow. In the third and fourth months, a yellow-purple flower blooms, which is round, similar to apricot flower or flower of big fruit elm. Its root looks like fine Kushen. Collect the root in the autumn and winter. Dry the drug in the shade. The drug produced in Huaidian has a round stem three to four *chi* tall with a yellow flower. The new bud in the center of the plant looks like Baihemiao/gemma lili/lily bud. The leaf of the drug produced in the area south of Yangtze river looks like the leaf of Shaoyao/peony.

Li Shizhen: Daji grows in bulk on the plains and marshland. The stem is upright, two to three *chi* tall. It is hollow inside. When broken, there is secretion of white juice. Its leaf is long and narrow similar to Liuye/foolium salicis baryloniae/leaf of babylon weeping willow, but it does not curl up. On top of stem, there are more leaves growing upward. Daji of purple color produced in Hangzhou is of best quality. Tudaji produced in the area south of the Yangtze river is of secondary class. Miandaji produced in the north is white and its root bark is soft and elastic, similar to cotton. It is a drug with drastic function and may hurt people. If a patient of weak build takes it, it may cause hematemesis. Doctors have to be cautious.

DAJIGEN

Root of Peking euphorbia

Radix euphorbiae pekinensis

[Preparation]

Lei Xiao: Do not use the lateral root. If used by accident, it will cause incessant flatus. To rescue it, administer a decoction of Jini/radix adonophorae tracheloidis/root of apricot leaf lady bell. After collection of the drug, file on a mortar of pagoda tree into small pieces. Blend the drug with Haiyuye/foolium alocasiae odorae/alocasia leaf and steam from Sishi (9-11 hours) to Shenshi (15-17 hours). Take off the Haiyuye and dry the drug in the sun.

Li Shizhen: After collection of the drug, stew it in *Jiangshui* until it softens. Take off the hard ones and dry the drug in the sun. Haiyuye is tingling and



【气味】

苦，寒，有小毒。

〔别录曰〕甘，大寒。〔叔曰〕苦，辛，有大毒。〔元素曰〕苦，甘、辛，阴中微阳。泻肺，损真气。〔时珍曰〕得枣即不损脾。〔之才曰〕反甘草，用菖蒲解之。〔恭曰〕畏菖蒲、芦苇、鼠屎。〔大明曰〕赤小豆为之使，恶薯蓣。

【主治】

蛊毒，十二水，腹满急痛积聚，中风皮肤疼痛，吐逆本经。颈腋痈肿，头痛，发汗，利大小便别录。泻毒药，泄天行黄病温疟，破癥结大明。下恶血癖块，腹内雷鸣，通月水，堕胎孕甄权。治隐疹风，及风毒脚肿，并煮水，日日热淋，取愈苏颂。



toxic, and so should not be used.

[Quality and Taste]

It is bitter, cold and slightly toxic.

It is sweet and very cold.

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

Zhen Quan: It is bitter, pungent and very toxic.

Zhang Yuansu: It is bitter, sweet and pungent. It is slight Yang in the Yin. It purges the Lung and damages the Zhenqi (genuine Vital Energy).

Li Shizhen: When the drug is used together with Dazao/fructus jujubae/Chinese date, it will not damage the Spleen (and Stomach).

Xu Zhicai: It contradicts Gancao. Shichangpu/rhizoma acri graminei/rhizome of grassleaf sweet flag is the drug that can detoxify the toxin aroused by the contradiction.

Su Gong: It is incompatible to Shichangpu, Luwei/caulis phragmitis/reed stem and mouse dung.

Da Ming: Chixiaodou/semen phaseoli/rice bean can be used as its guiding drug. It is mutually inhibiting to Shanyao/rhizoma dioscoreae/rhizome of common yam.

[Indications]

It is good for treating Gudu, twelve kinds of fluid-retention, abdominal distention and colic, accumulation and assemblage. It also treats apoplexy, pain in the skin and vomiting with adverse ascending of gas.

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

It treats carbuncle and swelling in the neck and in the armpit. It relieves headache, induces perspiration, and facilitates the stool and urination.

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

Da Ming: It purges toxic drugs, eliminates epidemic jaundice and pyrexial malaria. It dissolves abdominal mass.

Zhen Quan: It purges hard mass and malignant blood with intestinal booming sound. It facilitates menstruation and purges a fetus.

Su Song: It is good for treating urticaria, and relieves swelling of the



【发明】

〔成无己曰〕大戟、甘遂之苦以泄水者，肾所主也。〔好古曰〕大戟与甘遂同为泄水之药，湿胜者苦燥除之也。〔时珍曰〕痰涎之为物，随气升降，无处不到。入于心，则迷窍而成癡痲，妄言妄见；入于肺，则塞窍而成咳唾稠粘，喘急背冷；入于肝，则留伏蓄聚，而成胁痛干呕，寒热往来；入于经络，则麻痺疼痛；入于筋骨，则颈项胸背腰胁手足牵引隐痛。陈无择三因方，并以控涎丹主之，殊有奇效。此乃治痰之本，痰之本，水也，湿也。得气与火，则凝滞而为痰为饮为涎为涕为癖。大戟能泄脏腑之水湿，甘遂能行经隧之水湿，白芥子能散皮里膜外之痰气，惟善用者，能收奇功也。又钱仲阳谓肾为真水，有补无泻，而复云痘疮变黑归肾一



feet due to an attack of pathogenic Wind and toxin. Stew the drug to get a decoction and use it hot to wash the affected part.

[Explication]

Cheng Wuji: Daji and Gansui are drugs that work to purge the fluid-retention. They function on the Kidney system, which is the dominant factor in the control of body fluid.

Wang Haogu: Both Daji and Gansui are drugs that purge fluid-retention. This is because, when there is an excessive condition of pathogenic Humidity, a drug of bitter taste and dry quality should be adopted to eliminate it.

Li Shizhen: Phlegm and saliva accumulation will ascend and descend together with the movement of qi. It travels to all body positions. When such a lesion enters the Heart, it will stuff the orifice and cause epilepsy, illusion and delirium. When the lesion invades the Lung, it will cause coughing with the spitting of mucous phlegm, asthma with dyspnoea and cold feeling in the back. When it invades the Liver, it will hide and stay there, causing costal pain and dry nausea with intermittent chills and fevers. When the Channels and Collaterals are invaded, numbness, arthralgia and pain will ensue. When the lesion intrudes into the tendon and bone, it will cause referred pain in the neck, chest, back, waist, costal regions and hands and feet. Chen Wuze, in his book *Sanyin Fang*, advocated that the above diseases could be treated with Kongxian Dan. It is a prescription that works wonders, designed to treat the root cause of phlegm accumulation, which is the accumulation of Water, or Humidity. When such pathogenic factor is intermingled with qi or Fire, it congeals into phlegm, or fluid-retention, or saliva, or snot, or watery stool. Daji is a drug that can purge the invading pathogenic Humidity resting with the Five Viscera and six Bowels. Gansui is a drug that can disperse the invading pathogenic Humidity resting with the Channels and Collaterals and Baijiezi/semem *Sinapis albae*/white mustard seed is a drug that can disperse the phlegm accumulation resting between the skin and membranous tissue. Only doctors who can differentiate the functions of the above drugs can achieve satisfactory therapeutic results. Qian Zhongyang said that the Kidney holds the genuine Water. It



证，用百祥圆下之以泻肾，非泻肾也，泻其腑则脏自不实。愚按百祥惟用大戟一味，大戟能行水，故曰泻其腑则脏自不实，腑者膀胱也。窃谓百祥非独泻腑，正实则泻其子也，肾邪实而泻其肝也。大戟味苦涩，浸水色青绿，肝胆之药也。故百祥圆又治嗽而吐青绿水。夫青绿者，少阳风木之色也。仲景亦云：心下痞满，引胁下痛，干呕短气者，十枣汤主之。其中亦有大戟。夫干呕胁痛，非肝胆之病乎？则百祥之泻肝胆也，明矣。肝乃东方，宜泻不宜补。况泻青、泻黄皆泻其子，同一泻也，何独肾只泻腑乎？洁古老人治变黑归肾证，用宣风散代百祥圆，亦是泻子之意。盖毒胜火炽则水益涸，



should only be toned rather than purged. But he also mentioned that when smallpox turns black, it is due to the condition of the Kidney and the case should be treated by administering Baixiang Yuan to purge the Kidney. It is actually not purging the Kidney. It is purging the Urinary Bladder, which is the corresponding Bowel to the Kidney.* When the corresponding Bowel of one Viscus is purged, the Viscus will no longer be excessive. In the prescription of Baixiang Yuan, only one drug, Daji, is used. As Daji is a drug that can motivate the circulation of Water, it is therefore purging the Bowel (the Urinary Bladder). When the Bowel (the Urinary Bladder) is purged, the corresponding Viscus (the Kidney) is no longer excessive. Actually, Daji is not only functioning on the Bowel (the Urinary Bladder), it is also functioning on the Liver. This is a strategy to purge the Son Viscus when the Mother Viscus is excessive.** When the Kidney is encroached by excessive pathogenic factors, the Liver should be purged. Daji, bitter and astringent, turns blue-green when soaked in water, showing the color of the Liver and the Gall Bladder. This shows that the drug also functions on the Liver and Gall Bladder. So, Baixiang Yuan is also good for treating coughing with spitting of blue-green fluid. Blue-green is the color of the Wind-Wood of the Lesser Yang (the Liver).

*The Zang (Viscus) and Fu (Bowel) are mutually related and corresponding to each other in the following way:

Viscera	Bowels	
Liver	—	Gall Bladder
Heart	—	Small Intestine
Spleen	—	Stomach
Lung	—	Large Intestine
Kidney	—	Urinary Bladder, Sanjiao (the Three-Jiao, the Three Warmers, the three portions of body cavity)

**The Mother-Son relationship of the Five Viscera is as follows:

LIVER	HEART	SPLEEN
mother	son mother	son mother
LUNG	KIDNEY	LIVER
son mother	son mother	son

风挟火势则土受亏。故津血内竭，不能化脓，而成青黑干陷之证。泻其风火之毒，所以救肾扶脾也。或云脾虚肾旺，故泻肾扶脾者？非也。肾之真水不可泻，泻其陷伏之邪毒尔。

【附方】

旧一，新一十。（略）





Master Zhang Zhongjing: When there is epigastric fullness and stagnation of qi with referred pain to the costal region and with shortness of breath and dry nausea, prescribe Shizao Tang (Decoction of Ten Dates). And Daji is used in this prescription. Dry nausea with costal pain is a typical disease originated from the Liver and Gall Bladder. So, it is clear that Baixiang Yuan is also a drug that purges the Liver and the Gall Bladder. The Liver is a Viscus representing the east direction, which should only be purged, rather than toned. Also, we have Xieqing Wan and Xiehuang San, both of which are good to purge the Son Viscus. All of them are of the same kind of prescriptions. Doctor Zhang Jiegu used Xuanfeng San to replace Baixiang Yuan in the treatment of smallpox turning black due to Kidney disorder. It is based on the same idea of purging the Son Viscus. The pathology of the case is as follows: When pathogenic Fire and toxin are rampant, Water is further consumed. When pathogenic Wind and Fire are intermingled, the Earth (Spleen and Stomach) will be damaged. When Jinye (body fluid) and blood are exhausted, vesticulation of smallpox is hampered and it turns into a black and sunken condition. Once pathogenic Wind and Fire are purged, the Kidney is rescued and the Spleen is reinforced. Some say that this is a condition with deficient Spleen and excessive Kidney. And the treatment is to purge the Kidney so as to reinforce the Spleen. This is not correct. This is because the genuine Water could not be purged. It is a therapy to purge the hidden and sunken toxin of the smallpox.

[Prescriptions]

One prescription collected previously, and
11 prescriptions collected recently.



泽漆（本经下品）

【释名】

漆茎别录。猫儿眼睛草纲目。绿叶绿花草纲目。五凤草

〔弘景曰〕是大戟苗。生时摘叶有白汁，故名泽漆，亦啮人肉。余见下。

【集解】

〔别录曰〕泽漆，大戟苗也。生太山川泽。三月三日、七月七日，采茎叶阴干。〔大明曰〕此即大戟花也。川泽中有。茎梗小，花黄色，叶似嫩菜，四五月采之。〔颂曰〕今冀州、鼎州、明州及近道皆有之。〔时珍曰〕别录、陶氏



ZEQI

Sun euphorbia

Euphorbia helioscopia L.

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

[Explanation of Names]

QIJING

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

MAOERYANJINGCAO

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

LÜYELÜHUACAO

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

WUFENGCAO

Tao Hongjing: Zeqi is the seedling of Daji. When the leaf is picked, there is secretion of white juice, so it is called Zeqi. It is stimulating to one's skin. See the explanations below.

[Previous Explanations]

Zeqi is the seedling of Daji. It grows in the mountain valleys and marshland of Taishan mountain. Collect the stem and leaf of the drug on the third day of the third month and the seventh day of the seventh month, and dry it in the shade.

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

Da Ming: Zeqi is the flower of Daji. It grows in the mountain valleys and marshland. The herb has a small stem and yellow flower. Its leaf is similar to the tender leaf of a vegetable. Collect it in the fourth and fifth month.

Su Song: Now, the drug is produced in Jizhou, Dingzhou, Mingzhou



皆言泽漆是大戟苗，日华子又言是大戟花，其苗可食。然大戟苗泄人，不可为菜。今考土宿本草及宝藏论诸书，并云泽漆是猫儿眼睛草，一名绿叶绿花草，一名五凤草。江湖原泽平陆多有之。春生苗，一科分枝成丛，柔茎如马齿苋，绿叶如苜蓿叶，叶圆而黄绿，颇似猫睛，故名猫儿眼。茎头凡五叶中分，中抽小茎五枝，每枝开细花青绿色，复有小叶承之，齐整如一，故又名五凤草、绿叶绿花草。掐茎有白汁粘人，共根白色有硬骨。或以此为大戟苗者，误也。五月采汁，煮雄黄，伏钟乳，结草砂。据此，则泽漆是猫儿眼睛草，非大戟苗也。今方家用治水蛊、脚气有效，尤与神农本文相合。自汉人集别录，误以为大戟苗，故诸家袭之尔。用者宜审。

茎叶【气味】

苦，微寒，无毒。



and nearby places.

Li Shizhen: *Mingyi Bielu* and Tao Hongjing all think that the drug is just the seedling of Daji. But in *Da Ming Rihua Bencao*, the drug is considered to be the flower of Daji, and the seedling can be eaten as vegetable. But the seedling of Daji is a purgative and cannot be eaten in that way. According to the books *Tusu Bencao* and *Baozang Lu*, Zeqi is also called Maoeryanjingcao, or Lühualüyecao, or Wufengcao. It is found in the plains and among the lakes and rivers. The seedling begins to germinate in spring and branches develop into tussock. Its stem is as soft as that of Machixian/herba portulacae/herb of purslane. Its green leaf is similar to that of Muxu/herba medicaginis/alfalfa herb. Its leaf is round and of yellow-green color, similar to cat's eye, hence its name Maoeryanjingcao. Maoer = cat, Yanjing = eye, Cao = herb. On top of the stem, there are five leaves, dividing to both sides. Five small stems grow in the center, and each stem has fine flowers of blue-green color. Under the flowers, there are small leaves. The flowers are about the same size and deployed in a regular way. So, it is also called Wufengcao. Wu = five, Feng = phoenix, Cao = herb. It is also called Lüyelühuacao. Lüye = green leaf, Lühua = green flower. When the stem is broken open, there is secretion of white and sticky juice. Its root is white and has a hard bone. How could this herb be taken as the seedling of Daji? Its is a different herb. Collect the juice in the fifth month. It can be used to stew red orpiment, oppress stalactite and crystallize alchemical drugs. According to the above record, it is clear that Zeqi is Maoeryanjingcao. It is not the seedling of Daji. Now, the drug is used by doctors to treat ascites and beriberi. This is in conformity to the record in *Shen Nong Bencao Jing* (*Shen Nong's Great Herbal*). But, when scholars in the Han Dynasty (206 BC-AD 220) recompiled the book *Mingyi Bielu* and mistook the seedling of Daji as Zeqi, later scholars all accepted this. Whenever the drug is used, doctors should be cautious.

ZEQI JING and YE

Stem and leaf of sun euphorbia

Caulis et folium euphorbiae helioscopiae



〔别录曰〕辛。〔大明曰〕冷，有小毒。〔之才曰〕小豆为之使，恶薯蓣。

【主治】

皮肤热，大腹水气，四肢面目浮肿，丈夫阴气不足本经。利大小肠，明目轻身别录。主蛊毒苏恭。止疟疾，消痰退热大明。

【发明】

〔时珍曰〕泽漆利水，功类大戟，故人见其茎有白汁，遂误以为大戟。然大戟根苗皆有毒泄人，而泽漆根硬不可用，苗亦无毒，可作菜食而利丈夫阴气，甚不相侔也。

【附方】

旧二，新六。（略）



[Quality and Taste]

It is bitter, slightly cold and nontoxic.

It is pungent.

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

Da Ming: It is cold and slightly toxic.

Xu Zhicai: Chixiaodou/semn phaseoli/rice bean can be used as its guiding drug. It is mutually inhibiting to Shuyu/rhizoma dioscoreae/rhizome of common yam.

[Indications]

It eliminates fever of the skin. It is good for treating ascites with distended abdomen and puffy edema on the face, eye and extremities. It tonifies the Yin deficiency of man.

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

It facilitates the functioning of the Large and Small Intestines. It improves eyesight and makes one to feel happy and vigorous.

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

Su Gong: It is good for treating Gudu.

Da Ming: It stops malaria. It dissolves phlegm and eliminates heat.

[Explication]

Li Shizhen: Zeqi is a drug that purges fluid-retention. It has similar functions to Daji. When it is seen that the broken stem has a secretion of white fluid, people tend to mistake it for Daji. But the seedling and root of Daji are toxic and purging. The root of Zeqi is too hard to be used as a drug. Its seedling is nontoxic. It can be eaten as a vegetable. It is good to tonify the Yin of men. So the two drugs are not alike at all.

[Prescriptions]

Two prescriptions collected previously, and six prescriptions collected recently.

甘遂（本经下品）

【释名】

甘藁别录。陵藁吴普。陵泽别录。甘泽吴普。重泽别录。苦泽吴普。白泽吴普。主田本经。鬼丑吴普。

〔时珍曰〕诸名义多未详。

【集解】

〔别录曰〕甘遂生中山川谷。二月采根，阴干。〔普





GANSUI

Gansui

Euphorbia kansui T.N. Liou

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

[Explanation of Names]

GANGAO

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

LINGGAO

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

LINGZE

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

GANZE

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHONGZE

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

KUZE

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

BAIZE

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

ZHUTIAN

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

GUICHOU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

Li Shizhen: The origin of the above names remain unknown.

[Previous Explanations]

Gansui grows in the mountain valleys in Zhongshan. Collect the root



曰]二月、八月采。〔弘景曰〕中山在代郡。第一本出太山、江东。比来用京口者，大不相似。赤皮者胜，白皮者都下亦有，名草甘遂，殊恶，盖贗伪者也。〔恭曰〕甘遂苗似泽漆，其根皮赤肉白，作连珠实重者良。草甘遂乃是蚤休，疗体全别，苗亦不同，俗名重台，叶似鬼白、蓖麻，根皮白色。〔大明曰〕西京者上，汴、沧、吴者次之，形似和皮甘草。〔颂曰〕今陕西、江东亦有之。苗似泽漆，茎短小而叶有汁，根皮赤肉白，作连珠，大如指头。

根【修治】

〔斆曰〕凡采得去茎，于槐砧上细锉，用生甘草汤、茅苍自然汁二味，搅浸三日，其水如墨汁，乃漉出，用东流水淘六七次，令水清为度。漉出，于土器中熬脆用之。〔时珍



in the second month, and dry it in the shade.

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

Wu Pu: Collect the drug in the second and eighth months.

Tao Hongjing: Zhongshan is a place in Daijun prefecture. The first class drug is produced in Taishan mountain and the Jiangdong area. Recently, the drug from Jingkou is also used, but it is not the same. That with red bark is the best. The drug with white bark is found in places near the capital. It is called Caogansui, which is very bad and had been used as a fake.

Su Gong: The seedling of Gansui is similar to Zeqi. Its root bark is also red-white. The root in the shape of pearls linking to each other with heavy and solid quality is the best. The Caogansui mentioned by Tao Hongjing is actually Zaoxiu, which is a different drug. Seedlings of both drugs are not the same, nor are they the same in their therapeutic functions. It is colloquially called Chongtai. Its leaf is similar to that of Guijiu/common dysosma or Bima/castor bean. Its root bark is white.

Da Ming: The drug produced in Xijing is the best. That produced in Bian, Cang and Wu are next. The herb looks like Hepigancao (a kind of Gancao/radix glycyrrhizae/liquorice root).

Su Song: Now, the drug is also produced in Shaanxi and Jiangdong. Its seedling is similar to that of Zeqi. Its stem is short and small and its leaf may secrete juice when broken. The root bark is red and the heart is white. It is in the shape of pearls linking to each other the size of a fingertip.

GANSUI GEN

Gansui root

Radix kansui

[Preparation]

After the drug is collected, take off the stem and file the root on a board made of pagoda tree into small pieces. Soak the drug in decoction of Gancao/radix glycyrrhizae/liquorice root and natural juice of Jini/radix adenophorae trachelioidis/root of apricot leaf lady bell for three days. The solution will become as black as ink. Take out the drug and rinse with east-



曰]今人多以面裹煨熟用，以去其毒。

【气味】

苦，寒，有毒。

〔别录曰〕甘，大寒。〔普曰〕神农、桐君：苦，有毒。岐伯、雷公：甘，有毒。〔元素曰〕纯阳也。〔之才曰〕瓜蒂为之使，恶远志，反甘草。

【主治】

大腹疝瘕，腹满，面目浮肿，留饮宿食，破癥坚积聚，利水谷道本经。下五水，散膀胱留热，皮中痞，热气肿满别录。能泻十二种水疾，去痰水甄权。泻肾经及隧道水湿，脚气，阴囊肿坠，痰迷癫痫，噎膈痞塞时珍。



running river water six to seven times until the solution becomes clear. Take out the drug and heat it in an earthenware dish until it becomes crisp. It is then ready for use.

Li Shizhen: Now, the drug is normally processed the following way to get rid of its toxic quality: Wrap the drug with wheat flour dough and roast it in fire until it is well done.

[Quality and Taste]

It is bitter, cold and toxic.

It is sweet and very cold.

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

Wu Pu: It is bitter and toxic, according to Shen Nong and Tong Jun. It is sweet and toxic, according to Qi Bo and Lei Gong.

Zhang Yuansu: It is a drug of pure Yang.

Xu Zhicai: Huadi/pedicellus melo/muskmelon base can be used as its guiding drug. It is mutually inhibiting to Yuanzhi/radix polygalae/root of thinleaf milkwort. It contradicts Gancao.

[Indications]

It is good for treating hernia and hard mass with distended abdomen. It eliminates abdominal fullness and puffy edema on the face and eye. It dissolves remaining fluid-retention and indigestion. It disperses hard mass, accumulation and assemblage. It facilitates the movement of water and cereal in the duct.

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

It purges five kinds of edema and disperses remaining pathogenic Heat resting in the Urinary Bladder. It dissolves stagnation of qi in the skin. It eliminates swelling and fullness with heat.

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

Zhen Quan: It purges 12 kinds of edema. It dissolves phlegm and water accumulation.

Li Shizhen: It purges pathogenic Humidity resting with the Kidney Channel and the genitalia. It also treats beriberi, swelling and descending of scrotum. It is effective to treat epilepsy due to phlegm accumulation. It

【发明】

〔宗奭曰〕此药专于行水，攻决为用。〔元素曰〕味苦气寒。苦性泄，寒胜热，直达水气所结之处，乃泄水之圣药。水结胸中，非此不能除，故仲景大陷胸汤用之。但有毒不可轻用。〔时珍曰〕肾主水，凝则为痰饮，溢则为肿胀。甘遂能泄肾经湿气，治痰之本也。不可过服，但中病则止可也。张仲景治心下留饮，与甘草同用，取其相反而立功也。刘河间保命集云：凡水肿服药未全消者，以甘遂末涂腹，绕脐令满，内服甘草水，其肿便去。又王璆百一选方云：脚气上攻，结成肿核，及一切肿毒。用甘遂末，水调傅肿处，即





treats dysphagia and feeling of suffocation.

[Explication]

Kou Zongshi: This is a drug that functions to purge fluid-retention. It is drastic in its function.

Zhang Yuansu: It is bitter in taste and cold in quality. A drug of bitter taste is purging and a drug of cold quality is good to bring down heat. It functions directly on the accumulation of Water element and purges it effectively. When Water is accumulating in the chest, this is the drug that should be adopted. Therefore, Master Zhang Zhongjing used the drug in his famous prescription Daxuanxiong Tang.* But since the drug is toxic, it should be used only when necessary with caution.

Li Shizhen: The Kidney is a Viscus that controls the Water in the body. When such Water is congealed, it becomes Tanyin fluid-retention. When it is spreading out, it evolves into swelling and distention. Gansui is a drug that can purge the pathogenic Humidity in the Kidney Channel. The use of it is to deal with the root cause of phlegm retention. But it should not be overdosed. Once it works, stop giving the drug. Master Zhang Zhongjing treated remaining fluid-retention with the drug and Gancao. Although these two drugs are mutually contradictory, when they are used together in this instance, they have even stronger functions. Liu Hejian in his book *Baoming Ji* said: After taking drugs to eliminate edema and the syndrome remains, there is one way to further disperse the ailment: Apply powder of Gansui all over the abdomen around the umbilicus. Also, administer a decoction of Gancao orally. In this way, edema will be eliminated. Wang Qiu in his work *Baiyi Xuanfang* said: The drug is effective to treat swelling and mass due to rushing up of a pathological condition of beriberi. It is also effective to treat all sorts of pyogenic infections. Treatment: Blend powder

*Da Xuanxiong Tang:

Dahuang,

Mangxiao/natrii sulfas/mirabilite,

Gansui/radix kansui/Gansui root.

浓煎甘草汁服，其肿即散。二物相反，而感应如此。清流韩詠病脚疾用此，一服病去七八，再服而愈也。

【附方】

旧三，新一十九。（略）



of Gansui with water and apply it to the affected part. Also take a dense decoction of Gancao orally. In this way, the infection and swelling will disperse. As the two drugs are mutually contradictory, they function mightily from within and outside. Mr. Han Yong, a native of Qingliu, once suffered from beriberi accompanied by the aforementioned symptoms. He had this prescription served. After taking one dose of the drug, the syndrome subsided by seventy percent. Another dose of the drug drove off the ailment completely.

[Prescriptions]

Three prescriptions collected previously, and nineteen prescriptions collected recently.





苘荇 音浪荡。（本经下品）

【释名】

天仙子图经。横唐本经。行唐别录。

〔时珍曰〕苘荇一作茵蔯。其子服之，令人狂狼放宕，故名。

【集解】

〔别录曰〕苘荇子生海滨川谷及雍州。五月采子。〔弘景曰〕今处处有之。子形颇似五味核而极小。〔保昇曰〕所在皆有之。叶似菘蓝，茎叶皆有细毛。花白色。子壳作罌状，结实扁细，若粟米大，青黄色。六月、七月采子，日



LANGDANG

Black henbane

Hyoscyamus niger L.

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

[Explanation of Names]

TIANXIANZI

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

HENGTANG

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

XINGTANG

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

Li Shizhen: Langdang is also written as Langdang. After one takes the seed, one will get wild and behave maniacally. So it is named Langdang (wild and manic behavior).

[Previous Explanations]

Langdang grows in areas close to the sea and in mountain valleys, as well as in Yongzhou. Collect the seed in the fifth month.

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

Tao Hongjing: Now, the herb is found everywhere. Its seed looks like Wuweizi/fructus schisandrae/fruit of Chinese magnoliaraine. But it is very small.

Han Baosheng: The drug can be found everywhere. Its leaf is similar to Songcai/plantula brassicae chinensis/seedling of parkchoi and cabbage. Its stem and leaf are covered with fine hairs. The flower is white. The capsule looks like Yingsuqiao/pericarpium papaveris/poppy capsule. Its seed is flat and thin. It is as big as Sumi/semen setariae/millet of blue-green and yel-



干。〔颂曰〕处处有之。苗茎高二三尺。叶似地黄、王不留行、红蓝等，而阔如三指。四月开花，紫色。茎荚有白毛。五月结实，有壳作罌子状，如小石榴。房中子至细，青白色，如粟米粒。〔斆曰〕凡使勿用苍莨子，其形相似，只是微赤，服之无效，时人多以杂之。〔时珍曰〕张仲景金匱要略，言菜中有水莨菪，叶圆而光，有毒，误食令人狂乱，状如中风，或吐血，以甘草汁解之。

子

〔修治〕〔斆曰〕修事莨菪子十两，以头醋一盞，煮干为度。却用黄牛乳汁浸一宿，至明日乳汁黑，即是真者。晒干捣筛用。

〔气味〕苦，寒，有毒。〔别录曰〕甘。〔权曰〕苦、辛，微热，有大毒。〔藏器曰〕性温不寒。〔大明曰〕温，



low color. Collect the seed in the sixth and seventh months and dry in the sun.

Su Song: The drug can be found everywhere. The herb is about two to three *chi* tall. Its leaf is similar to those of Dihuang/rehmannia, Wangbuliuxing/cowherb and Honghua/safflower. The width of the leaf is three fingers. The purple flower blooms in the fourth month. The stem and pod are covered with white hair. The seed is formed in the fifth month, wrapped by a capsule similar to Yingsuqiao/pericarpium papaveris/poppy capsule. It looks like a small Shiliu/fructus granati/pomegranate fruit. In the capsule, there are very fine seeds of blue-green and white color. It looks like Sumi/semem setariae/millet.

Lei Xiao: Be careful not to use a similar drug — Cangmizi, which is very like Langdang, but a bit red. When it is taken, it does not exercise any therapeutic effect. Merchants mix it with the authentic drug to make an extra profit.

Li Shizhen: Master Zhang Zhongjing in his *Jinkui Yaolue* recorded: Shuilangdang, a kind of vegetable-like herb, with a round and lustrous leaf, is toxic. If it is taken by mistake, it will make the patient run wild and become manic, or, as if he is suffering from apoplexy, or has hematemesis. Detoxification of the syndrome is by a decoction of Gancao.

LANGDANGZI

Henbane seed

Semen hyoscyami

[Preparation]

Lei Xiao: Stew 10 *liang* of Langdangzi in one *yi* of first class vinegar until the latter is totally consumed. Then, soak the drug in milk of a yellow cow overnight. When the milk turns black next day it shows the drug is authentic. Dry it in the sun. Pound it and screen it so as to get the powder.

[Quality and Taste]

It is bitter, cold and toxic.

It is sweet.



有毒。服之热发，以绿豆汁、甘草、升麻、犀角并解之。

〔斆曰〕有大毒。误服之，冲人心，大烦闷，眼生暹火。

〔颂曰〕本经言性寒，后人多云大热。而史记淳于意传云：淄川王美人怀子不乳，饮以浪荡药一撮，以酒饮，旋乳。且不乳岂热药所治？又古方主卒颠狂亦多单用芩若，岂果性寒耶？

〔主治〕齿痛出虫，肉痹拘急。久服轻身，使人健行，走及奔马，强志益力，通神见鬼。多食令人狂走本经。疗癫狂风病，颠倒拘挛别录。安心定志，聪明耳目，除邪逐风，变白，主痲癖。取子洗晒，隔日空腹，水下一指捻。亦可小



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

Zhen Quan: It is bitter, pungent, slightly hot and very toxic.

Chen Cangqi: It is warm and not cold.

Da Ming: It is warm and toxic. After taking it, it may arouse an attack of heat. Detoxification: Administer either of the following drugs:

Juice of Lüdou/semens phaseoli radiati/green gram,

Gancao,

Shengma/rhizoma cimicifugae/rhizome of large trifolious bugbane,

Xijiao/cornu rhinocerotis/rhinoceros horn.

Lei Xiao: It is very toxic. When it is taken by mistake, it arouses an attack on the Heart and brings severe restlessness and suffocation and very hot feeling in the eye.

Su Song: According to *Shen Nong Bencao Jing*, the drug is cold in quality. But later Bencao works all recorded that the drug is very hot. Here is a case recorded in *Shi Ji (Records of the Historian)* in *The Biography of Chunyu Yi*: In Zichuan, Mrs. Wang, a renowned beauty, had a baby but did not have lactation. She was administered a pinch of Langdangzi with wine. Immediately she had lactation. Can we understand that the drug can induce lactation because of its hot quality? Or, in ancient prescriptions when the drug was used independently to treat mania and epilepsy, can we understand that the drug is of cold quality?

[Indications]

It is good for treating toothache with worms. It treats numbness and arthralgia of the muscle with contraction and spasm. Long-term use makes one feel happy and vigorous and able to walk long distances like a strong horse. It reinforces willpower and strength, enables one to communicate with spirits and ghosts. If it is overdosed, it makes one walk maniacally.

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

It is good for treating manic-depressive psychosis and epilepsy due to attack of pathogenic Wind with confusion and contraction.

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

Chen Cangqi: It pacifies the Heart, stabilizes the willpower, and gives one sharp hearing and bright eyesight. It disperses invading pathogenic

便浸令泣尽，暴干，如上服。勿令子破，破则令人发狂藏器。炒焦研末，治下部脱肛，止冷痢。主蛀牙痛，咬之虫出甄叔。烧熏虫牙，及洗阴汗大明。

〔发明〕〔弘景曰〕入疗癫狂方用，然不可过剂。久服自无嫌，通神健行，足为大益，而仙经不见用。〔叔曰〕以石灰清煮一伏时，掬出，去芽暴干，以附子、干姜、陈橘皮、桂心、厚朴为丸服。去一切冷气，积年气痢，甚温暖也。不可生服，伤人见鬼，拾针狂乱。〔时珍曰〕莨菪之功，未见如所说，而其毒有甚焉。煮一二日而芽方生，其为





factors and Wind. It turns white hair black. It eliminates mass in the abdomen in the shape of a hanging noose. Wash the seed and dry it in the sun. Administer one pinch of the seed every other day before meal. Or soak the drug in Renniao/urina hominis/human urine until it dries up and then dry it in the sun. Administer the drug in the aforementioned way. Do not break open the seed. If it is broken, it will arouse mania.

Zhen Quan: Stir-fry the drug until it becomes scorched and then grind it into powder. It is good for treating a prolapsed anus and stop dysentery of cold nature. It is also effective to relieve toothache due to dental caries. Hold the drug between the teeth. Worms will come out.

Da Ming: Burn the drug to fumigate dental caries. Wash the private parts with a decoction of the drug to get rid of perspiration.

[Explication]

Tao Hongjing: The drug can be used in a prescription designed to treat manic-depressive psychosis. But it cannot be overdosed. It does not cause any problem even if it is taken over a long period. It is very beneficial to the feet and makes one walk mightily. One can also communicate with spirits. But so far, it is not known that the drug has been used by Taoist alchemists.

Zhen Quan: Stew the drug together with lime in water for a full day. Take out the drug and take off the bud. Dry the drug in the sun. Make pills with the following drugs:

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

Ganjiang/rhizoma zingiberis/dried ginger,

Chenpi/pericarpium citri reticulatae/tangerine peel,

Guixin/cortex cinnamomi/inner bark of cassia,

Houpo/cortex magnoliae officinalis/bark of officinal magnolia.

This pill is a drug with very warm quality and is good for treating prolonged cold feeling in the abdomen and dysentery with frequent passing of flatus. The drug should not be taken before it is prepared, otherwise it hurts the health of person and may make the patient illusive and manic.

Li Shizhen: So far as the therapeutic functions of the drug are concerned, such a record as described above has not been found. But one thing



物可知矣。苘荂、云实、防葵、赤商陆皆能令人狂惑见鬼，昔人未有发其义者。盖此类皆有毒，能使痰迷心窍，蔽其神明，以乱其视听故耳。唐安禄山诱奚契丹，饮以苘荂酒，醉而坑之。又嘉靖四十三年二月，陕西游僧武如香，挟妖术至昌黎县民张柱家，见其妻美。设饭间，呼其全家同坐，将红散入饭内食之。少顷举家昏迷，任其奸污。复将魔法吹入柱耳中。柱发狂惑，见举家皆是妖鬼，尽行杀死，凡一十六人，并无血迹。官司执柱囚之。十余日柱吐痰二碗许，闻其故，乃知所杀者皆其父母兄嫂妻子姊侄也。柱与如香皆论死。世宗肃皇帝命榜示天下。观此妖药，亦是苘荂之流尔。方其痰迷之时，视人皆鬼矣。解之之法，可不知乎？



is sure: it is very toxic. As it is recorded above that, after stewing the drug for one or two days, buds appear. From this, we know how toxic it is. Actually, all the following drugs may arouse mania and illusion: Langdang, Yunshi/seed of caesalpinia/seed of mysore thorn, Fangkui and Shanglu (of red color). But in Bencao works, they were not recorded as such. This is because such drugs are toxic and can induce mental confusion due to excessive phlegm. Once one's mental activity is suppressed, one will suffer from illusion and mania. It is recorded that An Lushan, a general in the Tang Dynasty (618-907), once fought a battle with the Qidan people, a tribe in northwestern China. He trapped them with wine of Langdang. When these people got intoxicated, he ordered them all to be buried. Here is a law case: In the second month of the forty-third year of the reign title of Jiajing (1564) Wu Ruxiang, an itinerant monk traveling from Shaanxi to Changli county, stayed overnight with Zhang Zhu's, a native of the place. While the monk was treated with a dinner, he found that Zhang's wife was pretty and wanted to avail himself of this opportunity. So, the monk invited all the family members to the dinner table and blended a kind of red powder to the dish without being noticed. Shortly afterwards, all of the family fell into a deep coma, enabling the monk to rape Zhang's wife and the other women. Later, the monk blew something into the ear of Mr. Zhang, who then ran wild and had an illusion, seeing that all the people in the family were ghosts. As a result, he killed all his kinsfolk, 16 people in all. But there was no bloodstain. A judicial officer arrested Zhang. After some ten days, he came to himself and vomited two bowls of phlegm. When he was told of what he had done, he realized that the people he killed in maniac condition were all his kinsfolk, his parents, wife, sister, and brother-in-laws and sons. The judge sentenced Zhang Zhu and the monk to death. Emperor Shizong issued a decree to the country to warn of the danger. The red powder used by the monk was made by Langdang. While Zhang Zhu was overwhelmed by the drug, he had an illusion seeing his kinsfolk as ghosts. So it is of vital importance for people to know the method of detoxification to the toxin of Langdang.

[Prescriptions]

Two prescriptions collected previously, and

〔附方〕旧二，新二十一。（略）

根

〔气味〕苦、辛，有毒。

〔主治〕邪疟，疥癣，杀虫时珍。



21 prescriptions collected recently.

LANGDANGGEN

Henbane root

Radix hyoscyami

[Quality and Taste]

It is bitter, pungent and toxic.

[Indications]

Li Shizhen: It is good for treating malaria, scabies and tinea and kills worms.





蓖麻蓖音卑。（唐本草）

【释名】

〔颂曰〕叶似大麻，子形宛如牛婢，故名。〔时珍曰〕蓖亦作螻。螻，牛虱也。其子有麻点，故名蓖麻。

【集解】

〔恭曰〕此人间所种者，叶似大麻叶而甚大，结子如牛婢。今胡中来者，茎赤，高丈余，子大如皂荚核，用之亦良。〔颂曰〕今在处有之。夏生苗，叶似葎草而大厚。茎赤有节如甘蔗，高丈余。秋生细花，随便结实，壳上有刺，状类巴豆，青黄斑褐。夏采茎叶，秋采实，冬采根，日干用。〔时珍曰〕其茎有赤有白，中空。其叶大如瓠叶，每叶凡五尖。夏秋间丫里抽出花穗，累累黄色。每枝结实数十颗，上



BIMA

Castor

Ricinus communis L.

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

[Explanation of Names]

Su Song: Its leaf is similar to Damaye/*folium cannabis*/hemp leaf. Its seed is similar to ox louse.

Li Shizhen: In the term Bima, BI means ox louse. The dots on the seed of the herb make it look like the louse.

[Previous Explanations]

Su Gong: The herb is planted by farmers. Its leaf is similar to Damaye, but it is much bigger. Its seed looks like ox louse. Now, the herb introduced from the Hu area has a red stem and may grow up to 10 feet. Its seed is as big as Zaojia. It is also good for medical use.

Su Song: Now, the herb is found everywhere. The seedling begins to grow in summer. Its leaf is similar to that of Lücao/*herba humuli scandentis*/herb of Japanese hop, but it is much bigger and thicker. Its stem is red and has nodes, similar to Ganzhe/*caulis saccharum sinensis*/sweet cane stem. The herb is over 10 *chi* tall. A small flower blooms in autumn. The fruit is formed very easily. The capsule is covered with thorns, similar to that of Badou/*fructus crotonis*/croton seed. It is blue-green and yellow with brown dots. Collect the stem and leaf in summer and the fruit in autumn. Collect the root in winter. Dry in the sun.

Li Shizhen: The stem of the herb may be red or white. It is hollow inside. Its leaf is as big as Kuhuye/*folium lagenariae makinois*/leaf of makino bottle. Each leaf has five tips. At the base of the twig, a spike grows out and plenty of yellow flowers bloom. On each twig, several dozen of fruit can be



有刺，攒簇如猬毛而软。凡三四子合成一颗，枯时劈开，状如巴豆，壳内有子大如豆。壳有斑点，状如牛蝇。再去斑壳，中有仁，娇白如续随子仁，有油可作印色及油纸。子无刺者良，子有刺者毒。

子

〔修治〕〔斲曰〕凡使勿用黑天赤利子，缘在地萋上生，是颗两头尖有毒。其蓖麻子，节节有黄黑斑。凡使以盐汤煮半日，去皮取子研用。〔时珍曰〕取蓖麻油法：用蓖麻仁五升捣烂，以水一斗煮之，有沫撇起，待沫尽乃止。去水，以沫煎至点灯不炸、滴水不散为度。

〔气味〕甘、辛，平，有小毒。〔时珍曰〕凡服蓖麻者，一生不得食炒豆，犯之必胀死。其油能伏丹砂、粉霜。



borne. The capsule of the fruit is covered with thorns, looking like a hedgehog, but the thorns are not as hard. In each capsule, there are three to four seeds. When the fruit withers, break it open in the same way as we do to Badou. The seeds inside are as big as soya bean. The shell of the seed has dotted designs similar to ox louse. Take off the shell, and there is a white and tender kernel in the shape of *Xusuizi*. Its oil can be used to make red ink paste used for seals and oiled paper. The fruit without thorn is a good species and that with thorns is poisonous.

BIMAZI

Castor bean
Semen ricini

[Preparation]

Lei Xiao: Be careful not to use seed of Heiwochili, which grows on Dilou. The seed has tips on both ends. Such a seed is toxic. The normal seed is covered with yellow and black dots. Preparation: Stew the seed with salt water for half a day. Take off the shell and grind the kernel into powder.

Li Shizhen: The method of getting the castor oil: Pound five *sheng* of castor pulp into paste. Stew the drug in one *dou* of water. Skim off the foam continuously until there is no more. Filter off the water and stew it again until the oil no longer crackles when used to burn a candle or does not disperse when one drop of it is dropped onto the surface of water.

[Quality and Taste]

It is sweet, pungent, plain and slightly toxic.

Li Shizhen: Those who have castor often should not eat stir-fried soya bean, and eating them together causes death from severe abdominal distention. Castor oil is good to oppress cinnabar and prepared calomel in the processing of alchemical drugs.

[Indications]

It is good for dispersing hard mass due to fluid-retention. Grind 20



〔主治〕水症。以水研二十枚服之，吐恶沫，加至三十枚，三日一服，痒则止。又主风虚寒热，身体疮痒浮肿，尸疰恶气，榨取油涂之唐本。研傅疮痍疥癩。涂手足心，催生大明。治瘰疬。取子炒熟去皮，每卧时嚼服二三枚，渐加至十数枚，有效宗奭。主偏风不遂，口眼喎斜，失音口噤，头风耳聋，舌胀喉痹，齁喘脚气，毒肿丹瘤，汤火伤，针刺入肉，女人胎衣不下，子肠挺出，开通关窍经络，能止诸痛，消肿追脓拔毒。时珍

〔发明〕〔震亨曰〕蓖麻属阴，其性善收，能追脓取毒，亦外科要药。能出有形之滞物，故取胎产胞衣、剩骨胶血者用之。〔时珍曰〕蓖麻仁甘辛有毒热，气味颇近巴豆，亦能利人，故下水气。其性善走，能开通诸窍经络，故能治偏风、失音口噤、口目喎斜、头风七窍诸病，不止于



pieces of the seed with water and take the drug. That will induce the vomiting of malignant saliva. Increase the dosage to 30 pieces. Take it every three days. Stop the medication when the syndrome is gone. It is also good for treating Wind-deficiency syndrome with chills and fever. It treats sores and itching and puffy edema. It treats Shizhu (consumptive and infectious disease) and disperse vicious agents. Squeeze the seed to get oil and apply it to the affected part.

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

Da Ming: Grind the drug into paste and apply it to treat sores, scabies, tinea and pertinacious skin disease. Apply the paste on the palms of hands and the soles to promote baby delivery.

Kou Zongshi: It is good for treating scrofula. Stir-fry the seed until it is well done. Take off the shell and eat two to three pieces before sleep. Increase the dosage gradually to a dozen. It is effective.

Li Shizhen: It is good for treating hemiplegia with deviation of the mouth and eye, aphonia and lockjaw, severe intermittent headache and tinnitus, distended tongue and throat inflammation, asthma with a wheezing sound and beriberi, pyogenic infection and erysipelas and tumor, scalds and burns, and penetration of thorns into the flesh. It is also good for promoting delivery of the placenta and a prolapsed uterus. It dredges through the orifices, Channels and Collaterals. It stops pains due to various causes. It eliminates swelling, disperses pus and helps removal of toxin in a sore.

[Explication]

Zhu Zhenheng: Bima is a drug pertaining to Yin and is a good astringent. It functions to disperse pus and remove toxin. It is important in treating external diseases. It disperses stagnation of concrete substances, so it can promote delivery of a baby, placenta and dead fetus.

Li Shizhen: Bima is sweet, pungent, hot and toxic. It is a drug similar to Badou in its quality and taste. It also has the function of purging. Therefore it disperses fluid-retention. As it is a drug that moves fast in the body, it opens obstruction in Channels and Collaterals. It is therefore good for treating hemiplegia, aphonia and lockjaw, deviation of the mouth and eye, severe intermittent headache and diseases of the seven orifices. Its function



出有形之物而已。盖鸱鹞油能引药气入内，蓖麻油能拔病气出外，故诸膏多用之。一人病偏风，手足不举。时珍用此油同羊脂、麝香、鲛鲤甲等药，煎作摩膏，日摩数次，一月余渐复。兼服搜风化痰养血之剂，三月而愈。一人病手臂一块肿痛，亦用蓖麻捣膏贴之，一夜而愈。一人病气郁偏头痛，用此同乳香、食盐捣熨太阳穴，一夜痛止。一妇产后子肠不收，捣仁贴其丹田，一夜而上。此药外用屡奏奇勋，但内服不可轻率尔。或言捣膏以箸点于鹅马六畜舌根下，即不能食，或点肛内，即下血死，其毒可知矣。



is not limited to the dispersion of stagnation of concrete substances. Oil of Tihu/pelecanus roseus/pelican is a guiding drug that leads the drugs to penetrate into the interior of the body. Oil of Bima is a drug that can disperse the pathological condition from within. So, it is commonly used in medical ointments for external use. Here are some cases of my personal experience:

Case One: Once a man was suffering from hemiplegia with paralysis of the extremities, I prescribed the following for him:

Oil of Bima,
sheep fat,
Shexiang/moschus/musk,
Linglijia/squama manitis/pangolin scales.

The above drugs are made into ointment to rub the body, several times a day. After one month of such treatment, the syndrome was subsiding greatly. Drugs of dispersing pathogenic Wind, dissolving phlegm and nourishing the blood were served orally. After three months of such treatment, the syndrome was totally gone.

Case Two: A patient had a lump on his arm with swelling and pain. The case was treated with paste of Bima. The ailment was gone the next morning.

Case Three: One patient was suffering from migraine due to mental depression. Treatment: Pound Bima together with frankincense and salt into paste and apply it to the temples. The pain was gone the next morning.

Case Four: A woman had a prolapsed uterus after delivery. Bima was pounded into paste and applied to Dantian (the elixir field at the public region). After one night, the pathological condition was gone.

Bima is a drug that can be used externally. Its therapeutic value has been proven time and again. But, when it is taken orally, caution should be taken. Some say that when the paste of Bima is inserted into the bottom of the tongue of a goose, horse and other livestock with a piece of chopstick, the animal will no longer be able to eat. When it is inserted into the anus, it will induce the hematochezia and the animal will perish soon. From this we can see how toxic the drug is.

[Prescriptions]

Nine prescriptions collected previously, and

〔附方〕旧九，新三十二。（略）

叶

〔气味〕有毒。

〔主治〕脚气风肿不仁，蒸捣裹之，日二三易即消。又油涂炙热，熨凶上，止鼻衄，大验苏恭。治痰喘咳嗽时珍。



32 prescriptions collected recently.

BIMAYE

Castor leaf
Folium ricini

[Quality and Taste]

It is toxic.

[Indications]

Su Gong: It is good for treating beriberi with swelling and numbness due to attack of pathogenic Wind. Steam the drug and pound it into paste. Apply onto the affected part and wrap it with a bandage. Change two to three times a day. The ailment will soon be gone. The oil of Bima can be heated and applied to the fontanel to stop epistaxis. This has been proven clinically to be very effective.

Li Shizhen: It is good for treating coughing and asthma due to phlegm accumulation.





常山（本经下品）蜀漆（同上）

【释名】

恒山吴普。互草本经。鸡屎草日华。鸭屎草日华。

〔时珍曰〕恒亦常也。恒山乃北岳名，在今定州。常山乃郡名，亦今真定。岂此药始产于此得名欤？蜀漆乃常山苗，功用相同，今并为一。

【集解】

〔别录曰〕常山生益州川谷及汉中。二月、八月采根，



CHANGSHAN

Root of anti-febrile dichroa

Radix dichroae febrifugae

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

SHUQI

Stem and leaf of anti-febrile dichroa

Caulis et folium dichroae febrifugae

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

[Explanation of Names]

HENGSHAN

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

HUCAO

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

JISHICAO

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

YASHICAO

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

Li Shizhen: The character Heng in Hengshan has the same meaning as the character Chang in Changshan. Hengshan is the name of the mountain in the north, or the Northern mountain. It is now in Dingzhou. Changshan is the name of a prefecture, which is now called Zhending. Is it because the drug was first found in this place and then it was named by the place of origin? Shuqi is the seedling of Changshan, and, as both of them have the same therapeutic functions, they are put into the same clause.



阴干。又曰。蜀漆生江林山川谷及蜀汉中，常山苗也。五月采叶，阴干。〔弘景曰〕常山出宜都、建平。细实黄者，呼为鸡骨常山，用之最胜。蜀漆是常山苗而所出又异者，江林山即益州江阳山名，故是同处尔。彼人采得，萦结作丸，得时燥者佳。〔恭曰〕常山生山谷间。茎圆有节，高者不过三四尺。叶似茗而狭长，两两相当。三月生白花，青萼。五月结实青圆，三子为房。其草暴燥色青白，堪用。若阴干便黑烂郁坏矣。〔保昇曰〕今出金州、房州、梁州中江县。树高三四尺，根似荆根，黄色而破。五六月采叶，名蜀漆也。〔李含光曰〕蜀漆是常山茎，八月九月采之。〔颂曰〕今汴西、淮、浙、湖南州郡亦有之，并如上说。而海州出者，叶似楸叶，八月有花，红白色，子碧色，似山楝子而小。今天



[Previous Explanations]

Changshan grows in the mountain valleys in Yizhou and Hanzhong. Collect the root in the second and eighth months and dry in the shade. According to another record, Shuqi is produced in the valleys of Jianglin mountain and Hanzhong in Sichuan. It is the seedling of Changshan. Collect the leaf in the fifth month and dry in the shade.

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

Tao Hongjing: Changshan is produced in Yidu and Jianping. The drug that is fine, solid and yellow is called Jiguchangshan. It is the best species. Shuqi is the seedling of Changshan. But why should it be produced in another place than Changshan? This is because Jianglin mountain is the name of a mountain in Jiangyang, in Yizhou. It is the same place. Local people collect the drug and make pills. That collected when the weather is dry is the best drug.

Su Gong: Changshan is produced in mountain valleys. The stem is round, with nodes. It can be as tall as three to four feet. Its leaf is similar to *Cha/gemma et folium camelliae/bud* and leaf of tea, but it is longer and narrower. Two leaves grow in opposition. A white flower blooms in the third month with a green calyx. In the fifth month, a green and round leaf is formed. In the fruit, there are three seeds. When the drug is dried in the sun, it will become green-white, which will be good for medical purposes. If it is dried in the shade, the herb will turn black and rotten, and can no longer be used.

Han Baosheng: Now, the drug is produced in Jinzhou, Fangzhou, and Zhongjiang county in Liangzhou. The plant is about three to four *chi* tall. Its root is similar to that of *Jingjie/herba schizonepetae/herb of fineleaf schizonepeta*. It is yellow and patched. Collect the leaf in the fifth and sixth months. It is called Shuqi.

Li Hanguang: Shuqi is the stem of Changshan. Collect it in the eighth and ninth months.

Su Song: Now, the drug is also produced in Bianxi and prefectures in the Huai river basin, Zhejiang and Hunan. The drug is just as described above. That produced in Haizhou has a leaf similar to that of *Qiuye/folium catalpae bungei/leaf of manchurian catalpa*. A red and white flower blooms



台山出一种草，名土常山，苗叶极甘。人用为饮，甘味如蜜，又名蜜香草，性凉益人，非此常山也。

【修治】

〔斆曰〕采时连根苗收。如用茎叶，临时去根，以甘草细锉，同水拌湿蒸之。临时去甘草，取蜀漆细锉，又拌甘草水匀，再蒸，日干用。其常山，凡用以酒浸一宿，漉出日干，熬捣用。〔时珍曰〕近时有酒浸蒸熟或瓦炒熟者，亦不甚吐人。又有醋制者，吐人。

常山

〔气味〕苦，寒，有毒。〔别录曰〕辛，微寒。〔普曰〕神农、岐伯：苦。桐君：辛，有毒。李当之：大寒。〔权曰〕苦，有小毒。〔炳曰〕得甘草，吐疟。〔之才曰〕畏玉札。〔大明曰〕忌葱菜及菘菜。伏砒石。



in the eighth month. The fruit is green. It looks like Chuanlianzi/fructus toosendan/fruit of Szechwan chinaberry, but it is smaller. Now, in Tiantai mountain, there is a kind of herb called Tuchangshan. Its seedling and leaf are very sweet. Local people prepare a kind of drink with the herb, which is as sweet as honey. So, it is also called Mixiangcao (herb with honey fragrance). It is a drug of cool quality and is beneficial to man's health. It is not Changshan.

[Preparation]

Lei Xiao: Collect the whole herb (seedling and root). If stem and leaf are to be used, take off the root. File the drug together with Gancao/radix glycyrrhizae/liquorice root into small pieces. Blend the drugs with water and steam them. Take away the Gancao and file the Shuqi into small pieces. Blend the drug with a decoction of Gancao. Steam the drug again and then dry it in the sun. Soak Changshan (the root) in wine overnight and dry it in the sun. Stew the drug and then pound it.

Li Shizhen: Now, people process the drug by soaking it in wine and then steam it. Or, they stir-fry the drug on a pottery tile. In this way, it is not very strong in inducing vomiting. If it is processed with vinegar, it has a strong function in inducing vomiting.

CHANGSHAN

Root of anti-febrile dichroa

Radix dichroae febrifugae

[Quality and Taste]

It is pungent, plain and toxic.

It is pungent and slightly cold.

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

Wu Pu: It is bitter, according to Shen Nong and Qi Bo. It is pungent and toxic, according to Tong Jun. It is very cold, according to Li Dangzhi.

Zhen Quan: It is bitter and slightly toxic.

Xiao Bing: Reinforced by Gancao, the drug will be good for treating malaria by inducing vomiting.



〔主治〕伤寒寒热，热发温疟鬼毒，胸中痰结吐逆本经。疗鬼蛊往来，水胀，洒洒恶寒，鼠瘻别录。治诸疟，吐痰涎，治项下瘤瘰甄权。

蜀漆

〔气味〕辛，平，有毒。〔别录曰〕微温。〔权曰〕苦，有小毒。〔元素曰〕辛，纯阳。〔炳曰〕桔梗为之使。〔之才曰〕栝楼为之使。恶贯众。

〔主治〕疟及咳逆寒热，腹中癥坚痞结，积聚邪气，蛊



Xu Zhicai: The drug is incompatible with Yuzha.

Da Ming: Fistular onion and seedling of parkchoi are prohibited while the drug is being administered. It oppresses arsenic.

[Indications]

It is good for treating febrile disease caused by Cold with chills and fever, pyrexial malaria with fever and vicious toxin, vomiting with dyspnoea due to accumulation of phlegm in the chest.

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

It is good for treating intermittent *Guizhu* and *Gudu*, puffy edema with fluid-retention and aversion to chills, and scrofula.

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

Zhen Quan: It is good for treating malaria of various types. It vomits out phlegm and saliva. It treats neck goiter and tumor.

SHUQI

Stem and leaf of anti-febrile dichroa

Caulis et folium dichroae

[Quality and Taste]

It is pungent, plain and toxic.

It is slightly warm.

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

Zhen Quan: It is bitter and slightly toxic.

Zhang Yuansu: It is pungent, a drug of pure Yang.

Xiao Bing: Jiegeng/radix platycodi/platycodon root can be used as its guiding drug.

Xu Zhicai: Gualou/fructus trichosanthis/snake gourd fruit can be used as its guiding drug. It is mutually inhibiting to Guanzhong/rhizoma dryopteris crassirhizomae/Chinese aspidium.

[Indications]

It is good for treating malaria, coughing with dyspnoea, chills and fever. It dissolves hard mass and stagnation of qi in the abdomen, eliminates accu-



毒鬼疟本经。疗胸中邪结气，吐去之别录。治瘴、鬼疟多时不瘥，温疟寒热，下肥气甄叔。破血，洗去腥，与苦酸同用，导胆邪元素。

【发明】

〔斆曰〕蜀漆春夏用茎叶，秋冬用根。老人久病，切忌服之。〔颂曰〕常山、蜀漆为治疟之最要。不可多进，令人吐逆。〔震亨曰〕常山性暴悍，善驱逐，能伤真气。病人稍近虚怯，不可用也。外台乃用三两作一服，殊昧雷公老人久病切忌之戒。〔时珍曰〕常山、蜀漆有劫痰截疟之功，须在发发表邪及提出阳分之后。用之得宜，神效立见；用失其法，真气必伤。夫疟有六经疟、五脏疟、痰湿食积瘴疫鬼邪诸疟，须分阴阳虚实，不可一概论也。常山、蜀漆生用则上



mulation and assemblage and vicious factors. It treats Gudu and Guizhu.

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

It is good for dispersing the accumulation of vicious factors in chest by inducing vomiting.

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

Zhen Quan: It is good for treating malignant malaria and attack of miasma that has lasted a long time. It also treats pyrexial malaria with chill and fever and Feiqi (lump at the left hypochondrium).

Zhang Yuansu: It removes blood stasis. Wash the drug to get rid of its fishy smell. When it is used together with drugs of bitter and sour taste, it is good to lead out pathogenic factors resting with the Gall Bladder.

[Explication]

Lei Xiao: Use the stem and leaf of the drug (as Shuqi) in spring and summer and the root (as Changshan) in autumn and winter. The drug is prohibited to the aged and patient suffering from chronic disease.

Su Song: Changshan and Shuqi are the most important drugs in treating malaria. But they must never be overdosed, otherwise they will cause profuse vomiting and nausea.

Zhu Zhenheng: Changshan is a drug with strong functions and is good at dispersing pathogenic factors. It hurts the Zhenqi (original Vital Energy) of the patient. When the patient is somewhat weak and debilitated, the drug should not be used. But in the book *Waitai Miyao*, there is a prescription in which three *liang* of Changshan is used. This is too big a dosage. This runs contrary to the instructions of Lei Gong, who warned that overdosing might cause problems for a patient suffering from a chronic disease.

Li Shizhen: Both Changshan and Shuqi have the function of dispersing phlegm accumulation and stopping malaria. They should be used only after the dispersion of pathogenic factors from the external and the easing out of Yang. If the drug is used in a proper way, it just works wonders right away. If it is not used at the right time, it damages the Zhenqi. As malaria is caused by various pathological conditions such as malaria due to disorders of the six Channels, disorders of the Five Viscera, and due to phlegm, indigestion, Humidity, miasma, epidemics and vicious agents, so treatment



行必吐，酒蒸炒熟用则气稍缓，少用亦不致吐也。得甘草则吐，得大黄则利，得乌梅、鲛鲤甲则入肝，得小麦、竹叶则入心，得秫米、麻黄则入肺，得龙骨、附子则入肾，得草果、槟榔则入脾。盖无痰不作疟，二物之功，亦在驱逐痰水而已。杨士瀛直指方云：常山治疟，人皆薄之。疟家多蓄痰涎黄水，或停潴心下，或结癖胁间，乃生寒热。法当吐痰逐水，常山岂容不用？水在上焦，则常山能吐之；水在胁下，则常山能破其癖而下其水。但须行血药品佐助之，必收十全



of malaria should not be the same at all times. The overall condition of Yin, or Yang, deficiency and excess should be differentiated. When Changshan and Shuqi are used without preparation, they are sure to bring about vomiting and move upward. When they are blended with wine and steamed, their function is reduced to a certain extent and if a small dosage is used, it will not arouse vomiting. When the drugs are used together with each of the following drugs, they have varied therapeutic functions as listed below:

- When used together with Gancao, vomiting will occur;
- When used together with Dahuang/rhubarb, a loose stool is expected;
- Reinforced by Wumei/fructus mume/smoked plum and Linglijia/squama manitis/pangolin scales, they function on the Liver;
- Reinforced by Xiaomai/semem tritici/wheat and Zhuye/fohium bambusae/bamboo leaf, they function on the Heart;
- Reinforced by Shumi and Mahuang/herba ephedrae/ephedra, they function on the Lung;
- Reinforced by Longgu/os draconis/dragon's bone and Fuzi/radix aconiti lateralis preparata/prepared daughter root of common monkshood, they function on the Kidney;
- Reinforced by Caoguo/fructus tsaoko/caoguo and Binglang/semem arecae/areca seed, they function on the Spleen.

As malaria is generally caused by accumulation of phlegm, so when there is no such accumulation, there will be no malaria. The therapeutic function of Changshan and Shuqi is based on their function of dispersing phlegm and fluid-retention. Yang Shiyang in his book *Zhizhi Fang* said: Doctors tend to look down on the therapeutic function of Changshan in its efficacy of treating malaria. It should be verified as follows: Malaria is generally caused by accumulation of phlegm, saliva and fluid-retention of yellow color resting in the epigastrium, or in the hypochondrium. This will give rise to chills and fever. The correct therapy is to vomit out the phlegm and disperse the fluid-retention. In treating such a case, how can Changshan be neglected? When the pathological fluid-retention rests with the Shangjiao (the upper-jiao, the upper warmer), the use of Changshan will induce vomiting to bring it out. When fluid-retention rests with the hypochondrium, Changshan will function to disperse the retention and bring it down and ex-



之功。其有纯热发疟或蕴热内实之证，投以常山，大便点滴而下，似泄不泄者。须用北大黄为佐，泄利数行，然后获愈也。又待制李焘云：岭南瘴气寒热所感，邪气多在营卫皮肉之间。欲去皮肤毛孔中瘴气根本，非常山不可。但性吐人，惟以七宝散冷服之，即不吐，且验也。

【附方】

旧三，新二十五。（略）

haust it (from the urine). A drug that facilitates the blood circulation should be used together with Changshan. In this way, a satisfactory therapeutic result can be expected. When treating malaria due to accumulation of excessive pathogenic Heat, there will be a lack of smooth defecation of stool after Changshan is adopted. At this time, Dahuang/rhubarb should be added. Thus, there will be loose stool. After several such smooth defecations, the pathogenic Heat will be greatly purged and a full recovery can be anticipated. Li Tao, official title Daizhi, commented: When people are exposed to cold and hot weather and miasma in Lingnan (an area south of the Nanling ranges), pathogenic factors will be resting among the Ying (nutrient essence in the blood) and Weiqi (body resistance), between the skin and flesh. To bring out the miasma and pathogenic factors in the skin, Changshan must be adopted. But be careful, as the drug induces severe vomiting. To prevent this, take it with Qibao San* when the drugs are cold. In this way, there will be no vomiting and it works effectively. It has been proven clinically.

[Prescriptions]

Three prescriptions collected previously, and
25 prescriptions collected recently.

*Qibao San:

Changshan,

Houpo/cortex magnoliae officinalis/bark of officinal magnolia, processed with ginger,

Chenpi/pericarpium citri reticulatae tangerine peel,

Qingpi/pericarpium citri reticulatae viride/green tangerine peel,

Gancao/radix glycyrrhizae/licuorice root,

Binlang/semen arecae/areca seed,

Caoguo/frutus tsaoko/caoguo.



藜芦（本经下品）

【释名】

山葱别录。葱苒本经。葱茝音毯。别录。葱葵普。丰芦普。葱葱纲目。鹿葱

〔时珍曰〕黑色曰藜，其芦有黑皮裹之，故名。根际似葱，俗名葱管藜芦是矣。北人谓之葱葱，南人谓之鹿葱。

【集解】

〔别录曰〕藜芦生太山山谷。三月采根，阴干。〔普





LILU

False hellebore

Veratrum nigrum L.

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

[Explanation of Names]

SHANCONG

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

CONGRAN

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

CONGTAN

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

CONGKUI

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

FENGLU

— *Wu Pu Bencao* (*Wu Pu's Herbal*).

HANCONG

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

LUCONG

Li Shizhen: The black color is also called Li. As the root base of the drug is covered with black bark, so it is called Lilu. As the root and rhizome of the herb is similar to Cong/herba allii fistulosi/fistular onion, so it has names connected to Cong. It is colloquially called Congguanlilu, or Lilu in the shape of Cong. People in the north call the drug Hancong, and people in the south call it Lucong.

[Previous Explanations]

Lilu grows in the valleys of Taishan Mountain. Collect the root in the



曰]大叶，小根相连。〔弘景曰〕近道处处有之。根下极似葱而多毛。用之止别取根，微炙之。〔保昇曰〕所在山谷皆有。叶似郁金香、秦艽、蕺荷等，根若龙胆，茎下多毛。夏生冬凋，八月采根。〔颂曰〕今陕西、山南东西州郡皆有之，辽州、均州、解州者尤佳。三月生苗。叶青，似初出棕心，又似车前。茎似葱白，青紫色，高五六寸。上有黑皮裹茎，似棕皮。有花肉红色。根似马肠根，长四五寸许，黄白色。二月、三月采根阴干。此有二种：一种水藜芦，茎叶大同，只是生在近水溪涧石上，根须百余茎，不中药用。今用者名葱白藜芦，根须甚少，只是三二十茎，生高山者为佳，均州土俗亦呼为鹿葱。范子计然云：出河东，黄白者善。



third month and dry it in the shade.

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

Wu Pu: The herb has a big leaf and its fine roots are connected to each other.

Tao Hongjing: The herb is found everywhere in nearby places. Its root and rhizome are similar to Cong, and are covered with hair. Only the root is collected for medical use. Slightly stir-fry it.

Han Baosheng: It is found in the mountain valleys everywhere. Its leaf is similar to Yujinye/*folium curcumae*/turmeric leaf, Qinjiaoye/*folium gentianae*/leaf of gentian and Rangheye/*folium zingiberis miogae*/leaf of mioga ginger. Its root is similar to Longdan/*radix gentianae*/Chinese gentian and covered with plenty of hair. The herb grows in summer and withers in winter. Collect the root in the eighth month.

Su Song: Now, the drug is produced in Shaanxi, and prefectures to the east and west of Shannan. That produced in Liaozhou, Junzhou and Xiezhou is the best. The seedling begins to grow in the third month. It is green, similar to the new bud of Zongshuye/*folium trachycarpi*/leaf of fortune windmill palm. It also looks like Cheqiancao/*herba plantaginis*/plantain herb. Its stem is similar to Congbai/*bulbus allii fistulosi*/fistular onion stalk. It is green-purple in color and five to six *cun* tall. The stem is covered with black bark, which is similar to Zongpi/*fiber trachycarpi*/leafsheath-fiber of fortune windmill palm. The flower is pink red. Its root is similar to Machanggen. It is four to five *cun* long, and of yellow-white color. Collect the root in the second and third months. There are another two species: One is Shuililu, with a stem and leaf similar to Lilu. It grows among the rocks close to a stream. It has more than one hundred fibrous roots. This is not a kind that can be used medically. The drug being used now is called Congbaililu (Lilu in the shape of Congbai). It has only 20 to 30 fibrous roots. That growing on tall mountains is of top quality. In Junzhou, people call it Lucong. Fan Zi in his book *Ji Ran* said: The herb is produced in the Hedong area. The drug of yellow and white color is the best.

LILU GEN

Root of false hellebore



根【修治】

〔雷曰〕凡采得去头，用糯米泔汁煮之，从巳至未，晒干用。

【气味】

辛，寒，有毒。

〔别录曰〕苦，微寒。〔普曰〕神农、雷公：辛，有毒。岐伯：咸，有毒。李当之：大寒，大毒。扁鹊：苦，有毒。〔之才曰〕黄连为之使。反细辛、芍药、人参、沙参、紫参、丹参、苦参。恶大黄。〔时珍曰〕畏葱白。服之吐不止，饮葱汤即止。

【主治】

蛊毒咳逆，泄痢肠澼，头疡疥瘙恶疮，杀诸虫毒，去死肌本经。疗啞逆，喉痹不通，鼻中瘖肉，马刀烂疮。不入汤



Radix veratri

[Preparation]

Lei Xiao: Take off the root base and stew in Nuomigan (water in which polished glutinous rice has been washed) from Sishu (9-11 hours) to Weishi (13-15 hours). Then, dry it in the sun.

[Quality and Taste]

It is pungent, cold and toxic.

It is bitter and slightly cold.

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

Wu Pu: It is pungent and toxic, according to Shen Nong and Lei Gong. It is salty and toxic, according to Qi Bo. It is very cold and very toxic, according to Li Dangzhi. It is bitter and toxic, according to Bian Que.

Xu Zhicai: Huanglian/rhizoma coptidis/coptis rhizome can be used as its guiding drug. It is mutually contradicting to Xixin/herba asari/herb of manchurian wild ginger, Shaoyao/radix paeoniae/peony root, Renshen/radix ginseng/ginseng root, Shashen/radix glehniae/root of coastal glehnia, Zishen, Danshen/radix salviae miltiorrhizae/root of danshen and Kushen/radix sophorae flavescentis/root of light yellow sophora. It is mutually inhibiting to Dahuang/radix et rhizoma rhei/rhubarb.

Li Shizhen: It is incompatible to Congbai. If both drugs are taken simultaneously, incessant vomiting will be aroused. Administer a decoction of Cong to stop it.

[Indications]

It is good for treating Gudu, coughing with dyspnoea, diarrhea and dysentery with mucous discharge and flatus. It treats tinea versicolor on head, scabies, itching and malignant sores. It kills worms and eats away dead muscle.

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

It brings down retching with adverse ascending of gas, throat inflammation with suffocation. It eliminates nasal polyp. It treats saber and bead-string scrofula. It is not to be decocted for oral use.



用别录。主上气，去积年脓血泄痢。吐上膈风涎，暗风痲病，小儿胎胎痰疾。颂。末，治马疥癬宗爽。

【发明】

〔颂曰〕藜芦服钱匕一字则恶吐人，又用通顶令人嚏，而别本云治哕逆，其效未详。〔时珍曰〕哕逆用吐药，亦反胃用吐法去痰积之义。吐药不一：常山吐疟疾，瓜丁吐热痰，乌附尖吐湿痰，莱菔子吐气痰，藜芦则吐风痰者也。按张子和儒门事亲云：一妇病风痲。自六七岁得惊风后，每一二年一作；至五七年，五七作；三十岁至四十岁则日作，或甚至一日十余作。遂昏痴健忘，求死而已。值岁大饥，采



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

Zhen Quan: It brings down dyspnoea. It stops chronic dysentery with discharge of bloody pus that lasted for years.

Su Song: It brings out accumulation of pathogenic Wind and saliva resting above the diaphragm and treats epilepsy caused by hidden pathogenic Wind. It is also good for treating infantile asthma with wheezing sound and profuse phlegm.

Kou Zongshi: It is good for treating scabies with profuse itching.

[Explication]

Su Song: Taking one *qianbi* or one *zi* of Lilu will be enough to cause vomiting. It can also be used to induce a sneeze. But, in *Mingyi Bielu*, it is recorded that the drug is good to bring down retching and adverse ascending of gas. It is not clear how the drug could work in this way.

Li Shizhen: To treat retching and adverse ascending of gas, an emetic can be used. This is similar to the treatment of regurgitation by administering an emetic to induce vomiting so as to bring out the phlegm accumulation. The following emetics have their respective therapeutic effects as listed below:

— Changshan arouses vomiting to bring out malaria-phlegm accumulation;

— Guadi/pedicellus melo/muskmelon base induces vomiting to bring out Heat-phlegm;

— Fuzijian/radix aconiti lateralis preparata/prepared fine daughter root of common monkshood is used to vomit out Humidity-phlegm;

— Laifuzi/semen raphani/radish seed can bring out accumulation of gas-phlegm;

— Lilu is used to vomit out Wind-phlegm. Zhang Zihe, in his book *Rumen Shiqin*, recorded a case as follows: A woman was suffering from epilepsy due to accumulation of pathogenic Wind. While she was six or seven years old, she began to have the disease after being attacked by convulsions. After that, the disease attacked every year or so. Later, the ailment occurred five to seven times a year and by the time she reached her 30's, it was a daily occurrence, sometimes as much as 10 times a day. The patient



百草食。于野中见草若葱状，采归蒸熟饱食。至五更，忽觉心中不安，吐涎如胶，连日不止，约二一斗，汗出如洗，甚昏困。三日后，遂轻健，病去食进，百脉皆和。以所食葱访人，乃葱苗也，即本草藜芦是矣。图经言能吐风病，此亦偶得吐法耳。我朝荆和王妃刘氏，年七十，病中风，不省人事，牙关紧闭。群医束手。先考太医吏目月池翁诊视，药不能入，自午至子。不获已，打去一齿，浓煎藜芦汤灌之。少顷，噫气一声，遂吐痰而苏，调理而安。药弗瞑眩，厥疾弗廖，诚然。

【附方】

旧六，新十三。（略）



became an idiot and suffered from amnesia, waiting for her last day only. In one year, when there was a great famine, she went out into the wild to find things to eat. She found a kind of herb similar to Cong and collected a lot of them. She steamed the herb and ate to her full. Early next morning, she began to feel uneasiness and vomited out profuse saliva like glue, which continued for several days. She vomited out as much as two *dou* of saliva and had profuse perspiration. She fell into a sound sleep and woke up only three days later. Then, she began to feel very well and could eat happily. Her pulse became calm and harmonious. She picked the herb and showed it to a doctor. And what she had eaten was just Lilu. *Tujing Bencao* said that Lilu is good to vomit out Wind-phlegm. The above case serves as an example supporting the theory. Of course, this is a case of serving the emetic only by accident. Here is a case noted by my father: Mrs. Liu, imperial concubine of King Jinghe, was attacked by apoplexy at the age of 70. She lost consciousness, with lockjaw. Imperial physicians were summoned, but none of their treatments worked. My father, Li Yuechi, serving in the imperial hospital, was finally sent for. He prescribed a recipe for the patient, but it was impossible to feed the drug. People tried every means to do that from Wushi (11-13 hours) to Zishi (23-1 hours). As a last resort, one of her teeth was broken off and the dense decoction of Lilu was fed in. shortly afterwards, there was a hiccup and the patient came to herself. She vomited plenty of phlegm and felt much better. Other drugs of harmonization and regulation were served later. As *Huangdi Neijing (Canon of Medicine of the Yellow Emperor)* puts it: To treat a severe case, a drug that brings vertigo and coma must be administered. This is really true.

[Prescriptions]

Six prescriptions collected previously, and
13 prescriptions collected recently.



附子（本经下品）

【释名】

其母名乌头。

〔时珍曰〕初种为乌头，象乌之头也。附乌头而生者为附子，如子附母也。乌头如芋魁，附子如芋子，盖一物也。别有草乌头、白附子，故俗呼此为黑附子、川乌头以别之。诸家不分乌头有川、草两种，皆混杂注解，今悉正之。

【集解】

〔别录曰〕附子生犍为山谷及广汉。冬月采为附子，春月采为乌头。〔弘景曰〕乌头与附子同根。附子八月采，八角者良。乌头四月采。春时茎初生有脑头，如乌乌之头，故谓之乌头。有两歧共蒂，状如牛角者，名乌喙。取汁煎为射



FUZI

Daughter root of common monkshood

Aconitum carmichaeli Debx.

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

[Explanation of Names]

The mother (principal) root is Wutou. When the herb is first planted, it looks like the head of a crow. So, the drug is named Wutou. Wu = crow, Tou = head. The lateral roots attached to the principal root are Fuzi. They are attached to the mother root like sons surrounding their mother, so it is called Fuzi. Fu = attach to, close to; Zi = son. This is the same as the relationship of lateral tuber of Yutou/rhizoma colocasiae esculentae/tuber of dasheen. It is different part of the same plant. As there are Caowutou and Baifuzi, so the real drug Fuzi is called Heifuzi (the black Fuzi) and Chuanwutou (Wutou from Sichuan). But all *Bencao* works do not differentiate Chuanwutou from Caowutou, so it is rectified here.

[Previous Explanations]

Fuzi grows in the mountain valleys of Jianwei and Guanghan. Collect the lateral root in winter and then you get Fuzi, and collect the root in spring. Wutou is then obtained.

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

Tao Hongjing: Wutou and Fuzi grow together. Collect Fuzi in the eighth month. That with lateral roots in eight directions is the best drug. Collect Wutou/radix aconiti/sichuan aconite root in the fourth month. In spring, when the stem just grows, there is a head-like node in the root base, which is similar to the head of a bird. So, it is named Wutou. A lateral root with two branches from the same base looking like an ox horn is called



罔。天雄似附子，细而长，乃至三四寸。侧子即附子边角之大者。并是同根，而本经附子出犍为，天雄出少室，乌头出朗陵，分生三处，当各有所宜也，今则无别矣。〔恭曰〕天雄、附子、乌头，并以蜀道绵州、龙州者佳，俱以八月采造。余处虽有造得者，力弱，都不相似。江南来者，全不堪用。〔大明曰〕天雄大而长，少角刺而虚；附子大而短，有角平稳而实。乌喙似天雄，乌头次于附子，侧子小于乌头，连聚生者名为虎掌，并是天雄一裔，子母之类，气力乃有殊等，即宿根与嫩者尔。〔斆曰〕乌头少有茎苗，身长而乌黑，少有旁尖。乌喙皮上苍色，有尖头，大者孕八九个，周围底陷，黑如乌铁。天雄身全矮，无尖，周匝四面有附子，孕十一个，皮苍色。侧子只是附子旁，有小颗如枣核者。木鳖子是喙、附、乌、雄、侧中毗患者，不入药用。〔保昇曰〕正者为乌头，两歧者为乌喙，细长三四寸者为天雄，根



Wuwen. When the juice of the drug is stewed, it is called Shewang. Tianxiong is similar to Fuzi, but it is finer and longer (three to four *cun*). Cezi is the bigger Fuzi growing at the side of the root. All of them are from the same root. But *Shen Nong Bencao Jing* says that Fuzi is produced in Jianwei, Tianxiong/radix aconiti/common monkshood is produced in Shaoshi mountain and Wutou is produced in Langling. It is possible that drugs from such places may vary in their quality and taste and each one from a certain place is especially good for a certain purpose. But now there is no longer any such difference.

Su Gong: Tianxiong, Fuzi and Wutou are produced in Mianzhou and Longzou in Sichuan. They should be collected in the eighth month. Drugs produced in other places are not as good in quality and not as strong. That produced in the area south of the Yangtze river is not good at all for medical use.

Da Ming: Tianxiong is bigger and longer, with less sharp angles and thorns. It is loose in quality. Fuzi is big and short and has angles. It is flatter and with thorns and it is solid in quality. Wuhui is similar to Tianxiong. Wutou is secondary compared to Fuzi. Cezi/radix aconiti lateralis/fine daughter root of common monkshood is smaller than Wutou. Roots that grow together are called Huzhang. It is one of the species of Tianxiong. Such species are all similar, like mother and son, with differences in the strength of their therapeutic effects. The difference lies in the age of the root, whether it is a perennial root or a new root.

Lei Xiao: Wutou has very few seedlings. It is longer and very black in color. It seldom has lateral roots. Wuhui/radix aconiti kusneziffii/root of kusnezoff monkshood has black bark and a pointed tip at the head. There can be as many as eight or nine lateral roots attached to a big one. At the outside of the root, it has sunken bark and it is as black as iron. Tianxiong is short and without a pointed tip. Around it there are lateral roots (Fuzi), as many as 11. Its bark is black. Cezi is the smaller root growing from Fuzi. It looks like a date kernel. Mubizi is the diseased part from the above drugs, which cannot be used medically.

Han Baosheng: Wutou is the only root of the herb. If it has two branches, it is called Wuhui. The root that is fine, and as long as three to four *cun*,



旁如芋散生者为附子，旁连生者为侧子，五物同出而异名。苗高二尺许，叶似石龙芮及艾。〔宗奭曰〕五者皆一物，但依大小长短以象而名之尔。〔颂曰〕五者今并出蜀土，都是一种所产，其种出于龙州。冬至前，先将陆田耕五七遍，以猪粪粪之，然后布种，逐月耘耔，至次年八月后方成。其苗高三四尺，茎作四棱，叶如艾，其花紫碧色作穗，其实细小如桑椹状，黑色：本只种附子一物，至成熟后乃有四物。以长二三寸者为天雄，割削附子旁尖角为侧子，附子之绝小者亦名侧子，元种者为乌头。其余大小者皆为附子，以八角者为上。绵州彰明县多种之，惟赤水一乡者最佳。然收采时月与本草不同。谨按本草冬采为附子，春采为乌头。博物志言：附子、乌头、天雄一物也，春秋冬夏采之各异。而广雅云：奚毒，附子也。一岁为侧子，二年为乌喙，三年为附子，四年为乌头，五年为天雄。今一年种之，便有此五物。岂今人种蒔之法，用力倍至，故尔繁盛乎？〔时珍曰〕乌头有两种：出彰明者即附子之母，今人谓之川乌头是也。春末



is called Tianxiong. The lateral root attached to the principal one is the Fuzi. Roots that grow on the side of the principal one and which are connected to each other are called Cezi. The five drugs are actually from the same herb. Its seedling is about two *chi* tall. Its leaf is similar to Shilongrui/herba ranunculi scelerati/herb of poisonous buttercup or Aiye/folium artemisiae argyi/leaf of argy wormwood.

Kou Zongshi: The five drugs are actually from the same herb. It has different names only because of its size and shape.

Su Song: The five drugs are actually from the same herb. It is produced in Sichuan. One of the species is produced in Sichuan. One of the species is produced in Longzhou. First plough the land five to seven times before the Winter Solstice (December 21) and spread pig feces as manure. Then, plant the seed. Keep on cultivating the herb every month. Its seedling will grow as tall as three to four feet. Its stem is square. Its leaf is similar to Aiye. Purple-green flowers flock together to form a spike. Its black fruit is small, similar to Sangshen/fructus mori/mulberry. When the drug is planted, Fuzi is expected. But people can harvest four drugs: the root that is two to three *cun* long is Tianxiong. Cutting from the side of Fuzi, people get small fine roots with pointed tips. And this is Cezi. The very small Fuzi is also called Cezi. The principal root is Wutou. The other lateral roots are all Fuzi. That with eight lateral roots is the best drug. The herb is planted in large quantity in Zhangming county in Mianzhou of Sichuan. In this county, the drug from one town called Chishui is the best. But the collection time is not the same as recorded in *Shen Nong Bencao Jing*, which says that the drug collected in winter is called Fuzi and that collected in spring is called Wutou.

The book *Bowu Zhi*: Fuzi, Tianxiong and Wutou are the same thing. Drugs collected in different seasons have varied therapeutic effects.

The book *Guangya*: Xidu is the other name of Fuzi. If the drug is collected after one year, people get Cezi. If it is collected after the second year, people get Wuhui. After the third year, Fuzi is harvested and after the fourth year, Wutou is harvested; after the fifth year, Tianxiong is obtained. But, now, after only one year, people get all five drugs. Is it because farmers today have much better skills to speed up the growing of the herb?

Li Shizhen: There are two species of Wutou: That produced in Zhang-



生子，故曰春采为乌头。冬则生子已成，故曰冬采为附子。其天雄、乌喙、侧子，皆是生子多者，因象命名；若生子少及独头者，即无此数物也。其产江左、山南等处者，乃本经所列乌头，今人谓之草乌头者是也。故曰其汁煎为射罔。陶弘景不知乌头有二，以附子之乌头、注射罔之乌头，遂致诸家疑贰，而雷斅之说尤不近理。宋人杨天惠著附子记甚悉，今撮其要，读之可不辩而明矣。其说云：绵州乃故广汉地，领县八，惟彰明出附子。彰明领乡二十，惟赤水、廉水、昌明、会昌四乡产附子，而赤水为多。每岁以上田熟耕作壅。取种于龙安、龙州、齐归、木门、青堆、小坪诸处。十一月播种，春月生苗。其茎类野艾而泽，其叶类地麻而厚。其花紫瓣黄蕊，长苞而圆。七月采者，谓之早水，拳缩而小，盖未长成也。九月采者乃佳。其品凡七，本同而末异。其初种之小者为乌头，附乌头而旁生者为附子，又左右附而偶生者为鬲子，附而长者为天雄，附而尖者为天锥，附而上出者为



ming is the mother of Fuzi. It is now called Chuanwu/radix aconiti/mother root of common monkshood. As the root will have lateral roots at the late spring, so it is said that if the drug is collected in spring (before the lateral roots are grown), then Wutou will be collected. In winter, when the lateral roots are already grown, so it is said that in winter Fuzi can be collected. As to Tianxiong, Wuhui and Cezi, all of them are the lateral roots and are given different names according to their shape. If the herb does not have lateral roots, so there is only Wutou. Drugs produced in Jiangzuo and Shannan areas are simply Wutou, or what is now called Caowutou. The juice of it, after being stewed, is called Shewang/extractum aconiti/medicinal extract of common monkshood. As Tao Hongjing did not know that there are two species of Wutou, so he thought the two Shewang's are the juice of Fuzi and the juice of Wutou. This led to misunderstandings by later scholars. What Lei Xiao described about the herb is not at all in good order. Yang Tianhui, a scholar of the Song Dynasty (960-1279), wrote a book named *Fuzi Ji (Record of Fuzi)*, in which there are detailed descriptions of the herb. Hereunder is the summary of the book: Mianzhou is situated in the ancient place of Guanghan, which has eight counties. Among the counties, only Zhangming produces Fuzi. And in the 20 towns in Zhangming, only four produce Fuzi: Chishui, Lianshui, Changming and Huichang. Among them, Chishui is the biggest producer. Every year, farmers plough the fertile land and make ridges for the planting of the herb. Seeds are collected from the following places: Long'an, Longzhou, Qigui, Mumen, Qingdui and Xiaoping. Sow the seed in the eleventh month. In spring, the seedling begins to germinate. Its stem is similar to wild Ai/argy wormwood, but it is lustrous. Its leaf is similar to Dama/cannabis sativa/hemp, but it is thicker. Its flower has purple petals and a yellow pistil. It has a long and round bud. The root that is collected in the seventh month is called Zaoshui, a drug that is immature. It is small and twisted. The drug collected in the ninth month is good. There are seven species, each being different from the other, although they are from the same plant. At first, when the only root grows which is small, it is Wutou. The lateral roots attached to Wutou are called Fuzi. If the lateral roots grow only on the left and right side in opposition, the drug is called Gezi. The lateral root that is longer is called Tianxiong.



侧子，附而散生者为漏篮子，皆脉络连贯，如子附母，而附子以贵，故专附名也。凡种一而子六七以上，则皆小；种一而子二三，则稍大；种一而子特生，则特大。附子之形，以蹲坐正节角少者为上，有节多鼠乳者次之，形不正而伤缺风皱者为下。本草言附子八角者为良，其角为侧子之说，甚谬矣。附子之色，以花白者为上，铁色者次之，青绿者为下。天雄、乌头、天锥，皆以丰实盈握者为胜。漏篮、侧子，则园人以乞役夫，不足数也。谨按此记所载漏篮，即雷斅所谓木鳖子，大明所谓虎掌者也。其鬲子，即乌喙也。天锥即天雄之类，医方亦无此名，功用当相同尔。

【修治】

〔保昇曰〕附子、乌头、天雄、侧子、乌喙，采得，以生熟汤浸半日，勿令灭气，出以白灰裹之，数易使干。又法：以米粥及糟曲等淹之。并不及前法。〔颂曰〕五物收时，一处造酿。其法：先于六月内，造大小面曲。未采前半月，用大麦煮成粥，以曲造醋，候熟去糟。其醋不用太酸，



The lateral root that has a pointed tip is called Tianzhui. The lateral root that grows upward is called Cezi. Lateral roots that do not grow in good order and are connected to each other like sons are attached to the mother are called Loulanzi. Among all the drugs, Fuzi is considered the best. So, Fuzi is a given name to the drug more commonly admitted. If the drug has more than six to seven lateral roots, each one is small. If the drug only has two to three lateral roots, each one can be much bigger. If there is only one root, it must be very big. The one that is thick with less angled tips is the best drug. That with nodes and lateral roots like the teat of a mouse is only secondary. The drug that does not grow in good shape with damage to the lateral root and creased bark is not a good drug. *Shen Nong Bencao Jing* said that drug with lateral roots growing in eight directions is the best drug and the fine root growing on the lateral root is called Cezi. But this is wrong. The drug with a white flower is the best. The drug with a brown flower (the color of iron) is only secondary and that with a blue-green flower is of inferior quality only. Tianxiong, Wutou and Tianzhui that is solid and as thick as one hand is generally good. As to Loulanzi and Cezi, it is something that the plantation owner gives to the workers, something that is not cherished at all. So what this book describes about Loulanzi, it is just the Mubiezi described by Lei Xiao, or Huzhang described by Daming. Gezi is just Wuhui. Tianzhui is just Tianxiong. This is not a name used by doctors. It may have similar therapeutic functions to the latter.

[Preparation]

Han Baosheng: Fuzi, Wutou, Tianxiong, Cezi and Wuhui: Soak the drugs in Shengshutang (mixture of boiled and fresh water) for half a day. Take them out and wrap them with lime. Change the lime several times to make the drugs dry. Another method: Soak the drugs in rice porridge, or in Jiuzao/vestigium vinum/remains of wine brewing or in Jiuqu/distiller's yeast. But it is not as effective as the previous preparation.

Su Song: After collecting the five drugs, prepare them together. Make a kind of leaven before the sixth month. Half a month before the collection of the drugs, stew Damai/semen hordei/barley into porridge and add in the leaven to brew vinegar. When it is well done, filter the solution. But the



酸则以水解之。将附子去根须，于新瓮内淹七日，日搅一遍，捞出以疏筛摊之，令生白衣。乃向慢风日中晒之百十日，以透干为度。若猛日，则皱而皮不附肉。〔时珍曰〕按附子记云：此物畏恶最多，不能常熟。或种美而苗不茂，或苗秀而根不充，或以酿而腐，或以曝而挛，若有神物阴为之者。故园人常祷于神，目为药妖。其酿法：用醋醅安密室中，淹覆弥月，乃发出晾干。方出酿时，其大有如拳者，已定辄不盈握，故及一两者极难得。土人云：但得半两以上者皆良。蜀人饵者少，惟秦陕闽浙人宜之。然秦人才市其下者，闽浙才得其中者，其上品则皆贵人得之矣。〔弘景曰〕凡用附子、乌头、天雄，皆热灰微炮令拆，勿过焦。惟姜附汤生用之。俗方每用附子，须甘草、人参、生姜相配者，正制其毒故也。〔斆曰〕凡使乌头，宜文武火中炮令皱拆，擘



vinegar should not be too sour. If it is so, add water. Keep the vinegar in a new pottery jar and put in the newly collected Fuzi. Take off the fine roots attached to it before the process. Keep the drug in the vinegar for several days, stirring the whole thing once in a day. After that, take out the drug and spread it in a mesh with big holes until a kind of white coating appears. Dry the drug in the sun with a gentle breeze for about 100 days until it is completely dry. If the drug is exposed to a very hot sun, it will become creased and loose.

Li Shizhen: The book *Fuzi Ji* — As the drug is not something that can be cultivated easily, so a bumper harvest cannot be expected every year. Sometimes, when the seed is good, the seedling is not prosperous. Or, when the seedling is prosperous, the root is not very good. Or, after processing, the drug becomes decayed. Or, when it is dried in the sun, it becomes creased. It seems there is a kind of unknown force governing the drug and the processing. So, farmers always pray to the unknown spirit for a good harvest. The drug is considered “the devil of drugs.” The method of processing: Soak the drug in vinegar and keep it in a sealed room. After soaking the drug for over a month, take it out and dry it in the sun. At the time when the drug is taken out from the vinegar, a piece of the drug as big as a fist may shrink into a piece that is smaller than the palm can hold after it is dried in the sun. So, after processing, a piece weighing more than one *liang* is a scarce find. Local people consider a piece of the drug that weighs more than half a *liang* a very good one. In Sichuan, the drug is not consumed in big quantity. People in the Qin area (Shaanxi) only use the drug of inferior quality. People in Fujian and Zhejiang consume drug of medium quality. The drug of superior class is only consumed by the rich people.

Tao Hongjing: The processing of Fuzi, Wutou and Tianxiong is as follows: Bury the drugs in hot ash until they crack a little. They should not be over scorched. But in making up the prescription of Jiangfu Tang (Decoction of Shengjiang/rhizoma zingiberis recens/fresh ginger and Fuzi), the fresh Fuzi is used. In all the other prescriptions, the prepared drug is used. Generally, drugs such as Gancao, ginseng root and Shengjiang are used together with Fuzi. This is because such drugs can detoxify the toxin of Fuzi.

Lei Xiao: The processing of Wutou is as follows: Stir-bake the drug on



破用。若用附子，须底平有九角如铁色，一个重一两者，即是气全。勿用杂木火，只以柳木灰火中炮令皴拆，以刀刮去上孕子，并去底尖，擘破，于屋下平地上掘一土坑安之，一宿取出，焙干用。若阴制者，生去皮尖底，薄切，以东流水并黑豆浸五日夜，漉出，日中晒干用。〔震亨曰〕凡乌、附、天雄，须用童子小便浸透煮过，以杀其毒，并助下行之力，入盐少许尤好。或以小便浸二七日，拣去坏者，以竹刀每个切作四片，井水淘净，逐日换水，再浸七日，晒干用。〔时珍曰〕附子生用则发散，熟用则峻补。生用者，须如阴制之法，去皮脐入药。熟用者，以水浸过，炮令发拆，去皮脐，乘热切片再炒，令内外俱黄，去火毒入药。又法：每一个，用甘草二钱，盐水、姜汁、童尿各半盏，同煮熟，出火



a strong and mild fire until it is creased and cracked. Break the drug into a few pieces. When Fuzi is processed, choose those that are flat at the bottom and with nine lateral roots. They should be in the color of iron (brown) and weigh one *liang*. Such a drug has the complete therapeutic effect. Process the drug only in the hot ash of a fire made of willow log. Do not use the fire of other woods. Stir-bake the drug until it is creased and cracked. Peel off the fine roots with a knife. Cut off the bottom and the tip. Cut the drug into several pieces. Dig a pit in the ground under a roof and keep the drug overnight. Take it out next morning and bake it dry. There is another method of processing called the Yin method: Peel off the bark, cut off the tip and bottom and cut it into thin slices. Soak the drug in east-running river water together with Heidou/semens sojae nigra/seed of black soybean for five days and nights. Take out the drug and dry it in the sun at noontime.

Zhu Zhenheng: The processing of Wutou, Fuzi and Tianxiong is as follows: First soak the drugs in Tongniao/urina hominis/urine of boys under the age of three until they are completely soaked and then stew. This is to reduce its toxin and strengthen its down flowing function. It is even better if a little salt is added. Or, soak the drug in Tongniao for 14 days. Pick out the rotten pieces and then cut the rest into four lots with bamboo cutlery. Rinse the drug in well water and then keep it soaked for seven days. Change the water every day. Then, dry it in the sun.

Li Shizhen: When the fresh drug of Fuzi is used, it has a strong dispersing function. When it is prepared, it is very tonic. If it should be used raw, it should also be processed in the way of Yin (as described above). Peel off the bark. The processing of the drug should be as follows: Soak the drug in water until it cracks. Peel off the bark and stew the drug. Cut the drug into slices while it is still hot. Stir-fry it again until the inside and outside of the drug turn yellow. Leave the drug for a while when the fire toxin is reduced. Another method of processing: Prepare one piece of the drug with the following:

- Two *qian* of Gancao,
- 0.5 cup of salt water,
- 0.5 cup of Jiangzhi/succus zingiberis recens/juice of fresh ginger,
- 0.5 cup of Tongniao/urina hominis/urine of boys.

毒一夜用之，则毒去也。

【气味】

辛，温，有大毒。

〔别录曰〕甘，大热。〔普曰〕神农：辛。岐伯、雷公：甘，有毒。李当之：苦，大温，有大毒。〔元素曰〕大辛大热，气厚味薄，可升可降，阳中之阴，浮中沉，无所不至，为诸经引用之药。〔好古曰〕入手少阳三焦命门之剂，其性走而不守，非若干姜止而不行。〔赵嗣真曰〕熟附配麻黄，发中有补，仲景麻黄附子细辛汤、麻黄附子甘草汤是也。生附配干姜，补中有发，仲景干姜附子汤、通脉四逆汤





Stew the drug in the above solution until it is well done. Take out the drug and leave it for a night to let off the fire toxin. Then the toxin of the drug is greatly reduced.

[Quality and Taste]

It is pungent, warm and very toxic.

It is sweet and very hot.

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

Wu Pu: It is pungent, according to Shen Nong. It is sweet and toxic, according to Qi Bo and Lei Gong.

Li Dangzhi: It is bitter, very warm and very toxic.

Zhang Yuansu: It is very pungent and very hot, a drug with thick quality and thin taste, which can move up and down. It is the Yin in the Yang, with a descending tendency in the overall ascending tendency. It moves everywhere in the body, an effective guiding drug.

Wang Haogu: It is a drug functioning on the Sanjiao Channel of Hand Lesser Yang and the Mingmen (Gate of Life). It is a drug that moves fast and will not stay in one location like Ganjiang/rhizoma zingiberis/dried ginger does.

Zhao Sizhen: When Shufuzi (prepared daughter root) is used together with Mahuang/herba ephedrae/ephedra, it is dispersive, but with replenishing property. Examples of such use are in Master Zhang Zhongjing's classical prescriptions such as Mahuang Fuzi Xixin Tang (Decoction of Mahuang, Shufuzi and Xixin/herba asari/herb of Manchurian wild ginger) and Mahuang Fuzi Gancao Tang (Decoction of Mahuang, Shufuzi and Gancao). When Fuzi is used together with Ganjiang/rhizoma zingiberis/dried ginger, it is replenishing, but with dispersing property. Examples are Master Zhang Zhongjing's prescriptions such as Ganjiang Fuzi Tang (Decoction of Ganjiang and Fuzi) and Tongmai Sini Tang.*

*Tongmai Sini Tang:

Gancao,

Ganjiang,

Fuzi,

Congbai.



是也。〔戴原礼曰〕附子无干姜不热，得甘草则性缓，得桂则补命门。〔李焘曰〕附子得生姜则能发散，以热攻热，又导虚热下行，以除冷病。〔之才曰〕地胆为之使。恶蜈蚣。畏防风、黑豆、甘草、人参、黄芪。〔时珍曰〕畏绿豆、乌韭、童溲、犀角。忌豉汁。得蜀椒、食盐，下达命门。

【主治】

风寒咳逆邪气，温中，寒湿痿躄，拘挛膝痛，不能行步，破癥坚积聚血瘕，金疮本经。腰脊风寒，脚疼冷弱，心



Dai Yuanli: Reinforced by Ganjiang, Shufuzi will be a very hot drug. When used together with Gancao, its function will be slowed down considerably. When Rougui/cortex cinnamomi/cassia bark is given together with the drug, they function to tonify the Mingmen.

Li Tao: When Shufuzi is used together with Shengjiang, its dispersing function is much reinforced. A drug of hot nature sometimes can be adopted to a heat syndrome. That is to say, it is leading the Heat of deficient nature to descend. In this way a syndrome of Cold nature can be treated.

Xu Zhicai: Didan/meloe corvinus/round-necked blister beetle can be used as its guiding drug. It is mutually inhibiting to Wugong/scolopendra/centipede. It is incompatible to Fangfeng/radix ledebouriellae/root of divaricate saposhnikovia, Heidou/semen sojae nigra/seed of black soybean, Gancao, Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch.

Li Shizhen: It is incompatible to Lüdou/semen phaseoli radiate/green gram, Wujiu/cortex sapii radiceis/root-bark of Chinese tallow tree and Tongniao. Juice of Douchi/semen sojae preparatum/fermented soybean is prohibited. Reinforced by Shujiao/pericarpium zanthoxyli/Chinese prickly ash from Sichuan and salt, the drug will penetrate into the Mingmen (Gate of Life).

[Indications]

It is good for treating coughing with dyspnoea due to invading pathogenic Wind and Cold. It warms the internal, and is good for treating arthralgia and paralysis due to attack of pathogenic Cold and Humidity, contraction and pain in the knees that hampers normal walking. It dissolves hard mass, accumulation, assemblage and blood stasis. It is also applicable to an incised wound.

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

It disperses invading pathogenic Wind and Cold resting with the waist and spinal cord. It relieves pain in the feet and reinforces their strength and warms their coldness. It treats epigastric and abdominal cold and pain. It



腹冷痛，霍乱转筋，下痢赤白，强阴，坚肌骨，又堕胎，为百药长别录。温暖脾胃，除脾湿肾寒，补下焦之阳虚元素。除脏腑沉寒，三阳厥逆，湿淫腹痛，胃寒蛔动，治经闭，补虚散壅李杲。督脉为病，脊强而厥好古。治三阴伤寒，阴毒寒疝，中寒中风，痰厥气厥，柔痉癰病，小儿慢惊，风湿麻痹，肿满脚气，头风，肾厥头痛，暴泻脱阳，久痢脾泄，寒疝瘴气，久病呕哕，反胃噎膈，痈疽不敛，久漏冷疮。合葱涕，塞耳治聋时珍。



treats cholera with spasms. It stops dysentery with blood and whitish discharge. It enhances male sexuality, and consolidates the muscle and bone. It induces an abortion. It is a very important drug.

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

Zhang Yuansu: It warms the Spleen and Stomach. It disperses invading pathogenic Humidity in the Spleen and warms the Cold in the Kidney. It acts as a tonic for the Yang deficiency of the Xiajiao.

Li Gao: It disperses the long existence of pathogenic Cold resisting with the Five Viscera and six Bowels. It warms cold extremities due to disorders of the three Yang Channels. It relieves abdominal pain due to attack of pathogenic Cold and Humidity. It warms a cold stomach with the stirring up of round worms. It is also good for treating amenorrhea. It acts as a tonic for a deficient condition and disperses a stagnant condition.

Wang Haogu: It is good for treating diseases due to disorder of the Du Channel (Governing Vessel). It relieves stiffness in the spinal cord with cold extremities.

Li Shizhen: It is good for treating febrile disease caused by Cold due to disorder of the three Yin Channels. It treats Yindu (toxin of Yin and cold nature) and cold hernia. It disperses attacks of pathogenic Cold and Wind. It treats phlegm syncope and syncope due to disorder of qi. It relieves rigidity with sweating and epilepsy. It is also good for treating chronic infantile convulsions, arthritis, numbness and arthralgia. It relieves puffy edema and beriberi. It also treats severe intermittent headache. It relieves headache due to the exhausted condition of the Kidney. It stops sudden onset of severe diarrhea with evanescence of the Yang. It stops chronic dysentery due to Spleen disorder. It treats malaria due to excessive Cold and disperses the invading miasma. It stops vomiting and nausea in a chronic disease with regurgitation and dysphagia. It can be applied to treat prolonged ulceration of carbuncle and phlegmon. It treats chronic fistula and sores of a cold nature. Blend the drug with juice of Cong and insert it into the ear to treat sudden deafness.

WUTOU

Sichuan aconite root



乌头即附子母。

〔主治〕诸风，风痹血痹，半身不遂，除寒冷，温养脏腑，去心下坚痞，感寒腹痛元素。除寒湿，行经，散风邪，破诸积冷毒李杲。补命门不足，肝风虚好古。助阳退阴，功同附子而稍缓时珍。

【发明】

〔宗奭曰〕补虚寒须用附子，风家即多用天雄，大略如此。其乌头、乌喙、附子，则量其材而用之。〔时珍曰〕按王氏究原方云：附子性重滞，温脾逐寒。川乌头性轻疏，



Radix aconiti

WUTOU is the mother of Fuzi.

[Indications]

Zhang Yuansu: It disperses the invading pathogenic Wind of various kinds. It treats arthralgia due to invasion of pathogenic Wind, arthralgia due to stagnation of blood, and hemiplegia. It disperses invading pathogenic Cold and warms the Five Viscera and six Bowls. It disperses hardness and stagnation of qi in the epigastrium. It relieves abdominal pain due to exposure to cold.

Li Gao: It disperses invading pathogenic Cold and Humidity, activates menstruation and disperses invading pathogenic Wind. It disperses accumulation of cold and toxin.

Wang Haogu: It acts as a tonic for the deficient condition of the Mingmen and rectifies the Liver by dispersing the invading Wind when it is in a deficient condition.

Li Shizhen: It reinforces the Yang to fight back the invading Yin. It has similar therapeutic functions to Fuzi. But it is a bit milder compared to the latter.

[Explication]

Kou Zongshi: To act as a tonic for a deficient condition and to warm a cold condition, Fuzi is generally adopted. To disperse invading pathogenic Wind, Tianxiong is normally given. Wutou and Wuhui should be used in accordance with their respective therapeutic functions.

Li Shizhen: The book *Wangshi Jiuyuan Fang* — Fuzi, heavy and stagnant, is generally used to warm the Spleen and disperse the Cold. Chuanwu/radix aconiti/mother root of common monkshood, light and dispersive, is used to warm the Spleen and to disperse the Wind. So, when a syndrome of cold nature is treated, Fuzi should be adopted. And when a syndrome with invading pathogenic Wind is to be treated, Chuanwu should be used. Someone commented: In treating a syndrome of apoplexy, drugs dispersing pathogenic Wind like Wutou and Fuzi should not be used first. Drugs reinforcing the qi should be given first, followed by adoption of Wutou



温脾去风。若是寒疾即用附子，风疾即用川乌头。一云：凡人中风，不可先用风药及乌附。若先用气药，后用乌附乃宜也。又凡用乌附药，并宜冷服者，热因寒用也。盖阴寒在下，虚阳上浮。治之以寒，则阴气益甚而病增；治之以热，则拒格而不纳。热药冷饮，下嗝之后，冷体既消，热性便发，而病气随愈。不违其情而致大益，此反治之妙也。昔张仲景治寒疝内结，用蜜煎乌头。近效方治喉痹，用蜜炙附子，含之咽汁。朱丹溪治疝气，用乌头、厘子。并热因寒用也。李东垣治冯翰林侄阴盛格阳伤寒，面赤目赤，烦渴引饮，脉来七八至，但按之则散。用姜附汤加人参，投半斤服



and Fuzi. Also, when a decoction with Wutou or Fuzi is served, it should be served cold. This follows the principle of “administering a warm drug when it is cold.” This is because, when pathogenic Cold is resting at the Xiajiao, Yang in deficient nature will float to the Shangjiao. In treating such a disease, if a drug of cold quality is given, it will reinforce the Yin, which will become more rampant, making the case even worse. If a drug of hot quality is given, the Yang (heat) of deficient nature will resist its intake. If a hot drug is taken cold, the deficient Yang at the Shangjiao will not resist the intake of the drug. Once it is accepted, the hot quality of the drug begins to function. In this way, the cold condition will be regulated by the hot drug. This is a treatment given in accordance with the actual condition of the patient. It is a treatment contrary to routine.* Master Zhang Zhongjing treated cold hernia of internal stagnation with Wutou. The drug is stewed in honey. In the book *Jinxiao Fang*, treatment of throat inflammation is realized by giving Shufuzi, stir-fried with honey. The patient should hold the drug in the mouth and swallow down the juice. Zhu Danxi treated hernia with Wutou and Zhizi/fructus gardeniae/fruit of cape jasmine. This is another example of using drugs of hot and cold quality simultaneously. This also is in conformity with the principle of using a hot drug in a cold way. The following is a case recorded by Li Dongyuan of his own clinical experience: The nephew of Mr. Feng, official title of Hanlin, was suffering from febrile disease caused by Cold with exuberant Yin resisting the Yang. Symptoms and signs included: flushed face and pink eye, great thirst with restlessness. The pulse beat seven to eight times during a respiration. But when it was deeply pressed it became dispersive. Shengjiang Fuzi Tang (Decoction of Shengjiang and Shufuzi) adding ginseng root was prescribed. Half a *jin* of the drugs was given in the first dose. The patient perspired and recovered. This is a principle that works miraculously.

Wu Shou: Fuzi is a principal drug in the treatment of Yin syndrome.

*The general principle of treatment, or the routine treatment, is to treat cold syndrome with a hot-quality drug and to treat a hot syndrome with a cold-quality drug.



之，得汗而愈。此则神圣之妙也。〔吴绶曰〕附子乃阴证要药。凡伤寒传变三阴，及中寒夹阴，虽身大热而脉沉者，必用之。或厥冷腹痛，脉沉细，甚则唇青囊缩者，急须用之，有退阴回阳之力，起死回生之功。近世阴证伤寒，往往疑似，不敢用附子，直待阴极阳竭而用之，已迟矣。且夹阴伤寒，内外皆阴，阳气顿衰。必须急用人参，健脉以益其原，佐以附子，温经散寒。舍此不用，将何以救之？〔刘完素曰〕



When febrile disease caused by cold has moved to the three Yin phases,* when the syndrome is complicated with Cold prevalence, Fu zi must be used even if symptoms of hot nature, such as high body fever with deep pulse, are present. Or, when it is complicated with cold extremities and abdominal pain and deep-slender pulse, or even with bluish lips and shrinkage of the scrotum, Fu zi should be used urgently. In this way, it will bring back the Yang and push away the invading Yin, a therapy that rescues an urgent case. In recent times, when doctors are treating such febrile disease caused by Cold with Yin prevalence, some of them may hesitate to use Fu zi as they fail to judge the syndrome. Such a delay will only lead to the full exuberance of Yin and total exhaustion of Yang, a critical condition. At this time, the use of Fu zi is already too late. When febrile disease caused by Cold is complicated by Yin prevalence, both the internal and external are bewildered by Yin and cold and the Yang becomes very weak and is evanescent. At this time, ginseng root must be used to restore the vitality. Fu zi should also be used simultaneously to warm the Channels and disperse the Cold. Without the application of both drugs, what else a doctor can do to rescue the patient?

Liu Wansu: Doctors generally use Wutou and Fu zi to treat numbness and arthralgia. This is because the two drugs are very strong and can pave the way

*This refers to the transmission of the six phases of febrile disease caused by Cold. According to the *Shanghan Lun* of Master Zhang Zhongjing, when external climatic pathogenic factors first invade the body, they will penetrate deep if not treated in a timely and proper way. The six phases are:

- Initial Yang,
- Lesser Yang,
- Greater Yang,
- Initial Yin,
- Lesser Yin,
- Greater Yin.

For details, see the text of *Shanghan Lun*.



俗方治麻痺多用乌附，其气暴能冲开道路，故气愈麻；及药气尽而正气行，则麻病愈矣。〔张元素曰〕附子以白术为佐，乃除寒湿之圣药。湿药宜少加之引经。又益火之原，以消阴翳，则便溺有节，乌附是也。〔虞抟曰〕附子禀雄壮之质，有斩关夺将之气。能引补气药行十二经，以追复散失之元阳；引补血药入血分，以滋养不足之真阴；引发散药开腠理，以驱逐在表之风寒；引温暖药达下焦，以祛除在里之冷湿。〔震亨曰〕气虚热甚者，宜少用附子，以行参耆。肥人多湿，亦宜少加乌附行经。仲景八味丸用为



for the circulation of qi. Once the way is dredged through, the patient will feel even more numbness and arthralgia. This is a normal reflection. Once the drug has finished its function and the Zhengqi (vital resistance) is totally restored, the numbness will subside.

Zhang Yuansu: Assisted by Baizhu/rhizoma atractylodis macrocephalae/rhizome of large head atractylodes, Fuzi is a principal drug in dispersing the invading pathogenic Cold and Humidity. They work wonders. Also, add a small dose of drugs that disperse the pathogenic Humidity as guiding drugs. In the treatment of incontinence, Wutou and Fuzi can be used. This is in conformity with the principle of “reinforcing the source of the Fire to disperse the prevalence of Yin.”*

Yu Tuan: Fuzi, a drug with robust and strong quality, overcomes and kills an enemy like a brave general. It can guide drugs that acts as a tonic for the qi to function on the twelve Channels. In this way, it will help restore the evanescent Yang qi. It can lead blood-toning drugs to function on the blood system. In this way, it helps nourish insufficiency of the pure Yin. It also guides drugs of dispersion to go through the Couli (striae of skin and muscle, the interstices), bringing out the invading pathogenic Wind and Cold and lead the warmth to the Xiajiao. In this way, the internal cold will be dispersed.

Zhu Zhenheng: For patient who has great heat and deficient qi, Fuzi should be used only in small quantity. This is to help Renshen/radix ginseng/ginseng root and Huangqi/radix astragali/root of membranous milkvetch to circulate more freely. A patient of plump build is normally suffering from excessive Humidity. Small dosage of Wutou and Fuzi should be added to help the circulation of drugs. The Bawei Wan (Pills of

*Such incontinence is caused due to Yin prevalence with Yang evanescence. The Urinary Bladder is too weak and cold to exercise control of the urine. So, incontinence occurs. In this condition, Wutou and Fuzi can be used to reverse the condition.



少阴响导，其补自是地黄，后世因以附子为补药，误矣。附子走而不守，取其健悍走下之性，以行地黄之滞，可致远尔。乌头、天雄皆气壮形伟，可为下部药之佐；无人表其害人之祸，相习用为治风之药及补药，杀人多矣。〔王履曰〕仲景八味丸，盖兼阴火不足者设。钱仲阳六味地黄丸，为阴虚者设。附子乃补阳之药，非为行滞也。〔好古



Eight Ingredients)* of Master Zhang Zhongjing is designed to function as the guiding drug of the Lesser Yin Channel, in which Dihuang/radix rehmanniae/root of rehmannia acts as a tonic. People think Fuzi is also a tonic, but this is not right, as Fuzi is a drug that moves around forcibly and using it together with Dihuang will lead the latter to move more freely (Dihuang is a drug that can easily stagnant). Both Wutou and Tianxiong are strong in their functions, and therefore can be used as the guiding drugs for others that function on the Xiajiao. There has been no such report saying that these drugs bring harm. But unfortunately, the above drugs are mistaken as those used to disperse the invading pathogenic Wind and as tonics. This leads to malpractice, and fatal results are now and then reported.

Wang Lü: The Bawei Wan (Pills of Eight Ingredients) of Master Zhang Zhongjing is designed to treat a patient with insufficient condition of Yin Fire. The Liuwei Dihuang Wan (Pills of Dihuang with Six Drugs)** of Qian Zhongyang is designed for patient with Yin deficiency. In the former prescription, Shufuzi is used to replenish the Yang. It is not used for the purpose of promoting the circulation of drugs.

*Bawei (Jinkui Shenqi) Wan:

Shudihuang (prepared root),
Shanzhuyu/fructus corni/fruit of Asiatic cornelian cherry,
Shanyao/rhizoma dioscoreae/rhizome of common yam,
Fuling/poria/indian bread,
Mudanpi/cortex moutan radicis/tree peony bark,
Zexie/rhizoma alismatis/rhizome of oriental water plantain,
Rougui/cortex cinnamomi/cassia bark,
Shufuzi.

**Liuwei Dihuang Wan:

Shudihuang,
Shanzhuyu,
Shanyao,
Fuling,
Mudanpi,
Zexie.



曰〕乌附非身凉而四肢厥者不可僭用。服附子以补火，必妨涸水。〔时珍曰〕乌附毒药，非危病不用，而补药中少加引导，其功甚捷。有人才服钱匕，即发燥不堪，而昔人补剂用为常药，岂古今运气不同耶？荆府都昌王，体瘦而冷，无他病。日以附子煎汤饮，兼嚼硫黄，如此数岁。蕲州卫张百户，平生服鹿茸、附子药，至八十余，康健倍常。宋张杲医说载：赵知府耽酒色，每日煎干姜熟附汤吞硫黄金液丹百粒，乃能健啖，否则倦弱不支，寿至九十。他人服一粒即为害。若此数人，皆其脏腑禀赋之偏，服之有益无



Wang Haogu: Whenever Wutou or Fuzi are to be used, the patient should have a cool body and cold extremities. When such drugs are used to tonify the Fire, it should be considered at the same time that the drugs might exhaust the Water.

Li Shizhen: Both Wutou and Fuzi are toxic drugs and should only be used when absolutely necessary to rescue an urgent case. But a small quantity can be added into tonics, which will ensure their efficacy. Some patients, after having only one *qianbi* of Wutou or Fuzi, feel terribly restless. But we do not understand how could people sustain the drugs in ancient times when both drugs were commonly used in tonics. Is it because the physiological condition of ancient people was different from that of the present people? The following are the extreme examples of taking Wutou and Fuzi:

— King Duchang of Jing State was emaciated and often felt cold. He did not seem to suffer from other diseases. He was served a decoction of Fuzi every day. And he even chewed pieces of sulfur frequently. He kept on doing this for several years and nothing went wrong.

— Mr. Zhang, a rich gentleman living in Qizhouwei, had been used to take Lurong/cornu cervi pantotrichum/hairy deer horn and Fuzi all his life. Up until eighty years old, the man was still very strong.

In the book *Yi Shuo* of Zhang Gao of the Song Dynasty (960-1279), the following was recorded:

— Mr. Zhao, a governor, indulged himself in sex and wine extensively. He took a decoction of dried ginger and Fuzi together with 100 pills of Liu-huang Jinye Dan (Pills of Liuhuang/Sulfur) every day. In this way he could maintain a good appetite. If he did not take the above drugs, he would feel exhausted and tend to collapse. But he lived up to ninety years of age. When other people tried the pills he used, even one pill would harm them.

The above examples show the extreme conditions of some people who had extraordinary physiological and pathological conditions regarding their Viscera and Bowels. This should not be followed by other people as it is not conventional.

The book *Suosui Lu*: In Huatai, a very cold and windy place, people take Fuzi in the same way as they take Yutou/rhizoma colocasiae esculen-

害，不可以常理概论也。又琐碎录言：滑台风土极寒，民啖附子如啖芋栗。此则地气使然尔。

【附方】

旧二十七，新九十二。（略）



tae/tuber of dasheen and Lizi/semen castaneae/seed of hairy chestnut. This is because the local climate makes it a necessity to take the drug.

[Prescriptions]

27 prescriptions collected previously, and

92 prescriptions collected recently.

